

THE TRUTH ABOUT ENLIGHTENMENT

Based on a cross cultural perspective

SPiritual ENLIGHTENMENT is NOT the same as intellectual understanding or THE AGE OF ENLIGHTENMENT (the age of reason) which was given by historians to the intellectual movement that was predominant in the Western world during the 18th century, Strongly influenced by the rise of modern science and by the aftermath of the long religious conflict that followed the Reformation, the thinkers of the Enlightenment (called philosopher in France and Aufklärer in Germany) were committed to secular views based on reason or human understanding only, which they hoped would provide a basis for beneficial changes affecting every area of life and thought. The more extreme and radicle of them - Denis Diderot, Claude Adrian Helvetius, Baron d'Holbach, the Marquis de Condorcet, and Julien Offray de La Mettrie (1709-51) - advocated a philosophical RATIONALISM deriving its methods from science and natural philosophy that would replace religion as the means of knowing the nature and destiny of humanity; these men were materialists, pantheist, or atheists. Other enlightened thinkers, such as Pierre Bayle, Voltaire, David Hume, and Immanuel Kant, were more moderate. They set limits to human knowledge and, while anti-clerical, were either agnostic or left room for some kind of religious faith.

All of the philosophers saw themselves as continuing the work of the great 17th-century pioneers - Francis Bacon, Galileo, Descartes, Leibniz, Isaac Newton, and John Locke - who had developed fruitful methods of rational and empirical inquiry and had demonstrated the possibility of a world remade by the application of knowledge for human benefit. The philosophers believed that science could reveal nature as it truly is and show how it could be CONTROLLED and MANIPULATED. This belief provided an incentive to extend scientific methods into every field of inquiry, thus laying the groundwork for the development of the modern social sciences.

Spiritual Enlightenment or God-Self-Realization, was/is known as:

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| 1. Garden of Eden | 13. Holy Communion | 27. The Eternal Here & Now |
| 2. Nirvana | 14. Unconditional Love | 28. Born Again |
| 3. Kingdom of God | 15. The Covenant | 29. Second Man, Heavenly |
| 4. Heaven | 16. Baptism of/in Spirit | Man |
| 5. Pure Yang Energy | 17. Moksha | 30. Spiritual Body |
| 6. Dragon Energy | 18. At-Onement | 31. Satori |
| 7. Rest | 19. One's First Love | 32. Resurrection |
| 8. Obtaining the Golden Fleece | 20. Paradise | 33. Gnostos |
| 9. Revelations | 21. Christ Consciousness | 34. Universal Mind |
| 10. Liberation | 22. Christ Minded | 35. The Way |
| 11. Attaining Eternal Life- as in spirit | 23. God Manifested | 36. In The Tao |
| 12. Samadhi | 24. Cosmic Consciousness | 37. The Wilderness |
| | 25. Peace - in/of Spirit | 38. Immortal Medicine |
| | 26. Enlightenment | 39. Self-Realization |

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| 40. True Hearted | 41. Reality | 49. The Bright | 60. Divine Grace |
| 42. Truth | | 50. Fountain Of Eternal Life | 61. Divine Transfiguration |
| 43. Overcoming The Word | | 51. Self Nature | 62. Son / Daughter Of Nature |
| 44. The Door | | 52. Christ Hood | 63. Heaven On Earth |
| 45. God-Union | | 53. Virtue | 64. Right Minded |
| 46. Crossing The Water / Ocean | | 54. Heart Cave | 65. The Holy Place |
| 47. Divine Unity | | 55. The Law | 66. The Holy Land |
| 48. The gate To All Wonders | | 56. The Holy Grail | 67. The Pathless Land |
| ...and so much more. | | 57. The Sanctuary | 68. The Promised Land |
| | | 58. The Upper or Inner Room | |
| | | 59. Be-ingness | |

In any and all of the true states, phases, levels or degrees of spiritual enlightenment, God-self-realization, there are fundamental insights and revelations, they are: Knowing that one is eternal, that one will not and cannot die or be killed even though the physical body vessel / temple will someday end. One also realizes (Intuits) that there are no places as Heaven or hell. They only existed because the psychological-personality existed (i.e., your old unnatural egoic self).

There is **no longer any fear**, anxiety or depression, there is no longer anything called space, time and/or infinity, which are all concepts of the psychological personality. One is no longer controlled by thoughts and past memories and the bad habits of the physical body (Divine Animal). One may receive additional insights and revelations on the nature of the universe or any subject depending on one's past karma and purpose in the earth plane.

With true understanding and wisdom one is equivalent to a prophet, oracle, saint, and sage and is qualified to teach others the way back to a natural life.

Any person, male or female, who attains (actually returns to) God-Self-Realization, also called spiritual - enlightenment etc,etc, in any phase, degree or level are/were called: saints, sages, prophets, wisemen, seers, a Christ, a Buddha, a dragon (Taoism), son / daughter of God or Zeus (greek), a shien (Taoism), a brahmin or brahman (Hinduism), the anointed one, a messiah, an avatar (One who returns to the earth to update spiritual teachings), a gnostic (One who knows by achievement, not just intellectually). God manifested or Godman, and divine mother (For women).

God-Self-Realization, spiritual enlightenment, **transpires through THREE stages** or phases which was indicated by all the ancient religions in one form or another.

The **THREE** levels, stages or phases were stated in Christianity, Islam, Buddhism, Hinduism, Taoism, Zen, the Greek mystic schools, Kabbalah, and others.

Again, in all **THREE** levels, stages or phases the following insights are received, one is eternal, one is not the physical body, (Male or female), there is no heaven or hell as places, time, space and infinity exist only in creation, but not in the spiritual condition, i.e. God-self-awareness

which is prior to creation. Your old self (Your name here) was just a concept which was self created by the body-brain and is not the real and eternal you (Self).

— THE FIRST — (First Heaven)

THE FIRST LEVEL, STAGE OR PHASE OF SPIRITUAL ENLIGHTENMENT, AND SPIRITUAL UNDERSTANDING IS:

Self awareness (The real you, when not associated and not identified with the physical body and brain) suddenly shifts or changes from being the body personality to a witness in a place deep inside the center of the head (brain) behind the face and eyes and far below thoughts and concepts which seem to pass or float by far overhead as clouds would do in the sky. One is no longer associated with or attached and controlled by the physical body and brain with its habits, thoughts, and biological impulses (sex drive), but remains centered as the INNER WITNESS and does not need to accomplish or search for anything any longer, one simply RESTS in this state or condition which feels perfectly natural, one can use the physical senses, but is not dependent on them for information on how to live and understand the material realm. One has a sense of universal awareness and is not limited by the physical body-brain any longer, **one knows (spiritually intuitively) that one will not and cannot die.** One knows that one's self is the same as the universal self, which is called God by others. One is prior to space, time and infinity and ever present in the eternal HERE AND NOW, one can shift one's awareness to anything or any event in creation and simply understands it. One knows that heaven and hell are not places but are concepts of the psychological personality. In this first level, stage, or phase the person simply continues to meditate which is the practice of what is called the WAY.

The WAY is the universal spiritual understanding and wisdom of the free and eternal soul (the Self) to experience the material plane of existence but not to identify with the physical body-brain (divine animal) and thereby eventually forgetting one's true and original natural state as eternal spirit-Self-Awareness.

Note: Meditation is not relaxation, but the method and practice of SHUTTING DOWN the physical body and brain, by self control and effort, so that one's true inner SELF can disassociate from the physical body-brain and remember (revelation) its true and natural prior state as spirit.

— THE SECOND — (Second Heaven)

THE SECOND LEVEL, STAGE OR PHASE.

The second shift or movement of consciousness (spiritual-self-awareness) to its next location is when SELF awareness (the real you) that was once located in the center of the head (brain) far

behind the face and eyes now dissociated and no longer identified with the physical body-brain (divine animal) DROPS DOWN or SHIFTS to the **SOLAR PLEXUS** area of the physical body and resides there in and as the **new center of consciousness**, i.e., the core, source, heart (not the blood pumping organ) but also at the same time still is connected to the original center in the center of the head (brain). (In the Zen tradition it is said "That when the apple is ripe it will fall".)

— THE THIRD — (Third Heaven)

LEVEL, STAGE OR PHASE.

In the third movement or shift of consciousness, the self awareness that was centered in the solar plexus area, the heart, shifts and expands to a new center and condition and last phase outside and above the physical body just above the head, where the universal SELF (the real and eternal you) becomes the source and creative force of all creation on all levels including the physical body (divine animal) that you manifest in order to bring the real living God into the manifest realm for the sake of all others. The third or last level is called Sahaj Samadhi in Hinduism. The third heaven in Christianity and Gnosticism, the heaven of utmost purity in Taoism, and THE FINAL SURRENDER TO GOD in the Islam religion.

On a billion candles, the living flame on each of them is one and the same as the original flame that gave them life.

SPIRITUAL ENLIGHTENMENT (Basic Definition)

— FIRST VERSION — (Of the definition, not first level or phase)

Spiritual enlightenment is: Consciousness in the state of self-awareness (the real you) prior to and inner witness to the outer physical body and brain and the witness (the real eternal you) observes that the body and brain (the divine animal) CREATES ITS OWN SEPARATE ENTITY and PERSONALITY which states, I am not God, but was created by God for the purpose of self achievement and self glorification and to create my own world as I choose and be the master of my own destiny.

— SECOND VERSION — (Of the definition, not first level or phase)

Spiritual enlightenment is: Pure consciousness in a state of self-awareness eternally existing and ever present in the eternal and never changing here and now, and which is also PRIOR to and inner witness to the outer physical body and brain (the divine animal) with its own thoughts and

memory and which SELF CREATES ITS OWN SEPARATE ENTITY and MENTALITY which is the psychological personality, the ego-I condition.

— THIRD VERSION — (Of the definition, not first level or phase)

Spiritual enlightenment is: Consciousness, which is pure SELF-AWARENESS, disassociated and no longer identified with the body/ brain RETURNED to its original and natural state and condition, eternally existing, with all knowledge and wisdom, in the never changing ETERNAL NOW without past, present (not subject to the present creation, the outside world) or future, and is also an inner silent witness (first two stages only) to the outer physical body- brain (the divine animal) with all of its thoughts, memory, concepts, habits and conditioning which self creates, and self generates its own individual entity and personality, i.e., the psychological ego-I which is in fact a concept, because, the physical body-brain (the divine animal) has its own self-consciousness, (different from spiritual SELF AWARENESS) and is aware of itself as a living organism SEPARATE from the OTHER living organisms and objects INCLUDING the mystery of something called God.

To be absent from the body is to be present with the Lord. (The inner self is the Lord of the body.)

-St. Paul, II Corinthians 5:8

The kingdom does not come by expectation, (sometime in the future) the kingdom is ALREADY on the earth! But men do not see it (understand it).

-Jesus, THE GOSPEL OF THOMAS

In the presence of divine grace (spiritual-SELF-AWARENESS) and power, past, present and future become but one eternity, for all things are naked (exposed) and open.

-NOSTRADAMUS

There is another realm that was non-contiguous (not-connected) with the material reality, a realm of form which actually accounted for the form in which material reality manifested.

-PLATO

A human is part of the whole, yet he experiences himself as something separated from the rest. . . . A kind of optical illusion in his consciousness.

-ALBERT EINSTEIN

I did not arrive at my understanding of the fundamental laws of the universe through my rational mind.

-ALBERT EINSTEIN

The problem of life is not to FIND God, but to ELIMINATE THE CONDITION which separates ourselves from God-realization.

-FRANKLIN JONES

God is inside of each person, it IS our TRUE SELF, the problem is that we have been identified with the body-brain for so long (many lifetimes) that we have forgotten what we really are, meditation is the ancient method in which we can disassociate from the physical body-brain and remember who and what we really are.

The possibility of God-self-realization existed before any religion or spiritual group ever existed.

The possibility of God-self-realization existed before any teacher, master, Guru, Saint or Avatar decided to teach it.

The possibility of God-self-realization existed before human beings were created.

— UNENLIGHTENMENT —

The following is a list of synonyms for the state / condition of unenlightenment which is when the true spiritual Self becomes IDENTIFIED with its temporary physical temple or vessel.

1.SIN	To miss the mark, i.e. not to understand which is your true self, to be IDENTIFIED with the psychological
	self and NOT with the true spiritual SELF.
2.FALL FROM GRACE	
3.CAST OUT OF HEAVEN	
4. AGNOSTOS	Lack of spiritual experience.
5.INFIDEL	(Islam) One who has lost his/her God-self-realization and assumes to be a mere human being.
6. LOST IN CONFUSION	

7. LOST IN THE ABYSS	The abyss of material consciousness, never stable.
8. POSSESSION	When the true inner and eternal self becomes ENTANGLED, SUPPRESSED and DOMINATED by the psychological-personality, i.e. the Ego-I of the physical animal body.
9. UNDERWORLD	The lesser and false world of the Ego-I condition.
10. HELL	The condition of being separated from God, in the state of the psychological ego-I, and assuming to be mortal, forgetting one's divine eternal state. A lesser life, an under life, an unnatural life, in the valley of existence as opposed to the mountain top (spirit).
11. DEAD	Spiritually dead, never knowing or even trying to attain (return to) something better.
12. ANTI-CHRIST	The adversary of the Christ (not Jesus). The psychological personalty, the ego-I of the body which opposes the soul (the real you) from remaining in it true divine state, the anti-self (ego) not a real person - but a living condition.
13. NARCISSUS	The separate one, the self made psychological person- ality. The Greek metaphor for anti-Christ.
14. DIS-EASE	The separate state from at-onement, not to be at PEACE or at REST in the spirit of spiritual self- awareness. This unnatural state of existence creates bad Karma which affect the physical body, i.e. disease.
15. FORNICATION	Not sexual, the illicit act and/or condition of not being in one's true spiritual, natural state, to DEVIATE from one TRUE spiritual state.
16. NON-BEING	(Gnosticism) Not being established in one's true state, i.e. not being one's true spiritual self.
17. THE VALLEY	Living in the valley or lower condition than the spiritual condition. The valley of death, i.e. the valley or condition of not being in one's true state, opposed to the spiritual state associated with the mountain or mountain top, rock solid, far above the world etc.

18. EVIL	In its true definition evil is the state and its actions, life style which is not in a state of God-self-realization, at- onement. To be unenlightened and lost in confusion is in itself not degrading, but ENJOYING the glory of hatred and violence is truly evil.
19. TWISTED MINDED	(Taoism) Not being in one true state, being in the unnatural twisted subjective conceptual mentality of the false self.
20. CONTRACTION	A modern term, to separate from the unlimited and UNIVERSAL SELF and to CONTRACT into a small, single, individual separate and unnatural condition, i.e. the Ego-I.
21. DEMIURGE	Greek Gnosticism, the creator of the material world and of its traps and suffering, i.e. the limited unnatural ego of mankind trying to build its own heaven or paradise on earth according to its own concepts. The source of what was called false knowledge.
22. DEVIL	A fallen spirit (person) who takes pride and glorifies him/her self in the physical or mental abuse of others. The subjective psychological personality the Lord and master of its own separate hell.
23. SLEEP	(Spiritual) When a soul (real you) forgets the condition of its eternal life, but lives in the dream state of the psychological-personality. -Romans 13:11
24. WORLD OF DUALITY	(Taoism) The psychological condition in which everything has an opposite side, in enlightenment everything is the same as God and is God, just divided, but not different.
25. HERO IN A CAGE	Greek mythology
26. AHH-HA!	The sudden intellectual understanding is not the same as the actual experience.
27. AKRASIA	Greek, Plato, in its truest meaning. It means the lack of self-knowledge that one is spirit, i.e., the lesser egoic-I state, the subordinate state.
28. THE ABYSS	From the Greek and Taoism, the abode of the spiritually dead, unenlightenment, lost in infinite state of the psychological personality, the ego-I, the separated condition,

	identification with the physical body and mind. Also called Hell, Sheol, Gehenna, The Underworld.
29. ANTI-PHILOSOPHER (SOPHIST)	From Plato, "The condition which is in each person," the Ego-I or psychological egoic personality. NARCISSUS, the one that is separate (from universal consciousness). ERISTOKOS = one who is lost in the love of words, conversation, preoccupation with thoughts and knowing (artificial knowledge). Obsessive compulsive?
30. IGNORANCE	Socrates, "There is only one evil - ignorance." i.e., the lack of any spiritual, mystical or religious experience that one is eternal spirit.

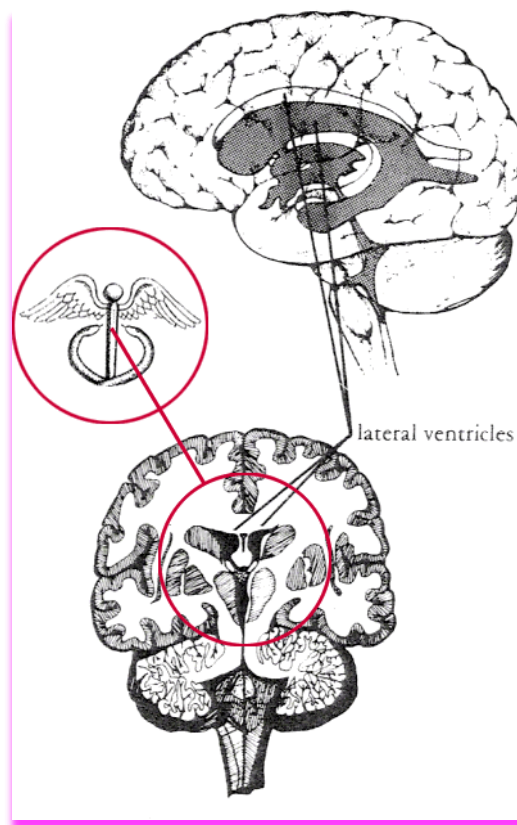
THE CADUCEUS

The shapes of the lateral ventricles are the anatomical source for the traditional mystical symbols of the "high place" in the brain- mind. The cross-section of the brain viewed from the side reveals the shape of the "swan," the "dove," or the "wings" of the caduceus. The cross-section of the brain viewed from the rear or from the front reveals the crescent shape of the lateral ventricles. The crescent or quarter is also a primary traditional symbol for the higher consciousness of the brain-mind.

THE ANATOMICAL SECRETS OF MYSTICISM AND THE HIGHER EVOLUTION OF MAN.

Franklin Jones states:

The fibrous white conductor material of the brain core, extending like a corona via the corpus callosum into the cerebrum, and associated with the higher brain functions, is the mediator of the highest functional reach of man. When the Radiant Life-Current or Bio-Energy of the bodily being is fully polarized toward the brain, all functions and perceptions are released from their objects, and they invert, or become transparent, to the All-Pervading Divine Radiance which is the Source, Sustainer, and ultimate Destiny of the entire body-mind.



The spinal core is a continuation of the white fibrous conductor material of the brain, and it contains a functional core of gray matter as well. The general mass of gray matter in the brain surrounds the coronal core of white matter. But the gray matter is secondary, being only an extension or "effect" of the white core, which forms the primary conductive material for the functional nerve-force of the body. The fibrous white material of the corpus callosum joins the two hemispheres of the brain and provides a "roof" for the precious core of the brain, wherein the individual is defined and organized, bodily and mentally. A corona of white fibers, called the corona radiata, extends from the corpus callosum and invades the entire brain with life. The system of ventricles, or brain spaces, surrounds the corpus callosum and the brain core with the cerebrospinal fluid. This fluid provides a protective cushion around and through the subtle structures of the spine and brain.

The system of ventricles in the brain is curiously shaped and it is traditionally likened to the form of a bird with extended wings. In the Hindu tradition, a yoga who has stabilized the bodily currents in the brain is called a "Swan" or "Great Swan" ("Hansa" or "Paramahansa"). And when Jesus was baptized by John, the Spirit, or Life-Power, Awakened in his brain was likened to a Dove descending from God (or transmitted to the head of Jesus via the hand of John). The "wings" of the swan are pressed toward the front of the brain, and its "neck" and "head" are extended into the upper rear of the brain, above the cerebellum. Because of the functional association of the ventricles of the brain with the cerebrospinal fluid, the brain core, the corpus callosum, and the coronal network of white fibers, the higher brain states and psychic states of traditional yoga are often related to the image of a swan resting on a lake, with the sun shining behind. Also, because of the association of the Awakening of the brain (in the fifth stage of life) with internal sound, the brain core is also traditionally likened to the shape of a conch, which may be made to emit the "Om" sound, or the "Word," that represents the Creative Vibratory Source of all psycho-physical phenomena (or all the experiences of Man). The corona of white fibers in the cerebrum also may be likened to an open and upturned flower, and so the image of a lotus rising from a lake toward the sun is also commonly used in the traditional symbology.

This complex circuit of white fibrous material, in functional association with the organs, fluids, and ventricles of the brain core, provides the true "cave" or "royal road" of mystical religion and esoteric yoga. The mystic and the yogi work to reverse the downward and outward polarization or disposition of the bodily core—the root system of the spine and brain. By various means, a disposition of inward or balanced and upward contemplation is established, wherein the current of nerve-force or bio-energy in the body is polarized toward the highest center of the brain. In this process, the auditory and visual functions come ultimately to epitomize the entire psycho-physical system. The bodily currents are redirected or polarized, via the spinal line, to the brain core. And attention in the organs and functions of hearing and seeing is inverted, or turned in toward the brain roots of these perceptions. In this process, the brain centers associated with lower bodily attention and the activities of the speech mechanism and the verbal mind are sublimated and bypassed. Attention passes along the lines of nerve-force. On the way, many levels or forms of perception and cognition are revealed. The experiences are primarily of sights and sounds, in the form of both subtle physical and subtle psychic or mental states. These experiences are characteristic of the brain core itself, independent of the gross environment.

The route or way within the brain core follows and touches upon the various functional mechanisms of the brain associated with the "swan on the lake." The shape of the "swan" is traced, making a curious pattern of arcs and tunnels, provided by the various features of the brain core. Particular forms of internal lights and sounds appear at each station. And various forms of subconscious and premental "visions" (including the "crescent" or "quarter moon") may appear spontaneously, to characterize the state of mind at each station.

Ultimately, the body and brain currents stabilize in the region of the "head" or "eyes" of the "swan." This primary center of the brain core, associated with the pineal body, is traditionally called the "third eye," the "ajna chakra," or the "bindu" (the lesser center). It is the ultimate locus of personal consciousness in relation to the subtle field of the brain's relations, perceptions, and cognations. However, this is **not the terminal realization of mysticism and yoga**. A higher developed self-mastery, mental intelligence, and mystical experience may appear in the case of an individual in whom the internal Current of Life is stably polarized to the pineal body of the brain. But the ultimate fulfillment of the process of body of upward contemplation is in the release of the Current of Life and Consciousness from all binding association with the independent psycho-physical mechanism of the personal body-mind. The Realization of the Radiant Divine involves perfect transcendence of all specific and self-defining functions of body and brain.

Therefore, the higher dimension of the religious and spiritual Sacrifice of Man is associated with the release of the bodily concentration of the Life-Current, from the brain core into the white fibrous corona of the total brain. This is attained by relaxation and feeling release of the concentrated energy of the pineal body, the "eye" of the "swan," into the "beak" of the "swan," where the proverbial pearls are separated from the milk.

The "beak" of the "swan" is the "Maha Bindu," the Great Center, or the primal root of the function of vision, in the upper rear of the brain, just below the aperture or indentation in the crown of the skull. When the Current of Life is able to pass from the personal and bodily mechanisms of the brain core, or from the "bindu" to the "Maha Bindu," then there is release of all limitations by independent psycho-physical states. In the Event, the Life-Current breaks out of the bodily mold and the psychic structures of the brain core, and literally Enlightens the entire brain and body. This Bodily Enlightenment is initiated via the spreading of the Illuminating Radiance of the Life-Current into the white fibrous corona of the cerebrum, and thence to the entire body. That corona of a thousand or more fibers is the "sahasrar," the "thousand petalled lotus" of yoga, and the "halo" of the saints.

-Franklin Jones

Sudden and Gradual Enlightenment

The Bhagavata Purana*, book two, chapter two, verses sixteen through thirty-seven.

Once the mind, or the wandering of attention in experience, comes under natural control, through intuitive insight, it should be surrendered into the prior state of awareness itself, which is rooted in the heart. In this manner, all forms of activity cease, and all objects of attention are excluded. Abide in tranquility by such means, until awareness Awakens beyond the confines of the inner being. Thus, Realize the true Self, the Radiant Condition of the soul, which naturally transcends all phenomena of the body-mind and all conditions in the eternally changing Realm of Nature.

The true Self, the Transcendental Heart, is the Divine Domain, the Kingdom of God, the Eternal Abode of the Divine Person. The Divine Person is the Radiant Consciousness that Shines through the atomic window, the illusory soul, defined and separated from the Divine Domain by egoic or independent association with experience, rather than ecstatic or self-transcending surrender into the All-Pervading and Transcendental Matrix of experience.

Such is the Supreme Realization, and It is Revealed directly to those who transcend all experiences of the body-mind, through Awakened Intuition, and who surrender only to the Divine Person, through Love- Communion with That Infinitely Radiant Consciousness.

This is the direct or sudden Method of Enlightenment. The true Self is Realized through direct and present dissolution of the egoic mind, the self-defining acts of attention, the subtle and causal coverings of the soul. One who surrenders the mind into the heart by the direct Method **had transcended all desire for experience.**

In that case, the Bodily Current of the All-Pervading Life, or the true Breath of Life in the body, which circulates in the body via the spinal line, becomes naturally and spontaneously polarized toward the higher brain, the brahma-randhra, the crown of the body. Therefore, the Current flows in the direction or disposition of prior transcendence of bodily and mental experience, rather than toward the generation and exploitation of bodily and mental experience, extended from crown to toe. In this manner, the mind, or the play of attention, is transcended at the heart, and the sensory body is constantly yielded into the internal Life-Current, which breaks through the upper limits of the brain and merges with the All-Pervading Radiance of the Divine Person. Therefore, at death, all the coverings of the soul are utterly dissolved in the Transcendental Heart, wherein the body-mind appears and disappears. One who thus renounces the body-mind no longer separately appears in any dimension of the Realm of Nature, the experiential Realm of Changes.

There is another Process, which ultimately leads to the same Enlightenment, after long cycles of births and deaths in the realms of subtle or ascended experience. This Method is chosen by those who yet desire the experiences of the subtle realm of mind, even though they have mastered all desires that lead into the grosser realms or experiences of the elemental body.

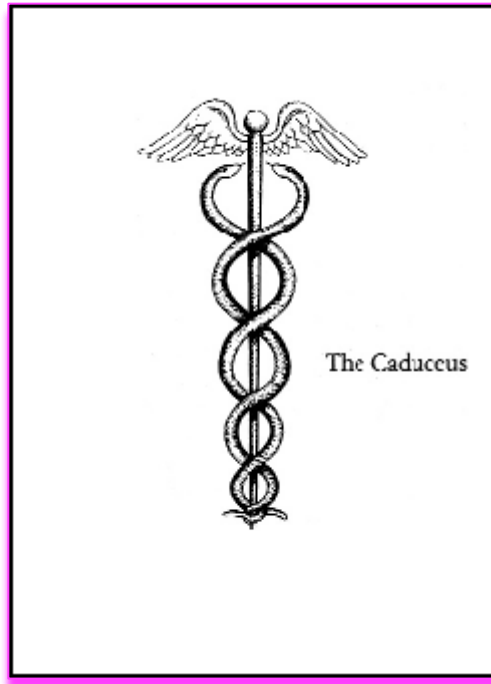
This Method involves the **raising of attention into the brain core, the ajna chakra, below the crown of the body**, via the Life-Current, or the Breath of Life, in the spinal line of the body. Attention is not directly yielded at the heart, but it remains active as the subtle mind, analogous to the consciousness of the higher and deep brain, and it is associated with the subtle counterparts of the physical senses. By such means, the atomic soul may attain the subtle body in the sky of mind, and wander, by its powers, throughout the Realm of Nature. The soul may thus ascend into the abodes of other ascended beings, who live long lives and enjoy various extraordinary powers.

But such mystics eventually and inevitably pass through many changes, becoming an ordinary sacrifice, along with all of the transitory elements of the Realm of Nature. they disintegrate and pass on, from stage to stage in the orderly illusion of phenomena, until at last they also enter into the sacrifice of the body, the senses, the mind, and the entire process of arising or differentiated attention that is the ego, the "covered" soul. Therefore, they too must finally yield the mind of self into the Radiant Heart of the Divine Person, the true Self, Who is Eternal Bliss, Transcending all selves and changes.

These are the two Paths by which souls may Realize the Eternal Bliss that is Truth, the Condition of the Divine Person. One Proceeds by gradual ascent of attention within the planes of experience, dissolving, by degrees, the coverings of the soul in the planes of illusion and change, until the Heart Out-Shines the inner being. The other Path Proceeds directly and immediately to the Heart, the Radiant Self, prior to all experience, all progress, all strategic austerity, all dramas of attention. One Path Proceeds by mystical ascent of the illusory inner self, or mind, via the Chain of Creation. The other Proceeds by direct intuitive submission of the entire body-mind into the Radiant Source and Transcendental Matrix of all phenomena.

There is no other or easier Path by which born souls may Realize the Bliss of the Living God. There is, indeed, only the Single Path, which may be followed either slowly or suddenly to the Heart. It is the Great Path of self-surrender in Love-Communion with the Radiant Self, the All-Pervading and Transcendental Divine Person. Those who "hear" this Teaching "see" the Divine Person as the true Self of the inner soul. They are cleansed, forgiven, and altogether purified of all impulses toward experience in the Realm of Nature, and they certainly Realize the Blissful Person, the Radiant Consciousness that is the Eternal Matrix, Truth, and Destiny of the World.

*The Bhagavata Purana (also commonly referred to as the Srimad Bhagavatam) is rightly esteemed as the most complete and authoritative exposition of ancient knowledge in the literature of the Hindu tradition of spirituality. Its roots are in ancient oral traditions, but it may have been put into writing between the fifth and tenth centuries A.D. The author is purported to be Vyasa (Krishna Draipayana), a contemporary of Krishna. This "Purana" is the ultimate text of spiritual science, or the Way of the Devotional Sacrifice of Man into God. It extols the Virtues of the Divine Person, principally in the form of Krishna, and communicates the esoteric secrets of the Way in which we may Realize that One.



In the exact moment when you, as an eternal spirit of self-awareness, assumes to be, associates and identifies with the physical body-brain (divine animal-temple) you cast your self out of heaven (the heavenly state) and is the same exact moment you create INSTANT KARMA. Bad Karma is anything in the physical, mental or emotional that keeps a person from returning back to the REMEMBRANCE that one is eternal spirit.

The practice of meditation is the practice of letting go, disassociating and not identifying with any-thing physical, mental, or subtle that arises.

In order to connect with the TRANSCENDENTAL God OUTSIDE of creation you must go INWARD (inside) first. Your true self is also called the Holy Spirit it is your pure consciousness of SELF-AWARENESS, it is the same SELF-AWARENESS as the UNIVERSAL SELF AWARENESS called God. Jesus said the kingdom is within, Buddha said to be a light unto your self. The Bhagavadgita states, turn to ME only, the ME is the Holy Spirit in you.

When Jesus became a Christ, he spoke from that state of God-union, not as the man Jesus, when he said no one COMES to the father except THROUGH me, i.e., No one will come(return) to the kingdom of heaven (enlightenment) unless one returns to the Christ consciousness first as I have done and become one with.

SPIRITUAL EXPERIENCE

(Spiritual enlightenment)

We must set aside opinions and judgements because we see they're just digging us deeper in to a hole. We surrender our own knowing. Now that's really hard, because the whole culture is based on the worship of the Golden calf of the rational mind while other levels of knowing like what we call intuition, have practically become dirty words in our culture. It's sort of sloppy, it's not tight, logical, analytic, clean. You don't sit in scientific meetings and say "I intuit that" You say, out of inductive reasoning I hypothesize that we will be able to disprove the null hypothesis, that's saying the same thing, but we've made believe that we're doing it analytically and logically. Some of us recognize that game.

-Ram Dass

The failure of inner evolution and the obsessive development of outer evolution has led us into this incredible paranoid multiplicity of this high technological materialistic structure.

There is a way that SEEMS right to a man. But its end is the way of death.

-PROVERBS 14:12

Enter the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it. Because narrow is the (true) gate and difficult is the way (hard to comprehend at first) which leads to life, and there are few who find it.

-Jesus, Matthew 7:13,14

Karma is our clinging or attachment of our conscious being to something or any thing, if we do not cling to any-thing, not even our own body and mind and all of our thoughts, feelings, memories, then we become free of Karma which is the freedom from all created things, and we are not reborn, reincarnated into this realm again. This freedom from all external and internal THINGS, including our own self identity is the attainment (returning) of God-self-realization.

-RAM DASS

And a certain scribe came and said to him, master I will follow thee whither so ever thou goest, and Jesus said to him, the foxes have holes, and the birds of the air have nests; but the son of man hath nowhere to lay his head. (Matthew 8:19, 20) Spacious with omnipresence, could the Christ indeed be followed except in the overarching spirit.

-YOGANANDA

It is sublime as heat and night and a breathless ocean. It contains every religious sentiment, all the grand ethics which visit in turn each noble poetic mind . . . It is of no use to put away the

book; if I trust myself in the woods or in a boat upon the pond, nature names a BRAHMIN of me presently: Eternal necessity, eternal compensation, unfathomable power, unbroken silence. . . This is her creed. Peace, She saith to me, and purity and absolute abandonment - these panaceas expiate all sin and bring you to the beatitude of the great Gods.

-EMERSON, his Journal

In Sabikalpa Samadhi (Hinduism) the devotee has attained realization of his/her oneness with spirit but cannot maintain his/her cosmic consciousness except in the immobile trance state. By contentious meditation he/she reaches the next state, level, phase of Nirbikalpa Samadhi, in which he/she may move freely in the world without any loss of God-perception, in this state the devotee dissolves the last vestiges of his/her material or earthly Karma (attachments). Never the less, he/she may still have certain astral and causal Karmas to work out, and therefore takes astral and then causal re-embodiments on higher vibrational spheres.

-YOGANANDA

Spiritual enlightenment is not a reward after a long struggle, spiritual enlightenment returns in the absence of any struggle.

Spiritual enlightenment is what is left when there is nothing left to experience.

Spiritual enlightenment is not an achievement (of the ego).

Spiritual enlightenment is not the accumulation of insights or psychic abilities, although insights and psychic abilities may occur.

Spiritual enlightenment is not the solving of a great mystery, it is the ending of mystery.

Spiritual enlightenment, also called Satori, Nirvana, Samadhi, Heaven, Kingdom of God etc, etc, is the most prior and primary condition known as REALITY but REALITY is more than just a condition, it is a LIVING REALITY, as truth is a LIVING TRUTH, a LIVING BEING, SPIRIT, CONSCIOUSNESS, SELF.

Murders, Death in all it's shapes. The capture and sacking of towns. All must be considered as so much stage-show. So many shifting of scents. The horror and the outcry of a play; for here, to, in all the changing doom of life, it is not the true man. The inner soul that grieves and laments but merely the phantasm of the man, the outer man (the psychological person-ality) playing his part on the board of the world.

-PLOTINUS

The lamp of the body is the eye. (The spiritual eye of consciousness) if therefore your eye be good your whole body will be full of light. But if your eye be bad (seeing and understanding

from the limited subjective psychological person-ality, the ego-I) your whole body will be full of darkness. If therefore the light (or lack of) that is in you is darkness, how great is that darkness. No one can serve two masters; either he will hate the one and love the other, or else he will be loyal to the one and despise the other. He cannot serve God and Mammon.

-Jesus, Matthew 6:22,23,24

The previous statement by Jesus means that the inner real you, the soul or Holy Spirit, can only be in one state of being, i.e. either you know and experience yourself as eternal spirit or you don't, thinking, remembering and believing is not the same as experiencing it. Either the light is on, or it is off, but it may flicker "on" in any life time, even if for only an instantaneous moment.

The Bhagavad-Gita states: When God-self-realization first begins to be infused into the nature of the mind, the mind becomes as if intoxicated with the feeling of self-sufficiency. When the mind in this state acts through the senses, it behaves in a rather carefree manner, which may be thought of as akin to indifference. In the more advanced state of spiritual enlightenment, this peculiar sense of indifference diminishes, and the behavior of the mind becomes more natural. Activity in the outer sphere of life becomes harmonized with the natural state of inner silence.

Activity goes on as a result of the coordination between the mind and the organ of action. At the same time, coordination between the mind and the senses of perception enable the senses to register experience. With the infusion of God-self-realization (Satori, Niruatia, Heaven, Samadhi, etc, etc.) into the mind, the senses of perception, while engaged in the process of experience, do not register deep impressions of experience. The impressions they receive are just sufficient to enable them to experience, but are not deep enough to form the seed of future desires. This happens more and more effectively as the mind becomes more established in the condition, state of God-self-realization, i.e., spiritual enlightenment.

-Chapter Five (end statement)

The Bhagavad-Gita describes the three phases, degrees, levels, or states as: From the waking state of consciousness to the TRANSCENDENTAL CONSCIOUSNESS (over-coming the psychological personality, the ego-I) then to COSMIC CONSCIOUSNESS (where the person becomes one and the same with all creation and people) the last phase is pure GOD-SELF-REALIZATION (in this state one is PRIOR to creation and is the same as, and is the DIVINE BEING called GOD which now supports creation as its own reflection or body (energy body).

"Open Eyes"

The non-exclusive, non-inward, native State of the Divinely Self-Realized Adept, Who is Identified Unconditionally with the Divine Reality, while also allowing whatever arises to appear in the Divine Consciousness (and spontaneously Recognizing everything that arises as only a modification of That One).

The Transcendental Self is intuited in the mature phases of the advanced stage of life, but It can be Realized at that stage only by the forced (or Grace-Given) exclusion of the phenomena of world, body, mind, and self. In "Open Eyes," that impulse to exclusion is unnecessary, as "the Eyes of the Heart Open" and Perfect Realization of the Spiritual, Transcendental, and Divine Self in the final stage of life becomes permanent and incorruptible by any phenomenal events.

Reality Itself Is Intrinsically (or Always Already) Self-Evident and egolessly all-and-All-Pervading.

Then why is the egoless Self-Nature, Self-Condition, and Self-State of Reality Itself not Self-Realized by one and all?

The only "reason why" the egoless Self-Nature, Self-Condition, and Self-State of Reality Itself is not Self-Realized in any instance is ego-"I"—or "point of view".

Therefore, the egoless Self-Nature, Self-Condition, and Self-State of Reality Itself can, indeed, Be Self-Realized by any one at all—simply by Standing Perfectly Prior to ego-"I", or "point of view".

That is to say, Self-Realization of the egoless Self-Nature, Self-Condition, and Self-State of Reality Itself is not possible by turning "out"—or toward any "object" of ego-"I", or of "point of view".

Self-Realization of the egoless Self-Nature, Self-Condition, and Self-State of Reality Itself Is Perfectly Prior to "within", Perfectly Prior to dissociative introversion, Perfectly Prior to seeking toward any "inner object", and Perfectly Prior to seeking toward any "outer object".

Self-Realization of the egoless Self-Nature, Self-Condition, and Self-State of Reality Itself Is Always Already In Place, As Is, Perfectly Prior to ego-"I", or "point of view"—and Always Already Perfectly Prior to all "objects" (whether "inner" or "outer"), and Always Already Perfectly Prior to all seeking toward "objects" (whether "inner" or "outer").

Self-Realization of the egoless Self-Nature, Self-Condition, and Self-State of Reality Itself Is in moment to moment Self-Abiding As Is—Perfectly Prior to all "objects", and Always Already As That Self-Nature, Self-Condition, and Self-State That is not an "object".

Self-Realization of the egoless Self-Nature, Self-Condition, and Self-State of Reality Itself Is "Where" no ego-"I", or "point of view", or any kind of "object" arises.

Such Is "Perfect Knowledge" or "The Form of the Good." (also known as Nirvana, Satori, Kingdom of God, Enlightenment, Cosmic Consciousness, etc., etc.)

Eternal life has been sought after by every civilization since the beginning of the human race.

Eternal life can be attained when one becomes spiritually enlightened, also called Satori, Nirvana, Samadhi Cosmic Consciousness, Union with Tao, At-One-Ment, Self Realization, Christhood, the Kingdom of God, etc.

During meditation-cultivation the body, mind and thoughts are set aside and as one discovers, or actually uncovers, one's own SELF AWARENESS. One intuitively that one's inner self is "eternal." It was never born and it will never die. This inner self ("consciousness prior to and inner witness to the outer body, mind and thoughts") is the eternal self. This eternal inner self is also called the "Holy Spirit."

For man does not just possess a soul; man is a soul.
My life is dependent upon the "internal." A good way to live one's life is to be more dependent upon the "internal."

-Chuang Tzu

Eternal life is found in meditation-cultivation. This is self salvation. Truly this is what Jesus was trying to teach, as well as Buddha, Lao Tzu, and Mohammed.

~Cocoa

