

ACKNOWLEDGEMENT

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Introduction

Babaji talked about our soul coming from the Godhead, our soul-consciousness coming down in the astral body. The seed of soul-consciousness is then born here. That part of the human soul is here to evolve and to remember its connectedness to Almighty God, the Creator of all life. We are born from the Divine Mother and Father; we come from the womb of Divine Mother into life. As we are born into life, we are born to human parents, our Mother and Father on earth. So this parental duty is very sacred. When we die we are in effect the soul being born back again into the arms of the Divine Mother and Father, so we reflect heaven and earth, and earth and heaven.

The soul purpose is to evolve and awaken our consciousness so that we remember where we have come from, and at in our time of dying we are fearless and rise into Divine Mother in immortal consciousness.

Over the years of going to India, to the Himalayas and sitting at the feet of my Master, so his blessing and energy raised my understanding and gradually, gradually the delusion of the world altered and I realised that we all have a purpose to open to our souls, the lower soul that inhabits our body. This soul is here to experience life and learn wisdom and kindness and as Babaji would say, "to calm the excitements". The Kriya Yoga is the technique he taught to do this. As we start to realise ourselves, so we can change the patterns that come forth. In effect, we start to raise the game.

I talk of our physical body, but we have many bodies; these are of energy and frequency. Around the physical body there is an etheric body, then there is an astral body; a lower mental; higher mental; causal; Buddi and Atma.

As we awaken to something greater than ourselves, and realise that we are not what we think we are; that this mortal body and mind is not the Creator, we realise that it

is a vehicle that has been created by God. It is an expression, like the trees are created and have form, the flowers, the rivers and the oceans. So each individual human being is housing a divine godly impulse. God's impulse has created all the universe. When we start to realise this, our perception as a human being that 'I am' creating 'my life', we realise we are not. I feel at this stage the human being starts to look inwards and changes its view on life; it starts to look more deeply behind the mask of the material world. As this quantum change happens, so we attract into our lives the teachers and shepherds to take us into an understanding and connectedness, and so we learn yoga or meditation. We go to workshops, churches, mosques, synagogues, and even in these religious halls of learning there are other deeper aspects of the religion, and so the journey begins awakening to the soul light within.

What Is Life? Where Does Life Come From?

We are a vibration of God, the overall Creator of the whole of the universe, a breath. This breath was breathed into creation and all the stars, moons, worlds and our Mother Earth came into existence. Each human being was breathed into existence but as we became denser, so our vibrational level became more solid. In that solidity is the divine spark which is our God-consciousness, our wisdom.

Why Are We Here?

We are here to experience living in a world that we call Earth and in that experience to connect with and remember our God-consciousness. We are here to express the beauty of our true nature and remember. As we unfold the light of our consciousness on earth, so we start to express the divine.

We are here to raise the vibration again (*refer to Aliyananda's 12 lessons*). We attune ourselves to our cosmic breath, the cosmic song, the cosmic vibration which fills our physical body and all life. To enter this cosmic realm is the purpose of being born here on earth. It is a journey of self-discovery being waylaid by the excitements of human nature. It is when we control the human mind and the excitements of the mind, with the help of teachers, meditation or prayer etc. our consciousness gets to a point of awareness, we can be drawn to a living Master. The vibration and consciousness of a living Master then takes us into a cosmic consciousness so that we gain enlightenment of our origins.

What Is The Meaning Of Life?

The meaning of life is to serve heaven and earth; it is to love God with all your heart, with all your mind and all your spirit. As the earth is made in the likeness of God and in the reflection of God, so we serve with love and compassion the souls on earth, which are the droplets of the Divine. Realising that these souls are locked into an illusion which is actually a vibrational density, until they can raise the vibration through prayer, compassion for one another, and love and kindness, they will be locked into this worldly creature that they think is true, and suffer. When we realise our God-self, and that self is in every other human being, part of the oneness, then humanity will be harmonious and our consciousness will be raised and the vibration of all peoples will be heightened to love one another and all life. Thus war and suffering will be replaced by enlightenment; heaven on earth.

How Do We Journey The Path Towards Enlightenment?

We journey the path towards enlightenment through diligence and hard work. It is hard work but at the same time, once you break through, then it becomes a divine harmony.

In meditation and prayer the purpose of these practices is to calm the outer mind and our physical bodies. There are many ways of doing this and many teachers that you can find in life. When the monkey mind is calmed and we unite with our breath; when we actually concentrate on the breath and remember the breath of life that is in all creation, we start to connect with the breath and the light within. For behind the mortal mind is the presence of our soul. This soul intelligence is housed and aligned to our heavenly being. Each individual human being has its own soul and divine intelligence for it takes many incarnations to remember our essential truth. When we still the outer mind, so we can connect in the stillness and silence in meditation, and the disturbance of the outer world is far away. Then we enter an inner kingdom. This kingdom is within you. The physical body is the grail cup holding the elixir of your soul and God-consciousness.

Behind the mind is this wonderful being. This being is actually more easily accessed than we realise, for as SOON as we stop and still the mind, so we realise our essential self. The Kriya Yoga and the breathing technique calms and oxygenates the physical body, cleanses and raises the vibration of the chakra system and the spiritual body, igniting the fire of the God-consciousness within you. This unites these three in one breath. So we journey from the outer physical through the breath to the light and the Word of God and the fire of the Holy Spirit within; the God-Glow.

Teaching No 1

In the centre of the earth is the diamond soul. Also, the diamond is at the centre of the human body. The diamond energy is the Christ self. It comes forth from the lessons we learn, the experiences we have and the choices we make. Our life journey creates the polished facets of the diamond to express a kaleidoscope of God's expression. Our bodies, like the earth, are made up of earth, air, fire and water, so we bring into balance our waters of emotion; our fire of excitements; our earth nature of desire and the air of illusion. All these elements make up the world of Maya (Maya means illusion). As we work on these elements we work on the waters of the heavens, the holy baptism, and we open ourselves to the living well. We realise the heavenly fire, the Holy Spirit, within us. The air is the cosmic breath; the breath of creation, and the earth is the physical form, the body, on earth, becoming the living grail and holding the diamond-self which has been born and realised through the journey of self-discovery.

We reflect heaven and earth; we become heaven on earth and as we love Mother Nature so we realise that we are living in heaven on earth. As we follow the seasons, so our earthly body (physical) becomes rhythmical with the seasons. As our physical bodies become in harmony with the seasons and the diamond-self within is reflecting the cosmic plan, the Plan of God on earth, so the marriage of the physical and spiritual become one, and the person lives in conscious harmony with their body, the body of earth with God's Mind and the mind of earth, with God's Spirit and the spirit of earth. For at the centre of the earth is the soul crystal and at the centre of the human being is the soul crystal. The earth is not God, but a manifestation of God; man is not God, but a manifestation of God, but earth and man reflect one another. So when man's consciousness can evolve and understand, and be kind to itself and Mother Earth, then the vibration of humanity and the world will rise together.

Teaching No. 2

The diamond-self is made through the journey. It is hewn from the journey, the choices one makes and the way life is dealt with. The journey on earth is very important because we are living, we are in life. It is in life, through transforming our personalities with the aid of meditation, contemplation and prayer, that we raise our consciousness and open to the diamond-self within. The diamond-self comes forth as we work upon the chakra system. The human natures are gradually transformed as the chakras are cleansed, vivified and realised. We are making a heavenly ladder of consciousness. We start wherever our soul journey needs to be. Some people work on the heart, some on the root, and some on the brow to see more clearly, and

so on. So their outer journeys reflect the essential learning that they need to transform themselves.

The Chakra System

- The root chakra is red:
 - The physical blood of life, the holding and binding;
 - It is the spiritual fire of the Holy Spirit, cosmic life.
- The sacral chakra is orange
 - The physical earthly union of creation for human life; a multi-faceted emotional marriage happens;
 - It is the sacred birth and union with God which gives birth to the creativity of God-consciousness
- The solar plexus chakra is yellow
 - The yellow of man's fears (yellow belly);
 - The sun-rise of illumination and surrender to the cosmic plan.
- The heart chakra is emerald green/pink
 - The desire of human nature: "I love that," "I want that."
 - The heart of compassion (pink), service, sharing and caring and God's Plan once again.
- The throat chakra is blue
 - The word of human nature. The words can be aggressive, unkind and ungrateful; mindful expression is in the nature of God-consciousness.
 - The divine word is beauty, sweetness, loving and wisdom.
- The brow chakra is indigo
 - How we see things in life – ugliness and negativity;
 - We still the mind and open to peacefulness and harmony.
- The crown chakra is violet white
 - Is the glory which will never really be opened until we are cleansed and have raised our understandings;
 - Opens to receive the knowledge and love of the Divine.

As we transform this ladder and the consciousness comes to the highest point on each chakra, the chakras are cleansed and open to the jewels within. For in the heart of each chakra is a jewel: the ruby of the root; the coral of the sacral; the yellow sapphire of the solar plexus; the emerald of the heart; the blue sapphire of the throat; the deep blue sapphire of the third eye and the diamond of the crown. At this stage the angelic realm can use this ladder of consciousness to come through and work in the world. For it is this place that the human will has surrendered enough and is pure, that it will call the angels to do the work in accordance with God's Plan. The human being at this stage has become a divine being incarnate and the many facets of the diamond-consciousness reflect God's Consciousness. In addition to the angelic realm, the human being can open to the realms of the Masters of the rays; a different Master for each chakra, because the Masters hold the pure consciousness of God and their vibration can over-shadow our work on earth. This ladder is also rising from the crown chakra. In meditation we raise our attention through the crown chakra and enter the kingdom 'as above, so below', and we make a heavenly stairway for the over-soul to access the spiritual body on earth. (*"The 12 Lessons" booklet teaches how to do this.*)

Teaching No 3

The rainbow is the ladder of light and the bridge to heaven. Our auras are filled with this rainbow light which is the reflection of the diamond. On the next level of enlightenment is the pearl and the pearl is like the cream, soft, opalescent, the nurturing Mother energy of the diamond light.

How to utilise the grail

As we work and build up our body of light, so we become a living grail and open to the heavenly realms. From the heavenly realms pours forth God's Love and Peace and we become servants of the light. It is at this time that we can become aware of the mantle of our over-soul for we have prepared a place on earth for our Christ-self and this Christ-self is truly attuned to God's realms. In the world, to thyself be true, for this is the God within you. This is God's Word emanating from you; God's Vision (the Divine Plan); the compassion of God's Heart; the light of God's Consciousness; the union of God's Love earthed in the fire of the Holy Spirit. The higher Christ-self is in the Body of God and the Body of God is present on earth and you truly are a Sun of God reflecting God's presence on earth. As a living, holy grail, the living waters fill you and this water is like a loving pearl energy that flows into you and from you, lifting the vibration of Mother Earth and the hearts and minds of men.

Teaching No. 4

When the Christ-self is realised and the human being transforms itself from the chrysalis of illusion, breaking open and flying into the heavens as a butterfly, it is at this stage that we climb and rejoice in the journey in God for we are entering the Body of God to go home. There are seven heavens (moving out from the crown chakra): the first is the earth body, being the root chakra. We evolve and enter the many bodies, the next being the sacral, heaven of the over-soul; solar plexus, heaven of purity; the heart of God, the throat or heavenly choir; the brow, heavenly vision and mind of God; the crown is the great rejoice, we have arrived home. This makes the Kingdom of God and all creation (we are created in the likeness of God). As the soul on earth evolves it can rise up the ladder and enter the kingdoms gaining enlightenment.

On these levels within the Body of God are angels and archangels. The great archangels stand sentinel at the throne of each kingdom. The Seraphim and Cherubim are around the Throne of God. As our Christ-consciousness evolves on earth, so the angels and archangels are held within the human aura on all seven levels within the human being. It is at this stage that you become a heavenly choir for each kingdom emanates a vibrational sound, colour and quality, making the music of the spheres and the God OM.

Teaching No. 5

As the initiate evolves and starts to realise these kingdoms within him/herself, he realises that the astral body, which carries us to other realms, has become strong. This body carries his soul seed to the different heavens. Becoming an initiate is for the purpose of evolving the soul to the level of Christhood and enlightenment. Being able to raise the consciousness to these levels while you are on earth is preparing your soul to consciously, after death of the physical body, move in the astral body to the higher realms of teaching and the Masters. Each heaven has seven levels so depending on how much work the initiate has done so he will advance to the appropriate level. So, if you have lived a bestial life, after death you will go to that level and not rise in the kingdoms at all, and be stuck in a hell of your own choosing and making, for it is entirely up to the individual how much effort and work he does, and as you sow, so you reap. As the initiate progresses it realises the soul is immortal and deathless, and at earthly death he can rise consciously using his astral body to go to the realm of his choice.

Teaching No. 6

The Kriya Yoga is a wonderful breathing technique, for with the conscious breathing and calming the excitements of the body, we build the ladder within us and then we build the ladder into the heavens. At this stage in the initiate's journey we have initiated a connection with our soul and made a heavenly path for the over-soul, our God-self, to come down into the grail body that we have prepared to hold our sacred-selves. As I have said in the previous teachings, our over-soul is in connection with the whole of God's Kingdom.

In the mystical schools, as with any school, the pupils are at different levels of learning and so there are degrees in which the wisdom is unfolded. So there are souls on earth that can initiate to the highest level and there are souls just starting on the first rung of the ladder, but the major learning is to love the ones below, the ones alongside you and the ones above you, and to put your hand out to pull them up the ladder. The essence of creation is love. In our mortal world, through sexual love, we create a baby, life. When the initiate opens its soul and, in union, loves God, then we create the Christ child and the over-soul is born, the Christed-self. This Christed-self has all the qualities of God on earth and truly is a Son of God. The story of Christ being born as a baby is a mystical truth, for as I have just said above, the Christ child is born within us. It is cradled in the world and the animals of our nature are its house and the three kings symbolise the three heavens: the earth; the heart kingdom and the Mind of God kingdom. So the kings came forward with gifts of gold, frankincense and myrrh. The angelic realm gathered around the cradle and the stable represents our earthly body. The Christ mass is the story of our Christ birth. As humanity is wandering in the delusions of the material world, it is not seeing the truth of this great story.

Teaching No. 7

There are many levels of souls on the earth. As the soul evolves over many incarnations, the divine qualities of realisation are held in the individual's over-soul in the higher realms, and the lower aspect of the human journey is evolved again in their soul on earth. There comes a time with initiation and sacred practice that the karmic wheel comes to a closure; that the whole of the individual soul seed becomes realised. To actually enter and retrieve and live one's realised God-consciousness on earth, the lower soul on earth flies into the Fire of God and is consumed. At this death the soul in the heavens has become completely realised and comes down to earth where the way has been prepared and this great soul can now be of service to God and all mankind.