SWAMI DHYAN GITEN

THE WAY, THE TRUTH AND THE LIFE

ON JESUS CHRIST, THE MAN, THE MYSTIC AND THE REBEL



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THE WAY,
THE TRUTH
AND THE LIFE

On Jesus Christ, the Man, the Mystic and the Rebel

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The book is a compilation of Swami DhyanGiten's lectures on Jesus Christ during satsang between May - July, 2015, in Stockholm.

Giten was a disciple of Jesus in a former life.

In-between the lectures on Jesus Christ, Giten answer questions on spiritual growth from seekers of truth.

Giten has also complemented the lectures on Jesus with The Art of Living, which includes practical meditation exercises.



"Through understanding meditation, I can understand Jesus. I can understand the innocence, beauty, silence and truth of Jesus.

Jesus is the way, the truth and the life, but the way has to be walked.

The Bible and Jesus disciples have totally misunderstood what Jesus really was doing during 40 days in silence in the desert.

He was meditating in the desert, which is the way to discover the inner being, the kingdom of God, which is the whole message of Jesus."

– Swami DhyanGiten

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FOREWORD

When we are created, we consist of just one single fertilized ovum - a tiny round ball with a diameter of 0,15 millimeter. In the moment that we begin to exist, the whole humanity can be contained in a bucket - how outstanding incomprehensible. But the ovum divides and divides again - one time after another. When we are fully grown, we consist of several millions of milliards cells. If we would share all our cells in the body with the people on earth each one would receive almost one million cells. The fertilized ovum has become a whole gigantic galaxy - what a miracle.

Each cell consists in itself of many milliards of atoms. Each cell is a whole universe with its own power stations - mitochondria's. In the cells many different repair jobs are being done. The cells have its own disposal stations with advanced sorting of disposals. The machinery of the cells is still an incomprehensible mystery. The development of the building blocks of life started in the world oceans several milliards of years ago.

How did it all begin?

The answer from science to the question is today almost univocal. Out of nothing, our visible universe was created in a large expansion "Big Bang". The event occuredfor about 13 milliards of years ago. Endless amounts of hydrogen atoms and helium atoms were formed. These gases were collected in gas balls, which soon began to glow - suns were born. Thesuns were collected in large swarms, which we call galaxies. Ourowngalax The Milky Way is one of these sun swarms. Several hundred milliards of suns exist in our galaxy. Butourgalax is not alone. There are numerous galaxies. The Hubble telescope can see several hundred milliards of galaxies in the visible universe. The scientific report of creation is an unfathomable tale in the signs of mysticism.

Too large suns showed to be unstable. They explode in the end in a so-called super nova explosion. Such a solar explosion occurred in the place in The Milky Way, where we live now - almost 5 milliards years ago. It is the remains after

this gigantic explosion that has created our solar system. Our own sun and all planets that move around our sun were created in that moment. The mysterious force that created our visible universe in a first large expansion Big Bang, then created the planet systems by letting the largest suns explode. Then it was time for the next act of creation - the beginning of organic life.

During some milliards of years life was ignited in the oceans on earth. The same course of events occurred with all certainty on milliards other planets in our own galaxy. Life is cooking all over The Milky Way - and in numerous other galaxies in the whole visible universe. We have for some strange reason always wanted to be alone. But the evidence that life is universal is convincing. Meteorites and comets with organic material have hit earth for many milliards of years. Life has cling tight on to the whole universe.

During some milliards of years life as trapped in the oceans on earth, but for about 400 million years ago life crawled up on land. Oxygen had formed in the atmosphere and a thin layer of ozone, which filtered away the ultraviolet light from the sun had formed. This first sun protection opened the gates for life on earth. Life crawled up on land. If we make genealogy research going back 400 millions of years in time, our relative's lands in the sea brow. The beginning of life is still an incomprehensible mystery.

The creation is so mysterious that we become silent

We searched for a long time after the smallest indivisible building block the atom. But we failed. Even the atoms showed to be divisible. Even the atom is a universe in miniature. Why has the mysterious force that has created everything made it so complicated? Is it the meaning that we should not be able to understand? Is our brain created not to understand? Is there a planwith the creation? is there a meaning to life? The questions gather in our subconscious.

We are prisoners in our minds

All invisible fields that the whole universe contains appear to be unreal. The magnetic field has caught our fantasy. With magnets we can move objects without being in touch with them. Something mysterious transmits the force. We know that we are drawn to the earth in a strange way. The gravity has

caught us. The people are drawn in exactly the same way that all mass are drawn to each other - but why? What is the field of gravity?

It is our minds that make us instinctively believe only in what we can see and in what we can touch. A larger misconception does not exist. It is just a few percent of the energy forms of the universe that we can see or touch. Despite the fact that we can catch hundreds of TV programs, thousand of radio programs and millions of phone calls with a receiver, we do not think about that all this information exists in invisible form in the air right in front of our noses. We even think less about how many different fields that exists everywhere in the universe. All this invisible, we automatically darkens. We are almost without exception prisoners in our physical visible world.

The modern physics has made the doors to mysticism wide open. The larger world that can only be described with the laws of astrophysics, or the lesser world that is ruled by the laws of quantum mechanics, are as real as our world. We live in a world, where the classical physics rules our everyday life. Our brain has conformed to the world that we live in. That is how it is and that is how it must be.

Recently we presented the Nobel Prize in physics for the discovery of the Higgs boson. This was the last piece of the puzzle in the scientific myth of creation. The Big Bang theory seems to be the answer to the question about how our visible universe was created. The Higgs field is the latest of all names on the many mysterious invisible fields that are out there. The thought that our consciousness lives on in a kind of consciousness field when we leave the body do not seem so unrealistic any longer. What if our most important identity is something else than what we can see in the mirror? It is this belief that has become my absolute conviction.

There is something mysterious within us - something that everyone can feel

When we hear the words from the Swedish poet Dan Andersson - "There is something beyond the mountains, beyond the flowers and the song" - we become silent and prayerful. Our great Swedish poet managed to formulate sentences that touch us deeply. Even today, about one hundred years after the death of Dan Andersson, his poems are quoted at every funeral. How is it possible to formulate sentences that cling tight to our inner for such a long time? The answer is obvious. The great questions of mysticism are always within us.

The thoughts on life lies and brood

When we are young, life is cooking. When we become older, we usually become calmer. The questions about life come closer.
In fact, the thoughts are there all the time, but they are drowned by the intensive noise of the brain. Each time when we have attended a funeral, we stop for a moment. We have relaxed inside and began to "meditate" - we have fallen into deep thoughts. Is there maybe something "beyond the mountains" - we have all asked ourselves this question. But in this same moment that we leave the funeral, we are back in the physical world - unless we are not a close acquaintance to the person that has passed away, of course.

It is time for science to engage in the religious questions

Albert Einstein: "I want to know all the thoughts of God - the rest is only details."
The list of geniuses in natural science that have been interested in religious questions are without end. Why have the greatest thinkers of humanity during all times been interested in religion? The answer is of course that thinking man isdrawned to the great questions. We can never shake off the questions of life. They continuously brood in our subconscious.

My own religious conviction has not been created during some quantum mechanical brooding. It is something completely different that made abandon my earlier atheistic belief. I have been shaken by a series of unexplainable events with the signs of mysticism. When mysticism strikes like lightening from a clear sky, the brain takes a leap trying to find explanations. But to explain the unexplainable requires sometimes that you are forced to think anew. It was like this for me.

My great role models in modern times are Mahatma Gandhi, Martin Luther King, Nelson Mandela and Dalai Lama. All these heroes bring forth the same basic message - human inner warmth and forgiveness.
Gandhi's answer to the question if he was a Hindu - "Yes, I am. I am also a Christian, Muslim, Buddhist and Jew" - has forever remained stuck in my brain. King's famous speech "I have seen the promised land" has also remained stuck in my inner. Mandela's national act of forgiveness has dazzled me. All these

super hero's have engaged themselves deeply in the political questions during the age in which they lived. That is for me a sign of real greatness.

When I came across Swami DhyanGiten, I became deeply touched. I discovered a religious thinker that seems to be totally fearless. He takes a stand in the most controversial political questions in the world today - how extraordinary incredible. When I began to read more closely, I got even more touched. He writes in both Swedish and English. His usage of English reminds of David Attenborough's clinically beautiful and crystal clear English. Almost everybody can understand Giten's texts in English without being good at the English language. Giten can reach out with his message to the whole world.

But this is not enough. Giten's art of wording is enchanting. He writes so that it goes straight into the inner. His approach to life is the same as all my other religious "superstars" (Gandhi, King, Mandela, Dalai Lama). Who is this person - Giten - who has formulated the following text?

It is when we open our heart that we discover a sense of unity in love with other people, with the trees, with nature, with the sea and with the blue sky. This is the silent revolution of the heart. The human heart is the solution to the problems of the world. The human heart contains all answers.
The human heart has the capacity to expand and embrace the whole earth.

Giten has shaken me. I hope that the readers will also discover his greatness. Humanity is in acute need of loving religious thinking. We have got enough of judgmental Gods. We must reach an end to the thousands years of wars of hell and sound the bells for the kingdom of thousands years of peace. The scientificmythofCreation has become clear. Science must now take its religious responsibility.

Albert Einstein:

"The religion of the future will be a cosmic religion. It will include both science and spirituality. It will be built on a deep religious insight - that everything is one single meaningful unity."

BrageNorin - professor in theoretical physics, internationally recognized researcher in climate change, representative to the Swedish Energy Commission to China, consultant at the Swedish think tank Skogsa

INTRODUCTION

Jesus Christ – The Path of Love

The Path of Love, the path of Bhakti Yoga, is the path of Jesus Christ.

Love is not a technique.

Love knows no technique, so the path of love has no method or technique.

If you bring technique to the path of love, you will destroy love.

The whole existence is love, and the birds need no technique to love, trees need no technique to love the mountains need no technique to love.

Love only needs that you drop the ego, and drop into your heart. It is just like a rose flower opening. You need not open it; it has the

capacity to open already. The capacity is intrinsic, and of its own accord the rose flower will open - and in the same way the heart opens.

The heart needs no technique, the heart needs no training.

Jesus says: "God is love". If you can love, it will happen by itself.

Jesus path is the way of love, of prayer. It is a deep love for the whole existence.

Jesus was a man of love, of immense compassion. He loved this earth, the people, the threes, because that is the way to love God.

God is life. Jesus is very life-affirmative. He says total yes to life.

When you look into the eyes of each being that you meet, you meet God.

Everybody is an incarnation of God - the threes, the flowers, the rocks, the animals, the people and the mountains.

Love the people, love the threes, love the animals - and through the love you meet God.

All are brothers here, because God is one.

The threes, the flowers, the birds and the rocks are all your brothers, because they all come from the one source.

If you are not reconciled with the world, you cannot pray to God. Prayer is only possible when you are in harmony with existence.

The whole existence is your brother. The first step for prayer is to be reconciled with your brother. And your brother means all beings.

Jesus is a celebration of being, a celebration of life.

If you deny life, you deny God.

If you say no to life, you say no to God, because God is life.

To understand Jesus, you have to understand that life is God.

If you say yes to life, you will feel a prayer arising in your heart, a yes arising in your being.

The ego is a no to life; the ego is a separation from life. The inner being is a yes to life. The inner being is a deep yes and acceptance of life.

Saying yes bridges you with the whole. It makes you a part of the whole. Saying yes will make you more and more spiritual.

Jesus whole message is yes. The word "amen" means yes.

You will never meet God; you will meet human beings, animals, stones and threes.

You can love God through other human beings, through threes, through stones and through animals.

And when you have learnt to love God through all his forms - then only love changes into prayer.

Swami DhyanGiten

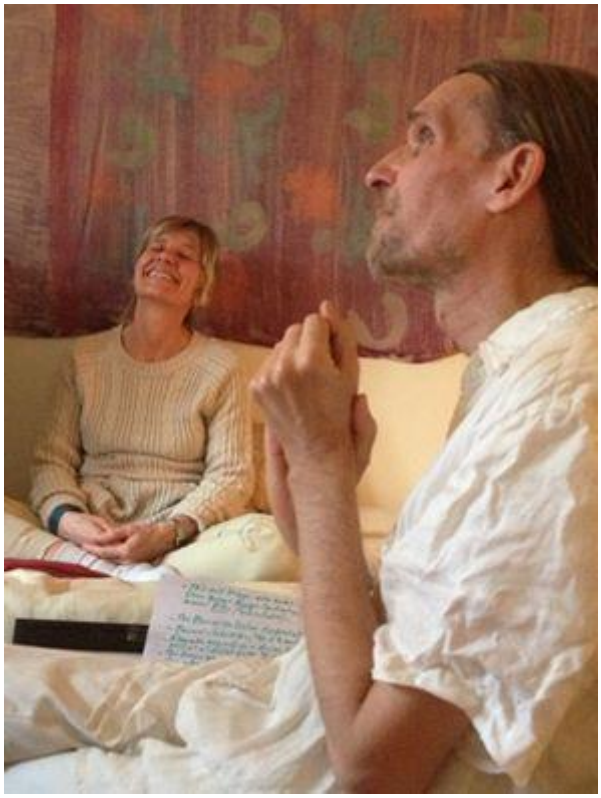
Satsang with Giten:

The Way, the Truth and the Life

- Satsang about Jesus Christ, the Man, the Mystic and the Rebel

May-July 2015, in Stockholm













Satsang with Giten is a meeting in silence and truth. Satsang is a love, a meditation and and an energy transference.

Satsang is a direct insight and experience of being.

Satsang begins with a lecture by Swami DhyanGiten, which is followed by 40 minutes of satsang in silence and meditation.

During the spring a deep silence and unity have occurred during satsang.

Giten talks about the beauty and wisdom of the words of Jesus.

Giten talks about Jesus, the Man, Jesus, the Mystic and Jesus, the Rebel. He makes a clear distinction between Jesus Christ and the religion that has been built around him - Christianity.

Through talking about the gospels of Matthew, Luke and John, Giten reintroduces Jesus as the man, the

mystic and the compromise less rebel, who are filled with love and compassion. Jesus becomes alive in a new and dynamic way and not in the way that Jesus has been presented to us by the theologians and the priests.

Giten talks about love, joy, trust, acceptance, healing, truth, the need to serve, the difference between being and ego, wisdom, silence and God.

For the first time, we really feel the laughter, passion, silence and celebration of life in Jesus, which shows us the deeper meaning, the timeless relevance.

Giten was a disciple of Jesus in a past life, where he was thrown to the lions in Coliseum in Rome.

These satsang's with Giten are a joy and a delight for those in love with the words of Jesus.

"I love when Giten talks about Jesus."

- PremMukta, participant in Satsang with Giten

SWAMI DHYAN GITEN, spiritual teacher and best-selling author, has 30 years of experience in individual consultation and in teaching awareness and meditation. He has dedicated his life to teach the art of awareness and meditation. He conducts individual consultations, seminars and courses internationally. His quotes, articles and books have touched the hearts of

thousands and are appearing with increasing frequency in magazines, blogs and websites.

COMMENTS FROM PARTICIPANTS IN SATSANG WITH GITEN

"Satsang with Giten was wonderful."

- Toshen

"Satsang with Giten is to receive the grace of God; it is to receive the Holy Spirit."

LechDulny, participant in Satsang with Giten and vice head of The Culture School in Stockholm, which organizes courses and education in music, theater, dance, art and media

"When I participated in Satsang with Giten for the first time, I felt that I had come to the right place. I felt that I had come home.

"I never thought that a 2-hour Satsang could go so deep.

"The love that I found within myself during Satsang with Giten just continued to flow a week after the Satsang."

- Iiris, special education teacher for autistic children and participant in Satsang with Moji and Eckhart Tolle

"Giten gave me life back. An awakening. I have seen the beauty in life, and I know that this is the way.

I like Giten a lot. He is fantastic. The presence and impact he has on people. His wisdom and humor."

- PremMukta, artist project management, Stockholm

"Since I began to study with Giten, a new dimension of awareness has developed step by step, which has transformed my whole life."

Deva Emanuel, musician and student to Giten since 6 years.



1. JESUS CHRIST

- GRACE AND TRUTH

From Satsang, May 7, 2015

John 1

When I speak about Jesus Christ, I do not speak about Christianity.

Christianity has basically nothing to do with Jesus. The spirit of Christ cannot be organized. Then it will not liberate you.

Christ is the very essence of religion. Christ is the culmination of all human aspirations. In Christ all the aspirations of humanity are fulfilled.

Christ celebrates life, he loves life, and he is a song and a dance. He is also transcendental. When you come closer to him, you will find that his inner being is transcendence. You will meet the unknown, where the world disappears and God appears.

You can trust him, because he is like you. He is part of your suffering, pain and sorrow, but he is also transcendental. That is why Jesus became a mile stone in the history of human consciousness.

Jesus lived and loved with truth and grace. Jesus being was truth and grace. Whenever truth is there, grace is there. And whenever grace is there, truth is there.

To come closer to Jesus, you have to find your own inner being, the kingdom of God. That is the whole message of Jesus.

Then you will find that God is eternal. God is the whole existence. His creativity is eternal.

God is creativity. God is not a person. God is existence, being. God is the energy that underlies all life, which is in the stones, in birds, in animals, in human beings and in the stars.

Consultation with an edge

Giten had an individual consultation with Deva Emanuel on Saturday, July 19, and the window was open as it was a hot summer day.

Suddenly a wasp flew into the room during the consultation, and began to fly around the room buzzing loudly. It started to fly around Giten and Deva Emanuel, but Giten simply continued with the consultation. Neither Giten nor Deva Emanuel tried to get the wasp out of the room, but simply accepted the presence of the wasp.

When the wasp flew closely around Giten, Giten greeted it and said "Hi sweetheart" to the wasp recognizing that even if the forms differ there is the same soul in all living beings.

The presence of the wasp created awareness and an edge to the consultation, and when both Giten and Deva Emanuel just accepted the presence of the wasp, it suddenly flew out of the window again.

Love

The first question

What is love?

Love is not an exclusive relationship with another person; love is the quality that arises when we are in contact with our inner being, with our authentic self, with the meditative quality within, with the inner silence and emptiness. This inner emptiness is experienced by others and is expressed on the outside as love. This love is not addressed to a specific person; it is a presence and quality that surrounds a person like a fragrance.

The human heart is a healer, which heals both other people and ourselves. The open heart is like a fountain, which no longer makes any distinction between: "I like you - I do not like you". The open heart does not make any difference between friends and enemies. The open heart is open both for ourselves and for other people. The open heart is unconditional love.

Intuition is our true inner voice, the ever-present inner source of love, truth and wisdom, and the silent Existential voice within ourselves. Through the intuition, we are in contact with the Whole.

Our heart is the door to allow Existence to guide us – instead of being directed by our own ideas, attitudes and preconceived expectations of how life should be.

When our heart is closed, it can create a lonely and isolated feeling together with the attitude: "Nobody loves me" or "Nobody cares about me", which can make it hard for other people to love us.

The basic problem with the world is that there is too much hate and too little love.

The fourth level of consciousness is placed in the middle of the heart. The

fourth level of consciousness is the human heart. The heart relates to unconditional love and acceptance both for ourselves and for other people. The heart relates to qualities such as empathy, joy, acceptance, trust, intuition, understanding, compassion, playfulness, healing, friendship, sincerity and a sense of oneness in love.

The human heart has both an active and outgoing quality and a receptive and ingoing quality. The outgoing quality is active love and the ingoing quality means to allow both others and ourselves to love us.

Love is not an exclusive relationship with another person; love is the quality that arises when we are in contact with our inner being.

A silent revolution of the heart happens when we begin to care about another person and it is a joy to put the needs of the other person before our own needs. It is on the consciousness level of the heart that we begin to develop the awareness and sensitivity, which makes us begin to care about another person.

When our heart is closed, it creates a lonely and isolated feeling. It prevents us from seeing the love that surrounds us all the time. It is when we begin to open our heart that we discover a feeling of oneness in love with other people, with nature, with the trees, with the stones, with the ocean and with the blue sky.

I remember when I had a painful relationship with a woman and did not know what I wanted to do with the relationship. Then I closed my eyes and asked my own intuition, my inner source of love and truth, Existence within myself, what I should do with the relationship. The answer that came in a silent whisper was: “Focus on love, not on a specific person.”

It is on the consciousness level of the heart that we begin to understand that we are not separated from life. We begin to understand that we are not small separate islands in a great ocean, but that life is one and that we all are small parts of the Whole. We begin to understand what is really important and meaningful in life. It is on the consciousness level of the heart that we begin to understand that life is about sharing, rather than hoarding. We begin to understand that life is about giving, rather than taking.

Above the consciousness level of the heart, we need a teacher and a guide. It is somebody who “knows”, who has walked further on the path than us and who can guide, encourage and inspire us. There is an Indian saying: “When the

disciple is ready, the teacher occurs."

Our heart is actually already open, but it is our judgments about others and ourselves that keep it closed. When we stop judging others and ourselves, our heart begins to open. The way to healing is to learn to love and accept ourselves unconditionally. It means to embrace both our positive and negative sides with love. It means to love everything that we find inside ourselves. Healing happens when we bring everything that we find inside ourselves out into the light.

Trust is a requirement for love. Without trust, love becomes without depth. It becomes like a plastic rose, instead of a fresh and alive rose. Even if some people will use and betray our trust, it is not a reason to allow them to undermine our basic trust in life. It is better to allow some people to betray our trust than to not allow our basic trust in life to develop. Many people are also so sleeping and unconscious that they do not even know what they are doing. Even if we feel hurt, disillusioned and disappointed with people, try to give them love. One criterion for spiritual maturity is that we begin to give love, instead of needing love.

The really poor are those that think that money are the meaning of life. When we lack love in our life, money becomes a substitute.

Love is to eat pizza with our beloved even though we hate pizza.

We have been taught to love others, but not to love ourselves. But how can we love others if we do not love ourselves first? The ABC of love is that we first need to love ourselves before we can love anybody else.

Exactly as the rhythm of the in breath and out breath of the physical body, love has also two poles: to give love and to allow ourselves to be loved. Some people can easier give love, while others can easier be loved. But for our love to be whole, we need to learn to both give love and allow ourselves to be loved.

Love and fear are two sides of the same coin. In the absence of love, fear arises. In the light of love, fear disappears. Fear is a contraction of our life energy together with a feeling of loneliness and isolation. Love creates an expansion of our life energy together with a feeling of love, joy and belongingness with life.

Love is the strongest force there is. There is no stronger healing power than love. Love is pure magic. Love transforms people without really doing anything. The mere presence of love transforms people. There is nothing more holy than love since love makes people whole.

Love accepts a human being as she is. Love creates the freedom for a human being to be who she is. Love creates the relaxation, which helps a person to relax into her own inner being, into her own authentic self.

Love allows us to appreciate the beautiful being we already are.

Love is not an exclusive relationship with another person; love is the quality of our inner being. It is to discover the source of love deep within ourselves, which is our true nature.

In the depth of our heart, we already know that we are perfect as we are. In the depth of our inner being, we already know that life is perfect as it is.

Love is the most valuable gift we can give to another person. What we need to do is to open our heart and release our love to the world, to the people, to nature, to the animals, to the trees and to the sky – and this love will be returned a thousand times to us.

The basic fear with love is that love is larger than ourselves.

Love means to realize that we are one with life. Real love means to realize that we are one with the other person, one with nature, and one with the trees, the stones, the earth and the blue sky. It means to realize that all of life is God.

The Art of Living:

GITEN LOVE MEDITATION:

OPENING OF THE HEART

– Love, Aesthetics and Inner being

This is meditation to open the heart in four steps. The first step is to move from the head to the heart, and to come in contact with the heart. The second step is to be more loving, and to change the quality of your relationships. The third step is to be more aesthetic. The fourth step is to rediscover the inner being, where you discover that you are neither the head nor the heart. Try each step for a few days, until you understand each step, and you can practice all the 4 steps.

The first step is to move from the head to the heart, and to look at the world through the heart. By and by the heart will begin to function, and when the heart functions again, it will change your life. For love, you need the heart to function.

The second step is to be more loving, which will change the quality of your relationships. It is not only your relationships with your partner, but become more loving in your relationships towards life as such. Create a loving attitude to life as a whole.

The more your relationships are based on love, the more your heart will develop. You will be looking at the world with different eyes.

When you look through the heart, the whole universe looks like a unity, wholeness. The heart is the door to discover that we are not

separated from life, but that we are small islands in one great ocean of consciousness.

The heart joins together - and the ultimate synthesis is God. If we look through the heart, the whole looks like one - and that oneness is God.

Be more loving whatsoever you are doing, allow the quality of love to be there.

Be more loving, even with a tree, a stone, a dog and even with things.

The third step is to be more aesthetic, which is to be more sensitive towards music, poetry, dancing, painting, writing and beauty - towards anything that touches the heart. Be creative and create something of your own.

Participate in the world, create - and your heart will begin to function and develop.

And when you have a functioning heart, the quality of your mind will also change. The mind becomes an instrument. You can move away from it when you like.

The fourth step is to rediscover the inner being, where you discover that you are neither the head nor the heart. You are the inner being, the inner center, where YOU ARE.

The head and the heart are centers that need to be developed, but the inner being can only be rediscovered. The inner being is the existential center that you were born with.

In the inner being, you discover that when you are, love is not, but when you are not, love is.



2. AND THE WORD WAS MADE FLESH

From Satsang, May 15, 2015

John 1

THERE WAS A MAN SENT FROM GOD, WHOSE NAME WAS JOHN. THE SAME CAME FOR A WITNESS, TO BEAR WITNESS OF THE LIGHT, THAT ALL MEN THROUGH HIM MIGHT BELIEVE

If God himself descends, if God himself is not sending somebody, it seems almost impossible that you will be able to know God.

Somebody is needed, who can be a witness, and who can say: "Yes, I know him". Somebody who can give you a taste that "Yes, God exists."

God can never be just a belief, because a belief is an idea, it is intellectual, but it will not change you, it will not transform you.

Belief is intellectual, while trust is a totally different. Trust is existential.

But how can you trust, unless you come in contact with a man, who can say from the depth of his being: "Yes, God exists."

John the Baptist became a witness, because he has known the light. He is coming from the light.

You are also coming from the light. The light is our very source. You may have forgotten the source within, but when you remember the source again, you will remember that "My father and I are one."

Jesus says: "If you trust me, you have trusted him who has sent me." "If you love me, you have loved the one that you know not."

John the Baptist is a door, a window, from which you can a glimpse of God, of the light.

HE WAS NOT THE LIGHT, BUT WAS SENT TO BEAR WITNESS OF THAT LIGHT

When a man like Jesus comes, he is always preceded by someone who prepares the ground.

Life is a deep continuity, everything is related, it is one whole.

AND THE WORD WAS MADE FLESH

John the Baptist lived near the river Jordan in the wilderness, outside of the cities, and it was only the people that really wanted to be transformed, who came to him.

He prepared the ground for Jesus. John created a small group of people and trained them in meditation, which would be able to trust.

Jesus is as if the word has become flesh. Jesus is as if the word has become man.

The mystery has become an open truth.

John created the situation, because the word can only become flesh when the listener is ready. If you are ready, it is possible to understand deeper secrets.

When your heart is ready, this readiness will bring the truth out.

AND THE WORD WAS MADE FLESH, AND DWELT AMONG US - FULL OF GRACE AND TRUTH

Whenever truth is there, there is grace.

Whenever there is grace, there is truth.

The Gospel catches the exact point of Jesus' being: truth and grace.

Jesus was true, profoundly true.

Jesus simply loved and lived. And with love, grace happens.

And with love, truth happens, because to understand Jesus is to understand the phenomenon of love.

If you can understand truth, truth liberates.

CONGRATULATIONS TO GITEN FROM DEVADAS



Congratulations to everything that you do

books

satsangs

Blessings
LokaDevadas

Devadas was the house father of Ljusbacken ("The Hill of Light"), Giten's first spiritual ashram in the north of Sweden when he was 15 years old. Giten writes about Ljusbacken in the foreword of his book "Presence - Working from Within: The Psychology of Being:



“When I was 15 years old, I came in contact with my first ashram, my first spiritual commune, in the form of Ljusbacken ("The Hill of Light") in Delsbo in beautiful Halsingland in the north of Sweden.

Ljusbacken consisted of an international gathering of yogis, meditators, therapists, healers and seekers of truth. It was on Ljusbacken that I for the first time came in contact with my path in life: meditation.

It was also on Ljusbacken that I meet people for the first time in my 15 year old life, where I on a deep wordless level felt that I meet people, who were on the same path as me. It was the first time that I meet people, who could put words on and confirm my own inner thirst after something that I could only occasionally sense vaguely, like some sort of inner guiding presence, or like a beacon in the distant far out on the open and misty ocean. For the first time in my life, I meet brothers, sisters and friends on the inner path.

It was also on Ljusbacken that I meet the mystery called love for the first time in my 15 year old life. With my 15 year old eyes, I watched with wide eyed fascination and fear filled excitement the incomprehensible mystery, which is called woman.

My own thirst after truth, together with my inner guiding

light, resulted in an early spiritual awakening when I was 15 years old. It led me back to the inner path, which I have already followed for many lives. It led me back to a life lived with vision, with dedication and meaning, and not only a life governed by the endless desires of the ego, a mere vegetating without substance between life and death. It led me to explore the inner journey again, to discover the inner being, the meditative quality within, and to come in intimate contact with the endless and boundless ocean of consciousness, like the drop surrenders to the sea. At the source, the drop and ocean are one."

THE TWO ASPECTS OF MEDITATION:

LOVE AND ALONENESS

Question 2

What is meditation?

What are the two aspects of meditation? How does love and aloneness relate to each other in meditation? Just as the continuous rhythm of ebb and flood of the ocean, meditation also develops between two aspects. These two aspects are love and aloneness. Love and aloneness are the two banks between which the river of meditation flows. Love and aloneness are the two wings of meditation. We need to develop both these wings to learn to fly.

Aloneness is our inner nature. We are born alone and we will die alone. Aloneness is the quality of our inner being. Aloneness is to be deeply rooted in our inner being.

The word “aloneness” consists of two syllables: al-oneness. Aloneness means to be one with our self. When we can rest in our own aloneness as an inner source of love, joy, silence and satisfaction, then our aloneness becomes a door to belongingness to life, to oneness with the Whole.

Meditation can be defined as the art of learning to be with ourselves in our aloneness. Meditation means learning to appreciate our own aloneness. Meditation is learning to rest in our own aloneness. When we can rest in our own aloneness, it becomes an inner source of love, joy, acceptance, relaxation, silence, creativity, freedom and wholeness.

Love and aloneness are really two sides of the same coin. The inner aloneness

and the outer love are two aspects of the same phenomenon. Meditation is learning to be happy and satisfied in our aloneness, and love is the fragrance that arises when we can rest in our own aloneness.

A friend of mine said that she often feels alone, but that she accepts this aloneness as a source of meditation.

Love is not an exclusive relationship with another person; love is the quality that arises when we are in contact with our inner being, with our authentic self, with the meditative quality within, with the inner silence and emptiness. This inner emptiness is experienced and is expressed on the outside as love. This is not a love that is addressed to a certain person. It is a presence and a quality that exists as a fragrance around a person, which is experienced by others as love.

A therapist needs to develop the capacity to rest in his own aloneness as an inner source of love, joy, silence and satisfaction. When the therapist can rest in his own aloneness, he does not need to seek confirmation from clients. He can receive nourishment and inspiration from within himself or through friend and colleagues.

Life is a continuous development and balance between opposite poles and tendencies. It is a continuous development and balance between love and aloneness, between holding on and letting go, between our male and female qualities and between love and freedom.

Meditation is development and a balance between aloneness, to be with oneself, and love, to relate with others. It is a balance between inner emptiness and the outer world.

It is like the balance between the East and West, between spirituality and materialism, between body and soul – and both these aspects are needed to create wholeness.

The psychologist Carl Gustav Jung has called the two aspects aloneness and love for introvert and extrovert personality type, but he has not considered that these both aspects are really complementary aspects. The psychological and spiritual development process is about integrating both these aspects in our being. Using concepts from the world of Hegel, you could say that Jung described the thesis and the anti-thesis, but he did not describe the synthesis

between the thesis and anti-thesis. Jung's approach was also to create a synthesis between modern Western psychology and classic Eastern philosophy, but on the road he lost the method to create this synthesis. The method and the practical tool to create this synthesis in our own being is meditation.

Meditation is the only way to go beyond the personality and create this synthesis in our own consciousness. Otherwise it would be like creating a science, but without creating a practical research method through which you can use this science. In this context, meditation can be described as a subjective science through which you learn to study and observe your own inner world with the same accuracy and objectivity as natural science studies the outer world.

Some people can easier be alone with themselves and other people can easier love and relate with people. My experience is that there are basically two kinds of people: those that easier can be happy and satisfied in their own aloneness and those that can love and relate with people. Depending on previous experiences in life, we can easier be with ourselves in our own aloneness and have a tendency to reduce ourselves when we relate with other people. None of these ways are better or worse than the other.

Aloneness means to learn to give this moment to yourself. To rest in our own aloneness is like sitting on the top of a mountain liberated from the noise and madness of the world.

The basic fear of aloneness is that in aloneness we are nobody.

Aloneness has always been my continuous companion in life. A friend of mine once said to me that of all people that he knew, I was probably the one who knew most about aloneness. I also remember that I once asked one of my teachers in life if it was my path to be alone. His answer was that he did not think so, but that through aloneness I could find my own inner source of love. He also said that through finding my own inner source of love, I could discover then that aloneness is no longer aloneness, but that it opens an inner door to oneness with life.

During a period in my life, I had as a continuous meditation to learn to be happy and satisfied in my own aloneness. It was a continuous meditation to learn to be so satisfied in my own aloneness that I did not need anybody or anything outside of myself. Basically I have always been comfortable with my own aloneness, but this meditation taught me to both accept when I felt a pain

in my aloneness – and when my aloneness became an overflowing inner source of love. This meditation taught me that I can rest in my own aloneness as an inner source of love, and to be in contact with the Whole, without reaching outside of myself.

Several people have commented during the last year that I seem so relaxed in my own aloneness. I remember an experience that I had a year ago, which taught me a lot about aloneness. I sat alone on the train on my way to Gothenburg, the third largest town in Sweden, to conduct an intensive week with an open introductory evening, individual consultations and a weekend course. When I sat on the train, I suddenly landed in the pure aloneness of my inner being. It was like the whole world suddenly disappeared and I was totally alone. I got the feeling that it must be like this to know that you are going to die, to know that you are going to leave life, to know that you are going to leave all the people that you love and everything that is near and familiar. At the same time as it was a deeply painful experience; it was also a pleasurable experience. This experience taught me more in an hour than I could have learnt during 10 years of study in psychology at the University. This experience helped me to find a deep acceptance for the fact that I am totally alone in the world, independent of how many people are around me. This acceptance also created a sense of liberation, a sense of joy, and a deep relaxation in myself. Later I told a friend of mine about this experience, and her thoughtful comment was: "Well, after such an experience, there is not much to be afraid of any more".

Meditation is the way to be with ourselves and to learn to accept our own aloneness. In aloneness, I experiment with being consciously alone as a door to be egoless. In conscious aloneness, the ego cannot function. In aloneness, you are not.

I have always been comfortable with my own aloneness as an inner source of love, joy, truth, silence and wholeness.

When we depend on other people, it becomes a bondage - instead of a freedom. I took this Sunday as a meditation to be consciously alone, and to accept all feelings of pain, of not being loved and the fear of being nobody that would come up during the meditation. This meditation goes up and down during the day: at certain moments, I can totally accept my aloneness. It feels fine to accept that I am alone and that I am nobody. At other moments, I feel the pain of not being loved, when the meditation brings up how dependence on other people is a barrier to totally accept my aloneness.

I take a coffee at a restaurant. I am the only person that sits alone in the restaurant, while the other guests are couples and families eating Sunday dinner. It brings up painful feelings of not being loved and wanting to be needed by other people, when I see how much people cling to each other in the couples and the families.

Escaping your aloneness through relationships and needing other people's attention through being a teacher, a politician or by being rich or famous are ways of escaping the pain of aloneness. But then the relationships are not really love. Only when you are capable of being alone, you can really love.

When we can be alone, we discover the inner source of love, which is our true nature. When we can be alone, it opens the door to be one with the Whole.

The Art of Living

From Satsang, May 15, 2015

The Art of Living is to be yourself.

The Art of Living is to trust yourself.

The Art of Living is to learn to love and accept yourself.

The Art of Living is to be true to yourself.

Meditation is the way to learn The Art of Living.

The Art of Living is learning to live with love, awareness and truth.

Being is you. To discover your being is the beginning of life.

You can live in two ways:
1. Ego - effort and desire and
2. Being - no-effort, being in a let go with existence.

Religion is The Art of Living.

5 keys to The Art of Living:

1. Be life-affirmative. Life is synonymous with God.

Live with reverence, great respect and gratitude for life.

Feel thankful and prayerful.

2. Make life aheartful, aesthetic experience.

Become more sensitive, sensuous and creative - and you will become more spiritual.

3. Experience life in all possible ways.

Experience all dualities and polarities of life: good/bad, bitter/sweet, summer/winter, happiness/sadness and life/death.

Do not be afraid of experience, because the more experience you have, the more spiritually mature you become.

4. Live in the present.

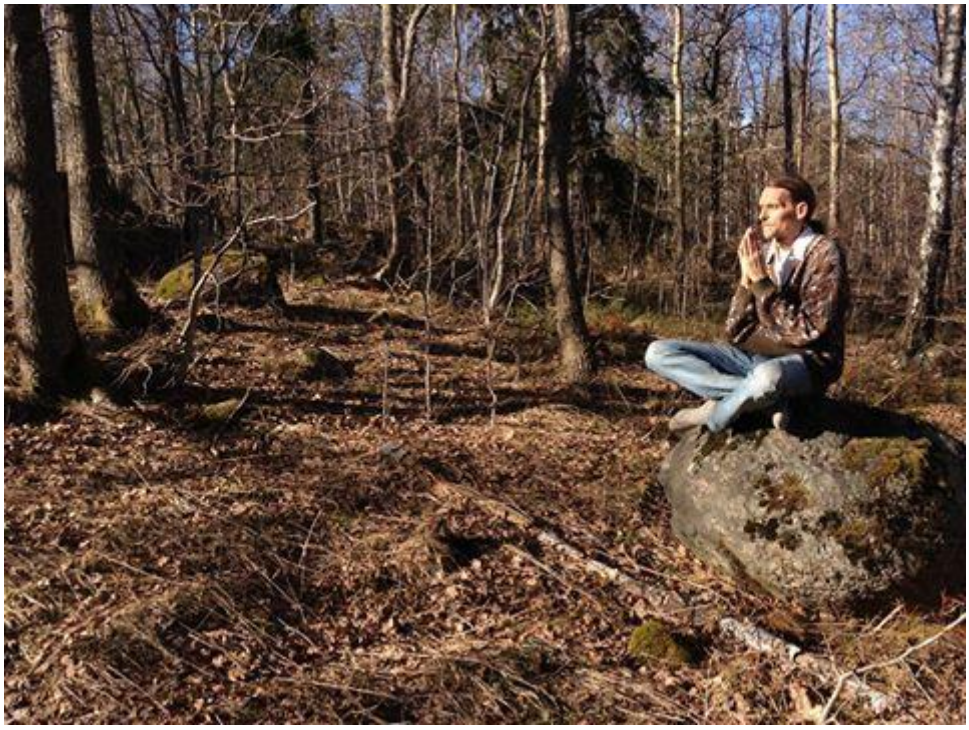
Forget the past and the future - this moment is the only reality.

This moment has to become your whole love, life and death.

5. Live courageously.

Do not become too result-oriented, because result-orinted people miss life.

Do not think of goals, because goals are in the future - and life is in the moment, in the here and now.



3. REPENT:

FOR THE KINGDOM OF GODIS AT HAND

From Satsang, May 21, 2015

Matthew 3

The whole message of John the Baptist and Jesus Christ are: Repent: For the Kingdom of God is at hand.

But this message has been terrible misunderstood by the priests and the Christians.

It is almost the same kind of people that crucified Jesus,
which founded Christianity.

The symbol for Christianity has also become the cross on which Jesus was crucified, which is a bit morbid.

When you do not repent, your eyes will be filled with this world: the world of possession, the world of greed, the world of anger and hate, the world of ego and the world of hatred.

Your eyes have to be completely cleansed before you can see the Kingdom of God.

Repentance will open the door to God, to the divine.

What does it mean to repent? Repentance does not mean to ask to be forgiven for making a mistake. This will not change you, it will not transform you.

What John the Baptist and Jesus Christ mean by repentance is something totally different. They mean to look to the very roots of your being, of your existence. It is not about asking to repent for a specific act; it is about changing the whole quality of your being.

It is about returning to your original being. Jesus says that the Kingdom of God is within you. The Kingdom of God is to return to your deepest core of being, which transforms you.

It is to stand naked before God.

Intuition

-The Inner Source of Love, Truth and Wisdom

Question 3

What is intuition?

Intuition means to learn to listen to the silent whisperings of our own heart.

Intuition is our inner teacher, our inner source of love, truth and wisdom, in life.

Intuition basically means to develop a deeper trust in ourselves. Intuition means to develop a deeper trust in our heart and inner being.

Intuition is basically a function of our heart and the heart is the door to develop our intuition.

Intuition is a “yes” to life. Intuition means to develop a trust to life. Intuition means to learn to listen to life. When we allow ourselves to follow the silent whisperings of our heart, the fragrance of love arises.

Life is like playing “hide the key” with God. God has hidden the key and now it is up to us to find the key again. It also takes us a while to realize that the key is hidden in our own heart. Our heart is the door to allow life to guide us. Our heart is the door to say “yes” to life. Our heart is the door to surrender to life.

Intuition means to follow the silent whispers of the inner in a basic “yes” to life.

Life is really very simple. In each moment, we have the opportunity to choose between saying “yes” or “no”, to listen to our intuition, to listen to our true

inner voice, the Existential voice within ourselves. When we say “yes”, we have contact with Existence and we receive nourishment, love, joy, support and inspiration. When we say “no”, we create a separation from life and begin to create dreams and expectations of how it should be. We begin to live in the memories of the past and in the fantasies of the future – as if any other time than here and now really could make us happy and satisfied.

Life is our teacher. Life communicates with us all the time and it is a lesson to see how life continuously have led me to the people I need to meet, to the situations I need to experience, and to the places I need to be. There has never been any real reason to worry since all small individual rivers are already on their way to the ocean, to the Whole. It is not about swimming, it is about relaxing and to float with the river in a basic trust that life already leads towards the sea of consciousness, towards the Whole.

Intuition means to develop a trust in ourselves

Intuition means to know from within ourselves. Intuition is our true inner voice, our Socratic Daimonion, our inner teacher.

Intuition is about being present and taking creative decisions.

Through learning to listen to our own intuition, it develops to a constantly available inner source of love, truth and wisdom. We can close our eyes, go within, and always receive the right guidance.

Intuition is the art of the moment. Intuition is always in the moment, in the here and now.

Intuition means to develop a trust in ourselves, a trust in our own joy, intelligence and creativity, a trust in our own individuality.

The intellect gives insight, logic and understanding, the heart gives joy, acceptance, trust, intuition, compassion, friendship, playfulness, humor, creativity and a sense of oneness in love and the inner being gives silence, a rest in ourselves, meditation and a sense of belongingness with life.

The human heart is a healer, which heals both others and ourselves.

The human heart operates from two premises: "I Am Responsible" and "Only

Love Works.

Love is what creates the freedom and relaxation to be who we really are.

The greatest gift we can give to another person is our love.

In the depth of our heart, we already know that we are perfect as we are. In the depth of our inner being, we already know that life is perfect as it is.

Fear and hate create separation, love and joy creates belongingness and wholeness.

Acceptance means to learn to love and respect ourselves as we are.

Acceptance is to love and embrace everything that we find within ourselves like a mother embraces her child.

When we stop judging others and ourselves, our heart begins to open.

Acceptance means to bring out everything from inside ourselves out in the light.

Everything we give love and attention to grows and develops.

Meditation is the way to develop the inner clarity, which is the base to develop our intuition.

Intuition is a capacity of our heart. Our heart is the door to allowing Existence to guide us, instead of being directed by our ideas, desires and expectations. Since the days of Aristotle's, we have been taught that logic is the only way to reach a solution. But while logic works in a step-by-step-process to reach a solution, intuition simply takes a quantum leap to a solution without any intermediate steps.

To see life from the perspective of intuition is to have vision. To see life from the perspective of intuition is to see life from the perspective of wholeness. It is to understand that life is basically one and that we are part of life. While the intellect can only see the details, intuition sees the whole. To see life from the perspective of intuition is like looking at life from the summit of the mountain, whereas seeing life only from the perspective of intellect is like looking at life

from the foot of the mountain. Through learning to listen to our intuition, we learn to be in contact with the Whole.

We all have the same capacity to develop our intuition. Meditation and love are the basic nourishment to develop our intuition. People with a quality of heart are often intuitive.

Intuition is the art of the moment. Intuition is always in the moment, in the here and now. While the intellect always moves like the pendulum of a clock between the memories of the past and the fantasies of the future, intuition is always in the moment, always in the here and now. The more we develop our inner being, the inner source of love and truth, the inner quality of being here and now, the more we also have access to our intuition.

Intuition is about moving out of our own way. Intuition is about moving out of our limited sense of “I”. It means moving out of the way of our ideas about how things should be and just be with what is. It is to be with the living reality of the moment.

Our heart is the door to allowing Existence to guide us. Our heart is the door to allowing life to support is in our psychological development process towards spiritual maturity.

Intuition is the voice of our inner being, of our authentic self. Intuition is the Existential voice within ourselves. Through listening to our intuition, we are in contact with the Whole.

Intuition is a trust that if we follow our heart, if we follow our love, joy and truth, the Whole becomes enriched.

Intuition is already in contact with Existence. Intuition is already in contact with that, which is larger than ourselves.

The Art of Living:

To live according to your own heart

From Satsang, May 21, 2015

The Art of Living is to be simple and natural.

It is to live your life according to your own heart, intuition, intelligence and insight, and not according to the ideas and expectations of other people.

The Art of Living is to live your life in accordance with your authentic being.

The Art of Living is to be honest in every act you are doing, but that is only possible if you enter in your being and find your center.

The only success in the world is to find your center and then let the center guide you.

Then the light will come from your center, it will radiate from you.



4.”I baptize you with water, but he who comes after me will baptize you with fire”

Matthew 3

IN THOSE DAYS CAME JOHN THE BAPTIST, PREACHING IN THE WILDERNESS OF JUDEA

John's name has become John the Baptist. Nobody else's name in the history has become so associated with baptism.

He initiated hundreds of seekers and meditators. His way of initiating them was unique. He initiated them in the River Jordan in the wilderness of Judea.

First they would meditate with him for a few days, a few months or sometimes for a few years.

When they would be ready, then he would take them to the river. They would stand in the river, and he would pour water on their heads - and something would transpire, something could happen deep in their being - and they would no longer be the same people as they were before.

It was a secret rite, a secret ceremony. Something was transferred from the Master to the disciple.

AND SAYING, REPENT YE FOR THE KINGDOM OF GOD IS AT HAND

In every moment, the kingdom of God is near, so it is absolutely urgent to repent.

That was the meaning of the words of John the Baptist.

Do not waste for a single moment, for you will never regain the moment.

INDEED BAPTIZE YOU WITH WATER UNTO REPENTANCE: BUT HE THAT COMETH AFTER ME IS MIGHTIER THAN I, WHOSE SHOES I AM NOT WORTHY TO BEAR. HE SHALL BAPTIZE YOU WITH THE HOLY GHOST, AND WITH FIRE.

John the Baptist prepared people, so that God could descend in them.

Then Jesus prepared people so that God ascend in them.

There are two possibilities: either you ascend into God or God descends in you.

Ascension is the male and decension is the female way to reach to God.

Descendence is easier, because you simply wait, receptive, like a womb.

So first let God descend in you. The moment God descends in you, you will become very powerful because you will no longer be yourself.
Then ascending, going uphill, becomes very easy, because then you can fly.

John the Baptist prepared people for the seed, to descend.

It is like a seed, which descends into the soil, and when it breaks, it starts rising upwards.

The first act of baptism is baptism by water, where you throw the soil into the water. It descends and rests there.

Then an upward energy happens. The seed starts moving, sprouts, and becomes a large tree.

Baptism by water is the first initiation, and baptism by fire is the second initiation.

Between the two, when a balance is achieved is transcendence.

In the balance, is transcendence.

I INDEED BAPTIZE YOU WITH WATER UNTO REPENTENCE: BUT HE THAT COMETH AFTER ME IS MIGHTIER THAN I, WHOSE SHOES I AM NOT WORTY TO BEAR: HE SHALL BAPTIZE YOU WITH THE HOLY GHOST, AND WITH FIRE

The Holy Ghost is symbolic of balance.

In Christianity, the concept of three exists as the Trinity, God, the Father, the Son - these are the two poles.

Something has to balance these two, and that is the Holy Ghost.

The Holy Ghost is neither son nor father, just pure spirit.

Between fire and water - the Holy Ghost happens.

These are symbolic terms: the Holy Ghost is not being somewhere. The Holy Ghost is the music, the harmony, between duality.

THEN COMETH JESUS FROM GALILEE TO JORDAN UNTO JOHN TO BE BAPTIZED BY HIM.

This is one of the rarest moments in the history of human consciousness: the Master was to be initiated by the disciple.

BUT JOHN FORBAD HIM, SAYING, I HAVE NEED TO BE BAPTIZED OF THEE AND COMETH THOU TO ME

Jesus was waiting for the right moment when John's work was ready, the ground was prepared, and he could go to him.

He needed to be related to John, because that was the only way to be related to John's disciples.

John recognized immediately that "this was the man for whom I have been waiting; this is the man for whom I have been working."

AND YOU HAVE COME TO BE BAPTIZED BY ME: THAT SEEMS ABSURD

Jesus is on a higher plane of consciousness, the plane of fire.

John is on a lower plane of consciousness, the plane of water.

John is not yet an absolutely realized soul. He has attained the first satori, the first initiation; otherwise he would not be able to work for Jesus and initiate people.

He has attained the first glimpse of truth, of light, of God, otherwise he would not be able to recognize Jesus, but he is not yet a Buddha, a Christ.

AND JESUS ANSWERED: SUFFER IT TO BE SO NOW: FOR THUS IT BECOMETH US TO FULFILL ALL RIGHTEOUSNESS, THEN HE SUFFERED HIM

Jesus said: "Let it be so, because it is written in the scriptures that it will be so."

Jesus lived a Jew and died a Jew - he was never a Christian - and he tried hard to become part of Jewish community.

It was written in the old scriptures that the messiah who is to come will be baptized by a man called John who will be baptizing people near the river Jordan.

Jesus tried in every way to become part of the tradition, so that the kingdom of God and the innermost revolution that he was trying to bring did not become lost in the desert in the desert of tradition and politics.

But still it happened; still it became lost in the desert of politics.

Buddha also tried; he remained a Hindu his whole life. He wanted to create a revolution of the Hindu mind, but the moment he tried, the traditional mind became suspicious.
The Hindu mind clings to the old.

Jesus wanted a revolution, not against tradition, but in it.

But it never happened as the old mind is very obstinate.

John the Baptist understood the point, and baptized Jesus.

AND JESUS, WHEN HE WAS BAPTIZED, WENT STRAIGHT OUT OF THE WATER, AND, LO, THE HEAVENS WERE OPENED UNTO HIM: AND HE SAW THE SPIRIT OF GOD, DESCENDING LIKE A DOVE, AND LIGHTING UPON HIM.

Immediately after the baptism by John, Jesus went out of the river and this vision happened on the river.

This was not a dream, but a vision, something descended like a dove on Jesus, which lightened Jesus as if heaven opened.

The dove is the oldest symbol for silence, peace and harmony.

Jesus is peace, silence.

Initiation into Freedom



Initiation into freedom is basically a way of living life consciously, in meditation and celebration; a life lived in oneness with Existence, inspired by the vision of spiritual teacher Swami DhyanGiten.

Initiation into Freedom is an experience of the heart. It is an initiation into the ancient path of truth, an initiation into the invisible path.



Initiation
Into
Freedom

"It is astonishing to realize that growing up actually means to become one with Existence. It means to find the whole Existence within myself; it means to discover that Existence is alive in my own heart and being.

The song of a bird echoes my own inner voice, the beauty of a flower reflects my own inner beauty, a dog becomes an expression of my own unconditional love and friendship, the majestic mountains create an ecstatic joy,

and I discover all the shining stars of the sky within my own heart.

It is to realize that the whole Existence is alive, and that the underlying thread of consciousness is God."

– SwamiDhyanGiten



"I could not have wished for a more beautiful initiation. I felt such a love for everybody after the initiation."

– PremMukta, who was initiated by Giten on June, 12, 2014



Initiation into freedom is basically a way of living life consciously, in meditation and celebration; a life lived in oneness with Existence, inspired by the vision of spiritual teacher Swami DhyanGiten.

Initiation into Freedom is an experience of the heart. It is an initiation into the ancient path of truth, an initiation into the invisible path.



Initiation into Freedom is a sincere commitment to yourself and to your own spiritual growth. It is a statement that the most important thing in your life is meditation, to become more aware, more conscious and more awake. Initiation into Freedom is a surrender to the truth of your own being.



Initiation into Freedom happens inside the being of the individual. It is conscious choice of the sincere seeker of love and truth, who have a deep commitment to truth. Previousexperienceof meditation is recommended.



Giten has initiated people to the path of truth with people who surrendered to him in their hearts through creating an inner initiation in their inner being for 30 years, but he has not formally initiated people before. But now the time seems ripe to begin to initiate sincere seekers of truth.

Initiation into freedom is not a religion or an organization; it is a statement by the individual. Initiation into freedom is based on the Indian sannyasin tradition, but it

is not a renunciation from the world. It is a life affirmative confirmation that embraces all aspects of life, meditation, relationships and creativity.

Initiation ceremonies will be performed in connection to Satsang evenings with Giten. Initiation can also be done by mail.

In initiation into freedom, Giten will observe you and find out:

1. What type you are
2. How much work you have done in your past lives
3. Where you are right at this moment in your spiritual growth
4. At what center you are functioning right now
5. Decision about meditative methods that will be helpful for you

Based on this observation, Giten will give you a new name, your spiritual name, with a meaning that will denote the pathway that you will travel on and an individual quality that will be a guidance on your spiritual path. You will also receive a necklace symbolizing the oneness of life.

"I do not go to Giten because he belongs to a certain spiritual group or tradition; I go to Giten because he is a spiritual teacher like Sai Baba or Eckhart Tolle."

– Toshen, Stockholm

"Satsang with Giten has put me on the path again – and so much is opening up."

– Toshen, Stockholm

For more information and application form for Initiation into Freedom:

swami.dhyan.giten@gmail.com

The Satsang Baby

Yoga Innes





Photo: PremKalyani

Giten ended a beautiful 2-day Satsang weekend in Stockholm on February 7-8, where a new born baby attended a few hours per day with her mother, PremMukta. This child has attended Satsang with Giten for almost 9 months, while she was still in her mother's belly, to get a taste of meditation before she was born 4 weeks ago.

During the 2-day Satsang weekend, Giten gave her an informal energy

darshan, which were an initiation and a welcoming back to the spiritual path. He also talked about her name and her spiritual path in life by saying that yoga is her path in life, and that Innes – the personal name given by her mother, who means "an island" – could be summarized in the following meaning of her spiritual name Yoga Innes: being an island of silence through yoga and union.

The word "yoga" means union and Giten said that yoga can described as basic physical yoga, but that her path yoga also includes the last step of Yoga: samadhi, disappearing into the silence and being in union with life. He recommended her mother PremMukta to allow and encourage her to just be, to disappear into the silence, and he also recommended a meditation for her and the child to just be together in silence and

meditation. PremMukta commented that meditation is the most beautiful gift you can give.

During the three hours that Yoga Innes attended the first Satsang day, she was totally content and silent. Her mother PremMukta also commented that after the first Satsang day, she got the first smile of utter contentment from Yoga Innes.

PremMukta also said about Innes: Innes showed to be the person that I had imagined. Secure, strong, wise and extremely communicative.

Giten said that Yoga Innes is already a developed soul and an advanced seeker and meditator, and that she has already been a seeker and meditator for many lives, so he said

that he was not surprised that she has already participated in Satsang while she was still in her mother's belly to receive a first taste of meditation and come back to the spiritual path.

Giten also said that Mukta's own participation in Satsang and her own commitment to her spiritual growth had created the spiritual maturity to be able to attract a conscious soul like Innes. He also said that Innes had chosen Mukta as her mother, and that Mukta had also chosen Innes through her own spiritual growth.

Giten said that Innes is now a pure being, a pure sky, but at a certain point she has to develop the mind, which will create a split between the being and the mind. But he said that the influence of her mother's

spiritual understanding together with Innes own previous experience on the spiritual path, will allow her to stay in contact with her inner being, the meditative quality within, and make this transition a conscious experience.

Giten also said that it is quite astonishing that she attends Satsang for almost 9 months in her mother's belly – and it takes her four weeks after being born to be back in Satsang.





SATSANG AND INITIATION WITH GITEN ON AUGUST, 21, IN STOCKHOLM:

LOVE IS A DESIRE TO BLESS THE WHOLE EXISTENCE

Love is a desire to bless the whole existence. Initiation talks with PremKalyani 2014-08-21.

Johanna, a musician and an accomplished violin player, was initiated and was reborn on August, 21, as PremKalyani, which

Giten gave the personal meaning and spiritual guidance: prem, love, and Kalyani, a blessing to existence.

The whole meaning of the name is being a blessing to existence through love. Giten told Kalyani that love is the greatest treasure, the most precious benediction, which is our birthright. He said that love is the radiance, the fragrance of knowing oneself, of being oneself.

He continued to tell Kalyani that love is when you have seen that you are not separate from Existence. That love wants to bless the whole existence.

The Satsang with Giten ended with 40 minutes of silent meditation, which resulted in a deep and profound silence. After the Satsang, the participants did not want to leave, so after the silent Satsang an intimate sharing emerged, and the last participants did not leave until 23.00 PM.

Below you will find an excerpt from the initiation talk with PremKalyani:

Love is a desire to bless the whole Existence.

Initiation talks with PremKalyani 2014-08-21

Love is the greatest treasure, the most precious benediction – and it is your birthright.
Love is not something that needs rare talent; it is not something like painting, music or poetry.
Love is a natural, spontaneous phenomenon to all beings.

All that is needed is looking in, and at the moment you look in, the world of love opens up, and immediately you are blessed. This is the process of

meditation. Meditation is a simple process of coming home.

Your old name Johanna comes from Hebrew, and means "blessed by God." The meaning of the name is so beautiful that I will keep it with a little change.
Your new name is PremKalyani. Prem means "love" and Kalyani means "a blessing from Existence". Your whole name means "being a blessing to Existence through love."

Love is the radiance, the fragrance of knowing oneself, of being oneself. Love is overflowing joy.
Love is when you have seen that you are not separate from Existence.

Love is not a relationship; love is a state of being.

Fear is the opposite of love. In love, one expands. In fear, one shrinks. In fear, one becomes closed. In love, one opens.

In fear, one doubts. In love, one trusts.
Do not be afraid, this Existence is not your enemy. This existence cares for you; this existence is ready to support you in any way.

Trust and you will feel a new overflowing energy. That energy is love. That energy wants to bless the whole existence. Because of this energy, one feels blessed.

Love is a deep desire to bless the whole Existence.



SATSANG AND INITIATION WITH GITEN, JUNE 12, 2014

Love gives freedom, and if love do not give freedom it is not love

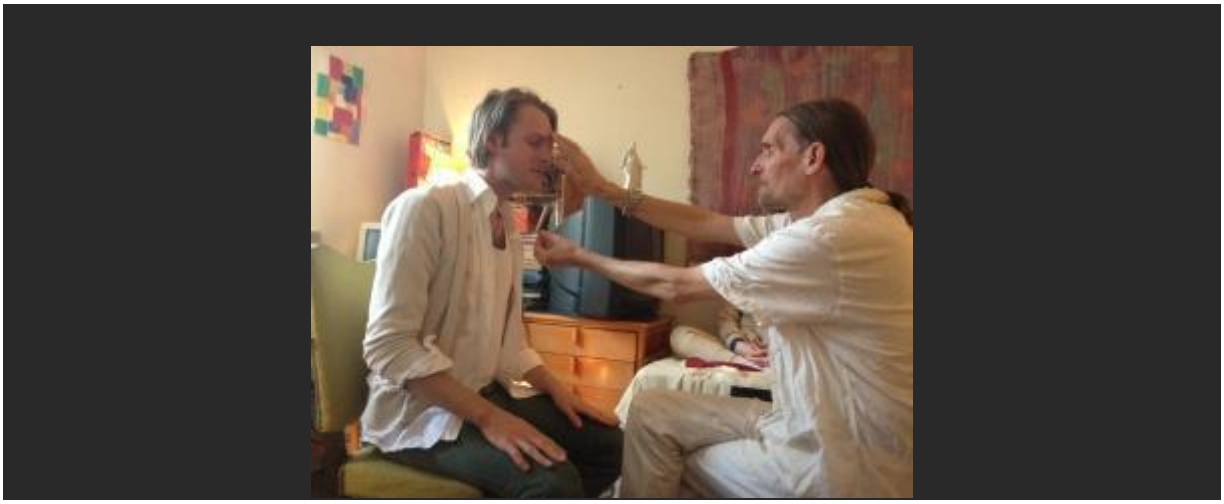
Lotta was initiated on Satsang with Giten on June 12 in Stockholm, and was reborn as PremMukta, which Giten gave the personal meaning and spiritual guidance: Prem, love, and Mukta, freedom.

The whole meaning of her name becomes freedom through love. Giten told Mukta that real love gives

freedom, and if love is not giving freedom it is not love.

The Satsang participant Toshen, newly operated for cancer 10 days ago, said before the Satsang and Initiation that she really wanted to attend, if her body would not collapse as she was still tired after the operation. After the Satsang and the Initiation, she commented: "It is beautiful that it is possible to meet in this way. My name means "absolute contentment", and that is what happens in Satsang with Giten."

The silent part of the Satsang with Giten ended in a sublime and profound silence.



SATSANG AND INITIATIONWITH GITEN

MAY 15, 2014

Whatsoever makes you blissful is truth– Let that be your only criterion in Life

Initiation talks with Deva Emanuel

Beautiful pink roses and fresh summer flowers surrounded Giten's birthday on May, 15, which was celebrated with Satsang and Shaktipat Initiation.



Emanuel was initiated and was reborn as Deva Emanuel, which Giten gave the personal meaning and spiritual guidance: deva, divine and Emanuel, bliss.

The whole meaning of the name is divine bliss. Giten told Emanuel to remember himself as divine bliss, and this is the only reality. The deeper we go inside ourselves, the more we find our inner being, the more we find divine bliss.



Emanuel's mother Bodil, who is a therapist, was also present during the initiation of her son. She commented afterwards that she had no words to describe the experience, and that it was a profound experience.

The silent part of the Satsang with Giten ended in a sublime andprofound silence.

Below you will find a transcript of the initiation talk with DevaEmanuel. The initiation talk was also recorded live, and will be available in Swedish for free download.

Whatsoever makes you blissful is truth – Let that be your only criterion in Life

Initiation talks with Deva Emanuel

2014-05-15

Initiation means a commitment to meditation, to your spiritual growth, and to discovering your inner being.

Initiation means that a deep commitment is needed in your spiritual growth; a deep involvement is needed in your spiritual growth.

By initiation, you become available. The growth becomes easy, because you do not create obstacles. It is opening a deep trust in your heart and being.

When we are new to the path, one part of us can be afraid of meditation, afraid of commitment to the spiritual path.

Once you have taken initiation, one you have taken a deep commitment to your spiritual growth, this fear disappears.

This fear comes from the past, which creates fear and is suspicious of everything. It wants to hold back, but by initiation, you become available, you begin to trust. It becomes a surrender to life.

Initiation becomes the first step to the ultimate surrender, to enlightenment, to Samadhi, to truth, to freedom, to the inner kingdom of God, which happens step by step.

This will be your new name: Deva Emanuel. Deva means divine and Emanuel means bliss. Remember yourself as divine bliss, feel yourself as divine bliss. This is our true reality.

The deeper we go within, the more we find God, the more we find Divine bliss.

There is really no God, there is only godliness.

You have searched for the divine bliss for several lives. You have been a Tibetan monk when Tibet was on its highest spiritual peak, and that has created a commitment to the path.

Bliss comes when you are in accordance with the truth of your own being.

When bliss comes, you have to play it, sing it, and dance it. You will find meaning in life only if you create this bliss.

And when meditation and creativity come together in your life, life becomes a bliss of the divine.

Meditation and creativity are the keys to find the blissfulness within you.

And the more blissful you become, the more bliss will be coming.

So feel blissful in meditation, in relationships, in creativity and in life as a whole.

Whenever you listen to your being, your truth, it leads to a silence, a bliss. This is the criterion for growth.

Whenever you do something, listen to the silent voice from within.

When you listen to other people, when you listen to other people's ideas and expectations, it will lead to misery.

Whenever you listen to your own being, it leads to silence, to bliss.

Listen to your being. Always remember to judge everything by your own inner feeling of bliss.

And do not allow other people to prevent you from go on your own way.

Remember only one thing: whatsoever feels good is good, whatever feels beautiful is beautiful.

And whatsoever makes you joyful, blissful, is truth. Let that be the only criterion in life.

Whatsoever makes you happy is bound to be true.

Yes and No to Life
- The Three Positions to Relate to Life

Question 3

How can we relate to life?

What choices do we have in relating to life? What are the three positions to relate to life? Imagine life like a fast flowing river, where you can see the white foam on top of the waves. In this fast flowing river, you have three choices.

The first alternative is trying to swim upstream in opposition to the flow of the river. The second alternative is trying to hold on to a static position in the river by grabbing on to a branch of a tree, which hangs down over the river. The third alternative is simply relaxing and allowing us to be carried by the flow of the river wherever it takes us.

The first alternative is a "no"-position in relation to life. The second alternative is an "I want..."-position in relation to life. The third alternative is a “yes”-position to life.

These choices mirror our basic relationship to life, and brings up the fundamental question if life is a friend or an enemy, to say "yes" or "no” to life, to cooperate or fight with life.

1. The "No"-position

The "no"-position means to relate to life from a "no"-attitude. The "no"-attitude means to relate to life from our ego, from our separate ideas, desires, attitudes, dreams, illusions, ambitions, expectations and concepts about how we should be , about how other people should be and about how life should be.

The "no"-position is a defense and a separation towards life. The "no"-position means to resist the continuous flow and change of life. It is to separate ourselves from the joy and flow of life. The "no"-position is like closing the door from within so that life cannot touch us.

The separate ego receives its strength and maintains its control through fight, judgments and comparison in terms of better or worse and higher or lower.

One of my course participants in a 1-week course on the topic "Yes and No to Life: Meditation, Relationships and Creativity" - which aims on developing the inner "yes"-quality, the inner being, the meditative quality within, both in relation to ourselves, in relation to other people, in relation to creativity and in relation life itself - exclaimed surprised when we did practical exercises about the "no"-attitude to life: "This is exactly how I have always related to life!". She had not been aware before that this was her automatic way to react to herself, to other people and to life as a whole.

2. "I want"- position

The "I want"-position is an aspect of the "no"-position. It means that we only open our inner window towards life when there is something special that we want from life.

In comparison with the "yes"-position - where we are open and available for life to give us what we really need - the "I want"-position is a state of desires, wishes, expectations and ambitions. When life do not give us what we think that we need, we close our inner window with a disappointed and disillusioned feeling that life do not give us what we need. We close our inner window again without being open for the possibility that life may do not give us what we think that we need, but that life gives us what we really need.

During Christmas 2008 when I wrote this article, a beloved friend of mine phoned me on Christmas Day. She told me that her boyfriend since many years had died during Christmas, and wondered if we could meet and talk. Death is one of the most mysterious phenomenons in life that shatters all our ideas, desires and expectations. Death is basically a question of perspective: to see death from the perspective of the personality or to see death from the perspective of the soul. Death never seems to come at the right time and it always seems to come too early, but people die at the precise right time when the soul has learnt what it came to learn and is ready to leave the body. It is also first when we have meet death in life, which brings a new depth and dimension to life that both our feet are firmly planted on the spiritual path. After the phone call with my friend, I opened a healing channel with her and sent her love, understanding and nourishment until we meet.

3. The "yes"-position

Our heart is the door to trust life. Our heart is the door to surrender to life. Our heart is the door to allow life to guide us. Opening our heart means to learn to say "yes" to life. It means to allow us to receive the support from Existence, which gives us exactly what we need in exactly the right moment with more creativity and ingenuity than we can ever imagine.

The "yes"-position means to relate to life through our inner being, through our authentic self, through the source of life within ourselves. The inner being is an inner space, an inner emptiness, where we can allow life to pass unhindered through us. The inner being is openness and availability to life.

I discussed the concept of Yes and No to Life with my precious friend since many years, Eric Rolf, international course leader and personal consultant to John Lennon, Yoko One, Paul Simon and Carlos Santana. His simple and true comment was: "I usually tend to say yes to what life offers".

The basic reason to all our problems and worry is our desperate effort to try to fit life with our own ideas, ambitions and expectations. The "yes"-position is a deep acceptance of the reality of the moment as it is, without wish that the moment should be different than it is and without will to change the moment in any way.

The "yes"-position means to accept and include both joy and sorrow, both light and darkness, both negative and positive experiences and both life and death. It is to be and relate to life in a deep harmony without expecting life to fit with our own ideas, expectations and ambitions.

The "yes"-position means that the part surrender to the Whole in love, joy, acceptance and trust like the water drop surrender to the ocean.

The Art of Living

There are two ways to live, to be, to know:

1. Ego - will, effort, desire
2. Being - no effort, being in a let-go with existence

The religions of the world have been teaching the first way: to fight against yourself, to fight against the body, to fight against the mind.

The first way is to say "no" to life, the second way is to say "yes" to life.

The second way is to go with the current of existence. Existence is not your enemy. You are born out of existence, you are part of existence. It is a friendship with existence.

It is to learn the art of living, the art of rejoicing.

Jesus teaches you rejoicement, to love yourself, to love life.



5. COME FOLLOW ME

Matthew 4

17: FROM THAT TIME JESUS BEGAN TO PREACH, AND TO SAY, REPENT: FOR THE KINGDOM OF GOD IS AT HAND

What happened that morning when Jesus was baptized by John the Baptist is that Jesus disappeared and God appeared.

Either you can be or God can be - both cannot exist together.

If you are there, God cannot be.

You disappear, and God is.

Man can live as a separate part, separated from the whole; Man can create ideas, dreams, ego and think of himself as an island, without any connection with the whole.

God is the whole.

If you have not felt any relationship with the stones, the flowers, the trees, how can you know God?

The morning that John the Baptist initiated Jesus, he disappeared.

In that moment of silence, of nothingness, a Buddha appeared.

This is the nothingness that Buddha calls sunyata, emptiness.

The heavens opened and the spirit of God, like a dove, descended on Jesus.

This is just symbols. Jesus died, God appeared.

Jesus became one with God, but he was also cut off from his own tradition.

Then he tried in many ways to be part of tradition, of the community.

When God enters you, all scriptures are useless.
This was the struggle between Jesus and the priests.

FROM THAT TIME JESUS BEGAN TO PREACH AND TO SAY, REPENT: FOR THE KINGDOM OF HEAVEN IS AT HAND

The moment Jesus was baptized and the heaven opened and the spirit of God descended like a dove, he moved out of the river and started to preach.

Once you know that very knowing wants to be shared. It starts searching hearts.

That morning at the River of Jordan, Jesus came in personal contacts with the divine.

John the Baptist initiated him to be a nothing.

In that nothingness, your heart is open.

In that nothingness, the separation from life disappears, you become the whole.

Then the whole exists through you.

That is the meaning of "Repent: For the kingdom of God is at hand". It is to return to the inner being, to the inner source of silence and emptiness.

AND JESUS, WALKING BY THE SEA OF GALILEE, SAW TWO BRETHREN, SIMON CALLED PETER, AND ANDREW HIS BROTHER, CASTING A NET INTO THE SEA, FOR THEY WERE FISHERS

AND HE SAITH UNTO THEM, FOLLOW ME, AND I WILL MAKE YOU FISHERS OF MEN, AND THEY STRAIGHT AWAY LEFT THEIR NETS, AND FOLLOWED HIM.

Trust is the basic quality for expansion of consciousness.

Consciousness can expand, and go on expanding, expanding with the infinity of existence.

When you expand, you become part of the whole. When you shirk, you become a separate island.

The people of the time of Jesus were simple, trusting people, who lived in close connection with nature.

They were fishers, and they left their nets, because they trusted.

All the twelve apostles were ordinary people.

AND JESUS WENT ABOUT ALL GALILEE, TEACHING IN THEIR SYNAGOGUES, AND PREACHING THE GOSPEL OF THE KINGDOM, AND HEALING ALL MANNER OF SICKNESS AND ALL MANNER OF DISEASE AMONG THE PEOPLE.

Jesus miracles have to be understood in a new light.

Jesus miracles happened because the people were very trusting.

If you can trust then the mind starts functioning from within, it spreads to the body and changes everything.

Even ordinary medicine helps, because you trust in it.

A decease first arises in the mind, and then moves towards the body.

The disease can be changed in the mind, and then the disease will disappear from the body.

AND HIS FAME WENT THROUGHOUT SYRIA, AND THEY BROUGHT UNTO HIM ALL SICK PEOPLE THAT WERE TAKEN WITH DIVERSE DISEASE

Jesus was more a healer, than a teacher.

He was more a healer, not only of the body, not only the mind, but of the spirit.

He was a physician of the soul.

You are fragmented, but if you become whole, you will be healed.

When you trust, you release a healthy life force within you, which helps you to return to God.

Jesus says: "Your faith has healed you".

Jesus whole effort is to bring you back to your inner being, to your inner silence, which is the source of healing.

Healing is pure love

Question 4

What is healing?

Within each one of us there is a healer. Healing has always been a way and a deep source of healing for me. Healing is basically our own energy, which overflows from our inner being, from the meditative quality within, from the inner silence and emptiness.

Healing is pure love in essence. Love is what creates healing. Love is the strongest force there is. The sheer presence of love is in itself healing. It is more the absence of love – than the presence of love – which creates problems. Healing is a quality, which we can freely share without any ownership. Healing is not something that we can claim as our own; healing is to be a medium, a channel, for the whole.

Healing is a medium through which we can develop our inner qualities of presence, love, joy, intuition, truth, silence, wisdom, creativity and inner wholeness. Healing comes originally from the silence within, where we are already in contact with the whole, with the divine. Healing is what makes us spread our inner wings of love and silence and soar high on the sky of consciousness and touch the stars. Healing is to be in service of God.

People who have a quality of heart and sensitivity are naturally healing. With some people that we meet, we feel naturally uplifted and inspired. With other people that we meet, we become tired and heavy. With people, who can listen without judging and evaluating, it is easy to find the right words to share problems and difficulties. And with other people, it seems almost impossible to find the right words.

People, who have a healing presence and quality, can support our own inner source of love, truth and silence through their presence. These people also seem to have an intuitive sensitivity to say the right words, which lifts and inspires us. This is the people, whose presence can mirror the inner truth, which we already know deep within ourselves.

The human heart is a healer, which heals others and ourselves. It is the hearts quality of love, acceptance and compassion plus communication through words, which creates healing. Words which come from the heart create healing. A silent listening with a quality of presence and an accepting attitude creates space for healing to happen.

The gift of healing comes when we see the other person with love and compassion. It is the quality of heart, which creates the love and the genuine caring for the other person. When our words are carried by the quality of heart, you can say almost anything to the other person and he will still be able to be open and receptive. But if our words lack the quality of heart, it also becomes difficult for the other person to continue to be open and receptive. Even if a therapist is very skillful on a technical plane or have a clear clairvoyant ability and still lacks the natural roots in the soil of the heart, then his words will not touch the heart of the other person.

When I began to work with people almost 18 years ago, it was an insight for me that I really cared about the other person and that it was this love that was communicated beyond the words to the other person. One of my course participants – who are a teacher – described this very beautifully when he said that he was impressed by my intuition and by my way of conducting therapeutic work – or if he would rather call this giving insights into love. Love is what allows us to go beyond the surface of the other person and to touch his inner being, his inner essence. Without love, it is only possible to reach the personality of the other person, to reach the surface and

periphery of the other person.

Meditation is the way to develop our natural healing abilities. Healing comes originally from our inner being, from the inner source of silence and wholeness. In the silence, we can let go of all our problems, frustrations, fears, anger and sorrow. Healing happens when we bring everything that we find inside ourselves out into the light. Healing is to embrace and accept everything that we find inside ourselves without judgment or evaluation. Healing happens when we discover an unconditional love and acceptance for ourselves as we are with both our light and dark sides.

A male meditator says that he made a deep going insight in a course about what healing is, which has guided him much in life. He says: "I did a course and had been feeling very good during the week before the course. The first two days of the course I still felt very good. But the third day of the course, I began to feel uncomfortable. The question why I suddenly felt uncomfortable arose in me. But instead of asking somebody else, I asked myself this question and the answer I got was: "To receive attention". "Well, was it so simple", I thought", and then I closed my eyes, went inside myself and gave myself attention. Through this I discovered that I could give myself healing. There were also many things that I suddenly understood through this about the question: "What is healing?" It became clear to me that healing is to give attention and that healing and giving attention is synonymous terms".

Healing is not only a specific method, healing is also to invite another person into our own inner light, to invite another person into our presence, love, joy, acceptance, humor, understanding, playfulness, meditation and silence. Healing can also be a loving word, an understanding glance, a present touch, a silent listening or simply joking with another person and making him or her happy. Humor is also one of the strongest healing powers to see our situation and ourselves in a new and creative light.

When I did an education in healing in USA 1984, I was told that I had the capacity to become a crownchakrahealer, a spiritual healer, to act as a channel and catalyst for spiritual energy from the 7th chakra through the heart. At that time I had no idea what a crownchakrahealer really was and since then it has been a continuous process during the last 17 years to deepen and develop my understanding about what a crownchakrahealer is. This process has resulted in a way of working I call "Synchronicity – Transmission of the Light", which uses healing and energy work from the Source on a formless level. With this way of working I have worked with groups up to 80 people. It is really a way of working, which goes around the ego and speaks directly to the heart. It allows a person to come in direct contact with his own inner being, with his own life source. With my intellect I still do not understand how this way of working functions. It is not a way of working, which can be understood on a method plane. It is a way of working, which relates directly to the heart and which can only be understood through insight and experience. One participant in Gothenburg described his experience of Synchronicity like thousand suns suddenly had been lit in his own consciousness. He says: "It was like an inner explosion, an expansion of my own consciousness – and I felt only love for the other people in the room".

The greatest teacher in healing is nature itself. To be out in the nature is like being surrounded and embraced by love. Trees are also very beautiful people, who have their own innate wisdom and who are already in oneness with Existence. And the sky whispers its silent message that beyond everything, there is only one sky. A female meditator describes it like there is a basic meditative quality in nature. She says: "There is nothing in nature that questions each other's existence like people do. Everything is allowed to exist and everything is allowed to be exactly as it is – and seasons come and goes. It is not strange that people love to be out in nature and experiences that they come in harmony with themselves, because

there is nothing that tries to change them out in nature. There is a quality in the air, which can be called a meditative quality".

Healing is to be in the light of our own consciousness. Healing is an inner light, which exist as a natural radiance around a person. This inner light is in itself a healing force beyond words. This inner light disperses darkness like when you lit a candle in a dark room and the darkness disappears by itself. This inner light exudes a subtle influence just through its presence. The more the light in our own consciousness is lit, the more it creates a subtle effect in the world.

The Art of Living

Healing is to be a Medium for the Whole

Our heart is the door to allow Existence to guide us. Our heart is the door to surrender to life. When we open our heart, we begin to realize that we are part of the Whole.

Our heart is the door to trust life. Our heart is the door to allow life to flow unhindered through us. Healing is life that moves through us. To open our heart is to receive the support of love. Life tries in every moment to give us exactly what we need.

To open our heart is to invite truth in our life.

Life takes care of us. Life gives us what we need - although it is not always what we want. Sometimes we become so identified and engaged in what is not happening in our life that we miss what is actually happening. We always have something to learn in meetings with different people in different situations. The goal of life is to be whole. It is to become one with life. It is to be one with the stones, the trees, the people, the wind, the earth and the sky. It is healing, wholeness and holiness. There is always a meaning with what happens in life. It is basically a question of seeing the situation from the perspective of the soul, to see the situation from the perspective of the Whole. It is a matter of seeing the creative aspect, to see the light and the possibilities, of every situation. It is a matter of seeing what we can learn from every situation. When we look at the situation from the perspective of the soul, it is like seeing the situation from the top of the mountain - instead of looking at the situation from the narrow situation from the foot of the mountain. When we see the situation from the perspective of the soul, we can see that both good and bad situations, both positive and negative

experiences, lead to a greater insight and understanding of the Whole.

In the depth of our heart, we are one with life. Healing is to heal the split between our idea of a separate sense of "I" and our inner being, our authentic self, where we are already one with life. Healing is to be a medium for the Whole.

Healing is to be a channel for the light. It is the phenomenon of "disappearing" into the Whole, to become one with the greater flow of Existence so that it dances and sings through us. Healing is a love affair with life. Healing is to open our heart to the healing ocean that exists deep within ourselves.

Exercises – Healing

Meditation in nature

Take as meditation to regularly go out and spend time in nature. Allow yourself to become surrounded by the natural love and healing that exists in nature. Nature has been called the garden if God and is the greatest teacher in healing. Allow nature to teach you what healing is.

Be aware about the love that you meet

Take as a meditation during a day to be aware about and available for the love that Existence gives you through meetings with people, animals, nature, trees, the air and the open sky.

Give love to the people that you meet

Take as a meditation during a day to give love, joy and inspiration to the people that you meet during the day. We have always something to give to different people in different situations that we meet during the day. Also see if you can give love and understanding to the people that make you angry, hurt and disappointed during the day.

Giving a gift without expectations

This exercise aims on giving a gift without expecting anything in return. This gift can either be a material thing or a compliment to make another person happy. This exercise means to give a gift: - without any special occasion for example a birthday - without any sort of contract - without it being a bribe - without expecting anything in return.

What is nourishing to my soul?

This is an exercise to meditate over what is nourishing to your soul, and what makes your heart dance with joy when it comes to the three life areas meditation, relationships and creativity. You can do this exercise by yourself or together with a partner by discussing this question with your partner. If you do this exercise by yourself, write down what you discover during the exercise.

Learning to love and accept yourself as you are

Healing is to learn to love and accept ourselves as we are, moment to moment. Take as a meditation to close your eyes for a moment, and allow yourself to love and accept yourself totally as you are with both the qualities that you accept and the qualities that you do not accept

about yourself. Allow yourself to say totally "yes" to yourself. This accepting attitude expands our inner being and creates a larger freedom within ourselves.

Creative healing meditation

This is a creative healing meditation, which you can do every day to heal and clarify different areas of your life for example meditation and spiritual growth, relationships and work and creativity. Begin this meditation by turning your attention within, and come in contact with yourself. When you are in contact with yourself, then go with your attention to the seventh chakra at the top of the head and allow a healing light to spread down from the seventh chakra through your whole body. Then choose one issue that you would like to heal, and go through each chakra from the seventh to the first chakra and allow the healing light to heal and clarify the issue. If you find some unclarity about the issue in a chakra, then allow the healing light to heal the issue.

Divine Light Meditation

This is a creative healing meditation, which you can do every day to heal and clarify different areas of your life for example meditation and spiritual growth, relationships and work and creativity. Begin this meditation by turning your attention within, and come in contact with yourself. When you are in contact with yourself, then go with your attention to the seventh chakra at the top of the head and allow a healing light to spread down from the seventh chakra through your whole body. When the light has spread all over the body, then allow the light to spread to different people and topics in your life that you want to heal. A friend of mine told me that she uses this meditation every morning on her way to work to spread light and healing to the important people and areas in her life for example spiritual growth,

relationships, creativity, money and different creative projects.

Love Yourself Meditation

This is a meditation to say ”yes” to yourself and to love yourself as you are. Close your eyes and become aware about the fears, pains and past experiences that stop you from love yourself as you are. By awareness and understanding, these old patterns fade away by themselves like leaves from a three during autumn. This meditation allows you to come in contact with your source of love deep within ourselves, which is our true nature.

Loving yourself as you are

Take as a meditation to turn your attention within for a few second during several times during the day and allow yourself to love and accept yourself as you are, to appreciate the beautiful being that you already are.

21-day Healing Meditation: Paint an image of your experience of Healing every evening

This 21-day Healing Meditation aims on painting an image in color and form each evening of your experience of healing to help you to deepen your understanding of healing. This picture can either be a naturalistic or abstract picture. Also be aware if there are certain themes that comes up and if your understanding of healing changes during the 21 days.
You can either do this meditation alone or together with a partner. If you do this meditation together with a partner, then take some time to discuss your images with your partner.

Distant healing

Healing is love. Love is what creates healing. Healing can also happen at a distance, since we are all one on the inner plane, we are all one on the plane of consciousness. The healing spirit is not confined by time and space. If we send healing to another person, it will reach the other person if it is carried by the spirit of love. Love is the medium, which allows the healing to reach to the other person.

Nourishing the essence of a person

We always have things to give to the different people in different situations. It can, for example, be to be present for the other person, to be silent and listen, to say a loving word, or to make a person happy by telling a joke. A basic exercise in distant healing is to close your eyes, turn your attention within yourself, and come in contact with yourself, with the inner source of silence. Then imagine seeing a person that you want to send healing to for your inner attention. Tune in with the personality of the person, and feel what the person needs right now and imagine that you give this to the person. Then let go of the image of the personality of the person, and tune in with the inner being of the person, with the part of the person that is already in contact with the divine. Then imagine that you lovingly nourish and support the divine essence of the person by your presence and inner light.

Healing from heart to heart

Begin this exercise in distant healing from heart to heart by closing your eyes, turn your attention within, and come in contact with yourself. When you are grounded in yourself, go with inner attention to your heart. Stay with your heart with your attention and watch the

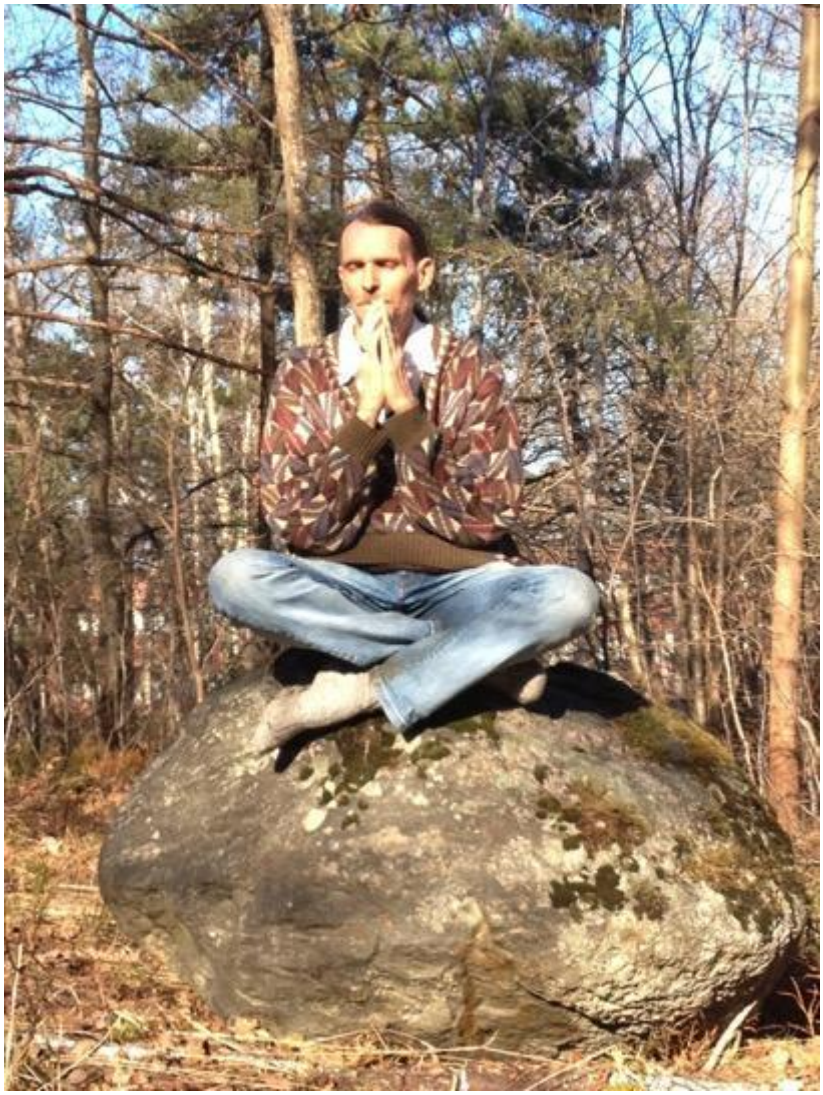
feelings and qualities that you meet in the heart, without any wish to change them and without any will that they should be different than they are. When you feel at home with your heart, imagine that you invite a person that you want to send healing to into your heart, and create a contact from heart to heart, a bridge of healing, with the other person.

Healing of the Heart

This is an exercise in distant healing, where you heal the heart of another person. Begin this exercise by turning your attention within, and come in contact with your own heart. When you are in contact with your heart, invite another person into the heart. Feel in your heart how you feel about the other person. Let your heart enclose the other person with love and healing. This exercise is like meeting the heart and being of another person in the ocean of healing.

Expanding your love

This is an exercise in distant healing, which aims on expanding your love to the people in your life. Begin this exercise by sitting comfortable, close your eyes, and come in contact with yourself. Then go with your inner attention to your heart, and come in contact with your heart. When you are in contact with your heart, then allow your heart to expand to include the people in your life with love. You can include them one at a time or as they arises before your inner consciousness. Love is the medium, which creates a bridge of consciousness with the other person. It creates a meeting with the other person in the ocean of consciousness, where we are already joined together with each other.



6. SERMON OF THE MOUNTS

Matthew 5

AND SEEING THE MULTITUDES, HE WENT UP INTO A MOUNTAIN, AND WHEN HE WAS SET, HIS DISCIPLES CAME UNTO HIM

The Gospels starts in a very beautiful way.

The Bible is the book of the books. The meaning of the word "bible" is - the book.

It is the most precious and beautiful document that humanity has. These statements are the most beautiful ever made.

That is why it is called "The Testament", because Jesus has become the witness of God.

While Buddha's words are refined and philosophic, Jesus words are poetic, plain and simple.

The beginning of the Gospel of Matthew states that 42 generations have passed from Abraham, the founder of Judaism, to Jesus.

Jesus is the flowering, the fulfillment, of these 42 generations.

The whole history that has preceded Jesus is the fulfillment in him.

Jesus is the fruit, the growth, the evolution, of those 42 generations.

The path of Jesus is the path of love. Jesus moved among ordinary people, while Buddha - whose path is the path of meditation, intelligence and understanding - moved with sophisticated people, who were already on the spiritual path,

Jesus is the culmination of the whole Jewish consciousness, while Buddha was the culmination of the Hindu consciousness and Socrates was the culmination of the Greek consciousness.

But the strange things are that the tradition rejected both Jesus, Buddha and Socrates.

All the prophets of the Jews that had preceded Jesus were preparing the ground for him to come.

That is why John the Baptist was saying: "I am nothing compared to the person that I am preparing the way."

But when Jesus came, the establishment, the religious leaders and the priests, started feeling offended.

His presence made the religious leaders look small.

Hence Jesus was crucified.

And this has always been so, because of the sleep and the stupidity of humanity.

AND SEEING THE MULTITUDES, HE WENT UP INTO THE MOUNTAINS, AND WHEN HE WAS SET, HIS DISCIPLES CAME UNTO HIM.

The multitudes, the masses, the crowd, are the lowest state of consciousness. It is a deep ignorance and sleep.

If you want to relate and communicate with the masses, you have to come down to their level.

That is why whenever you go into the masses, the crowd, you start to feel suffocated.

This suffocation is physical and psychological, because you relate to people, who functions from a very low state of consciousness.

They pull you down and you become physically and psychologically tired and drained.

That is why a need for meditation and aloneness arises.

There is a practice in the life of Jesus that he moves into the crowd of people, but after a few months he goes to the mountains. He goes away from the crowd, to be with God.

When you are alone, you are with God.

To relate to the masses bring you down to their level of consciousness, but only in the presence of God, you can fly.

With the crowd, you cannot fly, you become crippled, and the masses will not tolerate if you do not live according to them, according to their level of consciousness.

To be able to work with the masses, to be able to help them, you have to relate to them according to their level of consciousness - and this is tiring and draining.

Both Jesus and Buddha moved to the mountains, to a lonely place, just to be themselves, and to be with God to regain their vitality to be able to come back to the masses where people are thirsty.

The mountain is where Jesus does not need to think about the masses, where he can forget the mind and the body.

In that moment of aloneness and meditation, one simply is.

This is the inner being, the source of life.

And when you are full again, you can share again.

AND WHEN HE WAS SET, HIS DISCIPLES CAME UNTO HIM.

To talk to the masses and to talk to disciples are two very different things.

To talk to the crowd is to talk to people, who are indifferent.

The crowd is resisting, defensive and argumentative.

To talk to disciples means to talk to people, who have a basic thirst? It means that they are not defensive; they are open to listen to the heart of truth.

AND HE OPENED HIS MOUTH, AND TAUGHT THEM, SAYING.

Jesus escaped into the mountains from the crowd, but he did not escape from the disciples.

He was available to the disciples.

In his aloneness, Jesus is with God. And through Jesus, the disciples can feel God.

The closer the disciple comes to Jesus, the more they will see that Jesus is a silence and emptiness through which God can sing.

And the more the disciple himself will become an emptiness; he will also be able to help other people.

AND HE OPENED HIS MOUTH, AND TAUGHT THEM, SAYING.
BLESSED ARE THE POOR IN SPIRIT, FOR THEIRS IS THE KINGDOM OF GOD.

This is the most fundamental statement of Jesus.

With this statement, Jesus has said everything.

The "poor in spirit" is exactly what Buddha means with the term Shunyatta - "emptiness", no-self, and nothingness.

It is when the ego disappears, and you are a nobody, a silence.

If you are a nobody, if you are nothing, you are God.

The Three Life Areas: Meditation, Relationships and Creativity

Question 5

How do meditation relate to relationships and creativity?

What are the three life areas? How do the three life areas relate to each other in creatinga loving, creative and satisfying life? The three life areas describe the areas in life that creates a creative and satisfying life when they are developed and function in harmonious balance. The life areas also describe a balance between the inner and outer world that continuously relate to and enrich each other. These three life areas are Meditation, Relationships and Creativity.

Traditionally man has created a deep split between the material and spiritual aspects of life. Man has created a split between the inner and the outer world, between intellect and intuition, between body and soul, and between male and female qualities. Man has either chosen to deny the world or to deny the spirit, the soul.

The three life areas describe a balance between the inner and outer world. They describe how the inner being of a person, the soul of a person, can be implemented into all the three life areas. The actions of a person can be carried by the quality that we call awareness – the presence of the spirit – both in meditation, in relationships, and in work and creativity.

The three life areas describes how our awareness expands and develops, they describe how we walk the way of life.

The first life area Meditation is about creating a conscious relationship to our self. It is about discovering the inner being, the authentic self, the meditative quality within, thinner source of love, truth and wholeness.
The second life area Relationships is about learning to relate with other people from our inner being, from our authentic self. Relationships are about learning

to live our love and truth in relationship to other people. It is about learning to relate with other people in love, joy, trust, friendship, acceptance, sincerity, compassion, understanding and freedom. This life area is about learning that relationships are not a chain, but inopportunity to listen to the whisperings of our heart.

Relationships is also about developing and embracing our male and female sides, so that neither side wins or dominates over the other. It is then that the spark of love ignites naturally within us.

This life area is also about learning that people come and go in life. We cannot rely on others like crutches. We can walk together on the path of life, but we cannot lean on each other.

Relationships are also about learning to know when it is time to hold on and when it is time to let go. People disappear from our life when we do not have more to learn from each other. The criteria for when it is time to let go of a relationship is when there is no joy in the relationship, and we do not grow spiritually together.

The third life area Creativity is about learning to follow the whisperings of the inner in creativity. This life area is about recognizing our creative potential, and learning to use our energy creatively. It is about learning to express our love, joy, intelligence and passion in work and creativity.

This life area is also about discovering the area of work, which we love to express our creativity through, and which creates a deep sense of joy, meaning and satisfaction within ourselves. It is to find the area of work through which we can contribute to the world.

Problems in life can often be found in one of these life areas. When one or two life areas are not developed in our life, it also has an effect on the other life areas. For example, if we have not developed Meditation, it will have an effect on Relationships, as our outer relationships are a mirror of our basic relationship to ourselves. If we have not developed Meditation, it will also affect Creativity. When we have not developed Meditation in our life, our creativity is really just activity without awareness.
The criterion for how our meditation is developing in our life is that the meditative presence and quality is expanding both in our relationships and our

creativity – and that we develop a harmonious balance between the three life areas.

Three ways to relate to the life areas

There are basically three ways to relate to the life areas:

1. To choose only one life area
2. To develop and balance between two life areas and to exclude the third life area
3. To develop a balance and harmony between all three life areas

1. **To choose only one life area**

To choose only one life area means to focus on Meditation, Relationships or Creativity. To choose only one life area to express our whole creativity means that we limit ourselves in expressing all aspects of our total being.

To only put emphasis on developing the life area Meditation in our lives means that the meditative quality is not allowed expanding into our relationships and creativity. This is however a common choice in traditional religious contexts.

Meditation has also traditionally been associated with something serious and away from the world. The East has also traditionally chosen this position by choosing to only focus on spirituality and meditation.

To only focus on the life area Relationships means that you miss both the relationship with yourself and the relationship to creativity. It also means that you build your whole life around another person.

To choose to focus only on the life area Creativity creates a mechanical workaholic, who misses both the relationship to himself and the relationship to other people. It creates adperson, who builds his whole identity on what he does, rather than on what he is. It creates a lonely and isolated person.

2. To develop and balance between two life areas and to exclude the third life Area

To choose to balance between two life areas and to exclude the third life area creates three different positions:

1. Meditation/Relationships
2. Meditation/Creativity
3. Relationships/Creativity

The first position **Meditation/Relationships** creates a relationship to oneself and a relationship to other people, but it is still limited because you do not develop your creativity and your innate talents, skills and gifts. The more aspects of our being that we develop, the richer and more satisfying our life becomes.

The position Meditation/Relationships also describes how we relate to the two poles aloneness, to be with ourselves, and love, to be and relate with others in our life.

The second position **Meditation/Creativity** means to focus on the relationship to oneself and the relationship to creativity, but it excludes the relationship with other people in our life. This position can be very creative, but it can also exclude love and support from other people. It is also a position that can be creative for a shorter period, for example when we have ended a relationship and need time and space to be with yourself and to discover our own independence, creativity and freedom.

The third position **Relationships/Creativity** is the most usual choice in the West, where the focus is on activity and the outer world. This position means a relationship to others and a relationship to creativity, but it excludes the basic relationship to oneself. To assess how an individual generally functions, Western psychologist uses the two criteria's how the relationships and the work situation of the individual works. The problem with this position is that it describes an individual who has his whole focus directed towards the outer world, while he does not really know who he is. All problems in the West can basically be traced back to this position. This position is like trying to only breathe out, without breathing in again. It ends in fatigue and exhaustion.

2. To develop a balance and harmony between all three life areas

To develop a balance and harmony between all three life areas creates the best conditions for a loving, creative and satisfying life. One life areas can of course dominate during a shorter period, for example when you have ended a relationship and need to emphasize your creativity and freedom.

Most people have only developed three two life areas Relationships and Creativity. To be spiritually mature enough to develop all three life areas, an individual need to develop the awareness level of the heart. The heart is the door to develop a balance between all three life areas. The heart is the door to develop a balance between the inner and outer world.

The Art ofLiving



God Meditation

From Satsang with Giten,
June 4, 2015

Go within yourself to the inner being, to that silent inner place, where the flame of God burns constantly.

By going within yourself, and intending to know God, to know the Whole, your divine inner source expands and you spread love to all whom you interact.

That is your purpose during this incarnation.

You chose to be incarnate as a human being during these transformational times to help others to awaken.

– Swami DhyanGiten



7. NOT THE MASTER IN YOUR OWN HOME TOWN

Matthew 13

AND WHEN HE WAS COME INTO HIS OWN COUNTRY, HE TAUGHT THEM IN THEIR SYNAGOGUE, INSOMUCH THAT THEY WERE ASTONISHED AND SAID, WHENCE HATH THIS MAN THIS WISDOM AND THESE MIGHTY WORKS?

IS NOT THIS THE CARPENTER'S SON? IS NOT HIS MOTHER CALLED MARY? AND HIS BRETHREN, AND HIS SISTERS, ARE THEY NOT ALL WITH US? WHENCE THEN HATH THIS MAN ALL THESE THINGS? AND THEY WERE OFFENDED IN HIM.

People were not as offended with Buddha or Lao Tzu as people were offended with Jesus.

With Buddha, he is so far away that you either do not understand him, or people could understand that he was the essence of the Upanishads.

With Jesus, people were offended, because he was just like them. They could not understand him. The said: "We know him! Isn't he the carpenter's son?"

Buddha was also the son of a king, while Jesus was a carpenter's son.

People could not understand. From where comes his wisdom?

They were offended, their ego was offended.

BUT JESUS SAID TO THEM, A PROPHET IS NOT WITHOUT HONOUR, SAVE IN HIS OWN COUNTRY, AND IN HIS OWN HOUSE.

It has happened so many times that the people who are closest will always misunderstand.

We could expect the contrary, that the people of Jesus village would understand him first. The people of Jesus' house, his family, his relatives, would understand him first.

But that does not happen.

A deep insight into the human ego is needed to understand it.

With those that are closest to you, it is very difficult to believe that they had gone beyond and above you.

If somebody else, who is not close to you, goes beyond you, the competitive ego does not arise.

But if your brother goes, and you are left behind, your ego is hurt.

You feel defeated, a failure. Then the easiest way is to deny that he has gone beyond.

Jesus offended his own village, family and relatives.

They knew Jesus' birth date; they knew his father, his mother, his brothers and sisters.

So Jesus cannot be forgiven.

Jesus is a quality of love, but to be able to see this quality, you have to drop your ego.

The presence, the quality of Jesus offends, because you will feel that you have failed.

His very being, his presence, offends you.

With Jesus there are two qualities: you follow him or you deny him, you become an enemy.

When Jesus was crucified, many felt a great relief.

Very rare people could follow Jesus, because they were ready to drop their egos.

And even those that followed Jesus hesitated and had doubts, before they could say yes, before they can trust.

Jesus is a total yes to life, a total trust in life.

From the foreword of Giten's book "Presence - Working from Within: The Psychology of Being"

"Some time ago, I felt that I experienced more limitations, than possibilities in a spiritual organization, which I had belonged to for a long time. It became clear for me that I was prepared to expand, and take a new step in my spiritual growth.

To be spiritual does not mean to belong to a spiritual group. I felt that I had grown out of the kindergarten, and my inner tree was bearing fruit. Too many large trees cannot grow in a narrow area.

This was a lesson to stand on my own feet; it was a lesson for me to live to my own life, to live my own truth, without following anybody else. I do not belong to any spiritual group or tradition; I am only interested to explore what it means to live with open eyes.

A friend came with a good advice during this period: "Go ahead without looking back, let others do their thing, which is their choice and freedom - you do need their limitation."

- Swami DhyanGiten

“It is not many things that modern psychology agrees upon, but all the different approaches of psychology agree on one thing: that people in groups become more stupid. Individually people are more intelligent, because they have to take their own responsibility, but in a group they do not have to take the same responsibility.

The two basic power strategies to try to manipulate and gain control over another person are: silencing and attacking. Silencing means to not listen to, to exclude or ignore and not respect a person. Attack can both mean to attack a person directly or to try to discredit a person through lies, to ridicule a person or by spreading malicious rumors.

All organizations are more or less dysfunctional. In a dysfunctional group, the members of the group play three different roles: aggressor, denier and victim. The aggressor is the role that attack and ridicule people, the denier never knows what is going on, there is “no body at home”, and the victim is the result of these two roles.

It is always easier to follow a group without awareness, than to follow your own heart, to trust your own intelligence, love, truth, silence and creativity.”

- Swami DhyanGiten

THE SEVEN LEVELS OF CONSCIOUSNESS

THE SEVEN STEPS THAT AN INDIVIDUAL EXPERIENCE IN HIS DEVELOPMENT PROCESS TOWARDS SPIRITUAL MATURITY

Question 6

What is the human consciousness?

What are the seven levels of consciousness? What life areas include the seven levels of consciousness? The seven levels of consciousness describe the seven steps that an individual goes through in his personal and spiritual development process towards spiritual maturity. The seven levels of consciousness describe the whole rainbow of our consciousness. It describes all possibilities of our being. The seven levels of consciousness are also called the chakra system and is a map of human consciousness.

The development process of the seven levels of consciousness is a process from fear to love, from darkness to light and from separation to wholeness.

The seven levels of consciousness are about the esoteric psychology of man, the psychology of consciousness. It is about the psychology of enlightenment, the science of inner transformation.

The chakra system is the seven jewels of human consciousness. It describes the seven life areas and dimensions of the human consciousness, which can help us discover a new clarity and a deeper dimension in relation to many areas of life, for example love, joy, feelings, relationships, awareness, communication, the inner man and woman, intuition, play, creativity, healing, meditation, silence, truth, wisdom and wholeness.

The chakra system seeks to develop and integrate the physical, emotional, psychological, mental, social and spiritual aspects of our being into one coherent whole.

The development process of the chakra system includes the process from the personality, the psychological “I”, to the inner being, the authentic self, the development process of concrete and abstract thinking, the development process from seeing only one’s own needs to developing empathy, the capacity to understand the needs of another person, and the process of understanding the relation between level of awareness and working with people.

The chakra system relates both to the development process of the individual, to countries and to the whole world.

Light on the chakras

What is a chakra? How do the three lower and the three higher chakras relate to each other? The word “chakra” means “spinning wheel” in the ancient language Sanskrit. There are seven chakras, seven energy wheels in the body that moves clockwise. These charkas receive energy from the universal energy field, which is everywhere around us. The equivalent to the chakra system in the physical body is the endocrine glands, which regulates the hormones in the body.

Ckakras are the energy centers that take in universal energy, which we need to be alive.

Each chakra or awareness level is an energy center, which describes different life areas and psychological development issues in life. Each chakra also relates to a certain area in the body.

Each chakra plays a vital role both when it comes to physiological functions and to the development of our consciousness. The chakras relates to biological and physiological functions, to colors and light and to the development of our level of awareness.

The chakra system describes the three general development stages that an individual goes through in his psychological development: the animal, the man and the divine. The first three chakras belong to the animal and are about the

themes survival, sex, power and money. The heart is a bridge between the animal and the divine. Love is the bridge between the animal and the divine. Below the heart, man is an animal. Through the heart, man discovers the human within himself. Above the heart, man discovers the divine within himself.

The seven levels of consciousness are:

1. **Survival – Grounding, Coordination and Physical Survival**
2. **Sensations – Feelings, Sexuality and Satisfaction**
3. **Power – Vitality, Strength and Self-sufficiency**
4. **The heart – Unconditional Love and Acceptance**
5. **Communication – Learning to Be Creative**
6. **Vision – Learning to Know Our Self**
7. **Unity- Opening to Universal Consciousness**

The first three levels relate to the personality, the psychological I, and the outer world. The heart is the fourth level, which is a bridge between the three lower levels and the three higher levels. The heart is a bridge between the three lower and the three higher charkas. The heart is the river between the outer and the inner self, between the personality, the psychological self, and the inner being, the authentic self.

The three lower chakras belong to the physical world. The heart is the golden bridge between the physical and spiritual world. The three higher chakras belong to the spiritual world.

The first chakra represents our relationship to the body, to the earth, and the seventh chakra represents our relationship to consciousness, to the sky.

The power chakra relates to the inner man, to the surface and periphery of our consciousness. The power chakra relates to the outer world.

The heart is the door to the inner woman, to the meditative quality within ourselves, to the inner source of healing and wholeness, to the inner capacity to surrender to life. The heart is the door to the inner world.

The three higher chakras relates to our inner being, the authentic self, and to the inner world.

This division in higher and lower chakras is only schematic. It does not mean to valuate chakras in better or worse. The key to understanding chakras is to learn to live in all chakras. Chakras are also connected with each other in pairs. The first chakra Survival and the seventh chakra Unity are, for example, connected with each other like body and soul, earth and heaven. It means that the higher we spread our wings in spirituality, the more we also need to find the natural roots in the body. It was an insight for me when I was working out with weight lifting in the gym one day, and suddenly had an insight that I was actually developing my spirituality by working on my first chakra through physical training. This insight gave me a both concrete and profound understanding of the relationship between the first and seventh chakra. It was an insight that there is really no division between body and soul, between matter and spirituality – it is one whole.

I have preferred the three higher chakras before, but now I also begin to appreciate the three lower chakras and to live in all seven chakras.
A chakra can also be overactive, under active or balanced. In the description below of each chakra, it will be described what it means for each chakra to be overactive, under active or balanced.

The seven levels of consciousness are about learning to accept and appreciate all steps and levels of our psychological and spiritual development process towards spiritual maturity. It helps us to see that both positive and negative experiences are teachers in life to help us to become spiritually mature. It is about learning to love the imperfect and incomplete within ourselves.

The psychological and spiritual development process of the chakra system can be described as a building with seven floors. Understanding the development process through the chakra system is a process of seeing the world from a within-and- out perspective, rather than from an outside-and-in perspective. We create our own reality through our ideas, attitudes and concepts - and these concepts can lie on different levels of consciousness. This can be compared with a building. For example, you have a building in Stockholm, where you live in the cellar. In this cellar, you have two or three small windows, and your perspective of Stockholm is through people's feet when they pass by the windows. But if you instead take the elevator up to the seventh floor, you are still in Stockholm, but now you have a greater view of Stockholm. You have more potential and more possibilities. But here something interesting happens in the psychological development process: in the outer world opposite energies attract each other for example positive and negative, man and woman and

good and bad. But that is not true in the inner world: in the inner world similar energies attract each other and opposite energies repel each other.
The classic Indian book *Bhagwadgita*is about the struggle between light and darkness, between our lower and higher nature. The chakra system also includes the struggle between light and darkness, between good and evil, between awareness and unawareness and between separation and wholeness. The chakra system represents the choice between learning to listen to our intuition, to our inner source of love, truth and wisdom, or to listen to the endless desires of the ego.

The chakra system and the relation to the three life areas

The chakra system relates to the three life areas Meditation, Relationships and Meditation. The second chakra Sensations and the fourth chakra the Heart relates to the life areas Relationships.
The fifth chakra Communications relates to the life area Creativity.
The sixth chakra Vision is the door to the life area Meditation.
To develop all the three life areas in our life, we need to develop these chakras.

Basic functions

1. **Survival – Grounding, Coordination and Physical Survival**

   The first chakra or level of awareness is called Survival and relates to the physical body. It is also called Root chakra. Survival is placed at the bottom of the spine.

   Survival represents our relationship to the physical body. It relates to physical grounding, coordination and survival. It relates to instincts, to physiological functions and basic biological functions for example thirst, hunger, sleep and work. It also relates to emotional needs such as safety, security and our will to live.

   Survival is the first chakra, where we become conscious about ourselves. The first level of awareness is about learning to take responsibility for oneself and to develop a basic trust in life that life supports us and takes care of us. It also relates to our relation to money, work and home. The first level of awareness relates to our capacity to generate money and understanding that Existence is abundance and not just a struggle for survival. Survival relates to taking responsibility for ourselves. When we are

not grounded in the first chakra, it creates a doubt that life supports us and takes care of us.

When we are born, the Survival chakra is first activated. It develops from birth to about 3-4 years of age.

The first chakra is the center that gives the soul roots in the physical body. It is the base for our human existence in the physical world. If this chakra is blocked, it results in an individual that feels rootless both in his physical body and in his spiritual existence.

Through the first months of the relationship of love, care and union between mother and child, the physical and spiritual existence of the child is developed in a sublime way. In the love between mother and child, the physical world is joined together with the highest form of spiritual love. It is a melting together and a symbiosis between mother and child. That is why the first months are so important for the child, since this period gives the newborn child the essential base for his continued physical and spiritual development. If this first period between mother and child is shortened or is completely omitted, it can become difficult for the child to accept that he had to leave the spiritual plane to enter a body. It can create restlessness in the child, but it is also possible to heal this lack later in life.

When a mother lovingly takes care of her child, the light from their root chakras are melting together and their energies are joined together, so that the tie to the physical body that the child needs is strengthened and makes the separation from the spiritual plane easier for the child.

An over active first chakra leads to:

Greed, dominance, selfishness, hyperactivity, restlessness and attachment to material things.

An under active first chakra leads to:
Difficulties to achieve goals and objectives, a weak sense of identity, low self-confidence and self-trust, a low trust in other people and in life, a feeling of not being grounded and at home in the physical body, a feeling of not being loved, an unconscious relationship to material things and money, low energy, a weak will to live, a low sexual self-confidence and a feeling of

fear and frustration. Blocks in the first chakra often manifests as paranoia, a defensive attitude and a feeling of alienation.

A balanced first chakra leads to:

A sense of being grounded, content and at home in the physical body, a sense of belongingness with other people and with life, a sense of pride and self-confidence, a capacity for trust and independence, a trust in oneself and in other people, patience and passion and a conscious relationship to material things, money and the abundance of life.

2.Sensations – Feelings, Sexuality and Satisfaction

The second chakra or level of awareness is called Sensations. It is placed three centimeters below the navel. Sensations is the center for feelings and relates to social needs, sensuality, sexuality, satisfaction and melting together with another person. It relates to feelings of anger, fear, sorrow and sympathy.

Sensations also relates to the ability to feel sympathy and being emotionally connected with other people.

The second level of awareness is about psychological issues in relation to other people, for example parents, family and friends. It relates to liberating oneself from parents in order to grow up to an integrated, independent and whole individual.

Sensations start to develop from 3 to 7 years of age.
The second level of awareness is focused on the needs of the individual, which primarily are governed by emotions.

The second level of awareness also relates to the relation between food, sex and emotional issues.

People who have been let down by other people often have problems trusting others. This creates a defensive attitude and keeping people at a distance, which relates to the second level of awareness.

An over active second chakra leads to:

Selfishness, an over ambitious and competitive attitude, explosivity, aggressiveness, manipulation, an emotional attitude, vulgarity and an excessive sense of pride.

An under active second chakra leads to:

Impotence and frigidity, emotional problems and conflicts, a lack of emotional contact with other people, a lack of understanding other people empathically, sexual inhibition and guilt, shyness, over sensitivity, hidden shameful feelings, suspicion towards others and an introvert disposition.

A balanced second chakra leads to:

A genuine caring for others, a capacity to intuitively and emotionally understand other people, a capacity to feel sympathy for other people, kindness, passion, sexual self-confidence and satisfaction, vitality and wellbeing.

2. Power – Vitality, Strength and Self-Sufficiency

The third chakra or level of awareness is called Power. It is placed in the area around the solar plexus. Power relates to psychological issues like power, strength, self-respect and self-sufficiency.

The third level of awareness is about developing a trust in our ego in order to be able to direct and control our life.

The power chakra is the center of the ego. It is about control, power and dominance over other people. A person who is on the level of awareness of power wants to change other people, but he does not want to change himself. The power chakra is usually activated around 7-10 years of age. Children begin to become occupied with competition, achievement and to show their accomplishments around this age.

The power chakra also means to develop concrete logical and rational thinking, which primarily focus on one's own needs, winning and self-sufficiency.
The power chakra relates to the outer world. It relates to the inner man, to the surface and periphery of our consciousness.

Ordinary relationships are often power relationships, which mean a fight and struggle between my needs and the needs of the partner. Often the two partners in a power relationship have the same strength in order to learn to develop their power through struggle and fighting. Strength and aloneness are also two sides of the same coin, two aspects of the same phenomenon, and fear of expressing our strength is often a fear of aloneness, of being abandoned, and of not being loved and accepted.

Acting aggressively has its roots in fear, judgments and insecurity. Violence and aggressiveness is about control and dominance over another person. To judge and to love are two sides of the same coin. Judgments about another person are really about ourselves. When we stop judging others and ourselves, our hearts opens. The heart is a healer that transforms fear to love, judgments to acceptance and separation to wholeness. The heart heals.

The society is created out of the ego, and the need of the ego to create a hierarchy of power, status, respect, position, norms, roles and conformity. Many people in the West lives in the power chakra, and is occupied with competing with others to prove that they are somebody important, and finding their place in the hierarchy.

During the 20th Century, the psychological development level of humanity has been on the awareness level of the power chakra. The focus of humanity has been on power, dominance, position, status, money and control over energy resources. We are technologically advanced and the technology governs the development of the society, but this technology is at the same time destroying the earth. Energy resources are also distinguishing issues in the power balance between countries.

Working with people is basically a question of presence, awareness and energy. Chakras also relate to working with people and the third level of awareness relates to working individually with people.

On the third level of awareness, a person begins to ask himself the question: “Who am I?” He comes to a point in his psychological development when his drama, defenses and self-sufficiency no longer works, and he begins to search for something more. But what? He may not know what he is really searching, but there is a feeling of dissatisfaction, a lack of meaning, and an inner need to be in contact with himself, with other people and with life, in a more true, meaningful and real way. This is what Indian mystics have called “The dark

night of the soul". It is when the endless desires of the ego and the rewards of the outer world are no longer satisfying. The outer world seems dark and empty, and when he turns within himself to the inner world; it is also dark and empty. This is the point in a person's development when he realizes that real power is love and compassion.

Power and strength is like a sharp sword. It can be used either for destructive or creative purposes. It takes awareness to learn to use the strength in a loving and creative way.

An over active power chakra leads to:

A dominant and demanding attitude, a judgmental attitude, controlling, perfectionism, criticism, rigidity, stubbornness and a workaholic mentality.

An under active power chakra leads to:

Depression, a low self-confidence and self-trust, indifference, apathy and hopelessness, confusion, an inability to take decisions, bad judgment, a need for outer recognition and appreciation, a feeling of isolation, a mentality of putting blame on other people, a victim mentality and a fear of failure.

A balanced power chakra leads to:

A respect for oneself and other people, competence, spontaneity, creativity, openness and expression, a trust in one's own strength without need to show it unless needed, intelligence, self-confidence, flexibility and ability to make clear decisions.

3. The heart – Unconditional Love and Acceptance

The forth chakra or level of awareness is the human heart. The heart relates to unconditional love and acceptance both for others and ourselves. It relates to qualities of empathy, joy, acceptance, trust, intuition, understanding, compassion, playfulness, healing, friendship, sincerity and a feeling of unity in love.

The heart chakra is the center in a system of seven chakras. The heart is the golden bridge, where the physical and spiritual worlds meet.

The heart is the most important chakra. The heart is the base for spiritual growth. It is the seed for unconditional love, for the inner capacity to feel love for all and everything.

Love is the create aspect of life. Societies that only emphasize intellectual and academic education create spiritually challenged people.

The heart is the golden key to the greatness of being a human being. It is through the human heart that mankind has made the greatest achievements. The human heart is the only way to save mankind out of the present situation in the world.

Humanity as a whole is in-between the power chakra and the heart in its psychological and spiritual development process towards spiritual maturity. The power chakra relates to the ego and the outer world. The power chakra relates to the inner man. The heart is the door to the inner world. The heart is the river between the inner and outer self, between the ego and the inner being, the authentic self. The heart is the door to the inner woman, the meditative quality within, the inner source of healing and wholeness.
The open heart is like a fountain, which no longer make any distinction between “I love you – I do not love you”. The open heart does not any longer make any distinction between friends and enemies. The open heart is open both for others and ourselves. The open heart is unconditional love.
When there is a genuine love between two people, there is a natural will to give, instead of demanding.

When our heart is closed, it can create a lonely and isolated feeling together with an attitude of: “Nobody loves me” or “Nobody cares about me, which can make it difficult for other people to love us.

Many people live without really being in contact with their own heart. They live without really being in contact with themselves. Their energy goes from the power chakra and makes a detour around the heart, and goes straight up to the Communication chakra.

During a period in my life, I felt that relationships with people just ended up in problems. I felt that relationships sooner or later ended up in a ditch. The two people in my life that I thought were my real friends, who I thought loved me and who I thought I could trust, had let me down. During this period I consciously decided to close my heart for a while. It surprised me when I

realized that this is actually the way that many people live, without even being aware about what they are missing in their lives. This makes them emotionally and spiritually challenged. It leaves them without emphatic ability, without ability to understand either themselves or other people. It also leaves them without contact with their intuition, with their true inner voice, with their inner source of love, truth and wisdom. Instead they live their lives out of ideas, ideologies, and are directed from without themselves by other people and outer forces. Because of the lack of love in their lives, which would be really fulfilling, they seek a substitute instead in respect, status, fame, money, power and position.

The heart relates to developing abstract logical and rational thinking. The heart is also about developing empathy, the capacity to understand the situation of another person, and to see beyond our own needs and understand the needs of another person.

The level of awareness of a person also relates to how a person eats. On the level of awareness of the heart, a person becomes attracted to simple vegetarian food. This is also a help for the continued spiritual growth. It is like tuning our inner instrument.

Blocks in the heart chakra manifest itself as heart problems, a decreased immune system, and a lack of empathy and compassion.

Healing is pure love. The human heart is a healer, which heals both others and ourselves.

Working with people is basically a question of presence, awareness and energy. Chakras also relate to working with people and the fourth level of awareness relates to working with groups of people. To work with groups of people, the therapist needs to have achieved the level of awareness of the heart. The therapist needs to be available with a quality of presence and heartfulness to be able to work with a group of people in a relaxed way.

Intuition is a function of the heart. Intuition is our true inner voice, our constant available inner source of love, truth and wisdom, the silent voice of Existence within. Through the intuition, we are in contact with Existence. Our heart is the door to how much we can allow life to guide us, instead of being directed by our ideas, attitudes and learned concepts of how things should be.

The human heart has both an active and outgoing quality, and a receptive and ingoing quality. The outgoing quality of the heart is active love, and the ingoing quality of the heart is to allow both ourselves and others to love us.

A beautiful friend of mine once told me that she had a reading of her heart chakra, and that she was told that her heart chakra had the quality of a faithful and trusting dog. She was very cute when she told me this with a slightly ironical tone. She would probably have preferred to have a heart chakra with a more challenging, mysterious and adventurous quality.

Our heart is the door to allow Existence to guide us. Our heart is the door to surrender to life. Our heart is the door to our inner being, to the inner world. When we begin to open our heart, we realize that we are a part of life, a part of the Whole.

Above the heart, we need a teacher and a guide. It is somebody who “knows”, who has walked further on the path than us, and who can guide, encourage and inspire us. There is an Indian saying: “When the disciple is ready, the teacher appears”.

An over active heart chakra leads to:

An overly critical attitude and a feeling of jealousy.

An under active heart chakra leads to:

A cold and distant attitude, a feeling of being unloved and uncared for, a lack of empathy and compassion, an inability to understand the needs of other people, a lack of contact with the intuition, with the true inner voice, with the inner source of love, truth and wisdom, a need for outer recognition and appreciation, emotional and economic insecurity, a mistrust towards life, a low self-confidence, self-doubt and criticism towards others.

A balanced heart chakra leads to:

Love, empathy, compassion, acceptance, friendship, intuition, creativity, a humanistic view of life, generosity, healing, purity, trust, a sense of belongingness to life and a feeling of unity in love.

5. Communication – Learning to Be Creative

The fifth chakra or level of awareness is called Communication. It is placed in the throat. Communication is related to creativity and the capacity to communicate. It is about recognizing our creative potential, and its function is creativity and communication both in relation to ourselves and to other people. On the fifth level of awareness, we begin to develop the second life area Creativity.

The fifth level of awareness is also called Creative center, since a healing process occurs when we bring things from within ourselves out in the light and share it with others. When our Communication chakra is closed, the result can instead become confusion and a lack of distance to ourselves.

On the fifth level of awareness, we become like a comedian. We begin to discover a humor, awareness and a distance to our personality, to our thoughts, feelings and psychological attitudes. We begin to be able to laugh at ourselves and to take success and failure with a laugh.

On the development level of the Communication chakra, our love becomes more and more meditative.

On the fifth level of awareness, we realize that we are not the physical body. We are not identified any longer with the body.

Working with people is basically a question of presence, awareness and energy. Chakras also relate to working with people and the fifth chakra relates to working with large groups of people. The focus of working with people on the fifth level of awareness changes from the nation to the whole world, to the whole planet. Eric Rolf, international therapist and consultant, author of the book Soul Medicine and a precious friend of mine since many years, described this as being a global personality.

A country that has developed the fifth level of awareness focuses on equality, where issues like injustice, racism and socio-economic rifts in society need to be solved.

The more aspects of our being that we develop, the richer and more creative our life becomes.

An over active Communication chakra leads to:

A habit of talking too much, an attitude of arrogance and selfishness, dogmatism and negative speech.

An under active Communication chakra leads to:

Timidity, difficulties to express oneself and to be coherent, problems with the throat, creative blocks, general problems to communicate with other people, difficulties to express ideas and thoughts clearly, dependency and a lack of creative expression.

A balanced Communication chakra leads to:

A feeling of being centered and satisfied, a good speaker, a capacity to live in the moment, in the here and now, a capacity for meditation, a truthful, sincere and independent attitude.

6. Vision – Learning to Know Our Self

The sixth chakra or level of awareness is called vision. It is placed in the middle of the eyebrows. It is also called the third eye. The theme for this chakra is to dissolve the feeling of being a separate "I" and to unidentify ourselves with the ego.

When the sixth level of awareness is not developed, there is still identification with the ego, with the separate "I", and a feeling of separation from Existence. On the sixth level of awareness we stand on the threshold of physical existence, where all duality and opposite tendencies, for example masculine and feminine, light and darkness, intellect and intuition and life and death, begins to dissolve and disappear. Through awareness and understanding, we can see beyond the personality to our inner being, to our essence and authentic self. We discover the inner being, the silent place within ourselves, which is the inner watcher of the drama of the outer life, and where nothing ever happens.

The physical body manifests the duality of life and of opposite tendencies through two pair of legs, arms, ears and eyes, while the position of the third eye indicates the dissolution of the duality of life.

On the sixth level of awareness, meditation becomes a thirst in our heart and being. It is a thirst after truth.

It is also on the sixth level of awareness that we begin to develop the third life area Meditation.

When we begin to open the third eye, our thirst and commitment increases to discover our inner being, to understand the ultimate mystery of life, and to become one with Whole.

I remember an insight that taught me much about life. One day I felt that I had everything that I really wanted in life. I had a creative and meaningful work as a therapist and course leader, I had a relationship with a beautiful woman, who I loved and who loved me, I had friends that I trusted, and I had money to do what I wanted. But in spite of all this, I still had a feeling that there was something missing in my life. I was not satisfied. The thirst and longing in my heart was still searching for something more. It made me realize that the deepest pain in my heart was that I was still separated from the Whole, and that no relationships and things outside of myself could ease this pain.

On the development level of the Vision chakra, love is no longer a relationship. Love becomes a presence and a quality of our being. Love becomes a natural quality in our aura. It is no longer a question of loving a certain person, we simply are love. We are unconditional love.

The sixth level of awareness also relates to ordinary logical thinking with capacity to handle a lot of facts and information. The sixth level of awareness is also the center for intuition and awareness. It relates to a specific form of intuition, which is called clairvoyance. Clairvoyance means clear seeing and is described in Patanjalis book *Yoga Sutras* as one of the siddhis or psychic powers that a devoted meditator develops. Clairvoyance is a form of intuition, which is not limited in time and space. Through clairvoyance we can remember past lives, which can help us understand unconscious psychological patterns from past lives, and give us a broader perspective of life.

Another psychic quality that is developed on the sixth level of awareness is a telepathic perception and sensitivity, which gives us the insight that no man is an island in the ocean of consciousness. We are all parts of the same whole, we are all small individual rivers on our way towards the same ocean and on the inner plane we are continuously in contact with each other.

Working with people is basically a question of presence, awareness and energy and chakras also relates to working with people. On the fifth level of

awareness, the focus expanded to include the planet. On the sixth level of awareness, the focus expands from the planet to include the cosmos.

Blocks in the vision chakra manifest as problems with the eyes.

The difference between an artist that has developed his creativity to the awareness level of Communication, and a mystic on the awareness level of Vision, is that the artist has both his eyes focused outwards to the outer world, while the mystic has one eye focused outwards to the outer world, and one eye focused inwards to the inner world. An artist is not a mystic, but a mystic can also be an artist.

An over active Vision chakra leads to:

Religious fanaticism and dogmatism, excessive pride, manipulation, an authoritarian attitude and a mentality of coldness and bitterness.

An under active Vision chakra leads to:

An undisciplined attitude, a fear of success, over sensitivity, worry and doubt and an attitude of jealousy towards others talents, abilities and success.

A balanced Vision chakra leads to:

A charismatic presence, a contact with the intuition, with the true inner voice, the inner source of love, truth and wisdom, no fear of death, access to inner guidance and spiritual inspiration, ability for astral travels, glimpses of universal consciousness, access to telepathic ability and remembrance of past lives and capacity for healing and spiritual energy.

7. Unity – Opening to Universal Consciousness

The seventh chakra or level of awareness is called Unity. It is also called The Crown Chakra. It is placed on top of the head. Unity relates to opening to universal consciousness, to receive the ultimate wisdom.

The seventh level of awareness relates to learning to know God. It relates to truth, unconditional love, to enlightenment and to the experience of being one with the Whole.

The experience of the seventh chakra is an experience beyond words. It is an experience of joy and freedom beyond words. It is to be everything and nothing at the same time. It is to discover that we have really never been separated from life. It is to be in a deep unity and harmony with Existence. Our separate little individual river has finally joined with the ocean of consciousness, with the Whole.

When we have begun to open the seventh chakra, the thousand petalled lotus flower opens. We have learnt the lesson of life. Our inner tree has given fruit. We have become spiritually mature.

The word ”religion” originally means ”to return to the source”. It means to rediscover the contact with our inner being, with the source of life within ourselves. The deepest pain in our heart is that we are disconnected from our inner being, that we are separated from life. The deepest thirst and longing in our heart is to return to our being, where we are one with life.

The goal of meditation is enlightenment. In the depth of our being, we are already enlightened. We are an inseparable part of Existence, but we have forgotten our true nature. We have forgotten our inner Buddha. Meditation is the way to discover our inner being, our authentic self, our inner Buddha. Enlightenment is the fruit of meditation. It is to realize the highest attainment in human consciousness. It is to climb the inner Mount Everest.

I was 9 years old when I had my first glimpse of wholeness. It was early Christmas morning and I was standing in my pajamas in the living room, and looked out of the large windows. Outside the windows, white snowflakes effortlessly and slowly singled down towards a silent, snow-clad landscape. Suddenly I was filled with a feeling of being one with the slowly dancing snowflakes, one with the silent landscape. I did not understand then that this was my first taste of meditation, but it created a deep thirst and longing in my heart to return to this natural and effortless experience of being one with the Whole.

Each human being is unique; each human being contains a divine spark, an aspect of God. We are much more than we think we are. The mystery of life is that it is impossible to understand, but we can live life. We can never really understand life, but we can become one with life. We can become one with the dance of life, one with the ultimate mystery of life.

I had a magical day during one Sunday when I walked out in nature. On the outside this day just consisted of taking a walk out in the beautiful sunny weather and cleaning my apartment, but on the inside everything suddenly changed. When I walked out in nature in the sunny weather, there was suddenly a silent explosion within me, and my whole perception of reality changed. In a single moment, everything changed - although nothing on the outside had really changed. Everything on the outside was exactly as before, but my way of seeing had changed. The difference was that before I did not see, and now I could see. My eyes were open. Suddenly I was one with everything, one with the stones, one with the trees, and one with the people that I meet on my walk. My heart danced with joy together with a feeling of: ”I am God”. Not that I am the creator of everything, but that I am part of the whole, part of the divine. It felt like coming home, that Existence is my home. I saw that even if the people that I meet did not understand that they are a part of the Whole, they still are a part of the Whole. I felt the waves of Existence in my own heart and being, and I felt like a small wave in a great ocean. It gave me a taste of the eternal, a taste of the limitless and boundless source of creativity. In just a few moments, I learnt more than during 20 years in university. Wisdom is basically the understanding that we are all a part of the Whole. We are all small rivers moving towards the ocean. I laughed at the fact that enlightenment is really our innate birthright, and that small children already lives in this mystical unity with the Whole.

This unity with the Whole does not mean that our unique individuality disappears. It means that the richer our life experience is, and the more qualities of our being that we have developed, the richer the quality of our enlightenment becomes.

When we realize that we are one with life, the world becomes our home. We are at home everywhere.

An over active Unity chakra leads to:

Frustration, unrealized potential, depression, destructivity and a need to be needed and popular.

An under active Unity chakra leads to:

An attitude of joylessness, difficulties to take decisions, a feeling of being misunderstood, shame and self-denial.

A balanced Unity chakra leads to:

A capacity to be a spiritual healer, to act as a channel and instrument for spiritual energy from the crown chakra through the heart, trust, joy, love, truth, silence, peace, wisdom, gratitude and a unity with Existence.

The Art of Living: The Art of Being Happy

From Satsang with Giten,
June 18, 2015

The Art of Being Happy is the art of saying say to life. The whole message of Jesus is a total "yes" to life.

Whatsoever you do, do it happily.

Whatsoever you do, wherever you are, do not do anything unhappily.

Whatsoever happens, see out how you can find happiness in it.

If you know how to be happy, then even small things become great things.

Make being happy the art of living.

When you learn the art of being happy, it also begins to spread around you like the waves of the ocean.

To be happy do not mean to satisfy desires, it means to find the happiness of our being, the happiness of emptiness.



8. HE THAT HEARS THE WORD

Matthew 13

10: AND THE DISCIPLE CAME, AND SAID UNTO HIM, WHY SPEAKEST THOU UNTO THEM IN PARABLES?

HE ANSWERED AND SAID UNTO THEM, BECAUSE IT IS GIVEN UNTO YOU TO KNOW MYSTERIES OF THE KINGDOM OF HEAVEN, BUT TO THEM IT IS NOT GIVEN.

The awakened one cannot give more than which you can take; they cannot give you that for which you are not ready.

It depends on you what Jesus can give you; it depends on you who Jesus is to you.

When Buddha died, the sangha, the spiritual community, was divided in many parts. The commune could not remain one, because many people knew Buddha in different ways according to their level of understanding.

Jesus' disciples noticed that Jesus was talking in parables when he was talking to the masses, to the crowd, but he talked to the disciples in a different way.

A disciple has made a commitment to his spiritual growth, but a follower is still resistant.

The ordinary masses are neither disciples nor followers.

They come out of sheer curiosity, but he will not be a transformation for them.

These are the three types of people that Jesus will meet: the masses, the followers and the disciples.

The disciples are those that have made a commitment to Jesus. They are ready to die for him. And the mysteries can only be revealed to those who are ready to die. It does not mean to die physically, but to die spiritually. For the mysteries to be revealed, the disciple has to disappear into the silence.

To the followers something of the truth can be said, but not the whole truth.

To the masses, to the curious crowd, just parables are possible. Parables are a hint of truth, a hint of the mystery.

The truth is hidden in the parable.

Jesus talked to the masses in parables and small stories, so that ordinary people could understand them.

Jesus talked in parables, because the ordinary masses could understand parables, but the hidden truth in the parables could in some moment create a deep insight. Maybe the next day, in a few months, in 5 years or in the next life.

The parable could open their heart, and when they are ready the parable will flower and the truth will be revealed.

To the disciples who are ready, the truth can be said right now.

Roots and wings:
The inner man and woman

Question 7

How do the inner man and woman express themselves on the outside as relationships?

What are the inner man and woman? How do the inner man and woman relate to therapeutic work? How do the inner man and woman relate to creativity? Our being consists of two contradictory tendencies and poles: the male and female aspect.

Life develops through apparently contradictory poles and tendencies, for example yes and no, darkness and light, negative and positive, day and night and life and death. Just as electricity needs both a minus- and plus charge for a spark to arise, man has also two poles. These two poles are the male and female side.

The inner man and woman are our two wings of love and freedom. Through awareness, acceptance and understanding, we can allow our two wings to develop in a natural and deep harmony.

Exploring our inner man and woman means to become aware about the two energies, the two opposite tendencies and poles, of our being. The inner man and woman are the two shores of our inner being.

It is also about understanding how the inner man and woman represent themselves in outer form as relationships. It is also about learning to make an intuitive examination of a person's male and female side.

Relationships are a development and a dance between our inner male and female sides. It is a balance and a dance between love and freedom, between aloneness and relating, between strength and receptivity, between intellect and intuition, between rest and activity and between meeting and separation.

We all have both a male and female side, which is represented by the right respectively left side of the body. Our inner male and females sides manifests on the outside as relationships. Often our longer and deeper relationships with an outer man or woman are a mirror of our own inner man or woman.

In every meeting with an outer man or woman, a conscious or unconscious comparison with our own inner man or woman is made. If there is a comparison with our own inner man or woman, we become interested.

Falling in love is like a joy of recognition, a thirst and longing after inner wholeness between our inner man and woman. It is an inner longing after the outer relationship that can help us to reclaim our own male and female sides - and make us whole. In this way our outer relationships become a possibility to develop and integrate our inner man and woman in the relationship with an outer man or woman. In this way the outer relationship also creates the possibility to learn to love both our outer partner, and our own inner male and female side. It is when we develop both our inner man and woman that we find a new harmony and wholeness within ourselves.

I think that I have always been in contact with my female side, which has given me an understanding for woman. A beloved and beautiful friend of mine since many lives once said that she thought that I was an awesome man to be with. This is the kind of comment from a woman, which is so strangely reassuring for a man. Now I also feel that have developed a good balance between my inner man and woman in my life. During the time that I wrote this chapter, I meet a

woman who commented that she thought that I had a good balance between my inner man and woman. She said that she thought that this balance between male and female in a man is very attractive. She also said that woman do not really want a macho man.

I have always been quite confident with being a man, but I also remember a woman that hurt me by saying that meeting me was like meeting her own inner woman. I think that she was looking for a more traditional relationship in her own growth, where the two partners of the relationship are carrying the male- and female role of the relationship in a more one-sided and separate way.

On the outer plane, the meeting between a man and a woman create a meeting which is not a conflict, but which complements each other. On the inner plane, the outer meeting between a man and a woman also creates integration between our own inner male and female sides. It is when our inner male and female sides meet, that a new spark of love, joy and inner wholeness ignites within ourselves.

Healing ourselves means to develop and integrate both our inner man and woman, so that love can flow between them. To restore the love within ourselves often requires that we embrace both the male and the female sides within ourselves. It is when both these sides are developed and are integrated within ourselves that a new spark of love arises within ourselves.

A female colleague in the psychology program at the university said once that I was one of the few men in the class that had respect for woman. I viewed her statement like she was mirroring my own inner woman, that she confirmed my love, respect and appreciation for my own inner woman.

Relationships mirror ourselves

Outer relationships with a man or a woman are a possibility to learn to know our own inner man or woman. Outer relationships with a man or a woman are a mirror of the inner relationship between our own inner man and woman.

Relationships are a mirror of ourselves. Relationships are a challenge to grow. Through understanding the inner man and woman, we understand that our outer relationships are simply a mirror of the relationship between our inner man and woman. This understanding gives us the possibility to take conscious responsibility for our choices and for the next steps in our spiritual growth. It is to allow our relationships to become an invitation to growth, an invitation to live our love and truth - and not a crutch.

Outer relationships mirror the relationship and the communication between our inner male and females sides. Often we are identified with either the inner man or the inner woman, while the other side is either hidden or undeveloped. Sometimes one side is dominant and the other side is submissive. Sometimes one side is developed and the other side is undeveloped. Sometimes one side takes responsibility for the other side. Both the inner man woman needs to find its own independence and integrity. When both the inner man and woman take responsibility for themselves and live their own truth, love, joy and creativity flows naturally between them.

To become conscious of the inner man and woman means to understand the inner drama that is going on between our own male and female aspects. When we have developed an understanding and a trust to both our inner man and woman, so they can support, communicate and cooperate with each other, then a new love begin to flow between them.

Through understanding how the inner man and woman communicates and relates with each other, it leads to a new creativity and satisfaction in the three life areas that the inner man

and woman influence: our inner growth, our relationships and our creativity and work.

Embracing our inner man and woman is to discover our inner roots and wings. To become aware about our inner man and woman means to discover the roots of both the masculine and feminine side and their creative expressions. It is about allowing both the inner man and woman to find their own creativity and creative expression.
To become aware about the inner man and woman also means to understand that they have different vision in life. They have different perspectives and views on life.

It is about learning to love both our inner man and woman; it is about learning to respect both our inner man and woman. It is about learning to live the truth of both our inner man and woman.

One of my female course participants said that she felt like she had "lost" her inner woman, without being aware about it. She says: "The awareness about the inner man and woman create a balance in life. Through this awareness you become aware about the role that the inner man and woman play in your life. I had simply lost my inner woman, which I was not aware about before. I remember very well when I got the insight that I had lost my inner woman, which was a very liberating insight. My image of my inner woman was that she had no face. It was just a grey lump, while my inner man on the other hand was happy, strong and beautiful."

In society today, manliness seems to lead to destructiveness. A one-sided development of the male side leads to ego and separation from life. A one-sided development of the female side lead to passivity and dependence.

A male meditator describes it like a constant battle is going on between man and woman both on the outside and on the inside. To become aware about the inner man and woman means to become

aware about this constant battle. It means to let go of the struggle, which create healing and inner wholeness.

Normally a man begins his psychological development process by developing his inner man, and a woman normally begins her development process by developing her inner woman, but this is not an obvious development process. A man can also begin his psychological development process by developing his inner woman, and then he develops his inner man. A woman can also begin by developing her inner man, and then develop her inner woman.

A female meditator comments about the male and female sides: "There are of course a large difference between the sexes, and I can see that I have both a male and a female side. The male side demands centering and respect, and that is also necessary for the female side to be able to live her quality of love, caring and need for beauty. It is not really possible to separate these two sides."

Another female meditator says that a lot of ideas about male and female roles being a certain way have disappeared through her own development. She says: "Of course, there is a difference between being male and female, but we are also a whole individual. If you look at a man only as a man, and a woman as only a woman, then they are no longer individuals, but only sexes. It is the basic understanding that we are all souls that is important, without denying the difference between the sexes, but to the embrace the whole. Love is beyond male and female, truth is beyond male and female - and sex leads also leads beyond male and female. That is a resurrection."

She continues to say: "To be able to respect myself, I have to accept that I have both male and female sides. The man that I live with has also both male and female sides. To be able to live together, we cannot label each other "man" and "woman", and put each other in two separate small boxes. Earlier, I expected a lot of things from the men in my life, for example, that they should be macho, they should

drive the car and they should know what they wanted. I expected a form of oppression, but it is not like that anymore. Now I can see that the man that I live with also have many soft and caring sides."

"To be able to live from my own truth, I need to have access to both the male and female aspects of myself. To relate with a man is to discover my own male side. It is an opposite and opposites need each other to develop. The fun in life is the excitement of going back and forth between these opposites."

Awareness - harmony between opposite tendencies

Awareness is an inner harmony between contradictory tendencies. Awareness is absence of choice, Awareness is the capacity to embrace, include and encompass both joy and sorrow, love and aloneness, light and darkness, male and female qualities and life and death. Through saying "yes" and accepting both tendencies, including whatever aspect that happens in the moment, we meet our limitless and boundless inner being.

The more we learn to know the inner man and woman within ourselves, and the more we accept their different ways of being and looking at life, the more a meeting happens between them which make us happy and satisfied. Through embracing both these sides within ourselves, we realize that that we do not lack anything, but that we are already love. It is like course participants in one of my courses described her experience: "The course taught me that everything that I need to live a rich and satisfying life is already within me."

When we embrace the opposite tendencies and contradictions within ourselves, and understand that the inherent harmony arises when both sides are ripe, then we discover again the love, joy and freedom that is hidden in every moment.

It is through the female side that we find the depth within ourselves independent if we are a man or a woman. It is through the female side that we find the inner source of love, truth and wholeness. It is through the female side that we lit the light of our consciousness.

When both the male and female side is capable of living in trust, a love begins to flow between them. It is a love that was always possible, but which was not experienced before.

The Art of Living:

Giten Devotion Meditation: Love, Devotion, Freedom



Giten and his beloved friend Toshen since many lives in blissful oneness without barrier

The consequence of love and devotion are freedom.
There are two basic types of people: the intellectually and scientifically oriented people and the heart oriented, emotion oriented and poetically oriented people.

This meditation is for the heart oriented people, the feeling type.
In love and devotion, the other person becomes more important than yourself.

This is basically a matter of trust.

The intellectual type cannot trust anybody. He cannot trust.
In order to understand devotion, you must first understand love.
Logic and mind always remains ego-centered, but on the path of the heart, the other becomes important, the other becomes real.

if your love becomes so intense that you forget yourself completely, you have reached to devotion.

Love is the first step, only then can devotion flower.

If your love grows deeper, the other becomes more and more significant.

This total feeling of love, this total surrender, this losing of oneself into the other, is transformation, which creates devotion.

The ego dissolves when the other becomes so important that you disappear, you are no more.

When the love becomes more important than you, you can die for him or her.

The other has become the meaning of your love.

If you can make love a meditation to transform yourself, you begin to have glimpses of devotion.

In devotion, you surrender yourself totally.

If you can allow yourself to dissolve for the other, you will be transformed.

Devotion is freedom.

If you dissolve, the beloved will be everywhere. You will find the beloved in the flowers, in the trees, in the stars and in the open sky.



9. PRAYER AND MEDITATION

Matthew 14

AND HE WENT UP INTO THE MOUNTAIN APART TO PRAY

This was always the practice of Jesus when he would move into the masses, the crowd, afterwards he would go alone into deep prayer and meditation.

Why did he do this? If you have been meditating, you will understand. You will understand that once you start meditating, a very fragile and delicate quality of consciousness is born in you.

A flower of the unknown, of the beyond, starts opening, which is delicate.

And whenever you move into the crowd, you lose something. Whenever you come back from the crowd, you come back lesser than you had gone. Something has been lost, some contact has been lost. The crowd pulls you down; it has a gravitation of its own.

You may not feel it if you live on the same plane of consciousness. Then there is no problem, and then you have nothing to lose.

In fact, when you live in the crowd, on the same plane, alone you feel very uneasy. When you are with people, you feel good and happy. But alone, you feel sad; your aloneness is not aloneness. It is loneliness, you miss the other.

You do not find yourself in the aloneness, you simply miss the other.

When you are alone, you are not alone, because you are not there.

Only the desire to be with others is there - that is what loneliness is. Always remember the distinction between aloneness and loneliness.

Aloneness is a peak experience - loneliness is a valley.

Aloneness has light in it, loneliness is dark.

Loneliness is when you desire others; aloneness is when you enjoy yourself.

When Jesus would move into the masses, into the crowd, he would tell his disciples to go to the other shore of the lake, and he would move into total aloneness. Not even the disciples were allowed to be with him. This was a constant practice with him.

Whenever you go into the crowd, you are infected by it.

You need a higher altitude to purify yourself; you need to be alone so that you can become fresh again. You need to be alone with yourself, so that you become together again. You need to be alone, so that you become centered and rooted in yourself again.

Whenever you move with others, they push you off center.

AND WHEN THE EVENING WAS COME, HE WAS THERE ALONE

Nothing is said about his prayer in the Bible, just the word "prayer".

Before God or before existence, you simply need to be vulnerable - that is prayer.

You are no to say something.

So when you go into prayer, don't start saying something.

It will all be desires, demands and deep complaints to God.

And prayer with complaints is no prayer; a prayer with deep gratitude is prayer.

There is no need to say something, you can just be silent.

Hence nothing is said about what Jesus did in his aloneness. It simply says "apart to pray".

He went apart, he became alone.

That is what prayer is, to be alone, where the other is not felt, where the other is not standing between you and existence.

When God's breeze can pass through you, unhindered.

It is a cleansing experience. It revejunates your spirit.

To be with God simply means to be alone.

You can miss the point, if you start thinking about God, then you are not alone.

If you start talking to God, then in imagination you have created the other.

And then you God is a projection, it will be a projection of your father.

A prayer is not to say something. It is to be silent, open, and available.

And there is no need to believe in God, because that too is a projection.

The only need is to be alone, to be capable of being alone - and immediately you are with God.

Whenever you are alone, you are with God.

Whenever you are alone, God is.

God is, and you are not, and there is prayer.

Prayer is the fragrance that arises when you are ready to be alone.

When you are not afraid to be alone, prayer arises.

You dissolve, boundaries disappear, you are no more an island, you have become part of the continent God is.

AND WHEN THE EVENING WAS COME, HE WAS THERE ALONE

To be alone needs preparation.

Jesus throws away all impressions that he had gathered from the masses, the crowd, during the whole day.

By the evening he was alone, by the evening he came to a point where no thought stirred. He came to a point when the flame of consciousness was there without any smoke.

By the evening, he became centered, he went into a deep rest within himself - he returned home.

A Taste of Meditation

Giten had an individual consultation with Deva Mukta on July, 9, 2015. Before the consultation, Mukta mailed to Giten asking if it was ok if she brought her dog to the consultation as she was travelling with the dog to another place right after the consultation, which Giten agreed to.

When the dog came to Giten's apartment, she was very nervous and anxious and run back and forth in the apartment, because she was in a new and unknown environment with new people.

For Giten it felt like having a consultation with two beings, instead of one. He could see that the dog was an old soul with a beautiful and sensitive being. Giten also felt that the best way to relate to her nervous and anxious energy was to not give any energy to the nervousness, but to invite her in silence, calm and meditation.

Giten laughed that this old soul suddenly appeared in a consultation, since he had told a disciple just the other day that even flowers and animals have spiritual names that indicate their individual spiritual path.

This consultation with two beings felt like an inner initiation for this old soul, and Giten also felt that the spiritual name for this soul was Deva Urja, which means divine energy and indicates a spiritual path to transform her nervous energy into joy, silence and meditation.

Giten fell in love with this energy phenomenon, with this divine energy, that suddenly in the middle of the consultation jumped up in the lap of Mukta making her presence and energy visible.

But as the consultation continued, the dog fell asleep on Giten's sofa, which Mukta commented by saying: "This never happens." And Giten commented: "A taste of meditation."

The Essence of Meditation: Watchful Awareness, Acceptance and Relaxation

Question 8

What is meditation?

What is the essence of meditation? The essence of meditation consists of four qualities:

1. Watchful awareness
2. An accepting attitude
3. A non-judgmental attitude
4. Relaxation

1. Watchful awareness

The first quality of meditation is a watchful awareness. Awareness is another word for meditation. Awareness is meditation. Awareness can also be described with the words presence or witnessing.

Awareness is the capacity to be present to the thoughts, the feelings, the sensations of the physical body, and to the outer stimuli. Awareness is a 180-degree turn within from being identified with the continuous inner stream of thoughts, feelings, desires, ambitions, dreams and expectations to being conscious about and to watch this

inner stream.

Awareness is the capacity to say “yes” and to be present to the constant inner stream of thoughts; feelings and sensations, without will to stop this stream and without wish that it should be different than it is. It is like being a witness, an unidentified observer, to the inner stream. It is like sitting by the side of the river and watch the flow of the river.

Awareness is the corner stone that can transform our whole quality of life. Awareness can create the inner presence, which can transform our life into a joyful dance, a song of meditation. Through awareness we can discover our true inner nature, which allows us to discover a new dimension to be in contact with life. Awareness gives us the freedom to choose between clinging to the past or to live in the unknown mystery of the moment.

Awareness is not about continuously trying to change ourselves or to become “better”.

Awareness is about learning to love and respect ourselves as we are. Awareness is about becoming aware, to lit the light of our inner being.

Awareness is not about becoming something; awareness is about realizing that we already are somebody.

In the light of awareness, the real and authentic grows by itself and the false and artificial falls away by itself like dead leaves in the autumn.

If we close our eyes and turn our attention within for a moment, we will soon notice three things:

1. That the activity of the mind in the form of thoughts, feelings,

desires, ambitions, dreams, expectations and reactions on outer stimuli is going on continuously 24hours a day. When we are awake it is going on in the form of thoughts, feelings, attitudes and reactions and during sleep it is going on in the form of dreams. The mind is also one whole, even if Freud divided the mind into two parts, and called one part for the conscious mind and the other part for the conscious mind. The only difference between these two parts is that the conscious mind is the conscious part of the mind and the unconscious mind is the denied and repressed part of the mind, but they are both part of the same whole. It is like the relationship between the dark, unknown cellar, where we do not enter, and the light, comfortable living area with the living room and the kitchen, where we normally live our lives.

2. That the mind continuously moves like the pendulum of a clock between the memories of the past and the dreams of the future, but it never stays in the moment, in the here and now. The mind is a mechanism that cannot function in the moment.

3. That there is an inner presence, an inner witness that has the capacity to watch the continuous activity of the mind, without being identified or engaged. This inner presence and this watchful awareness is the essence of meditation. It gives us the insight that there is an inner presence that can be aware of the constant activity of the mind. This insight leads u further to the realization that we are not the mind; we are not the thoughts, the feelings or the sensations of the physical body. The easiest level to become aware about is the sensations of the physical body, since the physical body is the grossest form of our consciousness. The second easiest level to become aware about is the thoughts and the most difficult level to become aware about is the feelings and emotions.

There is really nothing that can disturb our meditation; everything can be used as an object for meditation. Everything that happens on the inside and everything that happens on the outside can be used to

go deeper into meditation. It does not really matter if it is a feeling of joy, sorrow, aloneness or anger that we meet inside ourselves. And it does not really matter if it is a person on the outside that insults us and makes us angry, sad and disappointed. With presence, awareness and understanding, we can say “yes” to and include everything that arises in our consciousness, and everything that we meet on the outside, in our meditation. The deeper we go into meditation, the more it expands in our life. It is to realize that life and meditation are not two separate things.

A question that we can ask ourselves in different situations in life is if we are identified with the thoughts, feelings and sensations of the physical body - or if we simply can be aware about and watch what arises in our consciousness.

Through this awareness, we can use all situations as an opportunity for meditation.

2. An accepting attitude

The second quality of meditation is an accepting attitude. Awareness includes an accepting attitude. An accepting attitude means to learn to say “yes” to everything that arises in our consciousness. It means to learn to say “yes” both to positive and negative experiences, to light and darkness and to joy and sorrow.

An accepting attitude means to include everything that we find within ourselves with presence, awareness and understanding.

An accepting attitude means an attitude that the reality of the moment is perfect exactly as it is. It means not wanting to change the reality of the moment, or to have a wish that the moment should be different than it is. It means to embrace the moment as we find it inside ourselves with a love and acceptance for how the moment is. It

is a love for the reality of the moment. This accepting attitude expands our inner being and creates larger freedom and space within ourselves.

An accepting attitude means to embrace everything that we find within ourselves like a mother embraces her child.

A question that we can ask ourselves in different situations in life is if we say “yes”, if we accept, what arises in our consciousness and what life offers us, or if we say “no”, if we resist the reality of the moment.

3. A non-judgmental attitude

The third quality of meditation is a non-judgmental attitude. Awareness also includes anon-judgmental attitude.

Normally we judge ourselves, rather than simply witness our behavior without judgment. Since early we have been taught to judge ourselves and make ourselves wrong, so now it is easier not judging others than ourselves.

People who love and respect themselves are not easy to control and manipulate, so the strategy of political, religious and economic interests is to teach people to judge themselves. People who do not trust themselves and are split within are easier to control, exploit and manipulate.

A non-judgmental attitude means to learn to love the imperfect in ourselves. It means to include everything that we do not love and accept in ourselves in the light of awareness. A non-judgmental attitude means to learn to say “yes” even to that which we say “no” to in ourselves.

A question that we can ask ourselves in different situations in life is if

we say “no”, if we judge, that which arises in our consciousness and what life offers us – or if we simply cane aware and witness without judgment and evaluation.

4. Relaxation

The fourth quality in meditation is relaxation. The watchful awareness, the accepting attitude and the non-judgmental attitude, results in a deep relaxation together with feeling that whatever happens inside and outside of ourselves is perfect exactly as it is.
It leads to a rest in ourselves and the feeling that we are already all right as we are. This relaxation creates a feeling that we can appreciate the beautiful being that we already are.

We can rest in that which is already perfect within ourselves.

The Art of Living:

Sex, Love and Prayer

The Way of the Heart:
The Three Levels of Love

The Way of the Heart: The Three Levels of Love means to celebrate yourself and each moment in life, whatever the truth of the moment is.

It means to enjoy each moment. It means to celebrate each moment of life. It means to be thankful for each moment in life.

The Way of the Heart develops in three steps: 1. Sex 2. Love and 3. Prayer.

1. Sex

- The first level Sex is the physical level. Sex exists between two bodies.

- Sex is a sharing through the body.

- Sex relates to the second chakra, Sensations

- Religion is a bridge between sex and the divine

- Sex is our basic energy, which is transformed and refined into love and prayer

2. Love

- The second level Love is the psychological level.

- Sex is sharing through the body; love is sharing through the heart.

- To share love, you need a celebration in your heart; you have to be happy, content and silent, so that you can share.

- In love you need to love the other person for sex

- Love is in the middle of sex and prayer.

- Love relates to the fourth chakra, the Heart

3. Prayer

- Prayer is the spiritual level. It is the level of meditation, awareness, silence and the divine.

- Sex becomes refined in love, and love becomes refined in prayer

- When you have gone beyond the heart, you have gone beyond love; your whole being is in need of flowering. Your whole being. your joy and silence needs to be shared, then it is prayer.

- Prayer is to start feeling that the other is divine

- In prayer, sexuality disappears

When you have learned how to love God through all his forms, you can love God through stones, flowers, animals and human beings.

These three words are significant on the path of love: sex, love and prayer.

Sex, love and prayer are the three steps on the path of love.

Sex is a reconciliation of your body with other bodies. But is the lowest reconciliation.

Love is reconciliation between two minds, two psychological energies.

Love is higher, deeper, and greater.

If you love a person, by and by, you will see sex disappearing between you, because you are getting a higher reconciliation.

The higher is more satisfying, it brings greater contentment, and it brings more lasting joy.

Prayer is the third state of love energy.

That is reconciliation between one´s soul and the soul of existence.

This is the highest reconciliation.

When this happens, the so-called love also starts disappearing, just as when sex starts disappearing when love happens.

When the higher energy comes, the lower starts disappearing.

There is no need for it, it is finished.

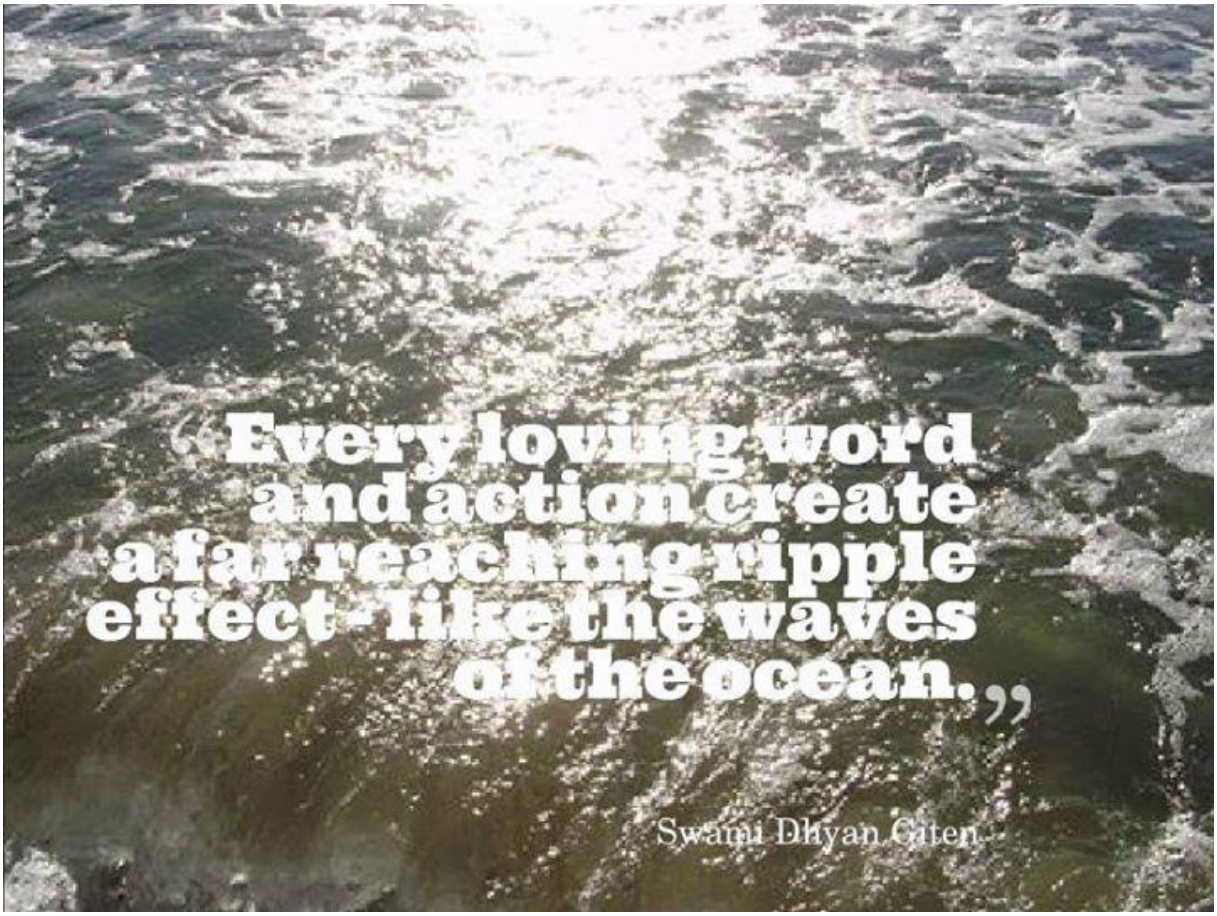
What do I need to be happy and satisfied on the three levels sex, love and prayer?

Write below your needs on these three levels.

Prayer - Spiritual needs

Love - Psychological needs

Sex - Physical needs



10. SENDING OUT THE DISCIPLES

Luke 10

1: AFTER THESE THINGS THE LORD APPOINTED OTHER SEVENTY DISCIPLES AND HE SENT THEM TWO AND TWO BEFORE HIS FACE INTO EVERY CITY AND PLACE; WHITHER HE HIMSELF WOULD COME

God is here and now.

God is not something outside you, God is within you.

God is the innermost core of existence.

That is what Jesus means with: "Repent, for the kingdom of God is near".

God is not separate from the creation. He is one with the creation.

When you understand this, your life becomes a prayer.

When you understand this, you will understand that existence is a family. You will understand that life is togetherness.

When we discover our authentic inner being, the kingdom of God, we understand that everybody is a messenger. We discover that the divine source expands, and we spread love to all with whom we interact.

Jesus sent out his disciples two and two, so that they did not have to go alone. They went two and two in friendship, in love, in trust, so that they could help each other.

THEREFORE SAID HE UNTO THEM, THE HARVEST TRULY IS GREAT, BUT THE LABORERS ARE FEW

The harvest is great, but there are not many laborers.

People are deaf and blind.

Somebody like Jesus comes, and you do not want to listen.

It has always been like this.

Rather than listening to Jesus, people get so jealous of Jesus, that they crucified him.

Only very aware and understanding people will listen to Jesus.

GO YOUR WAYS: BEHOLD I SEND YOU FORTH AS LAMBS AMONG THE WOLVES

Jesus knows that he is sending his disciples into a dangerous world.

People will not understand what they say, they do not want to listen, and they cling to their ideas and their tradition.

Jesus knows that trust is to be attacked. He knows that love is to be attacked.

CARRY NEITHER PURSE, NOR SHOES, AND SALUTE NO MAN BY THE WAY

AND INTO WHATSOVER HOUSE YE ENTER, FIRST SAY, PEACE BE TO THIS HOUSE

Jesus says that the love and the truth can create troubles for you.

"Do not carry purse, do not wear shoes, go barefoot. Do not salute any man on the road".

Be ordinary, be simple, be egoless.

Jesus says bring peace to the house, because only in that peaceful milieu can the message can delivered.

Create a spiritual vibration of peace, spread the feeling of peace, and if you are really feeling it, it will spread.

When somebody comes to see you, settle within yourself, become silent. And you will see a change in the man.

We are joined together by our hearts. We exist as parts of one heart. That heart is God.

If you create a feeling of peace, it will spread around you.

If your gift of peace is accepted, it will be good. If it is not accepted, if you gift is rejected, it is also good.

The peace will still shower on you.

HE THAT HEARETH YOU, HEARETH ME, AND HE THAT DESPISETH YOU, DESPISETH ME: AND HE THAT DESPISETH ME DESPISETH HIM THAT SENT ME

Jesus says: If people hear you, they hear me.

And if they hear me, they hear the one who has sent me.

SANGEETGitenMeditationscenter



- The birth of a new meditation center in Orebro in Sweden

During Giten's birthday May 15, 2015 in Stockholm, SangeetGiten Meditation Center wasofficially initiated by spiritual teacher and author Swami DhyanGiten. "Sangeet" means music and Giten talked about the relationship between music and meditation.

"Music and meditation are two aspects

of the same phenomenon."

- Swami DhyanGiten

"When we rediscover our authentic inner being, our meditative quality within, the inner silence and emptiness, we find that the whole life is music."

- Swami DhyanGiten

Deva Emanuel, musician and student to Giten since 6 years, told Giten that he and his girl friend, PremKalyani, musician, violin player and student to Giten, had decided to listen to Giten's recorded lectures and conducting satsang in silence and meditation on Sundays in Orebro in Sweden.

Giten asked him if they would be open to invite people to the lecture and the satsang, and Emanuel answered that they had already thought about that.

This became the birth of Sangeet – Giten Meditation Center in Orebro, which will offerSatsang inspired by Giten and Giten's recorded lectures on Sundays. Giten also said that Orebro is a bright and intelligent university town, and that it should be potent for meditation.

Sangeet is an independent meditation center, which is spiritually inspired by Giten.

Deva Emanuel met Giten for the first time at the library of Falun in the north of Sweden when he discovered Giten's best-selling book in Swedish, *MeditationensSång – Om meditation, relationerochandligkreativitet (Song of Meditation – About Meditation, Relationships and Spiritual Creativity).*

Emanuel says: "It was a moment of pure magic when I for the first time discovered something inspiring and and supportive in Giten's book "Song of Meditation".

Everything inside me, which I had tried to suppress and hide away, was suddenly present in my life on the outside, which on the inside created a stronger longing that I could ever imagine.

Six years ago, I stood at a library in Sweden, and watched a man who looked like he was trying to hide something among the books in the shelves beside me. I became curious, and when the man left, I looked – and there my eyes fell on a book which was pushed far back on the shelf, which had the name "Song of Meditation".

This day on the library was a tremendous kickoff for my spiritual thirst, and Giten's Swedish book "Song of Meditation" became my ticket to the roller

cost ride of my inner journey. I had never heard about awareness and meditation before, but this meeting talked to something so deep inside myself that it totally transformed my life.”

Deva Emanuel has been a student to Giten since 7 years.

Presence

– Working from Within

Question 9

What does it mean to work with people from love and awareness?

What is presence? What does it mean to be present for oneself and for another person? What awareness components contain the therapeutic process based on awareness? How can we develop our presence so that our presence and intuition becomes a source of healing in the contact with another person? How can we be in contact with the Whole?

Working with people is basically a question of energy and awareness. Part of the therapist's ability comes from technical skills and part comes from the inner being. The first part of this book is about discovering our inner being, to develop a meditative presence and quality. It is about developing our own presence so that our presence and intuition becomes a source of love, joy, acceptance, awareness, healing, silence, wisdom and creativity in the contact with a client. The meditative presence aims at helping the therapist to increase the joy, depth and effectiveness in the healing and therapeutic work.

This book is designed to create an understanding for how healing happens in therapeutic work. The underlying theme of the book is meditation – but not meditation as a static technique – but as the capacity to BE with ourselves and with another person in a quality of watchful awareness, acceptance and relaxation.

The most important therapeutic capacity is the ability to be present with an open heart and to be grounded in our inner being, in our essence and authentic self, in the meditative quality within, through which we can meet another person. It is to meet that which is already perfect within a person.

Working with people from awareness is about shifting dimension from a personality oriented way of working to a being oriented way of working. It is about shifting focus from the personality, the psychological "I" to the inner being, the authentic self, the meditative quality within, the inner silence and emptiness, the capacity to surrender to life. The basic awareness component in working with people from awareness is to develop a presence and an inner quality to work from. Presence means to be grounded in our being, in our essence and authentic self. Presence is to work from a meditative presence, from the inner "yes"-quality, from a state of non-doing. Presence is to be in the moment, in the here and now.

Presence is about being available and to respond to the truth of the moment. It is to respond to the moment in a way that creates a fragrance of love.

Presence is not about trying to change another person our trying to make things happen, it is about being available and to respond with the truth in the moment.

Presence is about how every action can arise from the quality, which we call awareness – the presence of our soul.

Presence is not really something new. Presence is simply to rediscover the inner quality, which is already present within ourselves. Presence is the capacity to be present for another person with an open heart and to be grounded in our inner being. It is to be present for another person as a supporting light, a supporting presence – and simply to be present for another person can basically

help.

Presence is a double and paradoxical phenomenon. It means both to be present and to be absent. It means to be present with our inner being and to be absent from our idea of a separate “I”.

Presence means to come in contact with a deeper quality within ourselves. Presence is like a flowing inner river, an inner source of energy, which gives vision, joy, inspiration, direction and creative impulses. Presence is our essence.

We all have this place deep inside ourselves, but it is often covered with personality aspects, unconscious attitudes and experiences from the past.

Working with people from love and awareness means to develop the capacity to respond to the inner being of another person, to his essence and authentic self.

Presence means to respond to another person in a way that makes his inner being deepen and expand. It is about developing a presence so that our presence and intuition becomes a source of healing in the contact with another person.

Presence is the inner being, the inner “yes”-quality, the meditative quality within, the inner silence and emptiness. Presence is to meet another person in meditation. Presence is to invite another person in meditation. It is a meeting in meditation. It is a meeting in love, joy, acceptance, sincerity, understanding, silence and oneness. It is a friendship, cooperation and an investigation after truth. And when the truth is discovered, it is larger than the two people, who are investigating it – and both people are enriched by this investigation.
Working with people from presence and awareness means to meet a person beyond the personality. It is to meet the being of another person. It is to meet the soul of another person.

Neuroses and psychiatric problems basically have its roots in a feeling of not being love, of not being part of the Whole. People with psychiatric problems have lost their contact with their own roots. They have lost contact with the inner being, with their inner center. They have lost contact with their own inner source of love, truth and wholeness.

In reality, we are really one with the other person. We are not separated from the other person. Through giving love to the other person, we are really giving love to ourselves. When we give love to another person, we are really giving love to the Whole.

When two beings meet, a presence, a love, an acceptance, a silence, a meditation and a meeting beyond separation occurs. There arises a sense of perfection, a feeling of coming home.

I think that I have always had the ability to turn my attention within myself and to go into the inner presence, to go into the inner silence and emptiness, when I have needed it. In this inner silence, I can let go of all frustration, fear, anger and sorrow. The spiritual dimension in therapeutic work basically works, because we are all one. Working with people from awareness is basically about working out of that which is already perfect within a person. Working with people from awareness is basically about seeing what develops and expands the inner being of a person. It is about bringing forth into the light of awareness the unconscious psychological patterns that prevents a person from being in contact with his own authentic being. It is about seeing what prevents a person from being nourished from his inner source of love, joy, acceptance, truth, silence, wisdom and wholeness. It is about seeing what expands the total being of a person both in relation to himself, in relation to other people, in relation to creativity and in relation to the Whole to be able to take further steps in his spiritual growth.

Working with people from awareness means to develop and expand

that which is already perfect within a person. It is about seeing what expand the inner being of a person and to see where the development potential is in the life of the person for example in meditation and inner growth, in relationships or in creativity. It is about seeing what creates difficulties in a person's inner growth, in his relationships with other people or in his work and creativity.
Presence is about finding our own unique way of being and working with people. It is about working from the authentic inner being, from the meditative quality within ourselves, from the inner source of love and truth. It is about discovering what we really want to share with other people. It is about discovering that which makes our heart dance with joy to share with people. It is about discovering that which really touches us and awakes a deep feeling of joy and meaning to share with other people.

When we are authentic, when we act from presence and awareness, it also gives nourishment to the inner being of the people around us.
Life does not come with a manual. The challenge of life is to learn to trust life. In courses, I create a situation where course participants can discover their own inner being and to learn to listen to their own heart, to trust their own intuition, joy, intelligence, inner light and understanding. The courses are a situation to learn to live their own truth.

Working with people from awareness is based on the understanding that our advice is only authentic when it comes from our own insight, understanding and experience.

Sometimes my course participants have complained that I do not give them specific advice about what to do or not to, but giving advice is easy. And it takes away the person's own responsibility to listen to his own inner source of love, truth and wisdom, which already know the right answer. This may also be an answer that I do not see.

The atmosphere and climate of a group of people can either be a

“yes”- or “no”-climate. The atmosphere in a group of people can either be uninspiring, dull and boring when the people of the group says “no” to listening to their own truth and do not chose activities that are nourishing for their souls. The atmosphere of a group of people is loving, creative, exciting and inspiring when the people of the group says “yes”, listens to their own truth and chooses activities that are nourishing for their souls and have a high level of joy and satisfaction.

In my own life, I took a conscious decision many years ago that I wanted quality in my life. It was a conscious decision that I wanted people around me that are prepared to say “yes” and to take responsibility for themselves - and who do not just take energy by saying ”no”, not taking responsibility for themselves and resist being present in different ways

Truth is a quality in the moment. It arises when we have trust to what happens and when we are in contact with what Existence wants us to do. This quality makes the moment shine with an inner joy and satisfaction. It gives a deep inner satisfaction, which radiates on the outside as love like pebbles creates waves on water.

When we say “yes” to the truth of the moment, our whole being expands.

Presence is about daring to stay in a quality of “not knowing”. Presence is about resting in the silence and emptiness within without knowing what the next step will be. Presence is about daring to rest in the emptiness within, which has no past or future, and where authentic impulses arise in the moment.

In the therapeutic process based on love and awareness, there exists no “I” – just a presence, a love and a truth in the moment. It is to live in trust and appreciation for what life chooses to offer. It is to float with the river of life; it is to rest on the river.

The depth in healing- and therapeutic work comes basically from the capacity to allow things to be as they are, without any wish that they should be different than they are and without any will to change them. This means for the therapist to develop an accepting attitude, a trust and a compassion, for how life develops moment to moment.
To work from our inner being is to meet another person in love, joy, meditation and silence without any barrier in-between.

When the therapist can rest in himself, without intention, without ambition, without trying and without fighting, then every new opportunity to meet a client becomes a source of joy.

It becomes a joy to work with people on a spiritual plane, to act for that which is larger than ourselves.

The Art of Living

To see what the Whole wants

It is a joy to be and work with people on a spiritual plane, to work for that which is larger than ourselves. This exercise aims on discovering what you can contribute to the Whole. It is about discovering what makes your heart dance with joy when it comes to sharing your skills, talents and gifts to other people and to the Whole.

This is an exercise to let go and to see what the Whole wants in a certain issue. When you have compared the pros and cons on a certain issue, then leave the issue to the intuition, to the inner source of love, truth and wisdom, to the voice of Existence within, and see what the Whole wants concerning this issue.

Sometimes Existence responds immediately and sometimes it takes some time before Existence is ready to respond. But you will always receive an answer in exactly the right time. Sometimes I have struggled to get something to happen, but it was first when I let go that it happened by itself. Sometimes things are not meant to happen either. It is a question of timing. It is a question of when the time is ripe. It is a question of trusting the Whole.



11. JESUS IN THE TEMPLE OF GOD IN JERUSALEM

Matthew 21

12: AND JESUS WENT INTO THE TEMPLE OF GOD, AND CAST OUT ALL THEM THAT SOLD AND BOUGHT IN THE TEMPLE, AND OVERTHROW THE TABLES OF THE MONEY-CHANGERS, AND THE SEATS OF THEM THAT SOLD DOVES

Rebellion is individual. It comes out of the truth of one being.

Revolutions are organized, but you cannot organize a rebellion.

Revolutions become establishment, and then they fail.

Rebellion comes out of the truth and authenticity of one being's heart.

Revolution is organized and political, rebellion is spiritual.

A revolution is of the future, rebellion is here and now.

In revolution, you try to change others, in rebellion you change yourself.

Jesus is a rebel.

Christianity is the organized religion, which appeared after Jesus was murdered.

Christianity is established by the same establishment that Jesus rebelled against.

Jesus is a rebel, who lived out of his own love, truth and understanding.

AND HE SAID TO THEM, IT IS WRITTEN, MY HOUSE SHALL BE CALLED THE HOUSE OF PRAYER

Jesus entered the temple of God in Jerusalem, and saw that the temple had been destroyed. It was not a house of prayer.

People were not meditating, people were not praying. The temple was no longer the abode of God.

Priests have always been against God. The talk about God, but they are basically against God. They do not teach truth.

The temple of God in Jerusalem had been destroyed by the priests.

Christianity is based on one simple word: love. But the result of Christianity is wars, murder and crusades.

The priests go on talking about love, but he does not live in love.

AND HE SAID UNTO THEM, IT IS WRITTEN, MY HOUSE SHALL BE CALLED THE HOUSE OF PRAYER; BUT YE HAVE MADE IT A DEN OF THIEVES

Jesus says that the temple of God is no longer a house of prayer. It is a house of thieves.

AND WHEN HE WAS COME INTO THE TEMPLE, THE CHIEF PRIESTS AND THE ELDERS OF THE PEOPLE CAME UNTO HIM AS HE WAS TEACHING AND SAID, BY WHAT AUTHORITY DOES THOU THESE THINGS? AND WHO GAVE THEE THIS AUTHORITY?

Organized religion always asks about authority, status, as if truth needs some authority, some licensing from the outside.

The priests talk the language of the establishment, even while meeting a mystic like Jesus.

Truth arises from your own being, this is the inner authority.

Truth is born out of your own being.

The priests ask Jesus who has given him the authority to overthrow the tables of the money-changers? Who has given him the authority to change the rules of the temple?

But Jesus did not answer the priests. He remained silent.

Jesus is his own authority.

Jesus whole message is to be your own authority. You are not here to follow anybody.

You are here to be yourself.

Your life is yours. Your love is your inner being.

The priests wanted to arrest Jesus and throw him into prison, but they were afraid of the masses of people who listened to Jesus. They had to wait for the right moment to arrest him.

The authentic mystic is always a danger to the priests and the organized religion.

When you can allow the yes to be born in you, there is no need to go to a temple.

Then God descends in you.

Whenever a man is ready, God finds him.

DANISH CHRISTIAN SAYS
THAT GITEN'SPHILOSOPHY IS IN DIRECT OPPOSITIONTO THE WORDS OF GOD

Apostolic Church Center in Vejle in Denmark has written about Giten and linked to his words on their website, which has created heated feelings among Christians in Denmark.

On the Danish website Moriel.dk, the fundamentalist Christian Ole Michaelsen is horrified that Apostolic Church Center has written about "the mystic Swami DhyanGiten" on their website.

He begins his article by quoting Paulus, who had never meet Jesus and whose basic mission was to kill the early Christians. He continues to say that Giten stands for Hinduism, because Giten says that God is not a person, but that God is the underlying energy and consciousness of the whole existence. His conclusion is that Giten's philosophy is in direct opposition to the words of God.

THE SILENT REVOLUTION OF THE HEART

- The Challenge for the 21st Century

- From Fear to Love, from Darkness to Light and from Separation to Wholeness

Question 10

What is the challenge for the 21st century?

The challenge for the 21st century is The Silent Revolution of the Heart. It is not a revolution within an organization or a land in the traditional sense with violence, madness and bloodshed. It is a revolution in human consciousness.

The Silent Revolution of the Heart is an inner revolution from fear to love, from darkness to light and from separation to wholeness. In society today there exists a deep split between the inner and outer world, between intellect and intuition, between male and female qualities, between rest and activity and between outer knowledge and inner wisdom. There is a rapid technological development in the society, but we seem to forget the most important factor: our self.

Humanity as a whole is in-between power and the heart in its psychological and spiritual development process towards spiritual maturity. The next step for humanity as a whole is to realize that real power is love and compassion.

The power chakra is the center of the ego, the separated sense of "I". The power chakra is about control, power and dominance over other people. A person who is on the development level of the power chakra wants to change other people, but he does not want to change himself.

Ordinary relationships are often power relationships, which is a fight and struggle between the partner's needs and mine. Often the partner in a power relationship has the same strength to develop the power chakra.

The society is created out of the ego, and the need of the ego to create a hierarchy with power, status, respect, position, norms, roles and conformity. Many people in the West live in the power chakra, and are occupied with competing with others, to prove that they are somebody important, and finding their place in the hierarchy.

During the 20th Century has the psychological development level of humanity been on the awareness level of the power chakra. The focus of humanity has been on power, dominance, position, money and control over energy resources. We are technologically developed and this technology governs the development of the society, but this technology is at the same time destroying the earth. Energy resources are also a distinguishing theme in the power balance between countries.

Acting aggressively has its roots in fear, judgments and insecurity. Violence and aggressiveness is about control and dominance over another person. To judge and to be loving is two sides of the same coin. Judgments about another person are really about yourself. When we stop judging others and ourselves, our hearts opens. The heart is a healer that transforms fear to love, judgments to acceptance and separation to wholeness. The heart heals.
The 21st century means an inner awakening. It means a time to

grow up. Many people talk about spirituality, meditation and inner development but it does not seem to change their lives. Our spiritual development depends on our commitment to our own development. We can use our free will to take on the challenge of life to grow or we can choose not to grow. This is the freedom that life gives us and it our own responsibility, but it seems that it is few people that accept life's challenge to grow.

The 21st century represents a choice between the separation of ego and the vision of the heart. The silent revolution of the heart is a shift in human consciousness from the short-sighted perspective of the ego of "me" and "mine" to the focus of the heart on love and the needs of the other. It is a shift in consciousness from the short-sighted separation of the ego to the vision of the heart.

When we follow the way of the ego, the path of endless desires, it leads to struggle, conflict, exhaustion and separation from the Whole. The way of the heart is about learning to listen to our heart, to our inner source of love, joy, truth and wisdom. It is to be in a deep harmony with Existence.

When our heart is closed it creates an isolated and lonely feeling together with the attitude: "Nobody loves me", "nobody cares about me" and "life is a struggle", which makes us not see the love that is all around us.

A silent revolution of the heart happens when we start to care about another person, and it is a joy to put the needs of the other person before our own needs. It is on the awareness level of the heart that we begin to develop the sensitivity and awareness that makes us care about another person. The heart operates from the premises: I am responsible and only love works.

Love is to eat pizza with our beloved partner even though we hate pizza.
Our heart is the door to unconditional love both for ourselves and others. Our heart is really always open, but our judgments about ourselves and others keep it closed. When we stop judging ourselves and others, our heart begins to open. The way to healing is to learn to love and accept ourselves unconditionally. It means to

embrace both our positive and negative sides with love and understanding. It means to learn to love everything that we find within ourselves.

We have been taught to love others, but not to love ourselves. But how can we love others without loving ourselves? The ABC of love is that we first need to learn to love ourselves before we can love anybody else.

Trust is a prerequisite for love. Without trust, love is without depth. It is like a plastic flower, instead of an alive, fresh and fragrant rose. Even if some people will let us down and make us sad and disappointed, it is no reason to let it undermine our basic trust in life. It is better to allow some people to let us down than not allow our basic trust in life to develop. Many people are so sleeping and unconscious that they really do not know what they are doing. They make us disappointed even if they do not really mean to. Even if we feel hurt, disillusioned and disappointed with people, see if you can give them love and understanding. A criterion for spiritual growth is that we begin to give love, rather than needing love.

Exactly as the rhythm of in-breathes and out-breathes of the physical body, the heart has also two poles: to give love and to receive love. Certain people are easier to give love to and other people are easier to be open to receive love. But to allow our love to become whole, we need to learn both to give love and to receive love.

Animals are great teachers in friendship and unconditional love. One of my course participants commented in a course, “I prefer animals before people, because animals cannot hurt me in the same way that people can. I myself still find it difficult to really trust that I am loved as I am. Even if I am aware about this, there is still a small part of myself that wants to contract, and which does not really trust that I am loved as I am and that life takes care of me. I find it easier to be present for others than to allow others to be present for me.”

Love and fear are two sides of the same coin. In the absence of love fear arises. In the light of love fear disappears, like when you turn

the light on in a dark room. Fear is a contraction of our life energy together with an attitude of loneliness and isolation. Love creates an expansion of our life energy together with a feeling of love, joy and belongingness.

Love is the strongest power there is. There is no stronger force than love. Love is pure magic. Love transforms people without really doing anything. The sheer presence of love transforms people. There is nothing more holy than love, since love makes people whole.

Love accepts a person as he is. Love creates the freedom, which allows a person to be himself. Love creates the relaxation, which allows a person to relax into his inner being, into his authentic self. Love allows us to appreciate the beautiful being that we already are. Love allows a person to discover his true individuality.

Love is not an exclusive relationship with another person; love is a quality of our inner being. It is to discover the source of love deep within ourselves, which is our true nature.

In the depth of our heart, we already know that we are perfect as we are. In the depth of our inner being, we already know that life is perfect as it is.

It is on the awareness level of the heart that we begin to understand that we are not separate from life. We begin to understand that we are not small separate islands in a large ocean, but that life is one and that we are all small parts of the same whole. It is on the awareness level of the heart that we begin to understand what is important and meaningful in life. We begin to understand that life is about sharing, rather than hoarding, that life is about giving, rather than taking.

It is when we open our heart that we discover a sense of unity in love with other people, with the trees, with nature, with the sea and with the blue sky.

This is the silent revolution of the heart.

The human heart is the solution to the problems of the world.

The human heart contains all the answers.

The human heart has the capacity to expand and embrace the whole earth.

The Art of Living:

The Three Stages of Enlightenment

From Satsang with Giten, June 25, 2015

These are the three stages of enlightenment, the three glimpses of satori:

1. The first stage enlightenment:
A Glimpse of the Whole

The first stage of enlightenment is short glimpse from faraway of the whole. It is a short glimpse of being.

The first stage of enlightenment is when, for the first time, for a single moment the mind is not functioning. The ordinary ego is still present at the first stage of enlightenment, but you experience for a short while that there is something beyond the ego.

There is a gap, a silence and emptiness, where there is no thought between you and existence.

You and existence meet and merge for a moment.

And for the first time the seed, the thirst and longing, for enlightenment, the meeting between you and existence, will grow in your heart.

2. The second stage of enlightenment:
Silence, Relaxation, Togetherness, Inner Being

The second stage of enlightenment is a new order, a harmony, from within, which comes from the inner being. It is the quality of freedom.

The inner chaos has disappeared and a new silence, relaxation and togetherness have arisen.

Your own wisdom from within has arisen.

A subtle ego is still present in the second stage of enlightenment.

The Hindus has three names for the ego:
1. Ahamkar, which is the ordinary ego.
2. Asmita, which is the quality of Am-ness, of no ego. It is a very silent ego, not aggressive, but it is still a subtle ego.
3. Atma, the third word is Atma, when the Am-ness is also lost. This is what Buddha callas no-self, pure being.

In the second stage of enlightenment you become capable of being in the inner being, in the gap, in the meditative quality within, in the silence and emptiness.

For hours, for days, you can remain in the gap, in utter aloneness, in God. Still you need effort to remain in the gap, and if you drop the effort, the gap will disappear.

Love, meditation and prayer become the way to increase the effort in the search for God.

Then the second stage becomes a more conscious effort. Now you know the way, you now the direction.

3. The third stage of enlightenment:
Ocean, Wholeness, No-self, Pure being

At the third stage of enlightenment, at the third step of Satori, our individual river flowing silently, suddenly reaches to the Ocean and becomes one with the Ocean.

At the third Satori, the ego is lost, and there is Atma, pure being. You are, but without any boundaries. The river has become the Ocean, the Whole. It has become a vast emptiness, just like the pure sky.

The third stage of enlightenment happens when you have become capable of finding the inner being, the meditative quality within, the gap, the inner silence and emptiness, so that it becomes a natural quality. You can find the gap whenever you want.

This is what Tantra calls Mahamudra, the great orgasm, what Buddha calls Nirvana, what Lao Tzu calls Tao and what Jesus calls the kingdom of God.

You have found the door to God.

You have come home.



12. The Last Supper

John 13

NOW BEFORE THE FEAT OF THE PASSOVER WHEN JESUS KNEW THAT HIS HOUR WAS COME THAT HE SHOULD DEPART OUT OF THIS WORLD UNTO THE FATHER

HAVING LOVED HIS OWN WHICH WERE IN THE WORLD, HE LOVED THEM UNTO THE END.

Luke 22

14: AND WHEN THE HOUR WAS COME, HE SAT DOWN, AND THE TWELVE APOSTLES WITH HIM.

15: AND HE SAID UNTO THEM: WITH DESIRE I HAVE DESIRED TO EAT THIS PASSOVER WITH YOU BEFORE I SUFFER

God is a hypothesis to explain the mystery of life, to give meaning to life – but it is not God.

In suffering, fear, aloneness, death, pain, man is helpless – and then one cries out for a God, which helps to create comfort and meaning.

The true God is a realization.

The more you are, the further way you are from God.

The more you dissolve, the closer you are to God.

When the mind disappears, there is no past or future, which is why Jesus feels that his time had come and he was leaving the world.

Reality is always there in eternity. The divisions of past and future are divisions of the mind.

A man like Jesus, whose mind has disappeared, can see when his hour has come.

He knows that this is not death. He knows that he is departing from earth, but that it is a meeting with the father.

HAVING LOVE HIS OWN, WHICH WERE IN THE WORLD, HE LOVED THEM UNTO THE END

Love is always to the end.

If you love, you love forever.

Love is eternal.

Prayer is a state of eternal love.

Love is a total commitment.

Who are these “his own” that Jesus talks about? It is his disciples, who have opened their hearts to Jesus, who have opened their beings to his being.

It is those that have loved him, who have trusted him.

Trust is the greatest thing in the world. Trust is the courage to risk your security for the unknown.

Jesus says: “Who is my family?” It is those that have understood me. They are my family; they are my brothers and sisters.

He loved them to the end.

Ordinary love is a kind of begging, a kind of exploitation.

To love, you have to be love.

Prayer is a state of love. You are love.

It is unconditional love.

NOW THE FIRST DAY OF THE FEAST OF UNLEAVENED BREAD THE DISCIPLES CAME TO JESUS, SAYING UNTO HIM: WHERE WILT THOU THAT WE PREPARE FOR THEE TO EAT THE PASSOVER

AND HE SAID GO INTO THE CITY TO SUCH A MAN AND SAY UNTO HIM: THE MASTER SAITH: MY TIME IS AT HAND: I WILL KEEP THE PASSOVER AT THY HOUSE WITH MY DISCIPLES

AND THE DISCIPLES DID AS JESUS APPOINTED, AND THEY MADE READY THE PASSOVER, AND WHEN THE HOUR WAS COME, HE SAT DOWN, AND THE TWELVE APOSTLES WITH HIM, AND HE SAID UNTO THEM: WITH DESIRE I HAVE DESIRED TO EAT THIS PASSOVER WITH YOU BEFORE I SUFFER

Jesus is both the world and the heaven.

Jesus is a unique synthesis of desire and desirelessness, of earth and the sky.

He lives in the world, but the world doesn't move through him.

He delights in the world as a celebration of God, a deep thankfulness towards God.

Jesus is more human than Buddha.

Jesus says: "I am going to suffer." He knows the innermost being, the deathless, and he knows that the body is mortal.

Jesus moves through two opposites: he is human and he is a Buddha.

Jesus says that he has desired to eat this last supper, which is the last celebration together with his disciples.

By celebrating even suffering, Jesus accepts everything that life gives, everything that God gives.

Life is God.

AND HE TOOK BREAD, AND GAVE THANKS, AND BREAK IT, AND GAVE UNTO THEM: THIS IS MY BODY, WHICH IS GIVEN FOR YOU: THIS DO IN REMEMBRANCE OF ME

Jesus says: "This is my body."

Jesus makes a symbolic message: “Take the bread, this is my body, which is given to you, and I give it to you.”

Symbolically he is saying: “Soon I am going to leave my body for you, so that you can realize that which is beyond the body.”
“Soon the body is crucified, but you can realize that which is beyond the body.”

Taking this bread means symbolically to digest everything that Jesus has given to them.

Jesus says: “Eat me, drink me, absorb me, digest me.”

Jesus says: “Continue to do this in remembrance of me. Continue to absorb me deep in your being.”

LIKEWISE ALSO THE CUP AFTER SUPPER: THIS IS THE NEW TESTAMENT IN MY BLOOD, WHICH IS SHED FOR YOU

Jesus says symbolically: “Unless you become my life, like the blood in your body, you have not understood me.”

Jesus says: “Let me become your life. Let me come deep in you, so that I am not separate.”

Jesus says: “Let me become your heart.”

That last evening, Jesus did not say much in Word, but whatsoever he said was of tremendous meaning.

Much more was said in silence during the last supper with Jesus and his disciples.
Silence said everything that cannot be said in words.

The bread became Jesus body, the wine became his blood.

That night Jesus transferred himself to them.

It conveyed the basic message of Jesus: to be drunk with God, intoxicated with God.

One with the whole

Question 11

What does it mean to become one with the whole?

What is the inner being? The inner being is our essence and authentic self. The inner being is the Existential self; the inner being is our original face. It is to rediscover the self that existed before birth and which will continue to exist after death. The inner being is an inner "yes"-attitude in relation to Existence.

To rediscover our inner being means to discover that which is already perfect within ourselves. It is to discover the source of love deep within ourselves, which is our true nature.

To rediscover the inner being is to find the authentic self beyond the confines of the personality. The inner being is the unidentified witness and watcher of the layers of personality. Thoughts, emotions and the physical body is not aware about themselves, it is the inner being that is aware about the thoughts, the emotions and the sensations of the physical body. The inner being is the inner silent place, where we are not identified with the thoughts and its problems, with the emotions and their passion or with the sensations of the physical body.

Meditation is the way to develop our inner being. Developing the inner being through meditation can be described like the step-by-step process of emptying a room from furniture until finally the room is completely empty, and only a pure silence and emptiness remains.

In the inner being, we begin for the first time to experience the original life source beyond the personality; we begin to experience the unity within ourselves. The inner being is the silent place within ourselves, which is beyond conflict and duality. In the inner being, we can rest in ourselves. We can rest in a presence, a silence, without trying, without fighting, without intention and without ambition. We are not going anywhere, there is nothing to prove, and there is nothing to achieve.

In this inner presence, there is no sense of "I", only a presence, a light, a joy, a love and a truth in the moment.

The personality gives us the idea that we are somebody special, but in reality we are really nobody at all. And to be nobody at all is paradoxically enough the greatest joy there is.

To be nobody at all, a presence, a silence a nothingness, is to be one with ourselves. And to be one with ourselves is to be in joy.

The inner being is the door to belongingness with Existence. Through opening this inner door, we can allow life to pass unhindered through us without interrupt the flow of life through our own ideas, attitudes, expectations and concepts.

The inner being is an inner space, a silence and emptiness, without desire to achieve anything, without wish to be somebody special and without wish to reach anywhere. It is an inner space, where we can allow people, situations and life to be as it is. It is an inner space, where we can allow people to come and go, without clinging when they come and without holding on when they go again.

The inner being is a deep "yes" to life; the inner being is a deep acceptance of life. It is a deep acceptance of the reality of life as it is. The inner being is a depth within ourselves, which is as deep as Existence itself.

Rediscovering the inner being is to discover the undefined and boundless within ourselves. Through opening this inner door within ourselves, we come home. We are home wherever we are. Rediscovering the inner being is to discover the limitless and boundless source of creativity within ourselves.

Wholeness - Being One with the Whole

What is wholeness? The word "religion" originally means "to return to the source". It means to rediscover our inner being, our inner life source. The deepest pain in our heart is to be separated from life. We are separated from the Whole, from Existence. The deepest thirst in our heart is to return to our inner being, to our inner life source, where we are one with life.

"The most beautiful experience that we can reach is the mystical", says Albert Einstein in the book "Living Philosophies." The goal of meditation -if you can talk about a goal in connection with meditation - is enlightenment. In the depth of our inner being, we are really already enlightened. We are already an inseparable part of Existence, but we have forgotten our true inner nature. We have forgotten our inner Buddha. Meditation is the way to discover our inner being, our authentic self, our inner Buddha. Enlightenment is the fruit of meditation.

Enlightenment is to realize the highest development of the human consciousness.

It is to climb the Mount Everest of human consciousness.

The philosopher Emanuel Kant was one asked what enlightenment is and his short answer was: "to grow up."

During the time I was writing this book, I got a glimpse of wholeness

on Easter Day April 16, 2006. I was having a coffee by myself in a café when suddenly a silence descended on me, and my separation from life disappeared like darkness from a room when you lit the light. Suddenly my whole perception of reality changed and in a few second I learnt more than during 20 years in the university.

I was suddenly one with life, one with the Whole. It filled my heart with an ecstatic joy to be one with people, one with the Whole, without reaching out of myself. I felt accepted and loved by Existence as I am. In this wholeness, there was nowhere to go and nothing to achieve. I was suddenly part of God. I was coming home. It was a joy to be in a silent communion with people on a deeper level beyond words, rather with the usual nonsense that people waste their lives on.
The reason that people start wars is because they still believe in their separation from life. But when you experience this wholeness with all living beings, you understand that hurting somebody else just means that you hurt yourself, because we are all one on the spiritual level.

The word "religion" originally means "to return to the source", and this experience is also a freedom through finding my own unique relationship to the Existential source, to the Whole, without depending on any church, organization, priest, faith or scripture - including the scientific rationalistic and materialistic religion.

What the Japanese Zen-tradition calls "satori" is a short glimpse of what enlightenment means. It is like when the lens of a camera opens for a fragment of a second and allows the light in. It is short glimpse of what is possible; it is a glimpse of the light, of the Whole, which always exists as a possibility in each moment in life.

Each human being is unique; each human being contains a divine spark, a divine light, an aspect of God. We are much more than we think we are.

The mystery and beauty of life is that it is impossible to understand, but we can live it. We can never really understand life, but we can become one with it. We can become one with the dance of life; we can become one with the ultimate mystery of Existence.

I remember an insight that taught me much. One day I felt that I had everything that I really wanted in life. I had a creative and meaningful work as a therapist and course leader, which allowed me to grow. I had a relationship with a beautiful woman, who I loved and who love me. I had friends that I trusted, and I had money to do what I wanted. But in spite of all this, I still felt that something was missing in my life. I was still not satisfied. The longing and thirst in my heart and being, still searched for something more. This made me realize that the deepest pain in my heart and being was that I was still separated from life, from the Whole, and that no outer things could ease this pain.

The inner being is the indefinable within ourselves, the ultimate mystery. It is so indefinable that we can experience it, but we cannot explain it. We can become one with it, but we cannot understand it. It is the ultimate mystery of life.

We originally come from this existential source, and we also return to this source when we die. Death is the unconscious way to return to this original source, and enlightenment is the conscious way to return to this source. Death means to still believe in our separation from life, and enlightenment means to realize our inherent oneness with Existence.

I feel that the deepest thirst in my heart and being is to become enlightened, to become one with Existence. I really want to understand deeply the mystery of life. I feel that the precious moments when my heart and being vibrates in oneness and harmony with life shows that I am on the right track. The open secret, the existential joke, is that enlightenment is really to search for that

which you already are.

Enlightenment is really as simple as drinking a glass of water. But exactly because it is so simple, it becomes easy to miss. Enlightenment is so close to ourselves that it is easy to miss. It is about realizing that the door to enlightenment has never been closed. It is our own effort and restlessness that keeps the door closed.

In love relationships with another person, we can experience short moments of harmony and wholeness. But these moments are followed by separation, since relationships are a continuous balance between love and freedom, between meeting and parting again, between independence and being together and between separation and wholeness. Enlightenment means to discover this wholeness, this intimate relationship, within ourselves without being dependent on anybody else.

Enlightenment does not imply to be somebody special, or to be especially spiritual. It is nothing special about being enlightened. To be enlightened does not either mean to be higher than somebody else, just as a large tree is not higher or better than a little bush or a rose is not better than a tulip. Enlightenment only means that we have discovered our authentic inner being, our inherent harmony with life, while somebody else will experience this on his own when the time is ripe. To be enlightened is to be totally ordinary, so ordinary that we are nobody at all, wearea nothingness. To be enlightened is to be a medium for Existence; to be enlightened is to be a spiritual healer. It is to be a channel for Existence through which the Whole can dance and sing. It is then that we become a flute on the lips of Existence through which the Existential music can flow. We become a song to ourselves; we become a healing Buddha.

Existence tries in every moment to give us exactly what we need with more love, compassion and ingenuity that we can ever imagine.

When we trust life, we can relax and allow life to guide us to meet the people that we need to meet, and to make the experiences that we need to take the next step in our spiritual growth.

We think that we are separate from life, but in reality we are already one with life. We are an inseparable part of life. We belong to life.

If you want to try how independent you really are from Existence, then try to hold your breath and imagine how long you would survive without oxygen. Life is a continuous development and balance between dependence and independence, between love and freedom, between our male and female qualities and between separation and wholeness.

We need the air, we need the earth, we need the houses, we need the roads and we need the pavements. We are not separate from life; we are a part of the Whole.

Existence totally supports us in our thirst and longing to return to the original source. Existence tries to help us to become enlightened, to realize that we are already one with life.

Spiritual healing means to heal the split between our idea of a separate sense of "I", and everything that we already are. Spiritual healing means to heal our separation from life.

One evening when I meditated out in nature, my separation from life suddenly ceased. Suddenly I was one with life. It was an insight into the mystical unity of life, which filled my heart with a joy without reason. I was one with the Divine dance, one with the Divine play. It was a deeply healing experience, a feeling of being OK as I am, and that Existence loved me. A feeling of belonging to Existence.

When we realize that we are one with life, the whole world becomes our home. We are at home everywhere.

Enlightenment is like throwing everything up in the air - all our ideas, dreams and expectations, all our separate goals and ambitions, all our earlier spiritual experiences, all our ideas of who we are - and to see what comes down again.

We all seek enlightenment - independent of whether we are aware about this fact or not. We all seek love, joy, silence, truth, freedom and belongingness with life. Some people seek enlightenment in unconscious ways through work, power, success, relationships, and sex or by becoming famous.

Enlightenment is not only a question of individual enlightenment; it is a question of global enlightenment. It is a question of creating a Buddha field, a paradise on earth.

Enlightenment is not only a question of individual enlightenment; it is also a question of collective enlightenment. Collective enlightenment means a global expansion of consciousness. It means to begin to think in terms of "we", rather than "I". To think in terms of "I" means to act from the personality, from the psychological "I". The personality is a separation from life. To think in terms of "I" is to act from a "no"-quality. To think in terms of "we" is to be in contact with the inner being, with the authentic self, with the inner capacity to surrender to life. To think in terms of "we" is to be in contact with the inner "yes"-quality. It is to cooperate with that which is larger than ourselves. Collective enlightenment could also be called spiritual globalization - which is different from the economic globalization, which is only good for the few and bad for the many. When we realize that all living beings seek enlightenment, that all living beings seek love, joy, truth and freedom, we can develop a compassion for all living beings.

The seventh level of consciousness is placed on top of the head. It is called Unity or Crown chakra, and relates to opening to universal

consciousness, to achieve the ultimate wisdom.

The seventh level of consciousness is about learning to know God. It relates to truth, unconditional love, enlightenment, and to the experience of being one with the Whole. It is a freedom and joy beyond words. The experience of the seventh level of consciousness is beyond words, and is hard to describe in words. It is a paradoxical experience of being everything and nothing at the same time. It is to discover that we have never really been separated from life. It is to be in a deep unity and harmony with life. Our small separate individual river has finally reached and joined the ocean of consciousness.
When we begin to open the seventh chakra, the thousand petaled lotus flower is opening. We have learnt the lesson of life. We have grown up. We have become spiritually mature. Our inner tree is bearing fruit. This unity with the Whole does not mean that our unique individuality is extinguished. On the contrary, it means that the richer our life experience is, and the more qualities we have developed, the richer becomes the quality of our enlightenment.

The last steps towards enlightenment must a seeker of truth take himself, without relying on any outer crutch or authority.

I drank a silent cup of coffee in a café and when I left the café, one of these rare and precious moments happened without any outer cause. Suddenly my whole perception of reality changed from separation to wholeness. I experienced an intimate belongingness with all the people that I meet. Jag was one with all the people, and experienced that all people come from the same invisible source. People have their own unique individuality, but they come from the same original source. It is diversity in unity. It was a sublime joy to walk around and experience that I was one with all the people that I meet.

Divine love is to realize that we are one with life. Real love is to realize that we are one with the other person, that we are one with the stones, one with the trees, one with the earth and one with the blue

sky. It is to realize that the whole of life is God.

Enlightenment is a total "yes" to ourselves. It is a total love and acceptance of ourselves as we are.

Enlightenment is to live, love and be from the inner being, from the inner life source.

Enlightenment is to find our authentic inner being, our own unique quality and fragrance.

Enlightenment is the phenomenon of "disappearing" into the Whole, to become so one with the larger flow of Existence that it begins to sing and dance through us.

When we live in contact with our inner being, we find ourselves in an alive, intimate and expanding relationship with Existence.

Enlightenment is not a static phenomenon; it is to say "yes" to the truth of the moment. It is to embrace the living reality of the moment. Enlightenment is a dance with life, a dance with eternity.

The insight of enlightenment is the same in everyone, but they way to express the experience of enlightenment is totally unique depending on the fragrance, quality and life experience of the person.

Enlightenment is not an end, but a new beginning, which has no end. It only means that we realize that we are one with life - and that life is a dance of joy.

The dimension of being is a love affair with love. It is to return to the original life source.

Enlightenment is to be in an intimate contact with the ocean of healing like when the drop surrenders to the ocean.

The Art of Living

From Satsang, May 7, 2015

Three sentences and questions to meditate over in your daily life to tune in with what Jesus calls life abundant:

1.I am love

2. I amonewith God

3. I am one with others.



13. THE LAST SUPPER

“A new commandment I give to you, that you love each other as I have loved you”

John 13

3: AND SUPPER BEING ENDED

5: HE POURETH WATER INTO A BASIN, AND BEGAN TO WASH THE DISCIPLES' FEET, AND TO WIPE THEM WITH THE TOWEL WHEREWITH HE WAS GIRDED

12: SO AFTER HE HAD WASHED THEIR FEET, AND HAD TAKEN HIS GARMENTS, AND WAS SET DOWN, HE SAID UNTO THEM: KNOW YE WHAT I HAVE DONE TO YOU?

13: YOU CALL ME MASTER AND LORD, AND YE SAY WELL: FOR SO I AM

14: IF THEN, YOUR LORD AND MASTER HAVE WASHED YOUR FEET, YE ALSO OUGHT TO WASH ONE ANOTHERS'S FEET

15: FOR I HAVE GIVEN YOU AN EXAMPLE, THAT YE SHOULD DO AS I HAVE DONE TO YOU

34: A NEW COMMANDMENT I GIVE UNTO YOU, THAT YE LOVE ONE ANOTHER AS I HAVE LOVED YOU, THAT YE ALSO LOVE ANOTHER

35: BY THIS SHALL ALL MEN KNOW THAT YE ARE MY DISCIPLES, IF YE HAVE LOVE ONE TO ANOTHER

On this last night with his disciples, Jesus brings this meeting to a climax.

By touching the feet of the disciples, he is saying that the disciples is the Master and the Master is the disciples.

Without saying anything, he is saying the very essence of religion.

He is saying: “I and you are not two”.

He is saying: “You are me, me is you.”

The Master touching the feet of the disciple is a rare phenomenon.

Through this symbolic act, Jesus is taking the leave from his disciples – and shows them the essence of religion.

The essence of religion, where the son becomes the Father and the Father becomes the son.

Jesus says many things without saying them. He shows rather than says.

AND SUPPER BEING ENDED

It is the last supper with Jesus and his disciples, but only Jesus knows that it is the last supper. The disciples are not aware that this is the last supper.

This beautiful man will be gone the next day, and there will no longer be this unique opportunity to have a glimpse of the divine, of God.

The man who becomes aware of death becomes a totally different man. He will not waste his life. He starts living in the present.

AND SUPPER BEING ENDED, HE POURED WATER INTO A BASIN

There are things that can be said, and there are things which cannot be said.

Through an act they can be said. There is no other way to say them.

On this last day of Jesus with his disciples, Jesus touched their feet with deep love and reverence.

Ordinarily it is the disciple that touches the feet of the Master, but Jesus touched the feet of the disciples to show them what reverence is, what surrender is, what love is and what meditation is.

When Jesus touches the feet of the disciples, there is nobody there.

Then God is there.

When Jesus touched their feet, there was only a quality of “yes”.

He gave them the greatest gift of love, of reverence, of meditation.

Through touching their feet, Jesus is communicating through energy. It is a deep communion of the heart.

If you are sensitive, it will touch you to the very core of your being.

Jesus gave them what the Hindus would call a satsang, an energy transference.

KNOW YE WHAT I HAVE DONE TO YOU? YE CALL ME MASTER AND LORD, AND YE SAY WELL; FOR SO I AM. IF THEN, YOUR LORD AND MASTER, HAVE WASHED YOUR FEET, YE ALSO OUGHT TO WASH ONE ANOTHERS FEET, FOR I HAVE GIVEN YOU AN EXAMPLE, THAT YE SHOULD DO AS I HAVE DONE TO YOU

Jesus knows that the moment that he disappears, the politics will enter because disciples are politicians.

Disciples will start fighting about who is the leader, arguing who is the greatest disciple, and then they will create a church, an organization.

This did not happen immediately to Jesus' disciples, and the reason is that Jesus touched their feet.

When Jesus touched their feet, he was saying: respect each other, and go on doing this to your own disciples. Let it become an alive tradition of love, reverence and meditation.

Jesus says through his example: do not relate to each other through the ego, be related through love, reverence, truth.

JESUS SAID: NOW IS THE SON OF MAN GLORIFIED, AND GOD IS GLORIFIED IN HIM. A NEW COMMANDEMT I GIVE UNTO YOU, THAT YE LOVE ONE ANOTHER, AS I HAVE LOVED YOU; THAT YE ALSO LOVE

ANOTHER. BY THIS ALL MEN KNOW THAT YE ARE MY DISCIPLES, IF YE HAVE LOVE ONE TO ANOTHER

To follow Jesus Christ, you have to follow love.

This is the new commandment.

Only love, leads you to the divine.

If you follow love, everything will be set right of its own accord.

Let love be your God.

PAST LIFE
- THE SECRETS OF THE THIRD EYE

Question 12

What is past life?

What is past life? How do past lives and spiritual growth relate to each other? How can memories of past lives teach us to live more present in the here and now? We are all ancient people. Nobody is new here. Life's only law is change. Everything is continuously changing, evolving and developing. Hindus say that it takes 840 million lives to become a human being, which emphasizes the precious gift of being a human being. But most people waste this precious gift of life. Instead of recognizing the possibility to search for God, for the divine, for true happiness, people waste their lives striving and fighting for power, money, position or fame.

We have been living lives as stones, flowers, trees and animals in order to develop our consciousness. Stones, flowers and animals also have consciousness. The more matter, the less consciousness. The more consciousness, the less matter. God is not a person; God is the underlying thread of consciousness in Existence.

The stones, flowers and trees live below the mind, the animals live by their instincts, man lives in the mind and the awakened one lives beyond the mind. All stones, flowers, trees, animals and human beings are on a spiritual journey to become awakened, to become enlightened. I remember sitting and meditating beside a slow flowing river in India, and I got the feeling that this river could teach me all the secrets of the mystery of life. If we learn to surrender to a stone, a flower or a river, it becomes a door to the Whole. The whole can be found in the part, and the part can be found in the whole. With this vision, we understand that every place is a spiritual place. A spiritual man is

happy with the whole existence. He says “yes” to the whole existence.

The current climate change is an outer mirror of our inner consciousness. It is an outer mirror of our attitude to try to conquer nature, instead of being in harmony with nature, but in the end the part can never conquer the whole.

Try as a meditation, to be with a stone, a flower or a tree, and you will find that they have consciousness. If you become friend with a tree, you will find that the tree will welcome you as a friend. The tree will be happy to see you.

My basic profession is as an actor, and I have learnt much about life through working as an actor. Working as an actor is really a spiritual profession, since it means to create life on the stage. It means to play a role totally; while at the same time you know deep down inside yourself that you are not the role that you are playing. Working as an actor gave me early a spiritual discipline, which taught me a lot about awareness and meditation. Life is also about learning to play different roles, and learning to change between different roles with the same easiness that you change shirt.

It is the same situation with past lives. Through becoming conscious about different roles that we play in different life situations, we can create a distance to these roles. Memories from past lives can also make us aware that we have lived before, and that there is a part of ourselves that survive death, and which belong to the deathless and the eternal within ourselves.

The door to memories of past lives is to create a conscious relationship to death. To remember past lives, we need to develop a conscious relationship to death, since past lives, per definition, means that we die. The whole theme of past lives is often surrounded with fear, since it basically means that we need to accept that we die. Meditation is the way to create a conscious relationship to death. The key to meditation is commitment, regularity and a quality of heart.

Many times we can get an intuitive feeling that we already know a person, who we have just met. Through an understanding of past lives, we can find a relevant explanation for this feeling.

Nature is also wise in her gifts. Nature does not give gifts, which we are not ripe for, and which do not have meaning for us. Before memories from past lives have any deeper meaning for us, we first need to be clear with the basic

themes of our life, for example our relationship to ourselves, our relationship to other people and our relationship to creativity. Past lives is not a way to escape from life, it is a way of understanding life and ourselves in a deeper way.

It is nothing sensational about memories from past lives, but it gives us a deeper understanding of life. We have not been more awake in a past life, than we are in this life. What keeps us in the continuous circle of life and death, of rebirth and death, is desires and identification with personality aspects. The door to freedom from being reborn is to discover our authentic inner being, the meditative quality within, the inner silence and emptiness, the capacity to surrender to life. Each life is like the pearls of a necklace, while the thread that keep the pearls together, is like the successive growth of the inner being towards spiritual maturity, towards enlightenment, towards awakening.

The whole meaning of past lives are that we grow and develop until we finally discover the inner being, our authentic self, where we already are one with life. From the limited perspective of a single life, and with our limited physical vision, different phenomenons in life can be difficult to understand. But with the understanding and perspective of past lives, we can see life in another light. We can see life with a deeper vision and with a broader understanding. It is like the difference between seeing life from the limited perspective of the valley, and to view life from the vision of the summit of the mountain.

Buddha's insight about past lives was that no real spiritual growth can happen before we know our past lives. It is first when we know our inner potential, and we know where we come from, that we know where we are going.

Pointers about past life

1. Past life has nothing to do with a belief in reincarnation; past life is about a direct insight. Through direct insight, no belief is necessary. There is not really necessary to legitimate memories as past lives. When we go deeper into ourselves, memories come up from the subconscious. These memories have meaning and relevance independent if we label those memories as past life or not. We do not really need to believe in past lives, we can just allow these memories to arise in our consciousness. Through not labeling these memories as past lives, and through staying open in a quality of "not knowing", we can continue to be open for the truth.

2. Accept the fact that past life means that we die.

3. We do not need to engage ourselves emotionally in the memories of past lives. It is more about observing these memories with presence, understanding and awareness.

4. Memories of past lives often follow how we live our present life. If we, for example, live a safe and secure life in our present life, we will probably attract memories from safe and secure lives in the past. If we are angry and insecure in the present life, we will probably attract similar memories and experiences from past lives.

5. When memories from past lives arise in your consciousness, see what the life lesson is in that life. See what you should learn in that life. See also if there is a relation between themes in the past life, and in how you live your present life. See what you have chosen up to now, and what your choices and possibilities are in the present life.

My memories from past lives

A beloved friend since many lives told me that she had a consultation with a medium, and somehow they began to talk about me. I laughed when she told me that the medium had described me as “an old soul.”

A valuable insight through past lives was that I discovered that I consciously have chosen to walk the path of teacher since several lives to learn to teach and communicate with people on a subtle and deeper level. This conscious choice to walk the path of a teacher includes past lives as a Tibetan monk and spiritual counselor in Dalai Lamas’ residence Potala, a district Pharaoh in Egypt, a medicine man among Sioux Indians in USA, a medical doctor in USA and two lives in England as an abbedissa at a convent and as a teacher at Oxford University.

My earliest memory of past lives comes from the ancient continent Atlantis, where I was very tall man. Atlantis was a culture of a very high spiritual and material development, which was divided into two different races: priests and workers. The priests had an average height of 2 meters, and had a trunk-like development around the nose through which they communicated by telepathy.

In Tibet, I sat in the reception in a religious monastery for 8 years. My work was to ascertain the spiritual development of the new adepts to see if they should be accepted into the monastery. After 8 years in the monastery, I became tired of rules and seriousness, instead of love and humor. After much conflict, I left the monastery. Frustrated I walked around India, searching for a spiritual truth which I did not really know what it was, until my death.

In the catacombs of Coliseum in Rome, I escaped as one of the first Christians and disciples of Jesus. Later I was caught and thrown to the lions.

In the Golden Town in Egypt, I was a districts Pharaoh, whose life lesson was to rule with love and compassion.

In the town Constantinople in Turkey, I was a seller of authentic carpets and a Sufi mystic.

In one life, I was a medicine man among Sioux Indians in USA. A wise 80 year old Indian with a stone face, who in periods went out alone in nature for three days to meditate and receive guidance from The Great Spirit to bring back to the tribe.

In the next life, I was a medical doctor and surgeon in New York. My office was full with Indian tools for healing, and I secretly healed patients despite the fact that this was strictly forbidden according to the regulations. I never felt at home in New York, because I had a strong longing to be closer to nature. That this longing came from living my whole past life out in nature was nothing that I was not aware of then.

I also lived in England during two lives. In one life, I was an abbedissa at a convent, and in one life I was a stern but much loved teacher for boys at The Oxford University.

In Scotland, I was a farmer, and in this life nothing more exciting happened except than drinking tea with my wife in the evenings.

In Paris, I was an artist, who committed suicide.

In my last life, I was a disciple to the Russian enlightened Master George Gurdjieff in St Petersburg in Russia. I also discovered that my early passion for

theater in this life was because theater was the only spiritual discipline that I recognized early in this life. Gurdjieff used very intensive theater methods to teach his disciples in meditation.

Examples of aspects from past lives in individual consultations and courses

After first opening the door to remember my own past lives, the door also opened to see the past life of others. To see aspects from past lives is not something that I focus on during an individual consultation or a course, but if aspects of past lives come up authentically during an individual consultation or a course, then this can be relevant and meaningful for the other person in his present life.

In the following two examples from individual consultations, aspects of past lives has been relevant for the other person and it has provided keys to understanding for the other person in his present life. It is also interesting to see that there may be conscious choices and patterns, which are like an underlying thread through several lives.

In these consultations, I made an intuitive and clairvoyant energy reading of the development of the other person's chakra system and the balance between his inner man and woman to make a general assessment of the person's general level of awareness and spiritual growth.

The human aura is the energy field, which surrounds a person and which also relates to the development of the chakra system. Different chakras can also have different colors, which stand for different psychological and spiritual themes and qualities.

What are the path of love and the path of meditation? There are basically two different paths to enlightenment. These two paths are the path of love and the path of meditation. The path of love is the female path to enlightenment and the path of meditation is the male path to enlightenment. The path of love is the path of love, joy, relationships, devotion and surrender. The path of meditation is the path of meditation, silence, aloneness and freedom. These two paths have different ways, but they have the same goal. Through love and surrender the person that walks the path of love discovers the inner silence. Through meditation and aloneness the person that walks the path of meditation discovers the inner source of love. These two paths are like climbing

the mountain of enlightenment through different routes, but the two paths are meeting on the summit of the mountain – and discover an inner integration between love and meditation, between relating and aloneness.

Before I accept to work with a student now, I also make an intuitive and clairvoyant evaluation about which spiritual paths that the student has walked before in previous lives. This intuitive assessment give information about the spiritual level that the student has attained, and it also makes it easier to guide the person spiritually if he has followed a certain path in the past.

A female student of mine laughed recently when I told her that she had followed the path of love in several past lives. She commented: “You have told me three times now that I have walked the path of love and silence, but with my head I still do not understand it.” But this overall assessment of her spiritual growth until now, and of the spiritual paths that she had walked, made all the pieces of her life puzzle fit together – and brought a new, creative light to all her life choices in her current life. A male student of mine, who was a Tibetan monk in a previous life, walks the path of meditation, and I notice how I change my language and the methods that I recommend when I guide him along the path of meditation. I now work with students who walk both the path of love and the path of meditation, which also allows me to discover a deeper integration of love and meditation on my path to enlightenment.

For more information about how to ascertain past life experience and intuitive energy reading, I would also like to recommend my book “Presence – Working from Within. The Psychology of Being” (the book is available on the international book site Lulu.com).

For secrecy reasons, the names of the persons in these examples have been changed.

Example 1: Michael, 25 years

With Michael, I could see a pattern of 5 past lives, where he worked as a medical doctor and healer with focus on service to other people.

In one life, he was a traditional medical doctor and worked in a hospital in USA. His life lesson in this life was to learn what is basically healing in the relation between doctor and patient. In the next life he took a deeper step in this

pattern, and worked as a natural doctor and healer on Hawaii. He worked close to people in a small village, where the mother's came with their sick children. His ways of working in this life was psychic diagnosis, intuition and healing.

During the consultation with Michael, I could see that he had a very large and light-blue aura, which gave me the feeling of clarity and service to people. His heart- and throat chakra both had a green color, and gave me a feeling of healing qualities.

Example 2: Bob, 32 years

With Bob, I could see that he had a great depth, and that he was an old and experienced soul, who had walked on earth many times.

When I first looked at his past lives, it was like playing a slot machine, and see the wheels turn life by life. But finally the wheels slowed down, and focused on two past lives. The first life was in Egypt, where he was a man with a lot of power and influence over people. The second life was his last life before the present life, where he was a captain on a ship in England.

I could see that he had a pattern of six lives in power positions, where his life lesson was to learn to handle power, and to learn that real power is love and compassion. I could also see that he would be attracted to similar positions again until he had learnt this life lesson.

In his aura, I could see that the largest field was light purple with two smaller green fields on the sides. From this I draw the conclusion that the green fields would mean a healing process of going deeper within himself. This would mean that the color and the quality of the purple field would become darker. This gave me the feeling of a mystic, and that his next step in learning to handle power, would be through intuition and psychic powers. This would teach him that the active component behind clairvoyance is love and compassion.



LET THE CHILDREN

COME TO ME

Swami DhyanGiten in communion of the heart with Yoga Innes, 5 months, the youngest participant during the 2-day Satsang weekend on Jesus Christ, June 6-7, 2015, in Stockholm.

Yoga Innes also participated in Satsang with Giten during 9 months before she was born and was still in the belly of her of her mother, PremMukta.

Giten talked about Innes before when he gave her an informal energy darshan and said that she is a developed soul: Giten ended a beautiful 2-day Satsang weekend in Stockholm on February 7-8, where a new born baby attended a few hours per day with her mother, PremMukta. This child has attended Satsang

with Giten for almost 9 months, while she was still in her mother's belly, to get a taste of meditation before she was born 4 weeks ago.

During the 2-day Satsang weekend, Giten gave her an informal energy darshan, which were an initiation and a welcoming back to the spiritual path. He also talked about her name and her spiritual path in life by saying that yoga is her path in life, and that Innes – the personal name given by her mother, which means "an island" – could be summarized in the following meaning of her spiritual name Yoga Innes: being an island of silence through yoga and union.

The word "yoga" means union and Giten said that yoga can described as basic physical yoga, but that her path yoga also includes the last step of Yoga: Samadhi, disappearing into the silence and being in union with life. He recommended her mother PremMukta to allow and encourage her to just be, to disappear into the silence, and he also recommended a meditation for her and the child to just be together in silence and meditation. PremMukta commented that meditation is the most beautiful gift you can give.

During the three hours that Yoga Innes attended the first Satsang day, she was totally content and silent. Her mother PremMukta also commented that after the first Satsang day, she got the first smile of utter contentment from Yoga Innes.

PremMukta also said about Innes: Innes showed to be the person that I had imagined. Secure, strong, wise and extremely communicative.

Giten said that Yoga Innes is already a developed soul and an advanced seeker and meditator, and that she has already been a seeker and meditator for many lives, so he said that he was not surprised that she has already participated in Satsang while she was still in her mother's belly to receive a first taste of meditation and come back to the spiritual path.

Giten also said that Muktas own participation in Satsang and her own commitment to her spiritual growth had created the spiritual maturity to be able to attract a conscious soul like Innes. He also said that Innes had chosen Mukta as her mother, and that Mukta had also chosen Innes through her own spiritual growth.

Giten said that Innes is now a pure being, a pure sky, but at a certain point she has to develop the mind, which will create a split between the being and the mind. But he said that the influence of her mother's spiritual understanding together with Innes own previous experience on the spiritual path, will allow her

to stay in contact with her inner being, the meditative quality within, and make this transition a conscious experience.

Giten also said that it is quite astonishing that she attends Satsang for almost 9 months in her mother's belly – and it takes her four weeks after being born to be back in Satsang.

The Art of Living:
Loving Yourself and Watch

To love yourself, accept yourself and respect yourself is basic to be able to watch, which is meditation, to be with yourself.

The opposite has been taught to you by all civilizations, cultures and religions in the world: Love others, do not love yourself.

Love is the nourishment for the soul just as food is nourishment for the body.

Without food, the body becomes weak, without love, the soul becomes weak.

No state, society, church, no vested interests, has ever wanted people to have strong souls, because a person with spiritual energy is bound to be rebellious.

Love makes you rebellious, revolutionary. Love gives you wings to soar high.

Love gives you insight into things, so that nobody can manipulate, exploit or oppress you.

The priests, the politicians and the economic interests survive on your exploitation.

To make you spiritually weak, they have found a sure method, so they teach you not to love yourself, because a man who cannot love himself cannot love anybody else either.

The teaching is very cynical: “Love others”, because they know that if you cannot love yourself, you cannot love at all.

They say love others, love humanity, love your country, love God – but do not love yourself, because to love yourself is selfish according to them.

They say: if you love yourself, you become an egoist, you will become narcissistic.

A man who loves himself finds that there is no ego in him.

It is by loving others, without loving, that the ego arises.

A man who loves himself takes the first step towards real love.

Real love is not a duty; real love is joy, a sharing.

For centuries your roots have been cut. You have been made afraid of being in love with yourself, which is the first step to love.

A man of love respects himself. And a man of love respects others, because he knows: “Just as I am, so are others”. “Just as I enjoy love, respects, so do others”.

He becomes aware that we are not different as far as the fundamentals are concerned: We are one.

In the details, we may be a little different – which brings vanity – but in the foundation, we are part of one nature.

The man who loves himself enjoys love so much that the love starts overflowing. It starts reaching to others. If you live love, you have to share it.

Slowly the ripples start reaching further and further. You love other people; you start loving animals, birds, trees, rocks.

Turn your light toward yourself first, start loving yourself, become a light unto yourself first.

Don’t condemn yourself. You have been condemned so much; you have accepted all that condemnation.

Nobody thinks of himself as worthy enough, nobody thinks of himself as a creation of God.

You can become part of the whole only if you have a great respect for the God that resides within you.

By loving yourself, you will know that God has chosen you to be a vehicle.

Buddha says: love yourself. Don’t be afraid of loving yourself.

The day that you can get rid of all self-condemnation, self-disrespect, will be a day of great blessing.

And a person who loves himself can easily become meditative, because meditation means to be with yourself. Meditation means to enjoy your own aloneness.

Meditation is not a relationship; meditation is to be enough unto oneself.

Love yourself, says Buddha, and this transformation can transform the whole world.

Song of Meditation
- An Inner-view with Swami DhyanGiten

SWAMI DHYAN GITEN, spiritual teacher and best-selling author, has more than 30 years of experience in individual 249counseling and in teaching awareness and meditation. He is trained in both modern psychology and in classic Eastern methods for awareness and meditation in USA, Italy, Sweden and India. He received further education in advanced spiritual psychotherapy at Institute for Spiritual Counseling and Training in USA and Academy of Meditation in Italy.

Giten experienced his first satori, his first glimpse of spiritual awakening, when he was 9 years old. This created a deep thirst and longing in his heart and being to return to this natural and effortless experience of being one with the Whole.

Swami DhyanGiten has dedicated his life to teach the art of awareness and meditation. He conducts individual consultations, seminars and courses internationally. His quotes, articles and books have touched the hearts of thousands and are appearing with increasing frequency in magazines, blogs and websites.

Since he began to meditate when he was 15 years old, he has dedicated his life to the study and exploration of the inner journey in order to move out of his own way, to be in a flow, and to discover the authentic inner being, the meditative quality within, the inner silence and emptiness, the capacity to surrender to life. He does not belong to any spiritual group or tradition; he is only interested to explore what it means to live with open eyes.

Giten's first professional passion when he was 15 years old was to become an actor. After training as an actor, he worked as an actor until he was 23 years

old. Working as actor taught him a lot about life and to emphatically understand the situation and life of other people, since acting is really a spiritual occupation. It taught him about spirituality, since working as an actor means to play a role totally, while at the same time as you know deep down that you are not the role you are playing. After working as an actor for a number of years, Giten began to understand that his early passion for theatre was really an unconscious search for a spiritual discipline. When he realized this, he began to feel a thirst to work with people in a more direct way in awareness and meditation.

In 1982, when Giten was 23 years old, he was directed by the Divine presence in a trance session with the American trance chancellor Lin David Martin: "You have listened to your intuition, to your true inner voice, more than most. You have been searching for the contact with the Spirit for a long time and now it is beginning to manifest on the outer plane. You have been gifted many times in previous embodiments and now everything will come rather easy for you. I want you to put your energy into the lives of others, because you can".

His three creative areas to express the mysteries of meditation in outer form are teaching, writing and painting. His meditative art is internationally recognized and have been nominated for the international art exhibition The Florence Biennale in Italy, which is arranged in cooperation with The United Nations.

He is author of the best-selling book in Swedish ***MeditationensSång – Om meditation, relationerochandlig kreativitet*** (Solrosensforlag, 2001, available from Internet book store Adlibris: www.adlibris.com), and ***The Silent Whisperings of the Heart – An Introduction to Giten's Approach to Life*** (2008, available as paperback at Internet book store Lulu.com:www.lulu.com/spotlight/Giten), ***Presence – Working from Within. The Psychology of Being*** (2011, available as paperback at Internet book store Lulu:www.lulu.com/spotlight/Giten), ***Meditation – A Yes to Life***, ***Healing Is Pure Love***, ***Presence – The Inner Source of Love, Truth and Wholeness*** and ***The Language of Silence – From Darkness to Light*** *(available in paperback at Lulu.com:* www.lulu.com/spotlight/Giten*).* The last four books are also available as free e-books at the award winning book site Obooko.com).

Swami DhyanGiten has been accepted as Goodreads author on the international book site Goodreads with 40 million users together with best-selling spiritual author Paulo Coelho, # 1 New York Best-selling author Alyson

Noel and award winning author Margaret Atwood (http://www.goodreads.com/SwamiDhyanGiten).

Recommendations, quotes and discussions of Giten's articles and books and its content are also beginning to appear with increasing frequency in magazines and on sites ranging from The Times of India, the largest daily English newspaper in the World, USA Today, the largest daily newspaper in the US, the US news site Newsblaze, Edge Life Magazine, a leading source for psychology, education and world transformation in the US, and Sentient Times Magazine to the large Internet communities MySpace.com, a large Internet community for young people, Wasteland, the American online magazine Alternative Approaches, Motivateus.com, MSN.com, Yahoo.com, newsletters of American High tech companies to small discussion forums and blogs focused on spirituality, health, art and literature.

On September 8, 2008, The American presidential candidate Barack Obama's campaign site Obama Campaign Today: shared Giten's article on The Silent Revolution of the Heart – The Challenge for the 21st Century.

Swami DhyanGiten is based in Stockholm, Sweden, where he conducts Satsang, individual consultations, individual therapy- and meditation programs, seminars, courses and trainings.

Visit Giten's World – A School for the Heart. 350 Pages of Medicine for the Soul: www.giten.net

Giten's blog with the latest information: www.swamidhyangiten.wordpress.com

The inner journey

Can you say something about your own inner journey?

Life is like playing hide the key with God. God has hidden the key and now it is up to us to find the key again. It also takes us a while to realize that the key is hidden in our own heart. The heart is the door to allow life to guide us. The heart is the door to say "yes" to life. The heart is the door to surrender to life.

I have always had the capacity to go within myself and to discover the silence within, the inner meditative quality, the inner source of love and truth – the inner language of silence. Now I also notice that this silence is going deeper, and that I go beyond the ego and disappear into the silence.
First this brought up fear, but now I am enjoying this meditation of disappearing into the silence and to be nobody. I have started experimenting with this phenomenon to understand how to consciously go beyond the ego: yesterday when I took a coffee at a restaurant, I consciously turned my attention within and disappeared into the silence, which was like finding an inner source of bliss.
In aloneness, I experiment with being consciously alone as a door to be egoless. In conscious aloneness, the ego cannot function. In aloneness, you are not. When I am walking, I consciously experiment with being with Existence without having the mind constantly commenting. I try to just be wordlessly with the people and situations that I meet on my walk. When I can just be with Existence, it opens the door to be one with the Whole.

The most valuable insight I have got through my own inner journey is how Existence continuously has guided me towards a greater awareness that life is fundamentally one. Existence has continuously guided me with a greater lovingness and caring than I ever could imagine. Long before I was even aware of it, life has continuously guided me through periods of love and aloneness, joy and sadness, light and darkness, success and failure and negative and positive experiences. My own inner journey towards awareness and meditation has step by step developed the trust, sensitivity and subtle listening, which is necessary to surrender to life and to allow life to be my teacher.

Life is continuously communicating with us and it is a valuable experience to look back and see how life — despite my sleep, unconsciousness, lack of trust and resistance — continuously has guided me towards a greater awareness that life is one. Life has continuously lead me to the people I need to meet, to the situations I need to experience and to the places where I need to be. There has never been any real reason to worry since we are all small rivers already leading to the ocean, to the whole. Awareness is not about swimming faster or fighting with life, it is about relaxing and floating with life in a basic trust that life is already leading towards the ocean of consciousness, towards the whole.

I was 9 years old when I had my first glimpse of wholeness. It was early Christmas morning and I was standing in my pajamas in the living room and looked out of the large windows. Outside the white snowflakes silently singled down toward a snow clad landscape.

Suddenly I was filled with a feeling of being one with the slowly dancing snowflakes, one with the silent landscape. I did not understand then that this was my first taste of meditation, but it created a deep thirst and a longing in my heart to return to this natural and effortless experience of being one with the Whole.

The deepest pain in my heart has always been to be separated from life, to be separated from the inner song of meditation, to be separated from the Universal song. The most important thing in my life has been to discover the inner song of meditation in my own heart and being.

I have always felt deep within myself that I do not trust that I am already OK as I am, and that I do not trust that life takes care of me. But now I discover a silent place in the depth of my inner being, where I am already one with life, where I am OK as I am. It is also a silent inner place of healing and wholeness, where I can find a love and acceptance for that which is imperfect within myself.

Being and working with people in courses has also been a meditation in itself for me. It has been a valuable experience in learning to trust and listen to my intuition, to the inner source of love, truth and wisdom, to the Existential voice within. It has been a lesson in how we through our intuition, through the silent whisperings of our heart, are in continuous contact with Existence.

Our heart is the door to allowing Existence to guide us. Intuition is a capacity of our heart. Our heart is the door to allowing Existence to guide us, instead of being directed by our ideas, desires and expectations. Since the days of Aristotle's, we have been taught that logic is the only way to reach a solution. But while logic works in a step-by-step-process to reach a solution, intuition simply takes a quantum leap to a solution without any intermediate steps.

Intuition is the language of silence, the Existential language. The word "in-tuition" means to listen within yourself. Intuition is the silent voice within, which is already in contact with the Existence. Intuition is the voice of God. The more you come in contact with the inner silence, the inner emptiness, the more you have access to your intuition. Silence is the nourishment for intuition.
If something increases your love, joy and silence, it is the criterion that it is the right path for you. If something decreases your love, joy and silence, it is a sign that you are on the wrong path.
Do not compare yourself with others when it comes to take a decision about what you should do, follow the love, joy and silence of your heart and inner

being. When you are in contact with your inner silence, you just know what you should do - you do not have to think about it, and you do not need not compare the pros and cons - you just know. You can listen to the advice of others, but always listen to your intuition, to your inner teacher and guide in life, when you take the final decision. The intuition, the language of silence, will always lead your right.

To see life from the perspective of intuition is to have vision. To see life from the perspective of intuition is to see life from the perspective of wholeness. It is to understand that life is basically one and that we are part of life. While the intellect can only see the details, intuition sees the whole. To see life from the perspective of intuition is like looking at life from the summit of the mountain, whereas seeing life only from the perspective of intellect is like looking at life from the foot of the mountain. Through learning to listen to our intuition, we learn to be in contact with the Whole.

When I did a therapist education in USA 1984, one of the course leaders – who had given personal and spiritual guidance to thousands of seekers of truth from all over the world, and who I consider to be one of the best spiritual therapists in the world – said that I was going to get enlightened, that I would ”disappear into the silence”.
I did not really understand what he meant then, and it was totally absurd for me when other course participants congratulated me afterwards. The thought that I was going to be enlightened was totally absurd for me. For me enlightenment was something that happened to special and chosen persons like Osho, Buddha, Jesus, Lao-Tzu and Krishnamurti. I did not feel either special or chosen. I did not feel worthy of being enlightened.

Enlightenment is a paradoxical phenomenon. You need to be committed to become enlightenment, and to do whatever is necessary to make it happen. But at the same time you cannot force enlightenment to happen by sheer will. It is like the situation with happiness: you cannot force happiness to happen, but you can create the right circumstances for happiness to happen. You need to be willing to die, to let go of your limited sense of “I”, to achieve enlightenment. I can feel a deepening thirst to die, to dissolve into the silence, in my heart and being.

It is astonishing to realize that growing up actually means to become one with Existence. It means to find the whole Existence within myself; it means to discover that Existence is alive in my own heart and being.

The song of a bird echoes my own inner voice, the beauty of a flower reflects my own inner beauty, a dog becomes an expression of my own unconditional love and friendship, the majestic mountains create an ecstatic joy, and I discover all the shining stars of the sky within my own heart. It is to realize that the whole Existence is alive, and that the underlying thread of consciousness is God.

Life is really very simple. In each moment, we have the opportunity to choose between saying “yes” or “no”, to listen to our intuition, to listen to our true inner voice, the Existential voice within ourselves. When we say “yes”, we have contact with Existence and we receive nourishment, love, joy, support and inspiration. When we say “no”, we create a separation from life and begin to create dreams and expectations of how it should be. We begin to live in the memories of the past and in the fantasies of the future – as if any other time than here and now really could make us happy and satisfied.

I had a magical day during one Sunday when I walked out in nature, which taught me much about life. On the outside this day only consisted of taking a walk out in the beautiful sunny weather and cleaning my apartment, but on the inside everything suddenly changed. When I walked out in nature in the sunny weather, a silent explosion suddenly happened within me and my whole perception of reality changed. In a single moment, everything had changed, although nothing on the outside had really changed. Everything on the outside was exactly as before, but my way of seeing had changed. The difference was that before I did not see and now I could see. My eyes were open. Suddenly I was one with everything, one with the stones, one with the trees and one with the people that I meet on my walk.
My heart danced with joy together with a feeling of: ”I am God”. Not that I am the creator of everything, but that I am part of the whole, part of the divine. It felt like coming home, that Existence is my home. I also saw that even if the people that I meet did not understand that they are a part of the Whole, they still are a part of the Whole. I felt the waves of Existence in my own heart and being and I felt like a small wave in a great ocean. It gave a taste of the eternal, a taste of the limitless and boundless source of creativity. In just a few moments, I learnt more than during 20 years in university.

Wisdom is basically the understanding that we all are part of the Whole. We are all small rivers moving towards the ocean. I laughed at the fact that enlightenment is really our innate birthright, and that small children already live in this mystical unity with the Whole.

An early meeting with death

You began to meditate when you were 15 years old. Can you say something about your own way to meditation?

Early in this life I lost two of the people, who I loved immensely. First when my mother died when I was 15 years old and then when my father died when I was 21 years old. This early meeting with death leads to an early spiritual awakening and awoke early the fundamental existential questions in me: "Who am I?" "What is the meaning of life?" and "Where am I going?" It made me ask myself early what is really important and meaningful in life.

This early meeting with death created a fundamental inner feeling of aloneness in me, a sense of not being loved and a feeling of meaninglessness in me. It was an insight for me, when I many years later in a relationship with a woman could express that I felt alone, and the other person did not leave me or stopped loving me. This meeting with death created also early an independence and a fundamental sense of aloneness in me.

In the beginning this aloneness was only painful and every time I went deeper into love and relationships, it was like death was staring back at me. This made me painfully aware of my own fundamental inner aloneness. It also made me aware that the deeper we go into love, the more we find our own inner aloneness.

This meeting with death also early made my intuition, my inner source of love, truth and wisdom, my inner teacher and guide in life. Instead of being directed from without, of being directed by other people and outer circumstances, it early made me directed from within, from my inner source of love, truth and silence.

Aloneness has been my constant companion in life. I lost early the people that I loved: first when my young and unmarried biological mother had to leave me because of outer circumstances. I was adopted by a very loving couple, who could not conceive a child. I have always felt naturally loved by them, and I have never really felt that I was adopted. Instead, I have always felt that I did a little detour to be able to be adopted by my real parents.

Then my mother died when I was 15 years old after a long sickness. On her funeral I took the decision to never depend on anybody again. Her death created such a deep pain in me that it was also the death of relationships for

me. Then my father died when I was 21 years old – and I was completely alone in the world. This created a basic feeling of being alone and unloved in me; it created early a feeling of independence and self-sufficiency in me. It also created a basic feeling of not trusting that I am alright as I am, and of not trusting that life takes care of me.
This created such a pain in me that I simply repressed the pain for many years in order to survive. These early meetings with death also created a thirst in me to discover a quality, an inner awareness that death could not take away.
Now I can see that these early painful experiences are a blessing in disguise. It liberated me from relationships. I relate with people, but there is always an aloneness within me. I realize that a seeker of truth needs to accept that he is totally alone. It is not possible to lean on other people like crutches. When we totally accept our aloneness, it becomes a source of love, joy, truth, silence, meditation and wholeness.
I shared these experiences with a beloved friend and her thoughtful comment was: “I have my own aloneness.”
Aloneness is to be at home in ourselves, to be in contact with our inner source of love, while loneliness is to hanker for other people, to hanker for a source of love outside of ourselves. Aloneness is to come home.

I remember an insight that taught me much about life. One day I felt that I had everything that I really wanted in life. I had a creative and meaningful work as a therapist and course leader, I had a relationship with a beautiful woman, who I loved and who loved me, I had friend that I trusted and I had money to do what I wanted.
But in spite of all this, I still had a feeling that there was something missing in my life. I was not satisfied. The thirst and longing in my heart was still searching for something more. It made me realize that the deepest pain in my heart was that I was still separated from the Whole and that no outer things or relationships could ease this pain.

It was first after many years that I had short glimpses of another kind of aloneness. It was a meditative aloneness in which I could rest in myself and in my own inner aloneness as a source of love, joy and silence. It was glimpses of a pure aloneness in which I could be so happy and satisfied in myself that I did not need anybody or anything outside of myself. And I also noticed that this meditative aloneness could be an inner door to that which is larger than myself, that it could be a door to oneness with Existence.

Before I was 15 years old, I was also close to die two times through drowning. I can still remember with crystal-clear sharpness how this experience gave me an

ice-cold insight that I will never die. It was an insight that there was something inside myself, which will never die and which is part of the deathless and eternal. This insight shock up my whole image about myself and about life. This early meeting with death created a kind of spiritual dissatisfaction in me. It created a thirst, a longing and a restlessness in me after something that I could only vaguely sense, but which I did not really know what it was. This spiritual dissatisfaction, this thirst and my own intuition became my beacons far out on an unknown, dark and open sea after something that I did not really know what it was. This led me to begin to meditate when I was 15 years old.

My first passion in life when I was 15 years old was to become an actor, which I also worked with until I was 23 years old. Working as an actor taught me a lot about empathetically understanding other people and about life. It was first after I had worked as an actor for a number of years, that I realized that this early passion for theater was really an unconscious search for a spiritual discipline. It was when I realized that I had been a disciple to the Russian enlightened Master George Gurdjieff in my former life, that I understood my early passion for theater. Gurdjieff used intensive theater techniques in his way of working with his disciples to take them from a state of mind to a state of no-mind, to meditation. When I realized this, I began to feel a thirst to be and work with people in a more direct way in awareness and meditation.

I have also always had a deep love for Jesus, but it is not the picture of Jesus that the Christian church presents. I was a disciple of Jesus in a former life, and was thrown to the lions in Coliseum in Rome as one of the early Christians. Jesus had many more disciples than the twelve disciples mentioned in The Bible.

Teaching awareness and meditation

What do you work with in seminars and courses?

I do not work with a specific technique anymore — or even a goal. I work with meditation. But not meditation as a specific technique or as a static sitting, but meditation as the capacity to be aware. To do whatever we do with awareness. That is meditation. Awareness is meditation. Awareness is acceptance. Awareness is the capacity to be aware of thoughts, feelings, and sensations in the physical body and outer stimuli without evaluation or judgment.

There are basically two different ways of working with people. The first way is personality therapy and the other way is being therapy. Personality therapy includes what conventionally is described as therapy, which focuses on analyzing and solving the individual's internal conflicts and psychological problems. The focus in being therapy is to awaken and develop the inner being, the inner essence and authentic self, of the individual. The term being therapy is really a paradoxical term, since the inner being is already perfect as it is and needs no therapy. But it is also paradoxical, that at the same time as the inner being is already perfect, it also develops. This is the focus in being therapy.

When I began to work with courses 18 years ago, the emphasis was on a personality level. The emphasis was on personality therapy and to solve the internal conflicts and psychological problems of the individual. But as I went deeper within myself, this level became more and more unsatisfying for me and the emphasis in the courses changed to awaken and develop the inner being, the inner essence and authentic self, the meditative quality within. The emphasis moved from solving the psychological problems of the individual to find that which is already perfect within a person. The courses did not focus anymore on fighting with psychological games, problems, darkness, drama and defenses on the personality plane, but the courses was about becoming aware, to turn on the inner light. The courses was about realizing the deeper inner potential of the individual to live his or her life with love, joy, trust, intelligence, truth, silence, freedom, wisdom and creativity. The courses were about finding more space and freedom in the movements of the individual. The courses was about living one´s own truth.

Working with people from awareness means to be available. It means to respond with the truth in the moment. It means to respond to the moment in a way that creates a fragrance of love.

Emptiness and the not-"I" is the quality that arises when the therapist consciously moves out of his own way without hindering the therapeutic process through his own ideas, attitudes, expectations and concepts. He is present, available and responds with the truth in the moment.

When our heart is closed, it creates a lonely and isolated feeling. It prevents us from seeing the love that surrounds us all the time. It is when we begin to open our heart that we discover a feeling of oneness in love with other people, with nature, with the trees, with the stones, with the ocean and with the blue sky. Our heart is actually already open, but it is our judgments about others and ourselves that keep it closed. When we stop judging others and ourselves, our

heart begins to open. The way to healing is to learn to love and accept ourselves unconditionally. It means to embrace both our positive and negative sides with love. It means to love everything that we find inside ourselves. Healing happens when we bring everything that we find inside ourselves out into the light.

The gift of healing comes when we see the other person with love and compassion. It is the quality of heart, which creates the love and the genuine caring for the other person. When our words are carried by the quality of heart, you can say almost anything to the other person and he will still be able to be open and receptive. But if our words lack the quality of heart, it also becomes difficult for the other person to continue to be open and receptive. Even if a therapist is very skillful, technically, or has a clear clairvoyant ability, and still lacks the natural roots in the soil of the heart, then his words will not touch the heart of the other person.

Silence is the source of healing. When we bring things from within ourselves out into the light of awareness, a healing process happens. In the silence, we can let go of all anger, sadness, fear, loneliness and frustration.

Within each one of us there is a healer. Healing has always been a way and a deep source of joy for me. Healing is basically our own energy, which overflows from our inner being, from the meditative quality within, from the inner silence and emptiness.

Healing is pure love in essence. Love is what creates healing. Love is the strongest force there is. The sheer presence of love is, in itself, healing. It is more the absence of love – than the presence of love –, which creates problems. Healing is a quality, which we can freely share without any ownership. Healing is not something that we can claim as our own; healing is to be a medium, a channel, for the whole.

The human heart is a healer, which heals others and ourselves. It is the hearts quality of love, acceptance and compassion, plus communication through words, that creates healing. A word that comes from the heart creates healing. A silent listening with a quality of presence and an accepting attitude creates space for healing to happen.

Love is the strongest force there is. There is no stronger healing power than love. Love is pure magic. Love transforms people without really does anything.

The mere presence of love transforms people. There is nothing more holy than love since love makes people whole.

In the hands of Existence

After teaching awareness and meditation for almost 16 years, I did a course for myself with a therapist. The theme for me in this course was my role and identification with being a therapist and course leader. This therapist said to me: "You do not need positions to be loved". This made me aware about my identification with being a therapist and how much this role was an investment in being special and being loved. This course created a process in me of letting go of my identification as a therapist and I noticed how this awoke feelings in me of not being special and of not being loved for who I am. This therapist also said to me: "When you let go of leading groups, Existence will invite you to lead groups". This awoke all my fundamental doubts about that I am OK as I am and that life really takes care of me. It was really a period of letting go of my role as a therapist and about finding a deeper trust in life and Existence.

During 6 months, I simply let go totally of courses and the therapist role and left the whole question in the hands of Existence. It was like letting go of this whole question in the trust that if it is authentic and genuine, Existence will support and upheld it - and if it is not authentic, it will change. After these 6 months, strange things began to happen by themselves. Unexpectingly, it suddenly began to come invitations and support from different directions. At this time, I no longer knew how to do a course. These invitations also resulted in the book "Song of Meditation — About Meditation, Relationships & Spiritual Creativity" and in the website "Gitens World — Personal & Spiritual Growth, which has been visited by thousands of people. This made aware that I actually have a deep trust in my heart and being that Existence will use me as a facilitator. Not as an ego gratification, but as an expansion of being, an expansion of love, joy, truth, silence, wisdom and creativity.

I still have a wish that people will understand the difference between saying "yes" and "no" to themselves. But in one of my recent courses, I felt that what I can do is to present two choices and possibilities and then it is up to each person to choose for themselves how they want to live. People are like plants on different stages in their psychological development process towards spiritual maturity and our spiritual growth basically depends on our thirst and commitment to our own growth. Some people will understand what they can of meditation and some people will understand something deeper. I no longer

feel identified with if people understand this now, if they understand this in 10 years or if they understand this in the next life.

To be and work with people on a spiritual plane is also the deepest source of joy for me. To be and work with people, who have enough life experience to say "yes" to discover their own authentic inner being, means that I also continuously can go deeper within myself. This also made me aware that I had created a space and an invitation to allow things to happen by themselves through letting go of my identification and involvement with being a therapist and course leader. This allowed me to discover a deeper trust to life and Existence. And to those moments when Existence lifts and turns you in an unexpected dance.

It is on the consciousness level of the heart that we begin to understand that we are not separated from life. We begin to understand that we are not small separate islands in a great ocean, but that life is one and that we all are small parts of the Whole. We begin to understand what is really important and meaningful in life. It is on the consciousness level of the heart that we begin to understand that life is about sharing, rather than hoarding. We begin to understand that life is about giving, rather than taking.

The difference between the personality and the inner being, the authentic self

How would you describe the difference between the personality and the inner being?

The human consciousness consists of two general layers: the personality, the psychological I, and the inner being, the authentic self. The personality is the surface of our total consciousness and the inner being is the depth of our consciousness. It is like the relationship between the waves on the surface of the sea and the depth and silence at the bottom of the sea. The personality is the created sense of "I", which consists of all our accumulated experiences of the past. The personality consists of 3 layers: thoughts, feelings and the physical body. The personality consists of all ideas, feelings, and learned concepts, which we have been taught by parents, by teachers and by society.

The personality is also a defense and a separation from life. The personality is a "no"-attitude towards life though our separate ideas, desires, ambitions and

concepts. The inner being, the authentic self, is a "yes"-attitude towards life. The inner being is the door to oneness with life. In the inner being, we begin to experience the original life source beyond the layers of personality. The inner being is the inner place, which is beyond conflict and duality. In the inner being, we can rest in ourselves. We can rest in a presence, in a silence and emptiness, without fighting, without trying. In this presence, there is no sense of "I". Just a presence, a light, a joy and a truth in the moment. The personality gives us the feeling that we are somebody special, but in reality we are no one at all.

And to be nobody is the greatest joy there is. To be a nobody, a presence, a silence, a nothingness, is to be one with ourselves. And to be one is to be in joy.

The inner being, the authentic self

How can we develop the inner being?

Meditation is the way to awaken and develop the inner being. Meditation is about finding that which is already perfect within ourselves. The process to develop the inner being can be described as the process of step by step emptying a room from furniture until the room is completely empty and only a silence, a space and an emptiness, remains. Meditation can be described as 4 qualities: a watchful awareness, an accepting attitude, a non-judgmental attitude and relaxation.

Awareness is another word for meditation. Awareness is the single factor, which can transform our whole life. Awareness is about discovering the beautiful being we already are. In the light of awareness, everything that is authentic and real grows and expands — and everything that is false falls away by itself like dead leaves from a tree during the autumn.

Meditation also includes an accepting attitude. An accepting attitude means to learn to say "yes" to all that arises in our consciousness without evaluation and judgment. It means to include and embrace both the "yes" and the "no", both the light and the darkness and both the love and the fear, that we find within ourselves. An accepting attitude means to lovingly embrace everything we find within ourselves - like a mother embraces her child. An accepting attitude means that the moment is perfect exactly as we find the moment within ourselves. An accepting attitude means to not have a desire or wish that the moment should be different than it is. It is to embrace the moment exactly as

we find it within ourselves with a love and acceptance for how the moment is. This accepting attitude teaches us to love and accept ourselves as we are in the moment. This accepting attitude develops our inner being and creates a freedom and relaxation within ourselves.

A non-judgmental attitude means to learn to love the imperfect within ourselves. Normally we judge and evaluate our behavior, rather than simply be aware of our behavior. Since early we have been taught to judge ourselves, so that it is even easier to not judge others than ourselves. A non-judgmental attitude means to learn to say "yes" to and accept even that which we say "no" to and judge in ourselves. This watchful awareness, accepting attitude and non-judgmental attitude leads to a deep sense of relaxation. It leads to a rest in ourselves together with a feeling that it is OK to love and accept ourselves as we are.

This relaxation makes us appreciate the beautiful being we already are. We can rest in that which is already perfect within ourselves.

I was tired in the evening yesterday. I felt drained by the last day's outer conflicts. I felt separated from life. Suddenly I heard the wind blowing through the trees outside my open window, whispering a silent and playful invitation: "Do you want to play? Do you want to join the dance?" This playful invitation again joined my heart and being with the Existential dance. I was again in a silent prayer and oneness with life.

Yes and no to life

Can you say something more about the "yes" and "no"-attitude towards life?

Imagine life as a fast flowing river. In this flowing river we have two possibilities. We can either chose to swim upwards in opposition to the current of the river or we can simply chose to let go and allow ourselves to float with the river.

The first choice is a "no"-attitude towards life and the second choice is a "yes"-attitude towards life. The "no"-attitude means to relate to life through our ego, through our separate ideas, desires, ambitions and preconceived conceptions of how life should be. The "no"-attitude means that we separate ourselves from the continuous flow and change of life. The "no"-attitude is a defense and a separation from life.

When we did some practical exercises in a course about the "no"-attitude towards life, one of the participants exclaimed surprised: "This is exactly how I have always reacted to people and situations". She had not been aware before that this was her automatic way of reacting to life.

Our heart is the door to surrender to life. Our heart is the door to a "yes"-attitude to life. Our heart is the door to learn to say "yes" and to allow life to guide us. The "yes"-attitude means to relate to life through our inner being, through the meditative quality within, through the inner silence and emptiness, through the capacity to surrender to life. The human heart is a healer, which heals both others and ourselves. The inner being is an openness and availability to life.

The "yes"-attitude is a deep acceptance of the reality of the moment without any desire or wish that the moment should be different than it is. It is to move with life in a deep harmony without expecting life to fit with our ideas and expectations.

An awareness exercise we can use in every moment in life is to ask ourselves if we act out of a "yes-" or "no"-attitude both in relation to ourselves, in relation to other people, in relation to creativity and in relation to life itself.

Meditation, relationships and creativity

Can you say something more about the relationship between meditation, relationships and creativity?

Meditation, relationships and creativity are the three life areas. These life areas describe the three areas in life, which creates a rich, creative and satisfying life when all three areas are developed and functions in balance and harmony. The three life areas also describe a balance between the inner and outer world, which simultaneously relates to and enrich each other.

The first life area is meditation, which is about creating a conscious relationship to oneself. This life area is about discovering the authentic inner being, the authentic self, the meditative quality within.

The second life area is relationships, which is about creating a conscious relationship to other people. The second life area is about learning to relate to other people from the inner being, from the authentic self. This life area is

about learning to relate to other people in love, joy, trust, acceptance, friendship, playfulness, sincerity, truth, silence and freedom. It is about learning that relationships are not a chain, but an invitation to follow the silent whisperings of our heart. When we stop judging others and ourselves, our heart begins to open. Often we can be when we are alone, but we reduce ourselves together with others. We have forgotten the true nature of love.

Our outer relationships are a mirror of the relationship and communication between our own inner male and female sides. Our outer relationships with a man or a woman are a possibility to understand our own inner man or woman.

Our male and femine sides express themselves in the form of outer relationships. The second life area also includes developing and embracing both our male and female sides. It is then that the spark of love is lit naturally within ourselves.

Becoming aware of our inner man and woman means to discover the roots and creative potential of both the male and female aspect within ourselves. Becoming aware of the inner man and woman means to understand that they have different visions of life. It means to understand that they have different perspectives and views of life. The inner man and woman are our two wings of love and freedom. Through awareness, acceptance and understanding, we can allow our two wings to develop in a deep and natural harmony. In the world today, a one-sided development of the male side leads to destructivity. A one-sided development of the male side leads to ego, struggle, exhaustion and a separation from life. A one-sided development of the female side leads to passivity and dependence.

When our heart is closed, it can create a lonely and isolated feeling together with the attitude: "Nobody loves me" or "Nobody cares about me", which can make it hard for other people to love us.

Fear and hate create separation, love and joy creates belongingness and wholeness. The basic fear with love is that love is larger than ourselves.

When both the inner man and woman takes responsibility for themselves and lives their own truth, a joy and love begins to flow naturally between them. Through understanding both the inner man and woman, we understand that outer relationships simply mirror the relationship between our inner man and woman. This understanding gives us the opportunity to take conscious responsibility for our choices and our further steps towards spiritual maturity.

It is when we develop both our inner man and woman that we find a new harmony and wholeness within ourselves. Healing means to develop and integrate our inner man and woman so that love can flow between them. Love is not an exclusive relationship with another person; love is the quality that arises when we are in contact with our inner being, with our authentic self, with the meditative quality within, with the inner silence and emptiness. This inner emptiness is experienced by others and is expressed on the outside as love. This love is not addressed to a specific person; it is a presence and quality that surrounds a person like a fragrance.

When we embrace the opposites within ourselves and understand that inner harmony arises when they mature, we find the love, joy, silence and freedom that are hidden in every moment. It is my experience that it is through the inner female side that we find the depth within ourselves – independent of if we are a man or a woman. It is through the female side that we find the inner source of love and truth. It is through the female side that we lit the light of our own consciousness. The more we learn to know the inner man and woman and the more we accept their different visions of life, the more a meeting happens between them that makes us happy and satisfied. Through embracing both these sides in ourselves, we realize that we really lack nothing – but that we already are love. When both the male and female side is capable of living in trust, a love begins to flow between them – a love that was always possible, but not realized. The inner woman is the meditative quality within ourselves. The inner woman is the source of love and truth. The inner woman is the capacity to surrender to life. It is through the inner woman that we are in contact with life. It is the inner woman that is the door to belongingness with the Whole.

The third life area is creativity, which is about finding and developing our inner talents, passions and gifts. The third life area is about learning to follow the silent whisperings of our heart in creativity. It is about expressing our love, joy, intelligence, silence and passion through creativity. This life area also includes the professional area through which we love to express our creativity and which gives us a deep feeling of joy, meaning and satisfaction. The third life area also includes the theme generating and attracting money with the basic understanding that Existence is abundance.

The criteria for how our meditation is growing in our life are that it begins to enrich both our relationships and our creativity. It also means that we develop a balance and harmony between all the three life areas. It is to understand that meditation is not a phenomenon, which is separate from life. It is when the

meditative presence and quality begins to overflow from our inner being, from our inner life source, that we understand that meditation and life are not two separate things. It is then that we understand that meditation and life are one.

Meditation is the way to be with ourselves and to learn to accept our own aloneness. In aloneness, I experiment with being consciously alone as a door to be egoless. In conscious aloneness, the ego cannot function. In aloneness, you are not.
I have always been comfortable with my own aloneness as an inner source of love, joy, truth, silence and wholeness.
When we depend on other people, it becomes a bondage - instead of a freedom. I took a Sunday as a meditation to be consciously alone, and to accept all feelings of pain, of not being loved and the fear of being nobody that would come up during the meditation. This meditation goes up and down during the day: at certain moments, I can totally accept my aloneness. It feels fine to accept that I am alone and that I am nobody. At other moments, I feel the pain of not being loved, when the meditation brings up how dependence on other people is a barrier to totally accept my aloneness.
I took a coffee at a restaurant. I am the only person that sits alone in the restaurant, while the other guests are couples and families eating Sunday dinner. It brings up painful feelings of not being loved and wanting to be needed by other people, when I see how much people cling to each other in the couples and the families.
Escaping your aloneness through relationships and needing other people's attention through being a teacher, a politician or by being rich or famous are ways of escaping the pain of aloneness. But then the relationships are not really love. Only when you are capable of being alone, you can really love. When we can be alone, we discover the inner source of love, which is our true nature. When we can be alone, it opens the door to be one with the Whole.

Meditation expands our inner being. The inner being is like a small, individual river flowering towards the Ocean. In meditation, I feel how my inner being expands into an inner ocean, which is part of everything, which is one with Existence. Through the inner being, we come in contact with the inner ocean, the undefined and boundless within ourselves, where we are one with life. We realize that God is part of life. We realize that God is not a person, but the consciousness that is part of everything. We find God in a flower, in a tree, in the eyes of a child or in a playful dog.

Through discovering our inner being, we discover that we are also part of the flower, the child or the dog. We realize that God is everywhere.
Silence is the invisible door to God.

Silence is the inner door to become one with God.

Swami DhyanGiten

SWAMI DHYAN GITEN, spiritual teacher and author, has more than 30 years of experience in individual counseling and in teaching awareness and meditation. He is trained in both modern psychology and in classic Eastern methods for awareness and meditation in USA, Italy, Sweden and India.

Giten experienced his first satori, his first glimpse of spiritual awakening, when he was 9 years old. This created a deep thirst and longing in his heart and being to return to this natural and effortless experience of being one with the Whole.

Swami DhyanGiten has dedicated his life to teach the art of awareness and meditation. He conducts individual consultations, seminars and courses internationally. His quotes, articles and books have touched the hearts of thousands and are appearing with increasing frequency in magazines, blogs and websites.

Since he began to meditate when he was 15 years old, he has dedicated his life to the study and exploration of the inner journey in order to move out of his own way, to be in a flow, and to discover the authentic inner being, the meditative quality within, the inner silence and emptiness, the capacity to surrender to life. He does not belong to any spiritual group or tradition; he is only interested to explore what it means to live with open eyes.

Giten's first professional passion when he was 15 years old was to become an actor. After training as an actor, he worked as an actor until he was 23 years old. Working as actor taught him a lot about life and to emphatically understand the situation and life of other people, since acting is really a spiritual occupation. It taught him about spirituality, since working as an actor means to play a role totally, while at the same time as you know deep down that you are not the role you are playing. After working as an actor for a number of years, Giten began to understand that his early passion for theatre was really an unconscious search for a spiritual discipline. When he realized

this, he began to feel a thirst to work with people in a more direct way in awareness and meditation.

In 1982, when Giten was 23 years old, he was directed by the Divine presence in a trance session with the American trance chancellor **Lin David Martin**: "You have listened to your intuition, to your true inner voice, more than most. You have been searching for the contact with the Spirit for a long time and now it is beginning to manifest on the outer plane. You have been gifted many times in previous embodiments and now everything will come rather easy for you. I want you to put your energy into the lives of others, because you can".

His three creative areas to express the mysteries of meditation in outer form are teaching, writing and painting. His meditative art is internationally recognized and have been nominated for the international art exhibition The Florence Biennale in Italy, which is arranged in cooperation with The United Nations.

He is author of the best-selling book in Swedish ***MeditationensSång - Om meditation, relationerochkreativitet***(Solrosensforlag, 2001, available from Internet book store Adlibris: www.adlibris.com), and ***The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life*** (2008, available in paperback at Internet book store Lulu: www.lulu.com/spotlight/**Giten** and as free e-book at Obooko.com), ***Presence - Working from Within. The Psychology of Being*** (2011, available in paperback at Internet book store Lulu: www.lulu.com/spotlight/**Giten**), ***The language of Silence: From Darkness to Light*** (available in paperback at Internet book store Lulu: www.lulu.com/spotlight/**Giten**), ***Meditation – A Yes to Life, Healing Is Pure Love and Presence – The Inner Source of Love, Truth and Wholeness*** (the last four books are available as free e-books at Obooko.com). Giten's first book in Swedish describes how the three life areas, Meditation, Relationships and Creativity, create a loving, creative and satisfying life when they are developed and function in harmony. The book was selected book of the month by the book club Life Energy, one of the largest book clubs in Sweden.

Swami DhyanGiten has been accepted as **Goodreads** author on the international book site Goodreads with 9 million users together with best-selling spiritual author **Paulo Coelho**, # 1 New York Best-selling author **Alyson Noel** and award winning author **Margaret Atwood** (http://www.goodreads.com/SwamiDhyanGiten). Recommendations, quotes and discussions of Giten's articles and books and its content are also beginning

to appear with increasing frequency in magazines and on sites ranging from The Times of India, the largest daily English newspaper in the World, USA Today, the largest daily newspaper in the US, the US news site Newsblaze, Edge Life Magazine, a leading source for psychology, education and world transformation in the US, and Sentient Times Magazine to the large Internet communities MySpace.com, a large Internet community for young people, Wasteland, the American online magazine Alternative Approaches, Motivateus.com, MSN.com, Yahoo.com, newsletters of American High tech companies to small discussion forums and blogs focused on spirituality, health, art and literature.

On September 8, 2008, The American presidential candidate **Barack Obama's** campaign site Obama Campaign Today: An Ein News Service - The World's Leading International News Monitoring Service - also shared Giten's article on The Silent Revolution of the Heart - The Challenge for the 21st Century.

Swami DhyanGiten conducts individual consultation, seminars, courses and training courses internationally. For more information, contact Swami DhyanGiten.

Visit Giten's official homepage Giten's World - A School for the Heart. 350 Pages of Medicine for the Soul: www.giten.net

The Giten Blog with the latest information: www.swamidhyangiten.wordpress.com

Comments about Giten and his work

"Giten is a friend to many people."

- Eric Rolf, international lecturer and course leader, author of Soul Medicine and former consultant to John Lennon

"The religious words that Giten formulate can make anyone mentally stunned. These words create an inner silence - and a deep spiritual wonder for life."

-BrageNorin, professor in theoretical physics, international researcher in climate change and representative for the Swedish Energy Commission to China

"I have met many spiritual teachers, but the meeting with Giten was special."

-Malini, PhD, Doctor in Religion, University of Stockholm

"Satsang with Giten was brilliant."
- JoakimBlomqvist, psychologist

"Congratulations to everything that you do: books, satsangs. Blessings."

- LokaDevadas, teacher, Free Academy, Delsbo, Sweden

“When I participated in Satsang with Giten for the first time, I felt that I had come to the right place. I felt that I had come home.

I never thought that a 2-hour Satsang could go so deep.

The love that I found within myself during Satsang with Giten just continued to flow a week after the Satsang.”

– Iiris, special education teacher for autistic children and participant in Satsang with Moji and Eckhart Tolle

"The 2-day satsang with Giten taught me that we are so much more than we think we are. It gave me the insight about what it is possible to be."

- PremMukta, participant in 2-day satsang with Giten, September 19-20, 2015, in Stockholm

"Satsang with Giten is to receive the grace of God; it is to receive the Holy Spirit."

- Lech Dulny, participant in Satsang with Giten and vice head of The Culture School in Stockholm, which organizes courses and education in music, theater, dance, art and media.

“Satsang with Giten was totally wonderful!”

– Toshen, Stockholm

"It is so rare with this kind of silence.”

– PremKalyani, participant in 2-day Satsang Weekend with Giten, February 7-8, 2015, in Stockholm. Musician and accomplished violin player, who studies

chamber music at the University of Orebro in Sweden. Her boyfriend Deva Emanuel, who is also a student of Giten, says that she plays the violin like an angel.

"Giten's work is of the beyond, it leads you beyond yourself, which I love."

– PremMukta, participant in Awakening: 1-Day Satsang Intensive with Giten on October 11, 2014, in Stockholm

"It is beautiful that it is possible to meet in this way. My name means "absolute contentment", and that is what happens in Satsang with Giten."

– Toshen, Stockholm

"I could not have wished for a more beautiful initiation. I felt such a love for everybody after the initiation."

– PremMukta, who was initiated by Giten on June, 12, 2014

**"The Satsang with Giten was strong and beautiful –
but, again, – they always are."**

– Toshen, Stockholm

"Giten gave me life back. An awakening. I have seen the beauty in life, and I know that this is the way.

I like Giten a lot. He is fantastic. The presence and the impact that he has on people. His wisdom and humor."

– PremMukta, Stockholm

"I do not go to Giten because he belongs to a certain spiritual group or tradition; I go to Giten because he is a spiritual teacher like Sai Baba or Eckhart Tolle."

– Toshen, Stockholm

“Hallelujah! The 1-day Satsang with Giten was fantastic. Magic. I left the Satsang, so in love with life. Happiness. I only feel love.”

- PremMukta, participant in Giten’s Satsang Intensive, February 15, in Stockholm

“In some moments, I realize what an incredible opportunity Satsang with Giten is, and in other moments I fall back to the unawareness and sleep of the mind. I had never dared to take the step to participate in Satsang with Giten if there was not such a love. Since I began to study for Giten, a new dimension of awareness has developed step by step, which has transformed my whole life.”

– Deva Emanuel, musician and student of Giten since 7 years

“Satsang with Giten is a rich and warm emptiness. I want to give Giten all love and my warmest thank you. Giten and the Satsanghave given me so much. I have never been so close to happiness before. In many moments, life has become complete. I am very happy that the Satsang in continuing in April.”

– PremMukta, Stockholm

“I could sit in Satsang with Giten on this sofa all night, but unfortunately I have to get up to work tomorrow – but I think that this silence will affect people.”

– Rolf Soderberg, supervisor in social work, Stockholm

“The silent Satsang yesterday felt strong. Almost immediately when we sat down in silent Satsang, I was filled with an energy so strong that it felt like I was surrounded by an almost physical energy field.

I almost felt like I was going to levitate, like the energy was so compact that I could not sit still on the floor. It was like the Satsang danced, it was living its own life. It felt ancient, powerful and beyond control.And in the middle of everything, a loud and wild laughter grow, which I had to fight to keep back. It felt like I would never stop laughing if I began.

When Giten sounded the bell that the Satsang was over, I had to concentrate to come back in one piece, remind the body of the frame, and remind the head of the room, of the here and now.

After a while, it worked, and the effect was that I felt happy, calm and full of love after Satsang.

– PremMukta, Stockholm

"It always makes an impact on me when I meet Giten. Each meeting with Giten becomes in a way a meditation. It makes meditation go deeper in me, and find a deeper ground."

– PremMukta, Stockholm

"Giten's words are just as beautiful as the language permits. I read it aloud to my wife – Giten's words are inspired by God. Some of the words go straight into the soul. Giten writes so stunningly beautiful that I suspect that something is whispering to him."

– BrageNorin, professor in theoretical physics, international researcher in climate change, representative for the Swedish Energy Commission to China, consultant at the Swedish think tank Skogsa

"@SwamiDhyanGitenThank you for sharing your great spirit with the world."

Marlene Blaszczyk, Publisher, Media specialist and CEO of Encouragement

"Thanks for being there in this world now with your writings from the heart."

Inge Birgit Pescatello, Germany

“I realize what a journey I have done with you in this life. Thank you again for everything, and I mean everything that you share.”

Marie Soederberg, psychotherapist, participant in Giten’s individual training programme for therapists and healers Presence – Working from Within

“Reading Giten’s book Song of Meditation was a profound experience for me.”

LisbetGemzell, professor, The Swedish Teacher’s Academy and The Swedish Actor’s Academy, about Giten’s best-selling book in Swedish MeditationensSång

“This book changed my whole perspective of life.”

Ann-SofieSegerstedt, Stockholm, Sweden

“Giten is a loving transmitter of much wisdom.”

Lena Nikunen, therapist, Gothenburg, Sweden

“Giten is a really beautiful soul”

Swami AnandArun, OshoTapoban Meditation Center, Nepal

“I value Giten’s work and know how much good he spreads to many people.”

Lena Kristina Tuulse, psychologist, pioneer in humanistic psychology and founder of Waxthuset, one of the oldest and largest places for personal growth in Sweden

“Giten writes in a poetic language.
“When I read Giten, I am reminded of Kahlil Gibran.
Yes, I would like to compare Giten to Kahlil Gibran.”

Gordon Banta, author of Magic of Meditation, Creative Dreams and The Universal Mirror, USA

Presence – Working from Within. The Psychology of Being is more than a book about presence, but a manual in the art of unlocking the Soul’s Presence within the Personality.

It is a valuable friend and guide to therapists and whosoever else realizes the importance and truth about humanity’s need to align with its individual and collective inner journey.”

Eric Rolf, American lecturer and course leader, former consultant to John Lennon and author of the book Soul Medicine about Giten’s book Presence – Working from Within. The Psychology of Being

“I have been impressed with Giten’swritingsfrom the first time I encountered them.

In keeping our hearts with all diligence,Giten helps us address the issues of our lives, fluently
and eloquently speaking the language of the heart.”

Larry Chang, author of Wisdom for the Soul:Five Millennia of Prescriptions for Spiritual Healingand Wisdom for the Soul of Black Folk, Washington, USA

**“I am impressed by Giten’s intuition
and by his way of conducting therapeutic work –or if I rather should call this: giving insights into love.”**

Berth Henriksson, teacher and participantin a course with Giten, Sodertalje, Sweden

“An unusually rich and balanced guidance in the art of living”

The Swedish Library Service about Giten’s first book in Swedish, Song of Meditation – About Meditation, Relationships and Spiritual Creativity

“Excellent”.

Devadas, teacher, Delsbo, Sweden,
about Giten’s first book in Swedish
Song of Meditation – About Meditation, Relationships
and Spiritual Creativity

”A totally wonderful book. This is a book for life, which I will read many times.”

Monica Samuelsson, Linkoping, Sweden,
about Giten’s first book in Swedish
Song of Meditation – About Meditation, Relationships and
Spiritual Creativity

“Wonderful texts! Giten describe everything so well! The true truth! Giten’s texts are so full of heart and soul! Giten paint with the language and talks with the soul!”

Carina, editor, Mirakelboken.com

“I really love Giten’s words. How beautiful he put the words together and creates his song of meditation. How beautifully he shares his love and meditation with the world.”

Maha Conyers, Rev., MA, Ed.Psych, Maui, Hawaii

“Giten, so long ago we first met through email, and I have followed your work since then. What a wonderful spirit you are, bright, light and so full of love.

Our paths crossed for a reason – for me to learn to love more, for you to love another. Today I am sharing your excerpt from your book in the hopes that one person, somewhere at some time will read it and awaken to hear their heart say – love, not hate is what you and the world needs. God bless you Giten, and thank you for coming into my life. May we know each other forever.”

Marlene Blaszczyk, Motivating Moments, editor and publisher

“Giten invites us to a celebration, a feast for the soul and delights us and inspires us with capsules of insight and conscious affirmation of the deliciousness of the divine.”

From the foreword of Giten’s second book in English,
The Silent Whisperings of the Heart – An Introduction to Giten’s Approach to Life by Eric Rolf, international lecturer, course leader, personal consultant to John Lennon, Yoko Ono, Paul Simon and Carlos Santana, author of “Soul Medicine”

“The Salt of the Earth”

LageWedin, chancellor, Faculty of Psychology, The University of Stockholm, about Giten during his academic years at the psychologist programme

“Giten does not move an inch from who he is”

A comment from one of Giten's class mates during his university studies at the psychologist programme at The University of Stockholm

"I just saw Giten's paintings on the net – they are just wonderful. I can see the depth and reflection of his meditation in his paintings. I think Giten's creative paintings have the very taste of being, of the ultimate. They are so unique with great simplicity – just like: the grass grows by itself".

Tushar, artist and painter, India

"I very much enjoyed seeing Giten's art on the web. I am amazed at Giten's art work and his talent is outstanding. I think you he is Master of his art".

ChingizAbassov, artist and art teacher,
Russian Master of Monumental and Decorative Arts,
Academy of Arts and Design, St. Petersburg, Russia

"While I cannot express enough how grateful I am to receive your paintings, please know I sincerely appreciate your kindness and good thought. There are so many people in this world who are in keen need of your energies that, in keeping with The Kindness Chain, I ask you to consider sharing your good will with them in the future."

Oprah, The Oprah Winfrey Show, Chicago

Books for Life
-Giten's Books

GITEN'S BOOKS
– BOOKS FOR LIFE

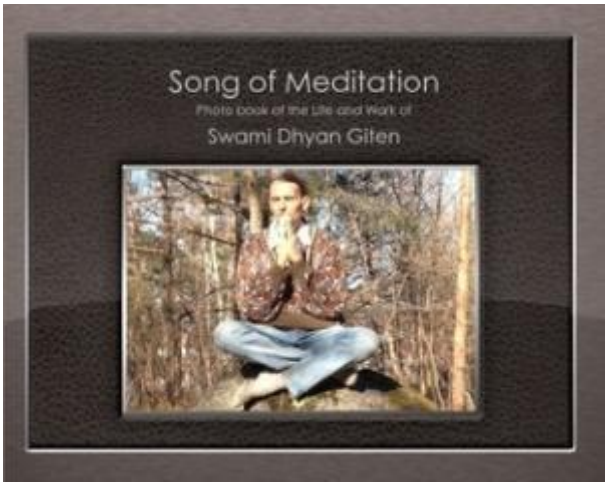
"Giten writes so stunningly beautiful that I suspect that something is whispering to him."

– BrageNorin, professor in theoretical physics, international researcher in climate change, representative for the Swedish Energy Commission to China, consultant at the Swedish think tank Skog

New!

Song of Meditation:

Photo book of the Life and Work ofSwamiDhyanGiten



Price: $13.79

Ships in 3-5 business days

Song of Meditation is a photo book of the life and work of spiritual teacher and author Swami DhyanGiten.

This full colour photo book contains many beautiful photos of Swami DhyanGiten, his people, satsang meditations, initiation and quotes from Giten.

This photo book is a beautiful way to get to know Giten's unique vision and to inspire yourself on your way to love, beauty, truth and inner awakening.

Paperback, full colour,

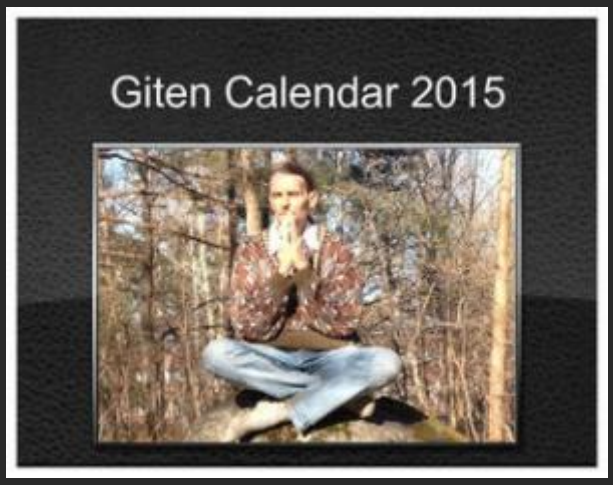
Dimensions (inches): 9 wide x 7 tall,

23 Pages,

Price: $13.79

Order the Giten Calendar at international book store Lulu.com:

www.lulu.com/spotlight/**Giten**



New!

Giten Calendar 2015

Calendar 2015 (12 Months)

Price: $9.99

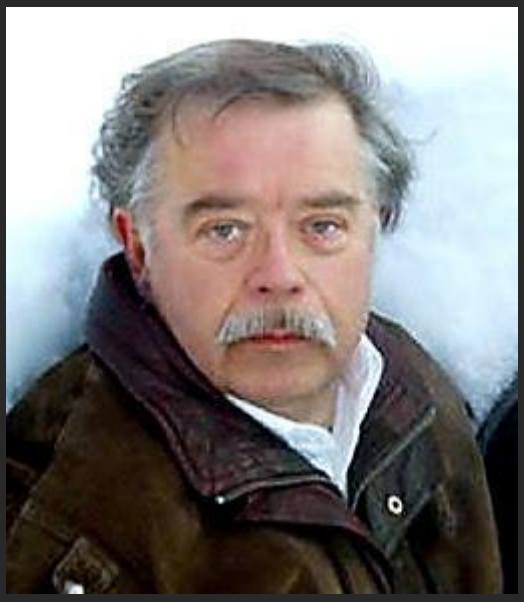
Ships in 3-5 business days

Giten Calendar 2015 is a calendar of the life and work of spiritual teacher and author Swami DhyanGiten.

The calendar contains many beautiful photos of Swami DhyanGiten, his people, satsang meditations, initiation and quotes from Giten.

Order the Giten Calendar at international book store Lulu.com:

www.lulu.com/spotlight/**Giten**



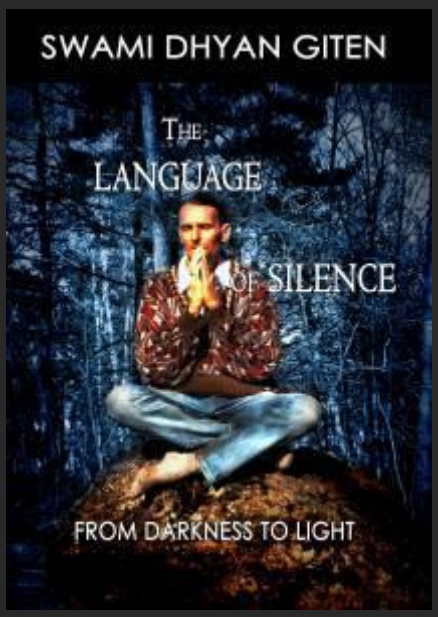
SWEDISH PROFESSOR READS GITEN TO HIS WIFE

"Giten's words are just as beautiful as the language permits. I read it aloud to my wife – Giten's words are inspired by God. Some of the words go straight into the soul."

– BrageNorin, professor in theoretical physics, international researcher in climate change, representative for the Swedish Energy Commission to China, consultant at the Swedish think tank Skogsa

Giten's best-selling book in Swedish, MeditationensSång – Om meditation, relationerochandligkreativitet – receives four stars on Swedish internet book store Adlibris: http://www.adlibris.com/se/bok/meditationens-sang-9789188362230

Order Giten's books in English on international book site Lulu: www.lulu.com/spotlight/Giten



SWAMI DHYAN GITEN'S NEW BOOK "THE LANGUAGE OF SILENCE: FROM DARKNESS TO SILENCE"

* * * * *

Five stars
International book site
Goodreads

I was 9 years old when I had my first spiritual awakening, my first glimpse of wholeness with Existence, my first taste of the language of silence, says spiritual teacher and best-selling author Swami DhyanGiten in this book. This created a deep thirst and longing in his heart and being to return to this natural and effortless experience of being one with the Whole.
I have always had the capacity to go within myself and to discover the silence within, the inner meditative quality, the inner source of love and truth, the inner language of silence, Giten explains in this book. Now I also notice that this silence is going deeper, and that I go beyond the ego and disappear into the silence.

This book consists of a collection of quotes from Swami DhyanGiten on silence. It also explains how silence is the flower and love and wholeness are the fragrance.

Swami DhyanGiten has dedicated his life to teach the art of awareness and meditation. He conducts individual consultations, seminars and courses internationally. His quotes, articles and books have touched the hearts of thousands and are appearing with increasing frequency in magazines, blogs and websites.

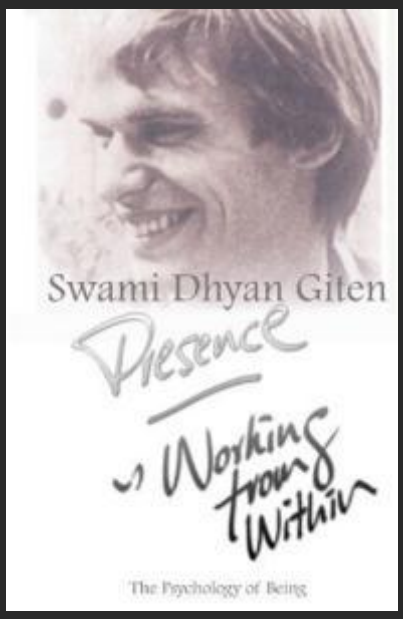
"As I started studying for Giten, a new dimension of awareness has developed step by step, which has transformed my whole life. Thank you so much Giten for your wonderful being and support in life."

– From the foreword by Emanuel Sjogren, musician and student of Giten since 5 years.

"While reading this book which is formatted in short segments and insightful phrases and a true delight to read and sure to later re-visit, I had the sense of listening to his open heart as it gave words to his personal silence. Giten offers us a quite intimate connection with his inner being and thus a glimpse of the beauty within ourselves."

– Eric Rolf, international lecturer, author of Soul Medicine and former consultant to John Lennon

Order the book on international book store Lulu.com:
www.lulu.com/spotlight/Giten



PRESENCE – WORKING FROM WITHIN: THE PSYCHOLOGY OF BEING

"Presence – Working from Within" is more than a book about presence, but a manual in the art of unlocking the Soul's Presence within the Personality."

Eric Rolf, International lecturer, seminary leader, author and former consultant to John Lennon

This book is an invitation to open our heart. This book is basically about love. It is designed to help us understand how healing happens.

Healing is pure love. Healing and wholeness happens when we meet the love within ourselves. Spiritual therapy is about love – what love is, where to find it and how to develop the capacity to share love, to give caring. This book is an invitation to people, who are interested in spiritual therapy and healing and wants to work with people from love, truth and wholeness.

Spiritual therapy works basically because we are all one. In the depth of our heart and being, we are in contact with each other. We are in contact with each other in the ocean of consciousness.

Working with people from love, truth and wholeness is the psychology of being, the science of inner transformation. The psychology of being begins where Western psychology ends. It goes beyond Skinner, Freud, Jung, Rogers and Humanistic psychology. The psychology of being is the psychology of consciousness, a psychology for inner transformation. It is basically not a question of psychology; it is a question of being. The psychology of being begins where we are and takes us to that which we can be.

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The psychology of being takes us through the layers of personality of thoughts, feelings and learnt attitudes to our inner being, which is hidden deep within us. The inner being is a deep acceptance of ourselves as we are. The inner being is to be available to life. The inner being is to be one with life. This book is an invitation to discover the inner being, our inner source of love, joy, acceptance, humor, truth, freedom, wisdom, silence, creativity and oneness with life.

This book is designed to help us develop our presence, so that our presence and intuition becomes a source of love, joy, acceptance, understanding, truth, silence, wisdom and creativity in the contact with another person. This book presents a new dimension of healing with a base in meditation. Meditation is the way to deepen our capacity to be present and to explore how to bring the meditative presence and quality into the healing and therapeutic process. The underlying theme of the book is meditation – but not meditation as a static technique – but as the capacity to BE with ourselves and with another person in a quality of watchful awareness, acceptance and relaxation.

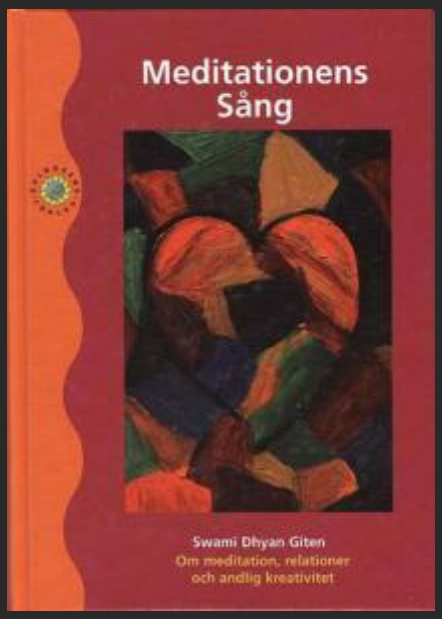
This book aims at developing a meditative presence and quality, to develop the inner "yes"-quality, the silence and emptiness within, the inner source of healing and wholeness, the capacity to surrender to life.

This book is written both for people who want to discover their own inner being and for those who work with other people and wants to discover a new love, clarity, depth and inspiration in their professional work.

The different topics of the book are combined with practical exercises.

Buy the book now in paperback at international book store Lulu:

www.lulu.com/spotlight/Giten



Giten's first best-selling book in Swedish!
The book is available all over Scandinavia

MEDITATIONENS SÅNG – OM MEDITATION, RELATIONER OCH ANDLIG KREATIVITET

* * * *

Fyra stjärnor

Internationella boksitenGoodreads

Denna bok handlar om medvetenhetens konst. Det genomgående temat är hur det inre varandet, den meditativa kvaliteten inom oss, den inre källan till kärlek och sanning, relaterar till personlig och andlig utveckling, till relationer med andra människor, till andlig kreativitet och till livet självt.

Denna bok erbjuder nycklar till andlig mognad. Dess olika teman varvas också med konkreta praktiska övningar.

Ur innehållet:
Inledning: Den inre resan
Personligheten och det inre varandet, det autentiska självet
Huvud, hjärta och varande – de tre medvetandenivåerna i det mänskliga

medvetandet
Reaktion och respons – skillnaden mellan egogratifikation och varandeexpansion
Ja och nej till Livet – de tre positionerna att relatera till livet
De tre livsområdena: meditation, relationer och kreativitet
Meditation – vår inre natur
Meditationens essens
Meditationsprocessen
Meditationens två aspekter: kärlek och ensamhet
Meditationens två poler: den stilla, betraktande kvinnliga polen och den aktiva, kreativa manliga polen
Tillfredsställelsenivå
Intuition – det existentiella språket
Healing är ren kärlek
Relationer – balansen mellan kärlek och frihet
Kommunikation – nyckeln till liv, kärlek och skratt
Känslor
Den Inre mannen och den inre kvinnan
Sju steg mot det gudomliga: chakrasystemet
Relationen mellan personligheten och det inre varandet i chakrasystemet
Närvaro – att arbeta inifrån: att arbeta med människor utifrån kärlek och medvetenhet
Respons och reaktion: kamel, lejon och barn
Vision – att se klientens situation i ett helhetsperspektiv
4 Fallbeskrivningar
Att dansa med Existensen: Att arbeta med grupper av människor utifrån kärlek och medvetenhet
Ensamhet – den inre källan till glädje och kreativitet
Döden – grinden till Evigheten
Tidigare liv – det tredje ögats hemligheter
Meditationens hjärta: tomhet – frihet från jaget
Upplysning – den inre Buddhan
Meditationens konst – meditationsövningar för att transformera livskvaliteten

Meditationens Sång valdes till månadens bok av bokklubben Livsenergi, som är en av Sveriges största kvalitetsbokklubbar.

“Att läsa Meditationens sång har varit en stor upplevelse för mig.”

Lisbet Gemzell, lektor vid Lärarhögskolan och Teaterhögskolan

“**Den här boken förändrade hela min världsbild!”**

Ann-Sofie Segerstedt

En alldeles underbar bok. Jag har läst den långsamt och noggrant och njutit av varje ord och mening. Det är en bok för livet, som jag kommer att läsa många gånger."

Monica Samuelsson, Linköping

"**Giten är en kärleksfull förmedlare av mycket visdom."**

Lena Nikunen, terapeut, Göteborg

"Den här boken erbjuder en ovanligt nyanserad vägledning i levnadskonst."

Bibliotekstjänst

"Jag värdesätter Gitens arbete och vet hur mycket gott han sprider till så många människor."

Lena Kristina Tuulse, psykolog, pionjär inom humanistisk psykologi och grundare av Wäxthuset, en av de äldsta och största kursgårdarna för personlig utveckling i Sverige

Utgiven av Solrosens förlag, inbunden bok, 216 sid, c:a pris 195: – Omslagsmålning: THE EXISTENTIAL HEARTBEAT, SwamiDhyanGiten, 2000

BESTÄLLNING

Meditationens Sång är tillgänglig över hela Skandinavien.

Köp eller beställ boken:

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Vattumannens Bokhandel, Stockholm: www.vattumannen.se

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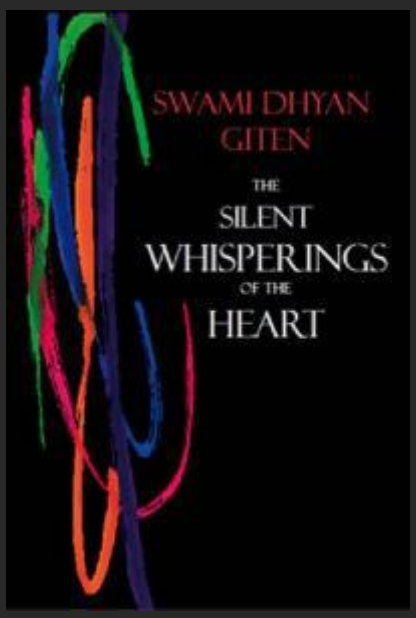

THE SILENT WHISPERINGS OF THE HEART

– An Introduction to Giten's Approach to Life

A Beautiful Gift for Yourself or a Beloved Friend

"Thanks for being there in this world now with your writings from the heart."

Inge Birgit Pescatello, Germany

"Warmly Recommended"

Free-Awareness.com

"Giten writes in a poetic language. When I read Giten, I am reminded of Kahlil Gibran. Yes, I would like to compare Giten to Kahlil Gibran."

Gordon Banta, author of *Magic of Meditation, USA*

"In keeping our hearts with all diligence, Giten helps us address the issues of our lives, fluently and eloquently speaking the language of the heart."

Larry Chang, author of *Wisdom for the Soul, Washington, USA*

"Giten is a really beautiful soul."

Swami AnandArun, OshoTapoban Meditation Center, Nepal

"With the hope that your book grows wings and spreads across the earth to the people that live on it. We need it!"

Helena Kohlberg, economist, founder of VQM, Vision Quest & Management – Strategic analysis, business development and marketing, Stockholm, Sweden

How can we learn to listen to the silent whisperings of our heart? How does love relate to aloneness? What is intuition? How can we develop our presence, so that our presence and intuition becomes a source of love, joy, healing and wisdom in the contact with another person? What is the difference between the personality and the inner being, the authentic self? How can we develop the inner being through meditation? How do the inner man and woman express themselves on the outside in the form of relationships? How do the three life areas, meditation, relationships and creativity, relate to each other in creating a loving, fulfilling and creative life? What is spiritual maturity?

The Silent Whisperings of the Heart consists of a collection of quotes from Swami DhyanGiten about awareness, meditation, intuition, relationships, the inner man and woman, healing, working with people from love and awareness, truth, creativity, silence, wisdom and spiritual maturity. Each page inspires you to see yourself and life in a new way, from a new dimension. This

collection of quotes is an introduction to Giten's perspective on life. It is a beautiful gift for yourself or a friend.

Giten has been compared with the poetry of Kahlil Gibran, author of the famous book *The Prophet*, and he has been quoted together with Albert Einstein, Carl Jung, Ramana Maharishi, Plato, Albert Schweizer, Jean-Paul Sartre, Bertrand Russel, Anais Nin, Walt Whitman, William Blake, Herman Hesse, Heraclitus, Johann Wolfgang von Goethe and the Indian book of wisdom *The Upanishads*.

"Beautiful, colorful…"

Nishkam, editor, Rebelliouspirit.com

"In The Whisperings of the Heart, Giten points at the variety of ways in which our inner being expresses itself in terms of our actions and our relationships. He also provides insights in various areas, including of course, those of healing and intuition, meditation, art and creativity, communications, loving relationships with friends and family, working with people from love and awareness and spiritual maturity.

His comments are useful as well as joyful and inspirational. More than anything, they motivate us to taste where we may not have fully tasted before, to taste the beyond.
Giten invites us to a celebration, a feast for the soul and delights us and inspires us with capsules of insight and conscious affirmation of the deliciousness of the divine."

From the foreword by Eric Rolf, International lecturer, seminary leader, author of the book *Soul Medicine* and consultant to John Lennon, Yoko Ono, Paul Simon and Carlos Santana

"While I cannot express enough how grateful I am to receive your paintings, please know I sincerely appreciate your kindness and good thought. There are so many people in this world who are in keen need of your energies that, in keeping with The Kindness Chain, I ask you to consider sharing your good will with them in the future."

Oprah, The Oprah Winfrey Show, Chicago, USA

SHORT NEWS ABOUT GITEN'S BOOK "THE SILENT WHISPERINGS OF THE HEART":
OPRAH TALKS ABOUT LEARNING TO LISTEN TO THE SILENT WHISPERINGS OF THE HEART IN THE FINAL PROGRAME OF THE OPRAH WINFREY SHOW

As a way to say thank you to Oprah for a letter that she sent to Giten, Giten sent her his book "The Silent Whisperings of the Heart" in January 2011. In May, 2011, when Oprah sent the final programe of the Oprah Winfrey Show, she talked about learning to listen to the silent whisperings of the heart to 25 million viewers worldwide.

Buy the book now at international book store Lulu (paperback):

www.lulu.com/spotlight/Giten

Giten Free eBooks

In light of the challenges for humanity in the 21st century, we have decided to give you five of Swami DhyanGiten's books as free eBooks.

In cooperation with the international book site Obooko.com, which was recently voted the Best Website to Download Free EBooks in a recent poll by New York Times, we are happy to give you Swami DhyanGiten's books *The Silent Whisperings of the Heart – An Introduction to Giten's Approach to Life, Healing Is Pure Love, Meditation – A Yes to Life, Presence – The Inner Source of Love, Truth and Wholeness and The Language of Silence – From Darkness to Light* as free eBooks.

"The challenge for the 21st century is
The Silent Revolution of the Heart.

It is not a revolution within an organization
Or a land in the traditional sense with violence, madness and bloodshed.

It is a revolution in human consciousness.
In society today there exists a deep split
between the inner and outer world, between intellect and intuition,
between male and female qualities, between rest and activity and between
Outer knowledge and inner wisdom. There is a fast
technological development in the society,
But we seem to forget the most important factor: our self.
The 21st century means an inner awakening. It means a time to grow up.
Many people talk about spirituality, meditation and inner development, but it does not seem to change their lives. Our spiritual development depends on our commitment to our own development. We can use our free will to take on the challenge of life to grow or we can choose not to grow. This is the freedom that life give us and it our own responsibility, but it seems that it is few people that accepts life´s challenge to grow.

The 21st century represents a choice between the separation of ego and the vision of the heart. The silent revolution of the heart is a shift in human consciousness from the short-sighted perspective of the ego of "me" and "mine" to the focus of the heart on love and the needs of the other. It is a shift in consciousness from the short-sighted separation of the ego and endless desires to the vision of the heart of love, joy, belongingness, wisdom and wholeness. When we follow the way of the ego, the path of desire, it leads to struggle, conflict, exhaustion and separation from the Whole. The way of the heart is about learning to listen to our heart, to our inner source of love, joy, truth and wisdom. It is to be in a deep harmony with Existence."

– Swami DhyanGiten

Available as
PDF ePub Kindle
Download *The Silent Whisperings of the Heart* at Obooko:

http://www.obooko.com/obooko_mind/bookpages/mind0039-free-ebook-silent-whisperings-giten.php

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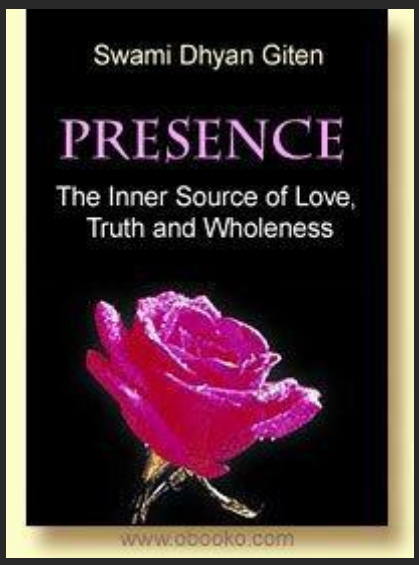
Healing is Pure Love
Meditation – A Yes to Life
Presence – The Inner Source of Love, Truth and Wholeness
The Language of Silence: From Darkness to Light

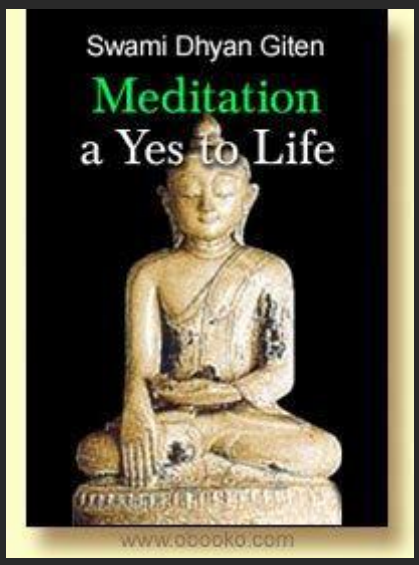


Presence – The Inner Source of Love, Truth and Wholeness

The most important therapeutic capacity is the ability to be present with an open heart and to be grounded in our inner being,

in our essence and authentic self, in the meditative quality within, through which we can meet another person, spiritual teacher and best-selling author Swami DhyanGiten explains in this book. It is to meet that which is already perfect within a person.

http://www.obooko.com/obooko_mind/bookpages/mind0043-free-ebook-presence-giten.php



Meditation – A Yes to Life

Meditation is a yes to life. Meditation is learning to know ourselves. Meditation is an inner ”yes”-quality of

witnessing and affirming everything that we already are, says spiritual teacher and best-selling author Swami DhyanGiten in this book. Sometimes we are in contact with this “yes” and sometimes we act automatically according to ideas, desires and learned attitudes. But through awareness and understanding, we can find new solutions that arise out of our “yes” to life.

The goal of meditation is enlightenment. Learning to say “yes” means to appreciate all steps and levels of our psychological and spiritual development process towards spiritual maturity. Learning to say “yes” means to realize all our inner possibilities of presence, love, joy, trust, humor, laughter, truth, freedom, silence, beauty, wisdom and oneness with life.

http://www.obooko.com/obooko_mind/bookpages/mind0042-free-ebook-meditation-giten.php



Healing Is Pure Love

Within each one of us there is a healer. Healing has always been a way and a deep source of healing for me, says spiritual teacher and best-selling author Swami DhyanGiten in this book. Healing is basically our own energy, which overflows from our inner being, from the meditative quality within, from the inner silence and emptiness. Healing comes from the silence within ourselves. Healing is pure love in essence. Love is what creates healing. Love is the strongest force there is. The sheer presence of love is in itself healing.

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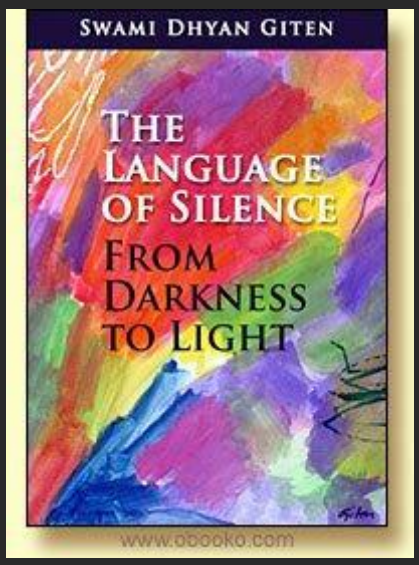

The Language of Silence: From Darkness to Light

I was 9 years old when I had my first spiritual awakening, my first glimpse of wholeness with Existence, my first taste of the language of silence, says spiritual teacher and best-selling author Swami DhyanGiten in this books.

This created a deep thirst and longing in his heart and being to return to this natural and effortless experience of being one with the Whole.

I have always had the capacity to go within myself and to discover the silence within, the inner meditative quality, the inner source of love and truth, the inner language of silence, Giten explains in this book. Now I also notice that this silence is going deeper, and that I go beyond the ego and disappear into the silence.

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Swami DhyanGiten has dedicated his life to teach the art of awareness and meditation. He conducts individual consultations, seminars and courses internationally. His quotes, articles and books has touched the hearts of thousands and are appearing with increasing frequency in magazines, blogs and websites.

“Swami DhyanGiten’s “The Language of Silence — From Darkness to Light” reminds me of those moments when we drift back from sleep to wakefulness and the precious insights that quite often occur in those instants of ”awakening. Giten’s “The Language of Silence” is a beautifully expressed and highly intimate picture of his own spiritual history. Giten offers us a quite intimate connection with his inner being and thus a glimpse of the beauty within ourselves.”

From the foreword by Eric Rolf, author of “Soul Medicine”a former consultant to John Lennon

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