'The Light of My Presence is shining upon you. Brighten up the world by reflecting who I AM...

THE STAR OF BETHLEHELD BEYORD...

Apostle Thomas and the origin of Christianity in India...
The 'lost years' of Jesus...

'To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps.'

-1 PETER 2:21

Rev. (Dr.) George Neelankavil





Rev. (Dr.) George Neelankavil Visionary / Mentor



Founder / Chair: Consortium of International Consultants and Administrators (USA | India)

Doctoral Specializations: Management |

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For over five decades, Human and Organization

Development with Business/Healthcare / Educational sectors as Director/CEO/ Management Advisor.

Proven forte; facilitating organizations ascend leadership positions... over 30 organizations in India / USA viz., EICHER, MRF, APOLLO HOSPITALS GROUP, MADRAS MEDICAL MISSION, REGENT UNIVERSITY, just to mention a few.

For the last more than 20 years, gifting talents and time, substantially consulting 'not-for-profit' educational / healthcare sectors. Having spent considerable years in the USA (Studying/ Working/Teaching), even Ph.D programs in Organizational Leadership, he is fairly well aware of India / US scenario of Business / Healthcare / Education

Some Significant Leadership Roles: (Details on inside back cover.)



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- I am a proudly privileged descendant of one of the first Hindu(Namboothiri) families converted by Apostle Thomas himself, at Palayoor (kerala, India).
- The Christmas star symbolizes the star of Bethlehem, which according to the Biblical story, guided the three kings, or wise men from the east, to the baby Jesus. The star is also the heavenly sign of a prophecy fulfilled long ago and the shining hope for humanity.
- There are also some historical narratives to the effect, these Wisemen kept track of Jesus's growth.
- Very mysteriously in the Bible, there is absolutely no biographical mention of Jesus, during around 12 to 30 years of age.
- IT IS IMPOSSIBLE TO BELIEVE, NONE AROUND HIM, INCLUDING HIS FAMILY, AND THOSE 'COMPILED THE BIBLE' KNEW NOTHING AT ALL! EXCEPT A 'MAKE BELIEVE' MENTION AS 'LOST YEARS'.
- And also, none of the Bible that I have read, has any mention of one of Jesus' closest apostle Thomas' life and teachings in India, and his martyrdom...Gospel of st. Thomas.
- Even the REAL Christianity and Jesus whose core teachings 'YOGA and SANATAN DHARMA' ('YOKE-MEDITATION' and ETERNAL TRUTH) have roots in India.
- In one of the internationally celebrated DAILY DEVOTIONAL - 'Jesus Calling' by SARAH YOUNG, one can truly experience 'YOKE-MEDITATION'







- ...Bible, in some sense, seems to be a politically influenced, sectorally biased, spiritually compromised, cleverly manipulated and commercially motivated, a text... Not ALL, really 'THE BIBLICAL TRUTH'
- We need to have some objective deliberations on whatever, the historical reality... and to let everyone know the real TRUTH
- We need to be positively 'EVOLUTIONARY' all the time; and 'REVOLUTIONARY' at times...This is perhaps one such time, at the fag end of my life/Ministry!
- Would much appreciate every believers input...we are ALL in it together.

Rev. (Dr.) George Neelankavil







early first century...

Our family/surname NEELANKAVIL is one of the first seven HINDU (Namboothiri) families converted by Apostle Thomas, at Palayoor (near Guruvayoor) Kerala, India, in the

historcial Perspective

There are a lot of historical evidence that Jesus had spent most of his lifetime in India...It was this fact, perhaps, also the reason he was crucified - as his teachings were perceived as 'Eastern Pagan Wisdom'...

...It is interesting that many of the very old Ishanni (now Saint Thomas Christian) temples in South India have golden "dharma towers" in front of them just like those in the temples of Vishnu....



Chronology of Apostle Thomas in India

EVENTS - YEAR

Saint Thomas the Apostle at King Gondaphares in North India. - 40 AD

Saint Thomas the Apostle lands at Cranganore. - 52 AD

Saint Thomas the Apostle builds churches or communities (Palayoor, Kodungaloor, Parur, Kokamangalam, Niranam, Nilackal, Kollam). - 52-68 AD

Martyrdom of Saint Thomas the Apostle at Mylapore, India July 3rd.- 68-72 AD



Over 2000 years old lance head that was used to kill St. Thomas





Rpostolic Ministry in India

A vast majority of early writings point to thomas's apostolic ministry in India specifically Cranganore along the Malabar coast from 52 A.D to 68 A.D.

His journey through Kerala resulted in numerous conversions. After spending 10 years on the Malabar coast he is said to have traveled Eastwards across the Deccan Plateau, Arriving in Mylapore in 68 A.D.

The cave at little mount used to be his favourite preaching spot.

A 2000 years old never drying, miraculous stream of water on rock face is a shining example of the apostle's divine (overtures) exploits. Thomas, is said to have struck the dry mountain rock and water trickled out as a small stream. 2000 years have passed by and even unto this day this infinite source of water is quenching the thirst and curing illness of millions of faithful pilgrims and devotees. The church atop St. Thomas mount was built by Portuguese in 1547 to mark the spot here. It was on this St. Thomas mount that the apostle was killed by a lance which pierced through his backside. A blood stained cross which the apostle is said to have been clutching during his martyrdom would bleed annually on 18th day of December commencing 1551 through the years to 1704.

His mortal remains were buried in the location over which the present day Santhome Cathedral Basilica stands. Sometime in the 10th century AD a group of Nestorian Christians from Persia founded the Christian village of San



Thome and proceeded to build a church over the burial site of St. Thomas. This structure fell to ruins between 14th and 15th century. In 1522 the Portuguese moved the apostle's remains to a new tomb and church which attained the status of Cathedral in 1606.

Nearly 2000 years have gone by and with it the several invasions, devastations caused by nature and humans reducing it to mere stone and mortar, this holy structure has seen it all.







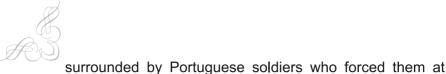


The Beginning of the End

Because Kerala was a center of international trade, some contact took place between the Ishannis and the Christians of the Middle East and Europe. After some centuries the Syrian Christians, some of which settled in Kerala, persuaded the Ishannis to adopt their rituals and worship. Nevertheless their distinctive ways and identity were preserved.

At the coming of the Portuguese colonialists to India in large numbers, however, this began to change. Christians from Europe were always received in total friendship by the Ishannis and often given places to live. In many instances the Ishannis interceded with the local rulers in gaining residency and trade permissions for the Europeans. But sadly, on the part of the opportunistic Europeans there was no such sincere openness, and as soon as any political ascendancy was attained, pressure was brought to bear on the Ishannis to convert to the Christianity of the Westerners.

This came to an appalling climax in the last year of the sixteenth century when the Portuguese Roman Catholic Archbishop of Goa, Alexius Menezes, summoned all the Ishanni clergy and a considerable number of laymen to the town of Diamper to supposedly bring peace and reconciliation between them and the Portuguese Catholics. In response one hundred fifty-three priests and about six hundred and sixty laymen attended. The Ishannis were asked to bring all their liturgical and theological texts—especially their ancient texts containing the teachings of Saint Thomas—so they could be "examined." Believing that the Europeans wanted to sincerely discover the spiritual traditions of Saint Thomas, and therefore of Jesus, they did so. Their horror was boundless when they found themselves



at

surrounded by Portuguese soldiers who forced them at gunpoint to surrender their precious manuscripts, which were then burned in their presence at the order of the Archbishop. Because of this "It is not possible to write a complete history of the Christians in South-West India, because the ancient documents of their churches were destroyed by fire at the Synod of Diamper in 1599," as Cardinal Tisserant admits.

Not only were the books brought to Diamper destroyed, Archbishop Menezes later went from church to church searching for more books and burning entire libraries in many places—even in areas where the Portuguese had no political jurisdictions whatsoever. The liturgical texts containing the rites of the Saint Thomas Christians were especially sought out and destroyed because they revealed how utterly the other churches had departed from the original ways of Christianity, and because they expressed the correct view of Jesus as a Son of God by attainment and not as the creator God incarnate. A list of forbidden books was made at Diamper, and any who read or listened to them being read were automatically condemned.

Over the course of the next days the Archbishop also engaged in harangues to "correct" the ways of the Ishannis (henceforth to be known as "Saint Thomas Christians") and bring them into conformity with those of "the one, holy, catholic, and apostolic See of Rome."

...The Synod of Diamper did have one positive effect, though a backhanded one. By reading the fulminations against the "pagan" ways of the Ishannis and the official condemnations of them we are able to establish that the they were indeed orthodox Hindu Brahmins who revered Jesus as a teacher but considered themselves one with the other segments (sampradayas) of Hinduism....



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...When the Jesuits that were present at the Diamper assembly officially objected to the outrageous actions of Archbishop Menezes, he coolly remarked that "he behaved like that just to show the way of salvation to the assembled without hindrance." Cardinal Eugene Tisserant was apparently of the same mentality when, in 1957, he wrote in Eastern Christianity in India: "Instead of destroying the existing Syriac manuscripts, he [Archbishop Menezes] could have had them corrected, but his method was that of certainty, so that any future heresy could be more easily averted..."

'...Thus was the beginning of the great loss of identity and knowledge which today is no doubt irreparable. Some were the results of persecution and some the results of false friendship and influence on the part of Western missionaries. In this way both Catholic and Protestant Europe managed to wreak undeniable and profound damage on the Saint Thomas Christian Church. Slowly the Ishanni (Hindu) traditions were eroded until today only tokens remain. Their subsequent history and identity is so confused that even the Saint Thomas Christians of today are not sure about much of it...'









The Situation Today

- '...Despite the sad picture of the Saint Thomas Christian Church having lost most of its heritage from Saint Thomas, the good news is that history itself shows that Jesus was a Sanatana Dharmi and a Nath Yogi. And both traditions are intact and flourishing today. Therefore those who wish to truly be "of Christ" and follow him need only ensure that they are genuine adherents of Sanatana Dharma, Yoga, Eternal Truth and Yoke-Meditation...'
- '...After the Roman Catholic Portuguese authorities had assassinated Mar Ahatalla, a Syriac Orthodox bishop who had come to India to find out why the Saint Thomas Christian Church had lapsed in its contacts with the Syriac Patriarchate, a multitude of Saint Thomas Christians gathered at Saint Mary's Church at Mattancherry on January 3, 1653 and took a solemn oath on the Coonan Cross to no longer have any connection whatsoever with the Roman Church.

So many had come for this oath-taking, that ropes were tied to the cross and the oath-takers held on to the ropes in order to be "touching" the cross. After this oath was taken, 199,600 Saint Thomas Christians severed all relations with the Roman Church, only 400 remaining loyal to Rome. Since that time the Saint Thomas Church has remained autonomous, its chief bishop bearing the title of Catholicos, as do some other heads of Eastern Churches such as the Armenian Apostolic Church, the Assyrian Church of the East and the Georgian Orthodox Church...'

...Bible, in some sense, seems to be a politically influenced, sectorally biased, spiritually compromised, cleverly manipulated and commercially motivated, a text...Not ALL, really THE BIBLICAL TRUTH'







...we need to have some objective deliberations on whatever, the historical reality, ...and to let people know the real TRUTH...

Further Reading:

- The Christ of India which tells of Jesus' spiritual connection with India.
- The Basic Beliefs of Saint Thomas Christianity, and Our View of Dharma as Saint Thomas Christians
- Yogis Who Saw Jesus







Further On...

I had some strangely mixed response to the above piece I sent on 'ORIGINAL CHRISTIANITY': - some 'INNOCENTLY IGNORANT!! and others 'IGNORANTLY ARROGANT!! : and ARROGANTLY AGGRESSIVE... and a few 'SAFELY SILENT... I accept all, as expected, in its strides...

Within my own personal possibilities / limitations, I have had some detailed homework. That's what inspired me to compile that small piece.

I know, I am in reality, a loner in this pursuit.

It will be very difficult to find any one like me:

A rarely privileged 'descendant' of one of the first families converted by Apostle Thomas himself.

More than last 20 years of focused study/exposure to more than 40 internationally acclaimed Christian Churches, ministries, educational and healthcare institutions, starting with my miraculous meeting with Rev. Dr Pat Robertson (Founder/chancellor: Regent university/CBN, and an acclaimed world Christian/political leader.) He made me an Advisor of the university, where I also enrolled myself for a PhD in organizational leadership...as well as taught the same program...

With my passion/burden for 'CHRISTIAN LEADERSHIP TO BLESS THE WORLD', I think Lord had a purpose in showing





me around, on an in depth study of what's happening/not happening and what SHOULD happen in HIS name...both in India/USA.

Based on whatever scripture learning I had, I was also ordained by one of the Bible Churches in USA, into their Gospel Ministry, as a Minister and Chair of their GLOBAL MINISTRY.







Christian Leadership Crisis

There is a severe CHRISTIAN LEADERSHIP CRISIS in the world...we don't have any worthy Christian leaders, and almost ALL the Christian institutions (Educational/healthcare...) in USA are ALL dead. In India also, it's in that precarious conditions, except some few individuals/families are 'flourishing'...

WE ARE NOT REALLY FALLOWING JESUS' GENUINE TEACHINGS

ONLY BRAINWASHED BY SOME FAKE SELF-CENTERED/BIASED FOREIGN MINISTRIES / PREACHERS...

it's IMPERATIVE THAT WE GET ON TO THE RIGHT TRACK, SOONER THAN LATER...

It's high time, Stephen Covey, John Maxwell... and the like from the west, should really concentrate on developing Christan leaders in their own country

They wouldn't have had this pitiable situation of Indians taking over their leadership positions, be it the Fortune 500, universities...and even Government...

It's also a sad scenario, we hardly find any indian Christians among those leaders...

It's a blessing in disguise that there are now legitimate restrictions on FCRA-\$£€ inflow which had killed the real Christianity and created some false 'Churchianity' Missionality' of all individual whims and fancies...building their own personal kigdom!





Core Teachings Of Jesus and Resurrection Of Christ Within

We need to get back to the real teachings of Jesus, and the resurrection of Christ with in us!

"Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing. If anyone does not remain in me, he is like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whateveryou wish, and it will be given you."

-JOHN 15:4-7

'Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will'

—ROMANS 12:2

'She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

-LUKE 10:39-4

"Come to me, all you who are weary and burdened, and I will give you rest. Take my YOKE upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my YOKE is easy and my burden is light."

---MATTHEW 11:28-30







The word YOGA is from a Latin word YUJ meaning YOKE...

One of Jesus' 'YOKE- MEDITATION' is what YOGA is all about - Union with the Creator...

Whether the so called 'Christians' have approved or not, Jesus is accomplishing His mission. YOGA has become a universally accepted and beneficial a phenomena / process - UN/WHO/HARVARD...

THE BURDEN IS TOO HEAVY...WE NEED TO YOKE WITH HIM...





Some Global Research On Meditation

- 1. EXCERPTS FROM KEN BOA'S BOOK: 'CONFORMED TO HIS IMAGE'
- 2. SOME CRITICAL REVIEW ON BOA'S BOOK
- 3. EXCERPTS FROM A COMMENTARY ON THE NEW TESTAMENT

1. EXCERPTS FROM KEN BOA'S BOOK: 'CONFORMED TO HIS IMAGE'

SOLITUDE AND SILENCE

Solitude is the most fundamental of the disciplines in that it moves us away, for a time, from the lures and aspirations of the world into the presence of the Father. In solitude, we remove ourselves from the influence of our peers and society and find the solace of anonymity. In this cloister we discover a place of strength, dependence, reflection, and renewal and we confront inner patterns and forces that are alien to the life of Christ within us.

Silence is a catalyst of solitude; it prepares the way for inner seclusion and enables us to listen to the quiet voice of the Spirit. Few of us have experienced real silence, and most people would find it to be quite uncomfortable at first. Silence is totally at odds with the din of our culture and the popular addiction to noise and hubbub. This discipline relates not only to finding places of silence in our surroundings, but also times of restricted speech in the presence of others.

Meditation is a close relative of the disciplines of prayer and study, and it also depends on the disciplines of solitude and silence. Meditation has become such a lost art in the West that we typically associate it with Eastern religions. Far from





emptying the mind, however, biblical meditation focuses the mind on the nuances of revealed truth. To meditate on the Word is to take the time to ruminate and ponder a verse or a passage from Scripture so that its truth can become more real and sink more deeply into our being.

The Discipline of Meditation

It is impossible to think about nothing. Try it, and you will be aware of yourself trying to be aware of nothing—a zoo of images and thoughts will run through your mind in spite of your efforts to squelch them. Since the mind does not shut off, the issue is not whether we will think or even meditate; it is what we will think about and where we will direct our thoughts.

Listen to this old proverb:

Sow a thought, reap an act;

Sow an act, reap a habit;

Sow a habit, reap a character;

Sow a character, reap a destiny.

Whether we like it or not, we are always sowing thoughts, since our minds are constantly dwelling on something. The experience of discursive meditation is universal, but the practice of directed meditation is rare. The discipline comes in the effort to deliberate in which we will set our minds, and in the skill of gently returning to it when we find that we have wandered

As the saints in previous centuries have attested, meditation is an integral component of Christian spirituality, and yet it has largely fallen into disuse in our time. Many believers have become suspicious of the whole idea, since they think it refers only to the consciousness-voiding techniques of Buddhism, Hinduism, and the New Age movement.









However, as the psalms make clear, a biblical approach to meditation does not empty one's consciousness, but fills it with the truths of God's revealed Word. To meditate on Scripture and on the person and works of God is to take nourishment for our souls by extending our roots more deeply into holy ground. The more we take root downward, the more we will bear fruit upward (Isaiah 37:31). As we feed on the Lord by focusing our minds, affections, and wills on Him and on His words (Joshua 1:8; Psalm 1:2-3; John 6:63), we commune with Him and manifest the fruit of His excess life (John 15:4-8).

The apostle Paul underscored the importance of the believer's thought life when he instructed the Colossians to set their minds on the things above, not on the things that are on earth (Colossians 3:1-2). For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit" (Romans 8:5). Similarly, the apostle exhorted the Philippians to engage in a biblical form of positive thinking: "Finally. brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things" (Philippians 4:8). This is not an easy practice, since it is far easier to dwell on thoughts that are untrue, dishonorable, wrong, impure, and ugly, and on things that are of bad repute, shoddy, and worthy of blame. Gossip and criticism are often more appealing in conversation about others than commendation and praise. In addition, we are more likely to view our circumstances in terms of the benefits we lack rather than the blessings we have received, and this is why our prayers are high on petition and low on thanksgiving. (If you don't believe this, try offering nothing but prayers of thanksgiving for twenty minutes, and









see how often you have the impulse to slip in prayers of request.) Remember that the heart will make room for that upon which it dwells.

Some people have negative associations with the idea of contemplation. These three points should help reduce potential confusion in this area:

First, contemplative spirituality is not the beginning point for those who are new to the faith. Spiritual infants need to grow in their knowledge of Scripture and "the elementary principles of the oracles of God" (Hebrews 5:12). "For everyone who partakes only of milk is not accustomed to the word of righteousness, for he is an infant. But solid food is for the mature, who because of practice have their senses trained to discern good and evil" (Hebrews 5:13-14). The disciplines of extensive Bible study and grounding in good theology should be regarded as prerequisites to the practice.

Second, meditation and contemplation must always be tethered to the truth of the Word. Contemplation is not an introspective New Age practice of altered consciousness or voiding the mind of content. Engagement in bogus mysticism and introspection leads at best to sloppy sentimentality and self-delusion, and at worst to demonic influences. We circumvent this dangerous territory by commitment to sound doctrine, by being comfortable with a high view of Scripture, and by approaching the Word with a willingness to study it and put it in practice. The contemplative way should never be regarded as an end in itself or a substitute for obedience and faithful living in this world.

Third, meditation and contemplation are not limited to people with certain personalities, temperaments, and abilities. Some will naturally find this approach to be more attractive and









accessible than others. But regardless of natural attraction, this way of developing spiritual passion and longing for God is beneficial for all mature believers.

Followers of the contemplative approach make the love of God their supreme and unrivalled object in life. This hunger and thirst for righteousness is the soul's love affair with its summum bonum, the highest good for which it was created. This involves both contrition (broken-heartedness) and cherishing (worshipful attention). It is a shifting of the center of focus so that the gaze of the heart is turned away from ourselves to the triune God. It is the gradual development of a spiritual reflex so that we experience the liberty of the single, clear eye that is steadily fixed on Jesus (Luke 11:34; Hebrews 12:2).

To You I lift up my eyes, O You who are enthroned in the heavens! Behold, as the eyes of servants look to the hand of their master,

As the eyes of a maid to the hand of her mistress, So our eyes look to the Lord our God, Until He is gracious to us. (Psalm 123:1-2)"

Although the contemplative approach to Christian spirituality involves disciplines of renewing the mind and engaging the will, it is primarily an experiential way of the heart. It travels the mysterious path of realized fellowship with God through experiences of personal, loving, and intimate perception. Since "prayer is to religion what original research is to science" (P. T. Forsythe), contemplatives explore the spiritual milieu of apprehending God not by hearsay but by personal encounter. They have learned to "taste and see that the Lord is good" and to take refuge in Him (Psalm 34:8). They have







acquired a growing thirst for the river of living water that springs from the throne of God (see Ezekiel 47:1-12; Revelation 22:1-2). "If anyone is thirsty, let him come to Me and drink. He who believes in Me. as the Scripture said. 'From his innermost being will flow rivers of living water" (John 7:37-38). Because Christ indwells us. His life is an artesian well that would flow out of us. Contemplative prayer draws from this well by turning inward toward the God who is closer to us than we can conceive. This form of prayer invites the mind to descend into the heart and to bow in silence before the living God. This concept of the heart refers to "the deepest psychological ground of one's personality, the inner sanctuary where selfawareness goes beyond analytical reflection and opens out into metaphysical and theological confrontation with the Abyss of the unknown yet present—one who is 'more intimate to us than we are to ourselves,' as Thomas Merton wrote in Contemplative Prayer. Contemplative prayer nourishes the interior life and begets a luminous serenity that can permeate the various components of exterior life. It is a spiritual homing device that attunes us to the Presence that alone can satisfy our deepest longings.

Be still, and know that I am God.... In repentance and rest you will be saved, in quietness and trust is your strength" (Psalm 46:10; Isaiah 30:15). Many of us suffer from the delusion that activity, accomplishments, size, and hubbub endear us to God and confirm His blessing. Although it runs against the grain of our surrounding culture, we must learn to practice the art of stillness, of quietness, of listening, and of receiving if we desire to be intimate with God. Because it takes time and loving attention to sustain a quality relationship, the Lord is more interested in our presence with Him than in our performance for Him. While we come to love God by knowing Him, it is just as true that we come to know God by loving Him. Contemplative prayer seeks to apprehend God through love







and faith in such a way that theology is not merely speculative but lived. When the will is driven by affective intention, we desire to know God for Himself, even when this knowledge leads us beyond the level of human ideas into the darkness of faith.

In The Love of God, Bernard of Clairvaux distinguishes four degrees of love. In the first, we love ourselves for our own sake, and in the second, we love God for our own blessing. In the third degree of love, we love God for God's own sake. Few sustain this blessed degree of love that is unsullied by self-interest in which we love those things that belong to Jesus Christ "even as Christ sought our interests, or rather sought us, and never looked after His own." But Bernard goes on to say, "Blessed is the man who can attain the fourth degree of love. Then he will love himself only in God!" To be possessed by this degree of divine love can only be a gift that is marked by the fragrance of heaven, not of earth

Meditation (Meditatio)

As you move from reading to meditation, you are seeking to saturate and immerse yourself in the Word, to luxuriate in its living waters, and to receive the words as an intimate and personal message from God. The purpose of meditation is to penetrate the Scriptures and to let them penetrate us through the loving gaze of the heart. The term "mental prayer" is often associated with meditation, but this could be misleading, since lectio, meditatio, and oratio involve not only the mind, but also the heart. Meditation attunes the inward self to the Holy Spirit so that our hearts harmonize and resonate with His voice. Meditation is a spiritual work of holy desire and an interior invitation for the Spirit to pray and speak within us (Romans 8:26-27) in such a way that our whole being is transformed into greater conformity with Jesus Christ. It is an







intentional process of building our passion for Christ by meeting with Him and spending time with Him to know Him more clearly, to love Him more dearly, and to follow Him more nearly. By meditating on God's truth, we are inviting Christ to be formed in us (Galatians 4:19) by a deliberate dwelling on His words. Thus, mental prayer should not be seen as an abstract exercise but as a vital vehicle for the metamorphosis of the soul.

"This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success" (Joshua 1:8). This familiar verse tells us that the path to success as God defines it is the habit of making space in our lives to meet with God in His holy Word with a heart intention to apply what He reveals through obedient action. Only those who delight in God's Word and habitually meditate on it (Psalm 1:2) will experience the fullness and stability of God's purpose and calling. May you be one of them.

Suggestions for Meditation

- Since it is God's love for us that teaches us to love Him, we should not regard meditation as an objective method or technique, but as a person-specific process. It is good to experiment with different approaches until you find a pattern of meditation that resonates best with your soul.
- Acknowledge the holiness of the God you are approaching and the richness of the gift of faith that makes it possible for you to enjoy an encounter with Him through His Spirit.
- Meditation is a long-term process that builds upon itself. The more we absorb Scripture, the greater our mental storehouse becomes. As this process continues for months and years, we experience the phenomenon of reminiscence in which a word



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or phrase spontaneously evokes a wealth of imagery from other parts of Scripture. This can be an exciting and creative experience in which we see connections and rhythms we never perceived before. These chain reactions, the fruit of habitual meditation, develop "the mind of Christ" (1 Corinthians 2:16) in us.

- Allow enough time to enjoy the text; to rush this process is like running through a great art gallery.
- Meditation on Scripture involves chewing or ruminating (ruminatio) on a word, phrase, passage, or story. To carry this analogy further, when we masticate the text in our minds, we release the full flavor as we assimilate its content.
- Don't force meditation or make impatient demands of immediate gratification and results. Meditation will do you little good if you try to control the outcome.
- When you encounter something that speaks particularly to you, you should note it so that you can reflect on it later. You may find it helpful to make written reminders that you can carry with you.
- It may also be beneficial to keep a journal of your personal reflections on the text. If you do this, you will need to be open and honest with yourself in the things you record. The advantage of a journal is the creation of a private record that can be reviewed from time to time.
- Personalize the words of the text and "real-ize" them; receive them as God speaking to you in the present moment. Try to hear the passage as though for the first time, personally addressed to you.
- When a passage speaks to you, consider meditating on the same text for several days before moving on to another.
- The millions of images we have been exposed to through



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television, movies, magazines, newspapers, etc. have not sharpened but dulled our creative imagination. More than ever, we need to develop and sanctify our imagination, because the truth of Scripture and spiritual experience is "impregnated with a mysterious light impossible to analyze" (Jean Leclercq). A sanctified imagination will enable us to grasp more than we can see, but we need the lifeline of Scripture to tether us to the truth.

- Many people have found it helpful to engage the five senses when meditating on biblical stories, especially the stories in the Gospels. This process makes the scene more present and real to us and it helps us transition from the cognitive, analytical level to the affective, feeling level of our being.
- In addition to the imaginative use of the senses, it can be illuminating to put yourself in the story. How would you have reacted, and what would you have thought and said if you were there?
- The Spiritual Exercises of Ignatius of Loyola incorporates these and other meditative techniques and has useful insights on contemplating the incarnation, life, death, resurrection, and ascension of Christ. The various meditations and prayers prescribed in Introduction to the Devout Life by Francis de Sales (e.g., on our creation, the end for which we were created, sin, death, humility, God's love for us) are also valuable resources for many. But because of differing temperaments, not everyone will find such methodical meditation schemes to be of help. Most people are sensory, but some are more analytical, and others are more intuitive. Intuitives will benefit more from savoring the truths of a passage than from its imagery. "Pray as you can, not as you can't!" (Dom Chapman).
- Meditation on the Psalms (meditatiopsalmorum) has edified the saints for thousands of years and should be a regular part of our spiritual diet. It is enormously beneficial in all seasons and conditions of life to savor and absorb the meaning of the Psalms in the depths of one's heart.



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- Ideally, meditation should address the mind, the emotions, and the will. Ruminating on Scripture stimulates our thinking and understanding and it also elevates the affections of the heart. It reaches the will when we resolve to let the passage shape our actions. Intellect, imagination, and volition should not be divorced from one another.
- Accept the fact that you will often encounter problems with distraction and inattention. Do not be disturbed when your mind wanders, but gently and calmly return to the text before you. It is much better to desire God without being able to think clearly of Him, than to have marvelous thoughts about Him without desiring to enter into union with His will" (Thomas Merton, New Seeds of Contemplation). Normally, it is best to resist the temptation to be distracted by practical concerns, but sometimes it can be helpful to turn these concerns into subjects of meditation in light of the truth of the text.
- Remember that meditation does not need to produce evident affection or consolation in order to be beneficial. The quest for moving experiences can lead to the self-deception of emotional melodrama and counterfeit mysticism.

SOME CRITICAL REVIEW ON BOA'S BOOK:

The title of Ken Boa's book, Conformed to His Image, is taken from the Scripture Romans 8:29: "For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren." However, before believers delve into this book with the hope it will show them how to be conformed into the image of Jesus Christ, an examination of this book is needed.

In Boa's book, in a section on lectio divina, Boa recommends turning to Richard Foster for further guidance. He suggests







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readers use Foster's book Devotional Classics, which is a collection of 52 writers (more than half of them mystics). Boa quotes Foster throughout the book, and he quotes several other contemplative promoting authors too. While Boa gives a limited warning about heavy duty mystics/panentheists like Matthew Fox and Meister Eckhart, his promotion of Richard Foster and other contemplatives makes those warnings rather innocuous. It's kind of like telling a teen to stay away from heroin but go ahead and use cocaine. And in some ways it is even more dangerous because the one (Eckhart and Fox) is so obvious to many, but the other (Foster) appears to be completely harmless because it is enveloped in Christian veneer.

Boa references mystic Jean Pierre de Caussade's book Abandonment to Divine Providence, referring to the "sacrament of the present moment", a concept often used to encourage people to enter the silence.

In addition to referencing Richard Foster several times, Boa also favorably references: Gary Thomas (Sacred Pathways), Brother Lawrence, Bill Hull, Larry Crabb, and Ignatius of Loyola. Of the latter, Boa says: "The spiritual exercises of Ignatius of Loyola incorporate these and other meditative techniques."

The book also favorably refers to and/or quotes Julian of Norwich, Thomas Kelly, Thomas Merton and Thomas Keating, all of which had or have panentheistic views. Of Keating and Merton, Boa says that thanks to them the "ancient practice" of lectio divina has been reintroduced to both Catholics and now Protestants. Merton is referred to several times in the book.

For those who wish to become "conformed to the image" of Jesus Christ, Ken Boa's book is not a good place in which to







turn. By reading and following the advice of his book, one could end up being more conformed to the image and spirituality of Thomas Merton, who said he wanted to become the best Buddhist he could be and said he was impregnated with Sufism (Islamic mysticism).

EXCERPTS FROM A COMMENTARY ON THE NEW TESTAMENT:

THE SECOND COMING OF CHRIST: THE RESURRECTION OF CHRIST WITHIN YOU.

"...An intuitionally perceived spiritual interpretation of the Words spoken by Jesus, truths received through actual communion with Christ Consciousness..."

...A thousand Christs sent to earth would not redeem its people unless they themselves become Christlike by purifying and expanding their individual consciousness to receive therein the second coming of the Christ Consciousness, as was manifested in Jesus....Contact with this Consciousness, experienced in the ever new joy of meditation, will be the real second coming of Christ—and it will take place right in the disciple's own consciousness...

The "Only Begotten Son": Christ Consciousness

There is a distinguishing difference of meaning between Jesus and Christ. His given name was Jesus; his honorific title was "Christ." In his little human body called Jesus was born the vast Christ Consciousness, the omniscient Intelligence of God omnipresent in every part and particle of creation. This Consciousness is the "only begotten Son of God," so designated because it is the sole perfect reflection in creation of the Transcendental Absolute, Spirit or God the Father.









It was of that Infinite Consciousness, replete with the love and bliss of God, that Saint John spoke when he said: "As many as received him [the Christ Consciousness], to them gave he power to become the sons of God." ...

By proper CONTEMPLATION / MEDITATION, any seeker of Lord can enlarge the caliber of his consciousness to omniscience—to receive within himself the Universal Wisdom of God.

Hidden Truth in Jesus' Parables

And the disciples 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 the mysteries of the kingdom of heaven, but to them it is not given....Therefore speak I to them in parables: because they seeing see not; and hearing they hear not, neither do they understand."

When Jesus was asked by his disciples why he taught the people in the subtle illustrations of parables, he answered, "Because it is so ordained that you who are my real disciples, living a spiritualized life and disciplining your actions according to my teachings, deserve by virtue of your inner awakening in your meditations to understand the truth of the arcane mysteries of heaven and how to attain the kingdom of God - Cosmic Consciousness hidden behind the vibratory creation of cosmic delusion. But ordinary people, unprepared in their receptivity, are not able either to comprehend or to practice the deeper wisdom-truths. From parables, they glean according to their understanding simpler truths from the wisdom I send out to them. By practical application of what they are able to receive, they make some progress toward redemption."...







How do the receptive perceive truth, whereas the unreceptive "seeing see not; and hearing they hear not, neither do they understand"? The ultimate truths of heaven and the kingdom of God, the reality that lies behind sensory perception and beyond the cogitations of the rationalizing mind, can only be grasped by intuition—awakening the intuitive knowing, the pure comprehension, of the soul.

Christ has been much misinterpreted by the world. Even the most elementary principles of his teachings have been desecrated, and their esoteric depths have been forgotten. They have been crucified at the hands of dogma, prejudice, and cramped understanding. Genocidal wars have been fought, people have been burned as witches and heretics, on the presumed authority of man-made doctrines of Christianity. How to salvage the immortal teachings from the hands of ignorance?

Many are the churches and temples founded in his name, often prosperous and powerful, but where is the communion that he stressed—actual contact with God? Jesus wants temples to be established in human souls, first and foremost; then established outwardly in physical places of worship. Instead, there are countless huge edifices with vast congregations being indoctrinated in 'churchianity', but few souls who are really in touch with Christ through deep contemplation and meditation.

Rediscovering the Heart of Jesus' Message

The lack of individual prayer and communion with God has divorced modern Christians and Christian sects from Jesus' teaching of the real perception of God, as is true also of all religious paths inaugurated by God-sent prophets whose followers drift into byways of dogma and ritual rather than actual God-communion.









The Good Shepherd of souls opened his arms to all, rejecting none, and with universal love coaxed the world to follow him on the path to liberation through the example of his spirit of sacrifice, renunciation, forgiveness, love for friend and enemy alike, and supreme love for God above all else. As the tiny babe in the manger at Bethlehem, and as the savior who healed the sick and raised the dead and applied the salve of love on the wounds of errors, the Christ in Jesus lived among men as one of them that they too might learn to live like Him...

The Indescribable Love of God

"If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you....

"As the Father hath loved me, so have I loved you: continue ye in my love. If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in His love. These things have I spoken unto you, that my joy might remain in you, and that your joy might be full."

Jesus promised his disciples that "if ye abide in me, and my words abide in you"—if their consciousness were perfectly in tune with the Christ Consciousness and Its emanations of Cosmic Vibration—they would be able to demonstrate untold wonders through operating the universal creative principle....

Then Jesus spoke to them precious words, none dearer to the disciple's heart, that he loved them with the same divine, impartial, undying love with which the Heavenly Father loved him....Try to imagine the love spoken of by Jesus in these verses....

To feel that soul-love of all pure hearts is to be transported in an ecstasy of joy so great, so overwhelming, that it cannot be









contained—a charge of bliss passing through one's being, a thousand million volts of rapturous power. This divine emotion is beyond description — a communion of unutterable sweetness with the Infinite Grace, the Indescribable Glory, the Eternal Protection. That is the love of God which Jesus felt, and in which he sheltered his disciples: "As the Father hath loved me, so have I loved you: continue ye in my love."

The Gospel preserves a record of Jesus' words on this holy occasion; but readers should realize—and try to feel within themselves as though they, too, were present—that behind those words was the tangible vibratory presence of God. During times of divine fellowship such as Jesus' Last Supper with his disciples, those who are receptive feel transported into a higher consciousness of God-perception pouring into their hearts and minds as the master speaks. This attunement imbues the disciple's consciousness, in the highest way, whenever he summons the Lord's grace in the inner temple of deep, worshipful meditation.

The Resurrection of Jesus, and His Ever-Living Presence

...He knew throughout his life and death his power of complete mastery over his body and mind and the oft-recalcitrant forces of nature. In this modern age, 'Meditation' has been brought forward after being lost in the dark ages, as a definite method to hasten the spiritual evolution of human consciousness and open the inner cerebrospinal pathway of ascension, releasing the soul through the spiritual eye into the kingdom of the Holy Spirit,, the Christ Consciousness, and the Cosmic Consciousness of God the Father.

The Kingdom of God Within You







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There is a beautiful teachings of Jesus Christ to enter the "Kingdom of God", the reflection of God in man, to its rightful rulership of the bodily kingdom, with full realisation of the soul's godly states of consciousness. When man is settled in that inner kingdom of divine consciousness, the awakened intuitive perception of the soul pierces the veils of matter, life energy, and consciousness and uncovers the God-essence in the heart of all things...

The way of God-union through meditation, is the process of actual realization of the kingdom of God that lies within oneself. One can find that kingdom by awakening the astral and causal centers of life force and consciousness in the spine and brain that are the gateways into the heavenly regions of transcendent consciousness. One who achieves such awakening knows the omnipresent God in His Infinite Nature, and in the purity of one's soul, and even in the delusive cloaks of changeable material forms and forces..."

Youtube link:

https://www.youtube.com/watch?v=aBVuiALRq-s&t=2s

https://www.youtube.com/watch?v=8GjMYstN1pc







Universal Spiritualism

Universal Interpretation

The spiritual leaders of any religion never ever intended to foster inimical doctrinal divisions; their teachings should not be interpreted to that end. **Truth is meant for the blessing and enlightenment of the whole humanity.** The three fold meaning identical in almost all religious beliefs, is *summum bonum* of the way to God-realization, have a three fold meaning material, mental, and spiritual. They are divine wells of "living waters" that can quench humanities thirst of body, mind, and soul.

The materialism emphasizes value as applied to physical and social well-being the lifestyle pertinent to man's personal, familial, business, community, national, and international duties as a universal human family.

The mental interpretation help improvements of mind and understanding development of intellectual and psychological faculties, thoughts and moral values.

The spiritual interpretation help personal realization of each soul's infinite divine potentials as an immortal child of God, through devout communion and ultimate oneness with the Heavenly Father Creator of all.

Even though material and the psychological interpretation of scriptures are necessary for the right lifestyle conduct of a balanced, God-centered life, it is the spiritual interpretation of supreme importance. Even the most materially or intellectually







accomplished individuals may fail to make a true success of life. Rather it is the person of spiritual attainments who really achieves all-round success, which means to be happy, healthy, intelligent, contented, and truly prosperous with blissful, all-fulfilling wisdom through God-communion.

Basis of Religion

The Bible, the Bhagavat Gita and other Scriptures all contain the science of life; the eternal principles of truth and philosophy of living that make life beautiful and harmonious. Philosophy is the love of wisdom; religion, as taught by the scriptural prophets, is likewise devotion to highest truth. The personal realization of truth is the science behind all sciences. But many of us, religion has devolved to a matter of belief only.

The science of religion emphazise the universal truth common to all the basis of religion and enlightens how by their practical applications, all abundant lives their lives according to the Divine design.

There is a vast difference between theoretical religion and philosophy and their practical applications. Practically speaking, philosophy consists of three parts. Ethics, Psychology and Metaphysics. These three aspects are covered in the Hindu and Christian Scriptures, as well as the other major religions

ETHICS: Scriptural truth as applied to material life the science of human responsibility, moral values and behavior.

PSYCHOLOGY: Truth applied to mental well-being facilitates introspection and self-study by which one endeavors to discover









what he is so that he can correct himself and become what he should be.

METAPHYSICS: Truths pertaining to the spiritual dimension of life the nature of God and the science of knowing Him. These three together practically constitute religion

Cosmic Consciousness

In all of us, is born the vast Cosmic Consciousness, the Omniscient Intelligence of God omnipresent in every part and particles of creation. This consciousness is the sole perfect reflection in creation of the Transcendental Absolute, Spirit or God. All of us can be united with God / Cosmic Consciousness by intuitive scientific / meditation.

Just as a small cup cannot hold an ocean within itself, the cup of human consciousness, limited by the physical and mental instrumentalities of material perceptions, cannot grasp the universal cosmic consciousness, however much we desire to have. By the proven science of meditation known for ages to the yogis and sages of India, any sincere and serious seeker of God can enlarge the caliber of his consciousness to omniscience to receive within himself the Universal Intelligence of God. This cosmic wisdom has to be accomplished by communion, not by rationalization.

The only authentic scriptural interpretation is the testimony of actual perception to go into that state of consciousness in which the prophets perceived the truth they expounded and there by experience the meaning they intended.



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The vast knowledge of the universe discovered by great astronomers through intense study and the use of telescopes is not possible by lay persons with out necessary training and equipment. Similarly, enlightenment about Truth and Spirit through the clarifying telescope of their intuition can be known only when we extended their vision by the use of our inner telescopic intuition hidden in the chamber of our souls.

The Heavenly Bliss Within You

It is not a big deal to feel elated or self-righteous, or expect gratitude and honor from the heavenly Father, just because one follows the divine path and obeys its commandments. Such behavior is for our own good and leads to our own emancipation; it is no favor rendered to God, but rather our bounden and privileged duty under cosmic regime of the Divine Ruler.

However, the material nature of most, who even when they are the beneficiaries of providential gifts, rejoicing in their good fortune but remain ungrateful and thoughtless in recognition of the Giver

For a perennial seeker of permanent happiness and freedom from all suffering: **The kingdom of God of eternal, immutable, evernewly blissful Cosmic Consciousness is within them.** Behold our soul as a reflection of the immortal Spirit, and we will find our self encompassing the infinite empire of God-love, God-wisdom, and God-bliss existing in every particle of vibratory creation and in the vibration-less Transcendental Absolute."

The ordinary consciousness is tied to the flesh, and through the









two physicals eyes we can see only into the diminutive playhouse of the earth and its encircling starry sky. Through the small outer windows of the five senses, body-bound souls perceive nothing of the wonders beyond limited matter.

When we are high aloft in an airplane we see no boundaries, only the limitlessness of space and free skies. But if we are caged in a room, surrounded by windowless walls, we lose the vision of vastness. Similarly, when one's soul is sent out of the infinity of spirit into a sensory-circumscribed mortal body, his outer experiences are confined to the limitations of matter.

We can see and know only as much as the limited instrumentality of the senses and reason allow. Just as by a two inch telescope the details of the distant stars cannot be seen

We cannot fathom anything about the heavenly kingdom of God through the un-augmented power of our mind and senses. Just as a 200-inch telescope enables us to peer into the vast reaches of star-peopled space; by developing the intuitional sense through meditation we can behold and enter the causal and astral kingdom of God-birthplace of thoughts, stars, and souls.

We should transcend the mortal impositions of the body by self emancipation. Through awakening of the "sixth sense," intuition and opening of the spiritual eye, our illumined consciousness can enter into the kingdom of God.

Among all living creatures, the human body alone was equipped, as a special creation of God, with the instruments and capacities necessary to express fully the soul's divine potentials. However,









through the delusion of Satan, we ignore our higher endowments and remain constrained to the limited fleshly form and its mortality

As individualized souls, Spirit progressively unfolds its power of knowing through the successive stages of evolution: as unconscious response in minerals, as feeling in plant life, as instinctive sentiment knowledge in animals, as intellect, reason, and undeveloped introspective intuition in man, and pure intuition in the superman.

As instinct confines the animal within prescribed limits, so also does reason circumscribe the human being who does not try to be a superman by developing intuition. The person who worships reason only and is not conscious of the availability of his power of intuition by which alone he can know himself as soul remains little more than a rational animal, out of touch with the spiritual heritage that is his birthright.

The macrocosm of the universe with its diverse beings is made of the divine vibrations, or cosmic energy, of the Holy Spirit, imbued with the Cosmic Intelligence, which in turn is a reflection of the Cosmic Consciousness of God. We are a microcosm of the universe: a combination of body, life force, and consciousness. Our consciousness is a reflection of Cosmic Consciousness, our soul differentiated by our own personalized ego. Our life force is individualized cosmic energy. Our body is condensed cosmic energy, enlivened by life energy









Aum/Hum/Amin/Amen

AUM: The vibratory force emanating from Spirit, endowed with the illusory creative power of MAYA, is the Holy Spirit Cosmic Vibration, the Word, Aum (Om) or Amen. All things, all created planets and living beings in the Holy Spirit, or Holy Vibration, are nothing but the frozen imagination of God. This Holy Spirit in the Hindu Scriptures is called Aum or Maha Prakriti (Great nature, the Cosmic Mother that gives birth to all creations); by the scientists, the structure of matter, its tissue or material, is also known, to a lesser degree, as cosmic vibration.

These things saith the Amen (the Word, Aum), the faithful and true witness, the beginning of the creation of God (Revelation 3: 14)

The Holy Cosmic Sound of *Aum* or *Amen* is the witness of the manifested Divine Presence in all creation.

Aum of the Vedas became the sacred word Hum of the Tibetans, Amin of the Moslems, and Amen of the Egyptian, Greeks, Romans, Jews, and Christians. The meaning of Amen in Hebrew is "sure, faithful"

A Cosmic vibration omnipresently active in space could not of itself create or sustain the wondrous complex cosmos. In the coalescence of vibration into progressively evolving forms throughout the universe we see the results of a hidden Immanent Intelligence.

The transcendent consciousness of God the Father became manifest within the Holy Spirit vibration God's Intelligence in all









vibratory creation. This pure reflection of God in the Holy Spirit indirectly guides it to create, re-create, preserve, and mold creation according to God's Divine purpose.

"My womb is the Great Prakriti into which I deposit the seed (of My Intelligence); this is the cause of the birth of all beings" (God talks with Arjuna: The Bhagavat Gita XIV: 3)

Cosmic Energy

Cosmic energy in the body works as five specialized currents, empowering the performance of the crystallizing (prana), assimilating (samana), eliminating (apana), metabolizing (udana), and circulatory (vyana) activities of the body.

Life force vibrating progressively finer becomes consciousness. In the human being, the body, life force, and consciousness being three different rates of vibration- are held together by the nucleus of ego and its pure nature, the soul. In order to free the soul, from the limited three fold vibrations of the human body, life force, and consciousness, the divine consciousness in man has first to be united with the Holy Spirit, the original cosmic vibration of *Aum*, the Word, the primal manifestation of God. Thence, the consciousness merges in the omnipresent cosmic energy / vibration immanent in creation and ascends to the transcendent Cosmic Consciousness, the Father. No one can reach God the Father except through the Holy Spirit and Cosmic Consciousness Man's body, unique among all creatures, possesses spiritual cerebrospinal centers of divine consciousness in which the descended Spirit is templed.









Yoga treatises identify these centers (in ascending order as: muladhara (the coccygeal, at the base of the spine); svadhisthana (the sacral, two inches above muladhara); manipura (the lumbar, opposite the navel); anahata (the dorsal, opposite the heart); vishuddha (the cervical, at the base of the neck);

ajna (seat of the spiritual eye, traditionally located between the eyebrows; in actuality, directly connected by polarity with the medulla oblongata); and Sahasrara ("thousand-petaled lotus in the uppermost part of the cerebrum). The seven centers are divinely planned exit or "trap doors" through which the soul has descended and which it must re-ascend by a process of meditation. By seven successive steps, the soul escapes into Cosmic Consciousness. Yoga treatises generally refer to the six lower centers as chakras ("wheels", because the concentrated energy in each one is like a hub from which radiate rays of life-giving light and energy), with sahasrara referred to separately as a seventh center. All seven centers, however, are often referred to as lotuses, whose petals open or turn upward, in spiritual awakening, as the life and consciousness travel up the spine.

The holy Cosmic Vibration, the primal manifestation of transcendental God the Father, emits not only the property of light the magnificent effulgence of God's divine light and its structural lifetrons and microcosmic spiritual eye of supernal consciousness but also the wondrous sound of *Aum*, the Word, the great Amen, which is the witness or proof of the Holy Presence

When one's senses are engaged outwardly, one is engrossed in the busy mart of creation's interacting complexities of matter. Even when one's eyes are closed in prayer or in other concentrated







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thoughts, still one is in the domain of busyness. The real wilderness, where no mortal thoughts, restlessness, or human desires, intrude, is in transcendence of the sensory mind, the subconscious mind, and the super-conscious mind in the cosmic consciousness of Spirit, the un-create trackless "wilderness" of infinite Bliss.

Yoga treatise explains the awakening of the spinal centers not as some mystical aberration but as a purely natural occurrence common to all devotees who find their way into the presence of God. The principles of yoga know no artificial boundaries of religious isms. Yoga is the universal science of divine union of soul with Spirit, of man with his maker. Yoga describes the definite way Spirit descends from Cosmic Consciousness into matter and individualized expression in all beings; and how, conversely, individualized consciousness ultimately must re-ascend to Spirit.

Many are the pathways of religion and the modes of approaching God; but ultimately they all lead to one highway of final ascension to union with Him. The way of the liberation of the soul from its ties to mortal consciousness in the body is identical for all: through the same "straight" highway of the spine by which the soul descended from Spirit into the body and matter.

The causal body, the idea-matrix for the astral and physical bodies, consist of 35 idea elements, 19 of which constitute the astral body and 16 of which correspond to the chemical elements of the physical body. Hindu Scriptures identify the 19 astral-body elements as: intelligence; ego; feeling; mind (sense-consciousness); five instruments of knowledge (the sensory powers within the physical organs of sight, hearing, smell, taste,









and touch); five instruments of action (the executive powers in the physical instruments of procreation, excretion, speech, locomotion, and the exercise of manual skill); and five instruments of life force that perform the functions of circulation, metabolization, assimilation, crystallization, and elimination.

The three bodies are tied together and work as one by a knotting of life force and consciousness in seven spiritual cerebrospinal centers: a physical bodily instrument, empowered by the life force of the astral body and the consciousness from the causal form. In its residency in the triune body, the soul takes on the limitations of confinement and becomes the pseudo-soul, or ego.

Descending first into the causal body of consciousness through the ideational centers of the causal spine of magnetized consciousness, thence into the wondrous spinal centers of light and power of the astral body, life force and consciousness then descend into the physical body through the brain and spine outward into the nervous system and organs and senses, enabling man to cognize the world and interact with his material environment.

Scientific discovery of the electromagnetic energy that forms an organizing template for the physical body is described in *Vibrational Medicine* (Rochester, Vermont: Bear and Company, 2001), by Richard Gerber, M. D.)







Universal Prayers

A Universal Prayer (Taught by JESUS)

Our Father in heaven, may your name always be kept holy.

May your kingdom come and what you want be done, here on earth as it is in heaven.

Give us the food we need for each day.

Forgive us for our sins,
Just as we have forgiven those who sinned against us.

And do not cause us to be tempted, but save us from the Evil One.

The kingdom, the power, and the glory are yours for ever.

...Aum / Amen





Gayatri Mantra

(Author unknown)

Gayatri mantra is one of the oldest and most powerful of sanskrit mantras.

For ages, Gayatri mantra was a well guarded secret and out of reach even for most Hindus. It is said that if the true meaning of this mantra is fully realised, an individual transcends all boundaries of consciousness and ultimately unites with God himself.

Since the mantra is considered so powerful, rishis kept this mantra a secret to maintain its sanctity. Today, it is chanted all over the world as a supreme prayer.

This Maha mantra, reads as:

OM BHUR, BHUVA, SWAHA
OMTAT SAVITUR VARENYAMBHARGO DEVASYA
DHEEMAHIDHIYO YONAHA PRACHODAYAT

The essence of the mantra

This mantra addresses the basic principle of human existence. Though it may take years to grasp the true essence of the mantra, in very basic language, it says, "May the divine light of the Supreme Being illuminate our intellect, to lead us along a path of righteousness". It can be more elaborately translated as,







We meditate on the glory of the Creator; Who has created the Universe; Who is worthy of Worship; Who is the embodiment of Knowledge and Light; Who is the remover of Sin and Ignorance; May He open our hearts and enlighten our Intellect.

IMPORTANT TO NOTE,
IN BOTH THESE UNIVERSAL PRAYERS ARE NOT ADDRESSED TO
ANY PARTICULAR 'GOD'
- 'OUR FATHER IN HEAVEN / 'CREATOR OF THE UNIVERSE'







0m and Rmen

"Om" is actually a translation of the spelling of the sacred sound in yoga. This was actually derived from the visual of the symbol. Om is originated from "Aum" which means sacred sound, or utterance, of the universe. When chanting Om, the sounds should be made in succession of "ah" "ou" "m" spelling out aum. Om and Aum are different variations of the same word. Similarly to the spelling of "color" and "colour."

"Amen" is a huge part of the Catholic faith as well as other Christian faiths. The root of Amen is from Hebrew and later translated to Greek. In Hebrew, it means "so be it." Amen is used to conclude each Catholic prayer, and many of the Jesus' teachings, because it establishes and affirms truth (CCC 1061-4). Beyond saying Amen, the Catechism teaches that "Jesus Christ himself is the 'Amen'" (CCC 1065).

The sacred word of Amen concludes every prayer in the Catholic religion while Aum concludes almost every yoga practice.

The sound "Aum" is said to be what ignited the creation of the universe. Sound familiar? The beginning of the gospel of John says, "In the beginning was the Word, and the Word was with God, and the Word was God....All things came into being through Him, and apart from Him nothing came into being that has come into being" (NASB, John 1:1 and 3). John, the only gospel that is not synoptic, refers to Jesus as the Word throughout the gospel.

In short, the Word is Amen; Amen is Jesus; and Jesus is the Word. Aum and Amen are different translations of the same word. They are "the Word" that created the universe.





Meditation - Eastern Perspective

REVERSING THE FLOW OF CONSCIOUSNESS AND LIFE FORCE TO AWAKEN THE SPIRITUAL EYE,

The flow of the life force and consciousness outward through the spine and the nerves causes man to perceive and appreciate sensory phenomena only. As attention is the conductor of man's life currents and consciousness, persons who indulge the senses of touch, smell, taste, sound and sight find the searchlight of their life force and consciousness concentrated on matter. But when, by self mastery in meditation, the attention is focused steadily on the center of divine perception at the point between the eyebrows, the search lights of life force and consciousness are reversed. Withdrawing from senses, they reveal the light of the spiritual eye.

As one switch throws light into the two headlights of an automobile, so the astral center of super-consciousness in the medulla throws its current into the two physical eyes that behold the world of duality. But by deep concentration on the point between the two eyes, the light of the medulla flowing into the two eyes can be made to converge into the one single spiritual eye in the forehead.

Yogis lay the utmost importance on keeping the spine straight during meditation, and upon concentrating on the point between the eyebrows. A bent spine during meditation offers real resistance to the process of reversing the life currents to flow upward towards the spiritual eye. A bent spine throws the





vertebrae out of alignment and pinches the verves, trapping the life force in its accustomed state of body consciousness and mental restlessness.

By the right method of meditation on the Holy Spirit as the light of the spiritual eye and the holy sound of the cosmic vibration of *Aum*, any persevering devotee, by constant practice, can experience the blessings of the manifested vibratory presence of God. The Sacred Vibration, the Great Comforter, being imbued with the universal, reflected God Consciousness, contains the allencompassing bliss of God.

Being the source of intelligent creativity, the *Aum* vibration inspires one's own initiative, ingenuity, and will.

Just as the little threads of flame percolating through the holes of a gas burner are part of the one flame under the burner plate, so also the one flame of Spirit underlying all creation appears as a separate soul-flame in every individual being. When the burner is turned off, the many individual jets retire into the one central flame. The separate threads of fire had first to come out of the primary flame before they could go back into it.

We are all made in the image of God, beings of immortal consciousness cloaked in diaphanous heavenly light-a heritage buried beneath the cloddish flesh. That heritage we can only acknowledge by meditation. There is no other way-not by reading books, not by philosophical study, but by devotion and continuous prayer and scientific meditation that uplifts the consciousness to God.







A person concentrating on matter will see only material objects, and a person absorbed in God's light in the initial state of ecstasy (savikalpa Samadhi) beholds only God. But one who has advanced to the highest state of consciousness, nirvikalpa Samadhi, sees the great picture-less light of Cosmic Energy coming from God, and simultaneously beholds on the vast screen of space the motion picture of the universe produced by God's Creative Light.

As explained earlier, our physical, astral, and causal bodies are tied together and work as one by a knotting of life force and consciousness in the seven cerebrospinal centers. In descending order, the final tie is a coiled knot at the base of the spine, preventing the ascension of consciousness into the heavenly astral kingdom. Unless one knows how to open this knot of astral and physical power, the life and consciousness remain attracted to the mortal realm, emanating outward into the body and sensory consciousness.

Such is the "serpent force" (*kundalini*) in the microcosm of the human body: the coiled current at the base of the spine, a tremendous dynamo of life that when directed outward sustains the physical body and its sensory consciousness; and when consciously directed upward, opens the wonders of the astral cerebrospinal centers.

From its original seat in the medulla, the intelligent life energy of the astral body flows downward-activating the specialized powers in the astral cerebrospinal *chakras* that create and give life



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to the physical spine, nervous system, and all other body organs. When the work of the primal life force in creating the body is complete, it comes to rest in coiled passage in the lowest, or coccygeal, center. The coiled configuration in this astral center gives to the life energy there in the terminology of *kundalini* or serpent force (from Sanskrit *kundala*, "coiled"). Its creative work completed, the concentration of life force in this center is said to be "sleeping" *kundalini*, for as it emanates outward into the body, continuously enlivening the physical regions of the senses-of sight, hearing, smell, taste, and touch, and of the earth-bound physical creative force of sex-it causes the consciousness to become strongly identified with the delusive dreams of the senses and their domain of activity and desires

YOGA: SCIENCE OF SWITCHING OFF THE SENSES AND ENTERING SUPER-CONSCIOUSNESS

When one is sitting quietly and calmly, he has partially stilled the life force flowing out into the nerves, releasing it from the muscles; for the moment his body is relaxed. But his peace is easily disturbed by any noise or other sensation that reaches him, because the life energy that continues to flow outward through the coiled path keeps the senses operative.

In sleep, the astral life forces are withdrawn not only from the muscles but also from the sensory instruments. Every night each man accomplishes a physical withdrawal of the life force, albeit in an unconscious way; the energy and consciousness in the body retire to the heart, spine and brain, giving man the rejuvenating peace of subconscious contact with the divine dynamo of all his





powers, the soul. Why does man feel joy in sleep? Because when he is in the stage of deep, dreamless sleep, unconscious of the body, physical limitations are forgotten and the mind momentarily taps a higher consciousness.

The yogi knows the scientific art of withdrawing consciously from his sensory nerves, so that no outer disturbance of light, sound, touch, taste, or smell can gain entry into the inner sanctum of his peace-saturated meditation. Soldiers posted for days on the front lines are able to fall asleep despite the constant roar of battle, because of the body's mechanism of unconsciously withdrawing the energy from the ears and other sensory organs. The yogi reasons that this can be done consciously. By knowledge and practice of the definite laws and scientific techniques of concentration, yogis switch off the senses at will-going beyond subconscious slumber into blissful super conscious interiorization

Though the soul is given periods of freedom from body consciousness at regular intervals in its existence-for a few hours each night, and for a longer respite between physical incarnations during the sleep of death-the enlightened man inevitably finds that his unfulfilled earthly yearnings stir him once again to the consciousness of the body... When he has sufficiently recovered from his sensory fatigue, the sleeping man's wants cause him to return to wakefulness, just as unfulfilled urges for earthly experiences impel man's embodiment after a temporary rest in the astral realm between physical incarnations.







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The state of sub-consciousness, experienced in sleep, thus affords man only partial transcendence. So long as the life force and consciousness remain tied to the body by the activities of the heart, lungs and other vital organs, man cannot enter sub-consciousness. The yogi, in the ecstasy of deep meditation, completely switches of the life force and consciousness from the physical body, focusing on superconscious perception of the soul's invisible heavenly nature of Bliss. Repeated and prolonged sojourns into sublimity of ecstasy satisfy the devotee's every desire and frees him from earth-binding compulsions with their cycles of reincarnation.

Whoever cynically thinks that seeking spiritual progress in meditation is a waste of time should reflect on the consummate benefits of being able to lift the consciousness into the elevated states of super-consciousness. In sleep all the dualities and miseries of physical existence are forgotten; indeed, the whole world vanishes into the invisible vastness of sub-conscious peace... If one learns to produce that mental freedom consciously and at will in *Samadhi*, then when afflicted by suffering or confronted by death he is able to transfer his consciousness to the boundless inner kingdom of Bliss, which is secreted behind the wakeful and sub-conscious minds even as the misery-quelling sub-consciousness of sleep is hidden behind the conscious mind.

Every human being had learned to enter sub-consciousness in sleep; and everyone can likewise master the art of subconscious ecstasy, with it's infinitely more enjoyable and restorative experience than can be gleaned from sleep. That higher state bestows the constant awareness that matter is the



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frozen imaginings of God, as in our sleep our dreams and nightmares are our own ephemeral thought-creations, condensed or "frozen" into visual experience through the objectifying power of our imagination. A dreaming person does not know that a nightmare is unreal until he wakes up. So also, only by awakening in spirit-oneness with God in *Samadhi*-can man disperse the cosmic dream from the screen of his individualized consciousness.

Ascension in spirit is not easy, because when one is conscious of the body he is in the grip of his second nature of insistent moods and habits. Without timidity, one must vanquish the desires of the body. A body-bound "son of man" cannot ascend to heavenly freedom just by talking about it; he has to know how to open the coiled knot of *kundalini* force at the base of the spine in order to transcend the confinement of the fleshly prison.

Every time one meditates deeply, he automatically helps to reverse the life force and consciousness from matter to God. If the current in the astral knot at the base of the spine is not lifted up by good living, good thoughts, meditation, then the materialistic thoughts, worldly thoughts, are emphasized in one's life. With every good act man performs he is "ascending to heaven"-his mind becoming more focused at the Center of heavenly perception; with every evil act he is descending into matter, his attention captivated by the phantoms of delusion.

WORK IS WORSHIP

Work as if we are serving the Lord, not as if we are serving only men and women. What if everyone worked with God in mind? Suppose no one worked to satisfy self or please the bottom line but



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everyone to please God. Many occupations would instantly cease. Drug trafficking, thievery, prostitution, night clubs and casino management. Certain careers, by their nature, cannot please God. These would cease. Certain behaviors would cease as well.

Imagine if everyone worked for the audience of One. Every nurse, thoughtful. Every officer, careful. Every professor, insightful. Every salesperson, delightful. Every teacher, hopeful. Every lawyer, truthful.

Impossible? Not really. All we need is someone to start a worldwide revolution.

MIGHTAS WELLBEUS!







Christian Meditation

Christian meditation is meditation in a Christian context. The word meditation has come to have two different meanings: (1) continued, intent, focused thought; and (2) a state of quiet, intentionally unfocussed, "content less" awareness. This double meaning has contributed to misunderstanding and disagreement about the nature, role, and even the appropriateness of Christian meditation. Traditionally, the word meditation had the first meaning, and another word, contemplation was used for the second. (These words, however, have nearly the reverse meanings in Eastern spiritual traditions, contributing to the confusion.)

Scriptural basis

Christian meditation is often associated with prayer or scripture study. It is rooted in the Bible, which directs its readers to meditate. In Joshua 1:8, God commands his people to meditate on his word day and night to instill obedience. The psalmist says that "his delight is in the law of the Lord, and in his law he meditates day and night" (Psalm 1:2). The Bible mentions meditate or meditation twenty times.

Formal Christian meditation began with the early Christian monastic practice of reading the Bible slowly. Monks would carefully consider the deeper meaning of each verse as they read it. This slow and thoughtful reading of Scripture, and the ensuing



pondering of its meaning, was their meditation. This spiritual practice is called "divine reading"

Sometimes the monk found themselves spontaneously praying as a result of their meditation on Scripture, and their prayer would in turn lead on to a simple, loving focus on God. This wordless love for God they called contemplation.

The progression from Bible reading, to meditation, to prayer, to loving regard for God, was first formally described by Guigo II, a Carthusian monk and prior of Grande Chatreuse in the $12^{\rm th}$ century. Guigo named the four steps of this "ladder" of prayer with the Latin terms lectio, meditatio, oratio, and contemplatio

The 20th Century Meditation.

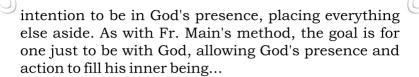
Two contemporary forms of Christian meditation emerged during the twentieth century.

Fr. John Main, O.S.B (1926-1982) was a Benedictine monk and priest who presented a way of Christian meditation which utilizes the practice of a prayer phrase. In this method, one recites a prayer-phrase as a means of placing everything aside. In this way, instead of talking to God, one is just being with God, allowing God's presence to fill his heart, thus transforming his inner being. His work is continued by Fr. Laurence Freeman, O.S.B.

Fr. William Meninger, O.C.S.O. and others were the leading proponents of the 'Centering Prayer' method. Here a sacred word is used to express only the







THEOLOGY OF CHRISTIAN MEDITATION

In Hinduism, meditation as a component of Yoga is one path to attain enlightenment, union with (or company of) God. Christians agree that meditation is an effective technique to quiet and clear the mind, as preparation for God's inspiration. But meditation is not an alternative to Christ as a means to salvation or theosis, but only a method of spiritual discipline like prayer and fasting. For Christians meditation can be considered a form of worship, centered in love.

Criticism.

Some Christians believe that contemplative meditation is dangerous, warning of its similarity to mysticism and New Age practices:

"There is a difference between reading the Word and understanding its meaning versus a method of focusing on a single word to gain a mystical experience. ... Why is it necessary to do this at all? For two thousand years, since Christ's ascension, His followers have been able to gain assurance of God's presence in their lives through the knowledge that He has risen and now dwells in their hearts. ... By using this practice, we are turning the Bible into a mystical device for personal revelations rather than a source of knowledge."









The ULTIMATE, 'In/Exclusive' YOKE-MEDITATION

Covering ALL physical, mental / emotional and spiritual domain.

A first of its kind, COMPREHENSIVE!

A 55 minutes intensely internalized 'work-in', conserving energy/calorie; in contrast to the conventional 'work-out', expending energy/calorie.



(Asana-Auratic-Ayur-Bhakti-Calisthenics-Cardio-Dermato-Dhyana(TM)-Endocrino
-Gastroentero-Hattha-Immuno-Image-Karma-Mantra-Nephro-Neuro-Ophthalmo
-Otolaryngo-Ortho-Pranayama-Pranic-Pulmano-Rajyog-Resistance
-Rheumato-Stretch-Tibetanrites-Uro...)

(http://www.growthfactors.in/growth)





$^{\cup}$ 'Yoke-Meditation' - For Better and Better Life/living!

With its emphasis on breathing practices and meditation—both of which help calm and center the mind—it's hardly surprising that 'YOKE-MEDITATION' also brings mental benefits, such as reduced anxiety and depression. What may be more surprising is that it actually makes your brain work better.

Step-by-step, 'YOKE-MEDITATION' reveals straight-forward practices specifically geared to help enhance flexibility, improve your balance, build strength, boost your energy, and ease stress and tension, all in the comfort of your home. These 'YOKE-MEDITATION' practices are NOT about doing more and working harder. They're more about undoing—relaxing, releasing and letting go. They build on basic poses and breathing techniques and offer you a slow and steady route to better health and fitness that can make a world of difference.

ASHARPER BRAIN

When you lift weights, your muscles get stronger and bigger. When you do 'YOKE-MEDITATION', your brain cells develop new connections, and changes occur in brain structure as well as function, resulting in improved cognitive skills, such as learning and memory.

'YOKE-MEDITATION' strengthens parts of the brain that play a key role in memory, attention, awareness, thought, and language. Think of it as weightlifting for the brain.

Studies have shown that people who regularly did 'YOKE-





MEDITATION' had a thicker cerebral cortex (the area of the brain responsible for information processing) and hippocampus (the area of the brain involved in learning and memory) compared with non-practitioners. These areas of the brain typically shrink as you age, but the older 'YOKE-MEDITATION' practitioners showed less shrinkage than those who didn't. This suggests that 'YOKE-MEDITATION' may counteract age-related declines in memory and other cognitive skills.

Research also shows that 'YOKE-MEDITATION' may improve executive functions, such as reasoning, decision making, memory, learning, reaction time, and accuracy on tests of mental acuity.

IMPROVED MOOD

All exercise can boost your mood by lowering levels of stress hormones, increasing the production of feel-good chemicals known as endorphins, and bringing more oxygenated blood to your brain. But 'YOKE-MEDITATION' may have additional benefits. It can affect mood by elevating levels of a brain chemical called gamma-aminobutyric acid (GABA), which is associated with better mood and decreased anxiety.

Meditation also reduces activity in the limbic system—the part of the brain dedicated to emotions. As your emotional reactivity diminishes, you have a more tempered response when faced with stressful situations.

Drugs and talk therapy have traditionally been the go-to remedies for depression and anxiety. But complementary approaches, such as 'YOKE-MEDITATION', also helps, and Yoke-Meditation stacks up well when compared with other complementary therapies.



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A review of studies, looked at the effect of a variety of relaxation techniques on depression and anxiety in older adults. In addition to YOKE-MEDITATION, interventions included massage therapy, progressive muscle relaxation, stress management, and listening to music. While all the techniques provided some benefit, YOKE-MEDITATION and music were the most effective for both depression and anxiety. And YOKE-MEDITATION appeared to provide the longest-lasting effect.

A number of small studies have found that 'YOKE-MEDITATION' can help with post-traumatic stress disorder (PTSD). It is not used by itself, but as an add-on treatment to help reduce intrusive memories and emotional arousal and to produce calmer, steadier breathing. Deep, slow breathing is associated with calmer states because it helps activate the parasympathetic nervous system.







Observations:







Some Significant Leadership Roles: Business Corporations

Chief of Personnel & Administration: **EICHER**Director-HR & Management Services: **MRF**Group Management Advisor: **KCP**

Group Management Advisor: SITA World Travel Group Management Advisor: Aruna Group

Group Management Advisor: CPC

CEO: Techno-Management Research & Development

Group Management Advisor: Dyna Lamps & Glass Works

Healthcare / Service Organizations

Group Management Advisor: Apollo Hospitals Group Management Advisor: Sankara Netralaya

Group Management Advisor: Madras Medical Mission &

& Chairman Projects & Consulting Pondicherry Institute of Medical Sciences

Executive Chairman / Director: Clara Swain Hospital

India Representative: Methodist International of the Methodist Hospital (USA)

Management & development Advisor: FMM Hospital / EHA

Consulting Firms

Chairman & CEO: CICA (USA)

Chairman: Center for Individual & Corporate Action
Director-International Board: Regent Consulting WorldNet (USA)

HRD / Academic / Institutions / Universities

Visiting Faculty / Advisor: Regent University (USA)

Visiting Faculty: Maharishi University of Management (USA)

Director on Board: Xavier Institute of Management

National award and FELLOW in HRD: Indian Society of Training & Development (ISTD)

Founder Member: Swamy Chinmayanandji's 'VEDIC MANAGEMENT SCHOOL'

Spiritual Societies

Advisor: Vedic India Society

Chairman Special Projects: HBI & C Advisor: CBN

Chairman Advisory Panel: Emmanuel Ministries International

Chairman: ABC WorldNet (USA)







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-Gastroentero-Hattha-Immuno-Image-Karma-Mantra-Nephro-Neuro-Ophthalmo
-Otolaryngo-Ortho-Pranayama-Pranic-Pulmano-Rajyog-Resistance
-Rheumato-Stretch-Tibetanrites-Uro...)

(http://www.growthfactors.in/growth)



