

Extract of Verses from Mystic Secrets of a Yogi

*I Searched The Boundaries Of My Body And I Was Blessed
I Accepted Myself Unconditionally And I Was Transformed
Let The Colour Of The Universe Melt Into My Being And Soul
Meditating On The Deep Darkness Inside My Sou
The Whole World Came Within Me
The Mystic Aroma Of Jasmine Drifted In The Air
Deriving Warmth Of The Body Through Inner Silence
Touching The Inner Space Of My Heart
Serenity Of The Blue Skies
I Just Sat Doing Nothing And Lord Blessed Me
I Watched Silently The Waves Of The Ocean And I Was Transformed And Blessed
I Stopped Clinging To The Clouds And I Felt The Bliss Of Eternity
The Cold Wind Passed Through My Being And I Was Transported To The Heavenly Abode
I Watched The River Flow And I Was Transformed
The Abyss Of Silence
The Mystic Cave
The Enchanting Echoes Of The Deep Well
Into The Wombs Of The Darkness I Discovered Eternity And Bliss
The Mysterious Cave
Celebrating Death
Beckoning Death
The Awareness Of Death Liberated My Soul
I Watched My Body Burn Into Ashes And I Was Filled With The Ultimate Bliss
Contemplation On Death
I Was An Empty Vessel Floating In The Cosmic Ocean
Be Sure My Days Of Reckoning And Moment Of Destiny Has Finally Arrived O Mortal
Suddenly The Omens Were Clear And I Knew The Time For The Lotus To Bloom Had Finally Arrived
I Wanted To Soar With The Wings Of My Heart
Celebrating I Heard The Sound Of The Universe And My Soul Was Blessed
Be Sure The Cosmic Forces In Nature Are Finally Aligned In Such A Manner That Our Soul Meets Eternity O
Mortal
Flower Meditation
The Supreme Sacrifice In The Cosmic Garden
Welcome To The Flower Children
Embracing The Mother Earth
Mother Earth Take Me To Some Place Where My Heart Could Erupt Into Flames Of Passion
Oh Lord Take Me To Some Place Where My Heart Could Learn To Surrender And Bare Itself
Sweet Heart Take Me To Some Place Where My Voice Would Fade And I Could Hear The Inner Whisper
I Gladly Merged With The Dust To Where I Belonged And I Was Liberated
Souls Prayer To The Gods
The Third Eye Of Shiva
The Mystic Rose*

*I Felt The Fire Of Passion Within And I Was Blessed
In Desperate Reach Of My Reference Point
I Touched My Young Child And Looked Into My Child's Eyes And Could See The Divine
I Stared At My Eyes And To Shine Connected Me To My Spirit And Soul
Me And My Soul Partners Dance With Eternity
My Soul Flew To Sit On The Window Of Eternity And Began To Sing
Suddenly The Deep Eyes Of The Ancient Old Trees Penetrated My Soul
The Trees Song Of Seduction
The Whispers Of The Stone Entered My Soul And Transformed My Being
The Dance Of Eternity And Ecstasy In My Spinal Cord
I Meditated On The Taste Of Food And My Soul Was Blessed*

About Author : The mystic writings and poems of author Shree Anand Krishna helps us in dealing with everyday issues such as the strength of will power, the creativity to see beyond problems, importance of positivity and the true meaning of success. For all who feel that stress and nervousness are an unavoidable fact of modern life, the mystic poems of Shree Anand Krishna reminds us that within each of us is an inner core of universal peace and harmony that we can learn to access at will. The mystic poems and writings of Shree Anand Krishna shows us how to overcome fear, worry, anger, nervousness and moodiness. His writings also teach us how to stay calmly in the present and to stay actively focused, no matter what is going on around us and also teaches us to Experience the mystic and expansive timelessness and beauty of each moment. The spiritual and mystic poems of the author caters to the deepest needs of the human heart and soul. These poems reveal how we can meet the daily challenges to our physical, psychological, emotional and spiritual well-being - by awakening our divine nature, the neglected reality at the core of our being.

Through his writings the author succeeds in dispelling the myth that God is beyond our reach and beyond our self. He points out that it is not only possible to converse with God but to receive definite responses to our prayers and also converse with our divine self. The author Shree Anand Krishna helps us to realize how close that infinite and all-loving Being is to each one of us. He also explains how we can make our prayers and thoughts so powerful and persuasive that they will bring a tangible response from the mystic universe. The books written by Shree Anand Krishna motivates the readers how to be devoid of a harsh, materialistic life and live a life of peaceful serenity governed by quality and not quantity. The spiritual poems written by the author deal with complex issues in a very easy-to-understand and simple manner, inviting the readers to explore their inner selves through meditation and contemplation. The teachings of the author alters the perspective and attitude that people approach life with, changing one's thought process to invite and draw true material and spiritual success and prosperity .The books written by the author also highlights the key to dissolving obstacles both physical and spiritual while dealing with natural feelings of fear and the feeling of being lost. The author has been greatly inspired by the mystic philosophies propounded in the Geeta, Upanishads, Sufi literature and other ancient mystical works. **The author Anand Singh (Pen Name: Shree Anand Krishna) has written on various spiritual aspects of human existence in this world and beyond.**

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Table of Contents

Chapter 1 – Celebration of Our Consciousness

Chapter 1.1 – Mortal Consciousness

- ❖ I SEARCHED THE BOUNDARIES OF MY BODY AND I WAS BLESSED
- ❖ I ACCEPTED MYSELF UNCONDITIONALLY AND I WAS TRANSFORMED

Quotes on Mortal Consciousness

Chapter 1.2 – Soul Consciousness

- ❖ LET THE COLOUR OF THE UNIVERSE MELT INTO MY BEING AND SOUL
- ❖ MEDITATING ON THE DEEP DARKNESS INSIDE MY SOU

Quotes on Soul Consciousness

Chapter 1.3 – Consciousness

- ❖ THE WHOLE WORLD CAME WITHIN ME
- ❖ THE MYSTIC AROMA OF JASMINE DRIFTED IN THE AIR

Quotes on Consciousness

Chapter 2 – Witnessing the Silence

Chapter 2.1 – Silence

- ❖ DERIVING WARMTH OF THE BODY THROUGH INNER SILENCE
- ❖ TOUCHING THE INNER SPACE OF MY HEART
- ❖ SERENITY OF THE BLUE SKIES
- ❖ I JUST SAT DOING NOTHING AND LORD BLESSED ME
- ❖ I WATCHED SILENTLY THE WAVES OF THE OCEAN AND I WAS TRANSFORMED AND BLESSED
- ❖ I STOPPED CLINGING TO THE CLOUDS AND I FELT THE BLISS OF ETERNITY
- ❖ THE COLD WIND PASSED THROUGH MY BEING AND I WAS TRANSPORTED TO THE HEAVENLY ABODE
- ❖ I WATCHED THE RIVER FLOW AND I WAS TRANSFORMED
- ❖ THE ABYSS OF SILENCE

Quotes on Silence

Chapter 3 – Burning of Death and Darkness

Chapter 3.1 – Darkness

- ❖ THE MYSTIC CAVE
- ❖ THE ENCHANTING ECHOES OF THE DEEP WELL
- ❖ INTO THE WOMBS OF THE DARKNESS I DISCOVERED ETERNITY AND BLISS
- ❖ THE MYSTERIOUS CAVE

Quotes on Darkness

Chapter 3.2 – Death

- ❖ CELEBRATING DEATH
- ❖ BECKONING DEATH
- ❖ THE AWARENESS OF DEATH LIBERATED MY SOUL
- ❖ I WATCHED MY BODY BURN INTO ASHES AND I WAS FILLED WITH THE ULTIMATE BLISS
- ❖ CONTEMPLATION ON DEATH

Quotes on Death

Chapter 4 – Understanding the Cosmic Beauty and Sound

Chapter 4.1 – Cosmic Destiny

- ❖ I WAS AN EMPTY VESSEL FLOATING IN THE COSMIC OCEAN
- ❖ BE SURE MY DAYS OF RECKONING AND MOMENT OF DESTINY HAS FINALLY ARRIVED O MORTAL

- ❖ SUDDENLY THE OMENS WERE CLEAR AND I KNEW THE TIME FOR THE LOTUS TO BLOOM HAD FINALLY ARRIVED
 - ❖ I WANTED TO SOAR WITH THE WINGS OF MY HEART
- Quotes on Cosmic Destiny

Chapter 4.2 – Cosmic Sound

- ❖ CELEBRATING I HEARD THE SOUND OF THE UNIVERSE AND MY SOUL WAS BLESSED
 - ❖ BE SURE THE COSMIC FORCES IN NATURE ARE FINALLY ALIGNED IN SUCH A MANNER THAT OUR SOUL MEETS ETERNITY O MORTAL
- Quotes on Cosmic Sound

Chapter 4.3 – Divine Garden

- ❖ FLOWER MEDITATION
 - ❖ THE SUPREME SACRIFICE IN THE COSMIC GARDEN
- Quotes on Divine Garden

Chapter 5 - Understanding the True Nature of Mother Earth

Chapter 5.1 – Mother Earth

- ❖ WELCOME TO THE FLOWER CHILDREN
 - ❖ EMBRACING THE MOTHER EARTH
 - ❖ MOTHER EARTH TAKE ME TO SOME PLACE WHERE MY HEART COULD ERUPT INTO FLAMES OF PASSION
 - ❖ OH LORD TAKE ME TO SOME PLACE WHERE MY HEART COULD LEARN TO SURRENDER AND BARE ITSELF
 - ❖ SWEET HEART TAKE ME TO SOME PLACE WHERE MY VOICE WOULD FADE AND I COULD HEAR THE INNER WHISPER
 - ❖ I GLADLY MERGED WITH THE DUST TO WHERE I BELONGED AND I WAS LIBERATED
- Quotes on Mother Earth

Chapter 5.2 – Prayers

- ❖ SOULS PRAYER TO THE GODS
 - ❖ THE THIRD EYE OF SHIVA
- Quotes on Prayers

Chapter 6 – Enhance Our Love and Compassion

Chapter 6.1 – Love and Compassion

- ❖ THE MYSTIC ROSE
 - ❖ I FELT THE FIRE OF PASSION WITHIN AND I WAS BLESSED
- Quotes on Love and Compassion

Chapter 6.2 – Reference Point

- ❖ IN DESPERATE REACH OF MY REFERENCE POINT
 - ❖ I TOUCHED MY YOUNG CHILD AND LOOKED INTO MY CHILD'S EYES AND COULD SEE THE DIVINE
- Quotes on Reference Point

Chapter 6.3 – Cosmic Soul

- ❖ I STARED AT MY EYES AND TO SHINE CONNECTED ME TO MY SPIRIT AND SOUL
 - ❖ ME AND MY SOUL PARTNERS DANCE WITH ETERNITY
 - ❖ MY SOUL FLEW TO SIT ON THE WINDOW OF ETERNITY AND BEGAN TO SING
- Quotes on Cosmic Soul

Chapter 7 – Celebrate the Ecstasy, Liberation, Hope and Faith

Chapter 7.1 – Song of Tree

- ❖ SUDDENLY THE DEEP EYES OF THE ANCIENT OLD TREES PENETRATED MY SOUL
 - ❖ THE TREES SONG OF SEDUCTION
- Quotes on Song of Tree

Chapter 7.2 – The Speaking Stone

- ❖ THE WHISPERS OF THE STONE ENTERED MY SOUL AND TRANSFORMED MY BEING

Quotes on The Speaking Stone

Chapter 7.3 – Ecstasy

- ❖ THE DANCE OF ETERNITY AND ECSTASY IN MY SPINAL CORD

Quotes on Ecstasy

Chapter 7.4 – Meditation on Food

- ❖ I MEDITATED ON THE TASTE OF FOOD AND MY SOUL WAS BLESSED

Quotes on Meditation on Food

Chapter 7.5 – Hope and Faith

- ❖ YET MY HEART SHALL SING WITH HOPE

Quotes on Hope and Faith

Chapter 7.6 – Liberation

- ❖ I TRIED TO CONTAIN THE OCEAN IN THE BEGGING BOWL

Quotes on Liberation

Chapter 7.7 – Light

- ❖ THE CANDLE LIGHT HEALED MY CONSCIOUSNESS AND I TRANSFORMED INTO INTENSE RAYS OF LIGHT

Quotes on Light

Chapter 1 -



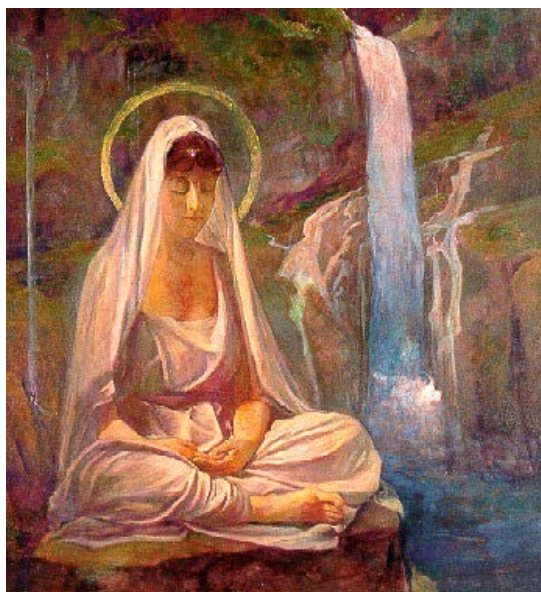
(Artist: Raja Ravi Varma Date: 1848-1906)

On Mortal Consciousness

I Searched the Boundaries of My Body and I Was Blessed

I closed my eyes and meditated on the limits of my body. I could feel that my body was not separated from the universe and existence and my body was an integral part of existence. My body in fact enveloped the whole cosmos.

I could feel every part of cosmos an extension of my body. The sun seemed to be an extension of my body as I could not exist without the sun rays and sun was extended part of my body and in continuity. There was a deep cosmic relation between my body and the sun. Every cell in my body carried the energy and vitality derived from sun rays and thus sun was shining in every cell of my body. My body is integral part of the sun rays.



(Artist: John La Farge Date: 1908)

The air around my body was an integral part of my body. I could not live a single moment without the air and the breath was integral part of my body. Every cell of my body breathed and lived on the air surrounding my body. The whole atmosphere was part of my body.

The sun, the air, the moon and the stars and the whole cosmos was an extension of my body and my body was with no boundaries.

I was aware of my whole body and I felt that my body was rooted to mother earth. I felt that my body was growing from mother earth like a tree. My legs were the roots, my torso was the trunk and my arms and head were the branches. I was drawing the sap of eternity and bliss from mother earth.

Slowly I was immersed in the stillness that enveloped my body. I found that my body had become rigid and stiff and motionless like a statue and all my muscles veins and arteries were frozen.

I could feel the warm breath move in and out in a rhythm and I was filled with awareness and bliss.



Monad: The idea behind the monad is that we as humans are built of millions of cells, each of which is a monad, i.e., each is a focal point of consciousness, albeit a much simpler form of consciousness than our own. Large groups of these extremely simple centres of consciousness combine to form larger parts of our total consciousness – an idea best represented by the Chakra system of Hindu Yoga. Each one of these various levels of consciousness, which would

all individually be considered a separate monad, combine to form the total consciousness which we experience daily as our individual conscious awareness. (Source: <http://www.whats-your-sign.com>).

On Mortal Consciousness

I Accepted Myself Unconditionally and I Was Transformed



(Artist: Pompeo Girolamo Batoni Date: 1779)

Dust of ages had gathered on my being hidden behind the dust was my pure being and my divine mind. Dust has gathered on my divine mind through my journey through many past lives.

For ages I identified myself with the dust covering my divine mind. The dust of past experiences, the dust of worldly knowledge, the dust of all our bitter memories gathered around my divine mind and created a dichotomy in my being. All my experiences and knowledge and all my past clouded the purity of my divine mind.

Suddenly I was longing to free my divine mind and wipe out the dust gathered through the ages. I was ready to identify with the present blessed moment and experience my purity. I wanted to regain the purity of my consciousness and free myself from the past memories.

I wanted to drown myself in the present atomic moment and enjoy all its dimensions.

I wanted to accept myself without any precondition. I was happy that many desires were flowing in me and it was natural.

I saw anger of ages residing in my being and I accepted the feeling of anger and I was comfortable in its presence. I would look at it with devotion and tranquillity.

I felt that I was at the centre of the cyclone of anger and frustration and desire and the centre of the cyclone was silent and still and blissful. I meditated on the anger and allowed anger to fill my whole being and I warmly welcomed it. I was witness to the anger in me. I meditated on it.

I saw many unfulfilled desires of the past, saw the scars and the deep unhealed wounds inflicted on my being. It made me angry and frustrated and unfulfilled and I was longing to heal these wounds and fulfil my desires.

The incompleteness of the past was covering with dust my divine mind. I wanted to remove this dust and free my being so that it could taste the bliss of eternity.

I meditated on the wounds and slowly I was relaxed and at ease and the wounds of the past disappeared.

The whole world was a stage and everyone was an actor. I felt that I had taken too seriously this circus of life and there was nothing serious about this life circus. As I saw the circus of life I regained my original consciousness.



(Artist: Artemisia Gentileschi Date: 1620)

I realised how I and all mankind had taken this circus of life seriously for ages and in past lives. I realised that all those who were fighting and quarrelling and humiliating others to gather their pound of flesh were no more and mother earth was carrying their graves in her eternity. I realised that all their problems were a part of the circus and they were mere actors in the drama of existence.

I realised that all their problems of life and death were no more and problem of whole humanity were just a speck of dust in the cosmos and cosmos remained unperturbed. Mother earth was still in her compassionate mood, the trees were still growing and rivers were still flowing graciously and sun was still arising as usual and cosmos was full of melodies.



(Artist: Mary Cassatt Date: 1872)

Suddenly I realised the futility of their life's drama. My mind was elated and in a mood for celebration. I was thrilled that this life was a myth and a circus and that I was only the observer. I was amused to take part in the drama of life and found that I loved the part given in life's drama to me by existence. Life for me was no more the same. Life become full of fun and frolic and all seriousness in the drama of life vanished. My every moment was blessed.

I felt a strong urge and desire to accept myself as I was. I was filled with great joy as I accepted myself without any precondition. I was glad to accept that I was passionate, that I was greedy, that I had anger of ages accumulated in me. I was glad that violence and hatred was residing in me and I accepted them

fully and welcomed them and embraced them.

As I accepted all my shortcomings a great sense of peace and tranquillity filled my being. I become silent and all boundaries disappeared. I realised that none of my shortcomings were a handicap and a great sense of peace and tranquillity filled my being. I became silent and all boundaries disappeared.

I realised that none of my shortcomings are permanent and only deep patience was needed and there was nothing to worry and everything was transient and in a flux. Silence and bliss flowered in my being. I had a great hearty laugh at myself and I was at ease with the fact who I was and what were my shortcomings. I resolved to remain with whatever I was. I was alert and aware of myself with all my shortcomings. I had accepted myself. I was at ease with myself and love for me grew in my being. I could hear the chanting in the cosmos all around.



The Hieroglyphic Monad: In Western Mystery Traditions, the term "Monad" is used to describe this idea of a person as a focal point of consciousness within a sea of greater consciousness, and it is believed that all things that can be considered a unity unto themselves constitute a monad as well.

At left we see the symbol that has been traditionally employed to denote the monad, known as the "Hieroglyphic Monad." Note that the Hieroglyphic Monad is the root symbol of many ancient astrological and alchemical symbols, such as those used to denote the planets, male and female energy, and the "Three Principles" of Alchemy (Sulphur, Salt, and Mercury).

POPULAR QUOTES ON MORTAL CONSCIOUSNESS

Deep into that darkness peering, long I stood there, wondering, fearing, doubting, dreaming dreams no mortal ever dared to dream before.

- **Edgar Allan Poe**

Our most basic common link is that we all inhabit this planet. We all breathe the same air. We all cherish our children's future. And we are all mortal.

- **John F. Kennedy**

I claim to be a simple individual liable to err like any other fellow mortal. I own, however, that I have humility enough to confess my errors and to retrace my steps.

- **Mahatma Gandhi**

He that has eyes to see and ears to hear may convince himself that no mortal can keep a secret. If his lips are silent, he chatters with his fingertips; betrayal oozes out of him at every pore.

- **Sigmund Freud**

Can a mortal ask questions which God finds unanswerable? Quite easily, I should think. All nonsense questions are unanswerable.

- **C. S. Lewis**

To live in this world, you must be able to do three things: to love what is mortal; to hold it against your bones knowing your own life depends on it; and, when the time comes to let it go, to let it go.

- **Mary Oliver**

The world is very different now. For man holds in his mortal hands the power to abolish all forms of human poverty, and all forms of human life.

- **John F. Kennedy**

To go from mortal to Buddha, you have to put an end to karma, nurture your awareness, and accept what life brings.

- **Bodhidharma**

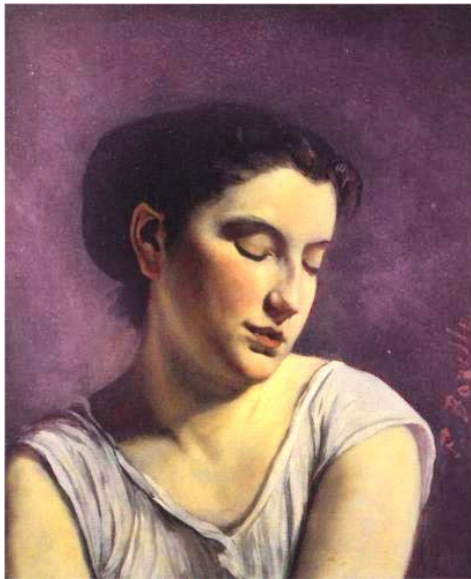
Men are mortal. So are ideas. An idea needs propagation as much as a plant needs watering. Otherwise both will wither and die.

- **B. R. Ambedkar**

Under the pressure of the cares and sorrows of our mortal condition, men have at all times, and in all countries, called in some physical aid to their moral consolations - wine, beer, opium, brandy, or tobacco.

- **Edmund Burke**

Let the Colours of the Universe Melt into My Being and Soul



(Artist: Frederic Bazille Date: 1869)

I closed my eyes and my being was filled with intense bright colours in the infinite space within my being. The colours were bright and enchanting and alive and throbbing and permeated every pore of my existence. My soul and spirit meandered in the bright hue and were filled with the intense brightness. Suddenly the colours seemed to seep through my navel and disappear into the roots of my navel. They penetrated into my navel with full vigor and force. The universe disappeared and dissolved into the bright enchanting hue.

The colours seemed to penetrate into every pore of my soul and whole universe dissolved into the enchanting hue. The whole world metamorphosed into colours.

My being and soul soaked in the bright colours and merged into the rainbow of existence and felt the eternal peace and bliss and beauty of existence.

Suddenly my mind dissolved and my soul was freed from the tyranny of the mind. My mind ceased to live and it stopped throbbing and gyrating. Suddenly the bridge to uncertainty and insecurity were destroyed and my being was left in peace and harmony and I could penetrate into the roots of existence and eternity.

I could feel the umbilical cord filled with the bright colours connecting my soul and being to the wombs of eternity and existence. Suddenly I felt I have reached my destination and the comfortable cocoon of my existence. The world felt no more strange and alien and I was no more a stranger and I was part of the existence and eternity was incomplete without my being.

My being experienced the ultimate bliss and the endless struggle in my being ceased and the endless enmity with existence seemed to end finally. Eternity seemed to seep into my being and flowering of bliss and solitude filled all the spaces without fragrance. The aroma of bliss filled my every pore.

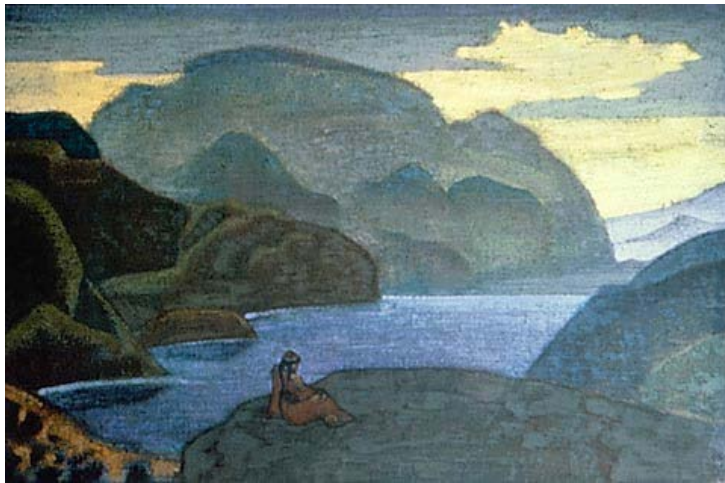


Symbol of the Sevenfold Soul: The Symbol is interpreted as follows: (1) The Infinite Unmanifest manifests itself in the Elemental Soul; (2) the Elemental Soul takes upon itself the outward form of Mineral Substance; (3) The Mineral Soul evolves from itself the Plant Soul; (4) the Plant Soul evolves from itself the Animal Soul; (5) the Animal Soul evolves from itself the Human Soul; (6) the Human Soul unfolds into the Soul of the Demi-Gods; (7)

the Soul of the Demi-Gods unfolds into the Soul of the Gods; and finally, the Soul of the Gods once more is resolved into Pure Spirit, which is represented by the blank space at the centre of the symbol.

On Soul Consciousness

Meditating On the Deep Darkness inside My Soul



(Artist: Nicholas Roerich Date: 1923)

It was a dark night with stillness around. Everything was deep dark and darkness seemed to envelop the cosmos. I could feel the darkness with immense intensity. My whole being was bathing in the dark night.

The feel of darkness was extremely comforting and a great feeling of solace enveloped my soul and spirit. Darkness prevailed inside me and outside me and I could feel death and stillness surround me. I could see the bonhomie between the deep

darkness and death.

I could feel the darkness enter my soul and body and an intense longing and love surged in my being to merge my being with the darkness inside me and outside me. I could see death approaching me and the comfort of the darkness was soothing and reassuring and I welcomed death with great anticipation and longing.



"Thouwai": How the "Thouwai" (soul of the human beings) resides in the human body, is symbolized by the Wang-u-Pa (Philosophers) of the ancient Kangleipak many thousand years BC.

POPULAR QUOTES ON SOUL CONSCIOUSNESS

Put your heart, mind, and soul into even your smallest acts. This is the secret of success.

- Swami Sivananda

Let my soul smile through my heart and my heart smile through my eyes, that I may scatter rich smiles in sad hearts.

- Paramahansa Yogananda

Permanence, perseverance and persistence in spite of all obstacle s, discouragement s, and impossibilities: It is this, that in all things distinguishes the strong soul from the weak.

- Thomas Carlyle

The Whole World Came Within Me And I Was Blessed! O Mortal!



(Artist: Frederic Bazille Date: 1841-1870)

I closed my eyes and found the whole cosmos moving in my being. I was inclusive of the whole cosmos and the whole existence was in me.

There were no barriers, fears, vanished and soul torn off with its wings. My whole consciousness was slowly expanding and filling the whole cosmos.

The whole world came within me. The rhythm and music of my soul became the rhythm of the cosmos.

I could see the trees around me slowly entering inside me.

The vast blue sky entered and started floated inside me. The vast blue sky entered and started floated inside me.

The sun started rising from deep inside my heart.

I could feel the warmth of the sun rays inside me.

I could feel the bluishness of the infinite sky in me.

I could feel the aroma of the flowers while blossomed inside me.

I could feel the breeze blowing in my heart.

I could see anger, hatred, jealousy, passion and all desires floating inside me.

I melted and merged into the cosmos and cosmos melted into me.

All the doors of mysteries opened in my soul and darkness disappeared.

My age, my past memory and knowledge melted and disappeared and I was the newly born. I lost my narrowness. I lost my limitations.

Whole life and cosmos flowed and filled my empty being.

Life flowed into me like a silent river flowing into the sea.

I was nobody and I disappeared, all doors of my being opened to existence.

The wind passed through me and rain passed through me. The sun rays passed through me. The cosmos flowed through me.

I was in deep conversation with eternity. I was floating in the stream of bliss and ecstasy.



Galactic Butterfly: This ancient Mayan symbol is called the Galactic Butterfly which is said to represent all of the consciousness that has ever existed in this universe.

The Mystic Aroma of Jasmine Drifted In the Air



(Artist: Marianne North Date: 1873)

The mystic aroma of jasmine drifted in the air. The sun shore like a cosmic fountain with limbs of flame. The pine needles quivered nervously in the cold misty wind. Night was dense and thick beneath the mountains and the pine trees. The trees on the ridge of the mountain twined amber. Their flowers floating on the breeze beneath the dark blue sky. The myst was dissolving along the steep slope covered with dark conifers and pine trees. The bright meadows warmth could be yellow felt in my heart. The grasshoppers merrily hopped in the lush green grasses. I could hear the whispering stream below the mountain. The green mosses were soaked in the mist and were glowing from the morning sunlight. The earth seemed to be ecstatic covering herself with blossoming flowers and green buds waiting to open. The earth spoke in an ancient voice which lifted my spirit. I could hear the

deep throbbing inside mother earth. I could hear the echoes of heart across the deep canyon. The sheep grazed in the meadows and the sun shore on this white wool while their lambs leaped in the meadows.

The slopes of the mountains were in blazing orange. A small bird hopped through the green lichens in wild passion. The golden crowned birds sang a song simple but it stirred my soul. The mountain peaks are barely visible behind the dark clouds. The sun cast a longing look across the valley. Flippers in the lake glittered like precious diamonds. The wind has dropped to silence. The valley is still and haunting. The stars flicked in the deep dark sky. I could hear the sweet musical sound of the murmurs of the rivers stream in the valley below. I could see the pale of darkness deep and dark cast by the trees. The sparrows darted in the bush with excited favour. I could see the glacier shinning in the silver rays of the moon. Icy wind whispered against my face, snow crystals in the wind coaxed my heart. The mist in the present thickened as I moved towards the enchanting trees.



Vibratory Point: The intensity of God's vibration was slowed down for a moment, and its vibration sort of curled itself around innumerable points of itself. These vibratory points of consciousness poured out of God and into God, for obviously nothing could ever happen outside of this all encompassing consciousness.

POPULAR QUOTES ON CONSCIOUSNESS

The essential elements of giving are power and love - activity and affection - and the consciousness of the race testifies that in the high and appropriate exercise of these is a blessedness greater than any other.

- **Mark Hopkins**

When we quit thinking primarily about ourselves and our own self-preservation, we undergo a truly heroic transformation of consciousness.

- **Joseph Campbell**

There is no coming to consciousness without pain.

- **Carl Jung**

Necessity is blind until it becomes conscious. Freedom is the consciousness of necessity.

- **Karl Marx**

Meditation is the dissolution of thoughts in Eternal awareness or Pure consciousness without objectification, knowing without thinking, merging finitude in infinity.

- **Voltaire**

Our most important task is to transform our consciousness so that violence is no longer an option for us in our personal lives, that understanding that a world of peace is possible only if we relate to each other as peaceful beings, one individual at a time.

- **Deepak Chopra**

Black Consciousness is an attitude of the mind and a way of life, the most positive call to emanate from the black world for a long time.

- **Steven Biko**

Happiness is that state of consciousness which proceeds from the achievement of one's values.

- **Ayn Rand**

Life is not a series of gig lamps symmetrically arranged; life is a luminous halo, a semi-transparent envelope surrounding us from the beginning of consciousness to the end.

- **Virginia Woolf**

The key to growth is the introduction of higher dimensions of consciousness into our awareness.

- **Lao Tzu**