

Issue : February 2012

Vol : XX



Price : ₹ . (FREE)

SPIRITUAL LOUNGE

E-MAGAZINE

Spiritual Lounge
Year of the
'Consciousness in Motion'
2012

Dear Readers,

Love is in the air this month but we are celebrating a universal love, a bond that connects all living souls on this planet. We are all a part of this great planetary evolution, part of the entire process that has been taking place since millions of years and will continuing for several more millions of years.

We are also talking about consciousness of this universal love for one another. Love of the humanity, love between parent and child, between siblings, between friends and love between couples and spouses. Love of all colours and hues, love that comes in all shapes, sizes and different reasons. Love that stays forever for all seasons and at all ages. February is the month of valentine, a month that makes us acutely conscious and aware of this love. And also that of the divine love!

Spiritualists the year 2012 is the year of 'Consciousness in Motion'. Hence, this year does not belong to just Spiritual Lounge it belongs to all, you and me. All those who believe in being spiritual souls and all who would like to become more aware, more profound, and more conscious of their own self. Come share this year, celebrate it in togetherness and let's all be one, be connected.

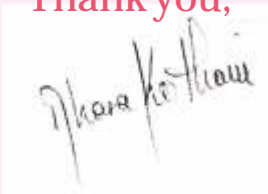
Come partner with us; join this open platform freely, which is called Spiritual Lounge.

Join our Facebook group and like our page as well:
<https://www.facebook.com/groups/spirituallounge/>

<https://www.facebook.com/pages/Spiritual-Lounge/197029616975219>

Connect with us anytime at: spirituallounge@live.com or +91-9619629092

Thank you,



Editor

editor@spirituallounge.com



Cover page Photo: Lake Bled, Slovenia

Copyrights: All rights reserved

SPIRITUAL LOUNGE EMAGAZINE © 2010-2012

CONTENT

Come Wed with Me - By Betty Alark Page 4

Phenomena and Enlightenment - By Master Chrism Page 5

Book Corner In the Tunnel of Death, the Labyrinth of Life Page 6

We Rise In Love - By Sushmita Mukherjee Page 7 -8

Cinema Hall : Take Shelter - Movie Review by Jean Jessup Page 9

What if art could help your journey of evolution and ascension? Page 10 - 11

ERADICATING KARMA - By Rahul Zota Page 12 - 14

Love - Elisabetta Errani Emaldi Page 14

Man - A prisoner of his thoughts. - By Mohit Soni Page 15

Powerful Ingredients for Success - By Myra Godfrey Page 16 - 17

SLOVENIA - Compiled by Dhara Kothari Page 18 - 30

Legend of the Nomad - By Alex Mero Page 31 - 45

Edited by Dhara Kothari. Published by Moksa Publishers for Spiritual Lounge.
Designed by Biren Shah. Email: spirituallounge@live.com.
Cell: +91-9619629092 / +91-9757274289

Come Wed with Me

Be one with me – blend with my soul
Let this union be an eternal mold!
Let the union propel us to new heights
Let it broaden our dim insight!
Let your molecules become one with mine
Let our DNA intertwine!
We are a new species interlocked by the
unknown
Our emergence can't be cloned!
Our combined synthesis known only to us
Provides us with eternal thrust!
No longer earth bound- we soar the great
beyond
This merging is so intense- this union
immense!
Blended together the emergence of two souls
Two aspects – yet one
Never to unfold- we consummate this eternal
mold!
Our emergence – nothing can defeat
We've found our eternal seat – we are
complete!!

By Betty Alark



Phenomena and Enlightenment

Is this what you seek? What does it mean to you? Really, take a moment and ask yourself what that means to you. Does it mean that you no longer have connection to the physical? Or that you have one foot in heaven and the other here on Earth? This is how it is for me. In actuality though both feet are in both places at the same time.

As some of you are learning there is a direct physical quality to what it means to be 'enlightened' or perhaps put this way 'in light ined' there is light that comes from within and it is a very real and visually tangible experience. Kundalini is the only condition that I know of that can bring this to a person. Regardless of how the Kundalini gets activated this is a product of its activation.

Does it make you all knowing, all seeing, and ascended? No it doesn't. But it does start you on a path that can lead you into areas and conditions that have some of those qualities.

For myself(ves) I have not found enlightenment to be instantaneous. Although much of what does occur is instant for me these days enlightenment is without parameters and cannot really be discussed with the limited word. It is so vast and so expansive and yet so small and serene at the same time.

So we must rely on what we can understand and measure and describe. This would be the 'phenomena' of enlightenment. Focusing on phenomena is a slippery slope as it can be very addictive and can cloud the eyes of the traveler by its fantastic displays of seeming magical or miraculous demonstrations.

Some of you right now are so focused on 'phenomena' that when it stops you will feel as if Kundalini has left you. It hasn't, but the body needs time to process the very rapid changes that may be occurring inside and upon it. So the phenomena will subside.

So let us understand the difference between 'phenomena' and 'enlightenment'.

Enlightenment is the condition of having both feet in heaven and both feet on the Earth. In my experience. All the heavens and all the Earths. In all times and all aspects. The 'All' that is. This is not typically achieved while in the limited form of flesh. Typically! But you upon this path are not typical. And so you will achieve bits and pieces of enlightenment as you proceed upon the path of Kundalini.

This is where your integrity and discernment trust and honesty needs to become your compass. As the phenomena comes use it for the service of others. But realize that phenomena are only a temporary show. It is there for you at the beginning and as you become less and less surprised with it, it becomes the natural state.

Soon it disappears altogether and you just radiate and allow what needs to occur to occur. You step outside the paradigm of willfully inflicted change and step inside the gates of Divine based change. Kundalini is the bridge of Divine on one side and physical on the other side. And while you walk and breathe this bridge will be crossed.

Let the phenomena guide you, but do not get lost or addicted to it as it is only the first layer of the shell that covers the true gift. The true gift is the first step into enlightenment. This is beyond phenomena and carries qualities that can only really be felt through Bliss and ecstasy, joy and non-attachment.

© Chrism 2012

Chrism is another person like you, a consciousness clothed in flesh, who uses a set of protocols entitled 'the Safeties' he guides students in a loving and safe manner through the Kundalini process.

www.kundaliniawakeningsystems1.com



In the Tunnel of Death, the Labyrinth of Life

Premonition of a meeting and telepathic contacts with a passionate young man who is afraid of his past life. When destiny leads us toward an experience that will help our inner growth.

This story begins on a night in December 1989, just one year before meeting Gabriele; that night I dream of a guitar sound with a strong pain which wake me up in the middle of the darkness. I try to understand the meaning of this dream for almost a week, but unsuccessfully. One year later, I come back from the Caribbean Sea, after having worked on a ship.

My friend Viola starts nagging me with her request to go to dance together. When I tell her I need relax, stay by myself writing or painting or taking care of my garden, she blames me for rooting in my 'hermitage'; behaving this way I will never meet interesting people.

After her insistence, I decide to go out and dance to the 'Stork Club' in Milano Marittima. On Monday, during the first week of December 1990, I wake up at 9:30 a.m. The rays of the sun are filtering through the shutters of the balcony; while I turn my back to them I see confused images in my mind, then I close my eyes and relax. The dream reappears, just like at the touch of a magic wand. Here I am, entering a church where I know that somebody is waiting for me. One old man points to the Pope, I realize he wants to tell me something. I get closer, slowly, astonished and surprised to have the honour to be received by the Pope. I kneel down on a pew, a few steps from the altar, facing Him, who is kindly smiling; then He raises his right hand and says:

"I must advise you that there is a young man who will make a vow in order to marry you!" Astonished I reply with a smile: "I hope he will ask me too." After a pause, the Pope with a serious expression says: "Remember, you are going to live paranormal experiences!"

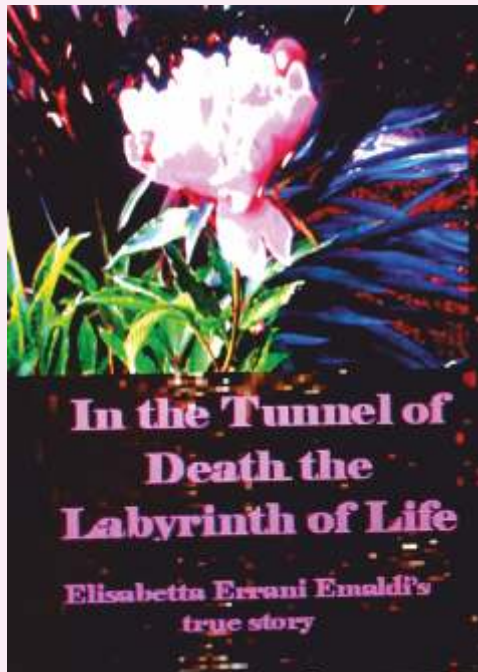
Four days later Viola and I go to dance to the Stork Club and I meet Gabriele. He is there because one of his friends obliged him to go out in order to have fun; four days ago his girlfriend left him and he is very sad. His face shows his pain. While I stare at him struck by his suffering, he tells me that he

spent four days and nights without sleeping but playing his guitar and thinking about his girlfriend. At the same time, he astonishes me assuring that he has just forgotten her thanks to our meeting. I tell him he cannot make fun of me, but he asks me to believe him. He is amazed for what it is happening but I attract him so much! From that moment on, there is a love story full of passion and overwhelming feelings. But he has terrible secrets, and I have a lot of presages. I live paranormal experiences, especially telepathy. I

feel all his fear and pain, striking me just like storm. But it is his sexuality and his passion that involve me. Thanks to dreams I realise he was a bad boy, and he confesses me he took drugs. On Christmas night he tells me he made a vow in order to marry me. He is afraid I leave him and he doesn't want to tell me that his previous girlfriend died because of H.I.V., but I already knew this bad news from my dreams. I try to help him: he smokes and drinks too much. But the strong sexual attraction doesn't permit that. So I leave him.

At the very beginning of January 1991, during the night, after having left Gabriele, a guitar sound with a strong pain wakes me up. I remember the dream I

had one year ago, now it is true. Gabriele was playing his guitar and his pain was so strong that I could feel it through a kind of telepathy. Now I want to be sure of that. Four days later I go to the Stork Club where I meet Gabriele again; I ask him what happened when we left, he tells me he went home, he was so upset that he played his guitar thinking about me all night long. His dog Plutarco was at his feet. Behaving in that way, he sent me through telepathy all his pain accompanied by the sound of his guitar.



Elisabetta Errani Emaldi
errani.emaldi@alice.it



We Rise In Love

Words have their worth, yet words are said to have their limits. And it is no wonder, as whole of life is a paradox when viewed from the physical plane. But in spite of the limits all limits being physical in nature, being creations of the physical beings that we are being; the worth of words is not lessened by any means nor are they rendered worthless. And even if one dared to try that, one would have to again use the same words! As actually words are not simply words, their worth cannot be measured. Their power is to be felt and experienced. They have the capacity to change lives and for the better as all changes are when perceived from the essence of change and what actually necessitate a change.

As we accept the physical limitations, we could try and then manifest our endeavors to make the words free from limits. Its usage, by us, which makes it limiting. And it would be nothing short of evolutionary if we become a bit attentive and pay a subjective attention to what we say instead of an objective attention and observation. And for that i feel it most apt to concentrate on one of the examples, one of the commonest one, which finds us trapped with, and within, our usage of words, misrepresenting the exactness of a situation. Though, we are hardly aware of this. Maybe once we are aware of this and how we can come out of it, we would become aware of innumerable such usages, which could be evolved, changed a bit for the better. At least that is what is sincerely hoped for?

It is said that one has 'fallen' in love. But how could one 'fall' in love?

The question pops suddenly in the conscious consciousness, even though it must have been residing there since long. Only a receptive state allowed its presence to be acknowledged at last.

And why this question figured at all?

Because of the realization of what love truly is! what true love is. That experience called love

can be experienced only by loving. And the experience 'proves' that love elevates one to a 'higher' zone; the feeling of warmth carrying one 'there' causing one to 'rise'. The 'rise' is not metaphorical.

The taste of love initiates as a 'security' felt in the warm cocoon of love called family in the very beginning of what we call life. It is same for love in all forms, as it is the norm of love. And love with its taste ever lingering and ever growing empowers one to stand tall under all testing conditions in life. Love cannot be explained but can only be experienced. It is an essence divine. We all know that. All of us have experienced love and its various hues and would continue to do so. As life is infinite, so is love getting expressed and felt in infinite ways.

But why do we then continue with the same: "I (You) or He (She) have or has 'fallen' in love?"

"Figure of speech it is", is the explanation most likely to be forwarded. Fine! But if it 'disfigures' the essence, then such 'figures' would benefit from correction.

The proposal thus is: when we actually 'Rise in love', why not refer it as so. And if we have doubts (as we are fettered to the outcome) with the 'Rising' then are we actually 'Loving'? Because if doubt is there, love is not.

This is an un-mindful propagation and manifests a casual approach to life. But casual nothing is our words and thoughts are very powerful and materialize even before we have any inkling of it. Hence "Life is a time to be causal and not casual. Causal we are, as such, but unconsciously. Now we are being called to be 'Consciously Causal' for self and all." And language is a potent tool, to serve this cause.

Potential of the language is Infinite and 'So Be It' realized. But how could 'It Be So', if we do not urge ourselves, as the operators of the language, 'So, Be It' by being the ones who bring in the necessary changes and depict a

condition any and all (in life in its entirety) with precision, to a nearest approximation (as nothing in life is absolute). Let us begin by stopping, at least a misrepresentation.

We simply cannot state something in a manner because it has been stated so since time immemorial and then state that the 'state' of things (many and any) are maintaining their status quo. Doing so, leaves the correct expressions unstated. Only a true statement arising from the depths of the truth within, uninhibited, can carry the essence...through the words straight coming from within allowing the words to be freed from all limits.

Let us not forget, if we ever fall, it is always to rise in life. And again it is love that is instrumental in this rising. Love and love for life helps us to rise; dusting our own ego away.

'So Be It', the urge: to be the 'changer', to ring in the changes that enables us to part with the conventions that mislead, even if that is a 'figure of speech'. Instead of clinging to the ego, which imposes, "It stays so because it has stayed so, since time immemorial," we look forward to the day when we all would collectively say, "Now you please make way (more polite way than saying 'you please go away') for something better that comes our way not the best, but 'a way' better than the earlier." Evolution is all-pervasive and that includes any and all media of expression and creation.

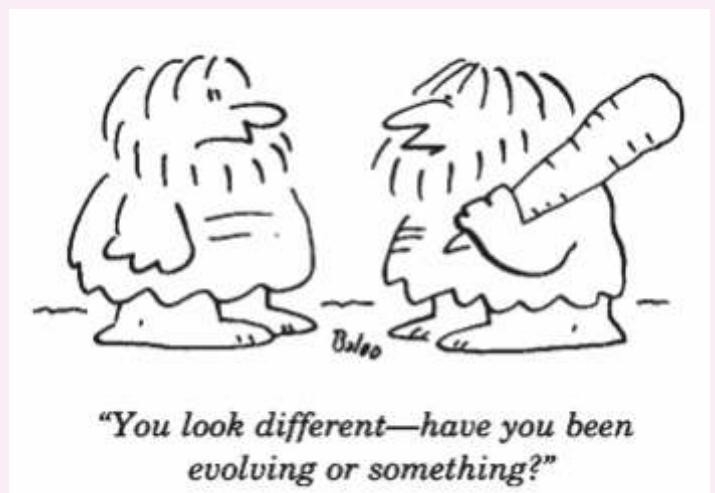
The task is enormous, but not collectively. "If each one of us does our 'bit', the 'bit' becomes a 'bite' and a strong one at that leaving an indelible imprint." And nothing is trivial no change is small or inconsequential or insignificant. The appeal to embrace "We rise in love" instead of 'We fall in love' too, I hope is felt not to be too much of an asking. Is it?

Love is the most potent way as it shows us 'the' way. It eliminates the ego. It causes an overwhelming uprising within, effecting, a rising within, and without. To bring a change one has to be the change. And being 'the'

change has its own ways of expressing one of them definitely being the evolved usage of words. Love the words and you would find them loving you in return. This is the law of natural reciprocity. We 'get' even without asking as:

We do not 'fall' in love...we 'feel' love within...
As we feel love within, we are in love with self and all...and never do we fall...
We love because we love....
Love is its own reason...
Love simply is...as is the source within...
A loving being is a truly living being...
A loving being is a life-infusing being... as love is the expression of creation...
Love is life...and a loved life is a well-lived life...
Art of living is in art of loving...
Love is divine...and the divine is love...
Love makes one, one with all...
Love allows none to fall...
But makes one and all to stand tall...in life...for self and all...
We rise in love...and so it would always be...

Sushmita Mukherjee
philosopher.mukherjee@gmail.com
<http://fruitsofintrospection.blogspot.com>



Take Shelter

Movie Review by Jean Jessup

"Listen up. There is a storm coming like nothing you have ever seen and none of you are prepared for it!" - Curtis (Michael Shannon), TAKE SHELTER.

Take Shelter in one way is the simple story of a working class husband and father who has visceral dreams of a strange powerful storm coming and reacts by expanding his storm shelter. And in another way, Take Shelter is an emotionally complex story which questions a man's sanity. It is also a story filled with loosely connected metaphors and symbolism along side the issues of our current lifestyle in the U.S. which gives the film an apocalyptic feel to those viewers that make that connection.

Curtis, well-played by Michael Shannon, is the type of husband and father, who seems to like his life emotionally simple. So when he starts having vivid dreams about a strange rain-storm that coincides with negative changes in his close relationships, he takes them as prophetic dreams rather than symbolic for his own internal issues. One might think he is playing out paranoid fantasies in his dreams. This could very well be the case, since his mother had been institutionalized for paranoid schizophrenia. But I have come to realize that dreams for most people reflect the issues they are working on. Since Curtis does not share his inner life with his wife and close friends, he does not have the chance to stand back and take a bigger look at what his dreams might mean in terms of his own unresolved emotions.

It is so hard to read the symbols in dreams sometimes. I've had my own storm dream. In the dream, I'm sitting in my living room looking out a big picture window. The view is so vast that I feel I can see the whole country, maybe even the world. A storm comes and it looks and feels very frightening, but then it ends and things are just fine afterwards, maybe even better. I took this to mean that the world will be going through a transition that will seem very scary, but the transition will make way for a better world. But then again, maybe my dream is just about my own emotional healing. When people feel through their previously denied emotions, it can seem unbearably scary or just plain unbearable, but afterwards, there is a new sense of peace and a greater understanding of one's self and the world around them.

The biggest question in Take Shelter is: Are Curtis' dreams prophetic or just plain delusional and paranoid? The film contributes to the possibility that

they may be prophetic. People who are concerned with a great change coming and feel a subtle pressure of a possibility of great change will resonate with these ideas. The film seems to slowly unfold a simple story, but minimal dialogue and the skillful visual storytelling, create a visceral, deep emotional feeling of a great event coming. Visually, we are constantly reminded of the costliness of gasoline and prescription drugs. Even though he has a supervisor position at a construction company, Curtis has to juggle his family's needs with his income and what his borrowing power will allow. His wife Samantha, played convincingly by Jessica Chastain, has a booth where she sells her embroidery. She ends up selling herself extremely short by customers demanding a bargain, which would not happen in a flourishing economy. She also lives in rural Ohio which may be a factor. So we are constantly, but subtly reminded that things are not secure with our society. Just the fact that Curtis is expanding his storm shelter so it is equipped for lengthy stays reflects stories of many people who are preparing for a collapse of the system.



Curtis' dreams remind us of the 'prophecies' or theories of strange events being reported in the news such as, birds falling dead out of the sky, dirty raindrops as evidence of polluted or Geo-engineered skies, people going crazy or changing personalities due to chemicals in our environment whether from prescription drugs, pollution or chemical manipulation. Even Curtis' dream of his living room furniture levitating shows concern over fundamental changes in our Earth. Curtis is not portrayed as a conspiracy theorist; he doesn't seem the type that would research these kinds of topics. He seems to be someone who's inner awareness is suddenly and strongly increased. We just aren't sure if he is correctly interpreting his experience or if he's just following in his mother's footsteps.

As you can see, I was very drawn into Curtis' character. All the characters in this film were well-developed and the direction and cinematography deepened the story. It started out slow, but by the end I was floored and thinking about it for days. It's a great subtle end-of-the-world type movie. This award-winning film is coming to DVD February 14, 2012. Highly recommended. See the official Take Shelter website for a trailer and more information.

<http://www.moviereviewsfromaspiritualperspective.com/>

spiritualmoviereviews@gmail.com



What if art could help your journey of evolution and ascension?

I would like to introduce you to my paintings, in the hope you can find something of help to you. We are living in a crucial time, and I believe we need to look for anything that can be of assistance to us in our journey of evolution and ascension, in our journey of healing and reconnection with our true nature.

My paintings are spiritual in nature and i am

just a tool for the spirit to create through me. When i begin a painting i have no idea of what will come out, i need to totally surrender to the spirit and allow it to create through me. This means I have no

idea of the subject, shapes, colors, lines, nothing. I cannot follow what looks 'nice', 'right', or even 'beautiful'. I need to totally surrender to the spirit and trust that what will come out is what is supposed to be. This means not controlling, not wanting to know, not judging; it means listening and following the energy. It means that whenever i feel the energy stopping for a particular color, shape, etc. I need to immediately listen. I need to totally disappear, and it is not an easy process at times.

Being spiritual, i believe my paintings have a higher vibration; i feel it whenever i enter the

place where they are kept. They are very soothing and peaceful to me. And they are very powerful too in my opinion. They have an identity completely separate from me, and i just bow to their love and wisdom. On most of them, there is quotes, a sentence, which can help us think differently, remember what we perhaps have forgotten or what nobody told us.



I would like to introduce you to two of my latest paintings; one is entitled 'A Wave of Love' and the other 'You are the Source'.

For the painting 'A Wave of Love', I would like to describe to you how the sentence and the

design came about. For the design i had no idea, also i was painting in a room where there was very little light, so i could barely see what was coming out. I had to totally surrender to the spirit and trust that the shape was what was meant to become. I remember my mind thinking and actually struggling at a point because there was fear to trust, fear to be too bold. Then i finished it and there was a space on the painting for a sentence, but i had no idea of the sentence, so i asked the Universe. The following day, which was the day before Christmas, 24th December 2011, I received an email from the organizer of a beautiful Peace Project in Sierra Leone and i had an incredible

feeling and this sentence came up as a bang: A Wave of Love is sweeping through the Planet, and I knew that was the sentence for the painting.

For the other painting the process was different, again there existed during the process some fear to be too bold, but i had to trust as i always have to do, the energy kept me painting and there was no free space left on the painting to write the sentence, and suddenly a phrase came up, 'You are the Source', and the energy for the place where i was supposed to paint it, so I did.

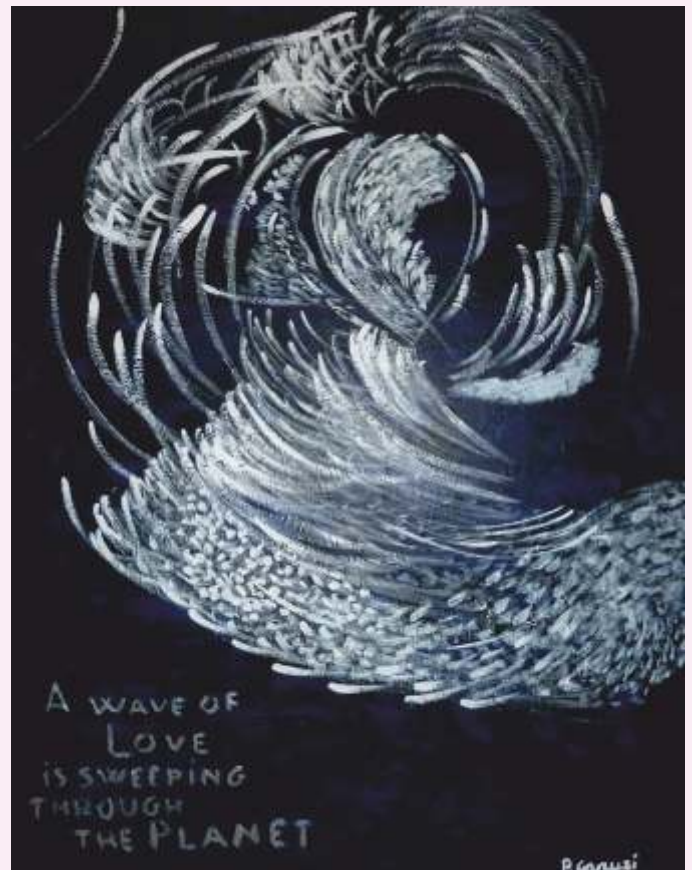
I hope you enjoyed reading about my paintings? I would be delighted to meet you at Parallax Art Fair where they will be exhibited, here are the details: Parallax Art Fair, Chelsea Town Hall, King's Road, London from 16th - 18th February 2012. You can also commission your own individual paintings; you can find information on the website www.piercarla-paintings.co.uk.

© 2012 Piercarla Garusi

Piercarla Garusi is a spiritual coach and painter.

Her spiritual paintings 'Art from the Soul' are for healing and a shift in consciousness. They can help the individual journey of evolution and they can help social evolution. You can find more explanation, view them, find information on exhibitions and healing projects, and all the rest on www.piercarla-paintings.co.uk.

Her coaching work is focused on improving the way we treat one another. She offers three workshops: one is to help people understand what is love and respect and what is the right way to treat one another; the second to help people understand what is not love and respect, what is abuse, how to free from it, how to deal with difficult people, and how to shift one's reality; the third one is to help people feel good about themselves. More information can be found on www.pgcoaching.co.uk.



ERADICATING KARMA

Once Gajsukumal, the younger brother of Shri Krishna asked Lord Neminath (the 22nd Jain Tirthankara dating back to 3138 BCE), "Oh Lord! Is there any way to attain liberation in a short time?" Gajsukumal was initiated as a Jain monk under Lord Neminath's order and was eager for liberation. The Lord replied, "Oh Gajsukumal, one can attain liberation by differentiating the body and the soul and by gaining stability and absorbent in the nature of the self-soul."

Thus, to attain Omniscience and liberation one has to first learn the qualities of both the soul and the matter (the body) and then by differentiating them by thought and by remaining absorbed in the nature of the soul one first destroys the four destructive karma namely, Knowledge Obscuring, Perception Obscuring, Delusion and Obstructing and attains the state of Kewala or Omniscience and attains liberation in the end of life. This sounds easy at first but when we try to practice such kind of meditation then we feel that it is very difficult. We face the traffic of thoughts in our mind which is very difficult to stop. We can't get even a second free of thoughts. The differentiation of the body and the soul in meditation is only possible after attaining stability of mind. The Jin Tirthankars have explained the Nine Fundamentals which are better known as "Nav Tattva". The Nine fundamentals contain all the major principles and practice which are essential for one in order to attain liberation. Liberation means free from all the eight karmas. The eight Karmas are Knowledge Obscuring (Gnanavarniya), Perception Obscuring (Darshnavarniya), Delusion (Mohaniya), Obstructing (Antaraya), Life-span pertaining (Ayu), Status Determining (Gotra), Body Determining (Nam) and Feeling Pertaining (Vedniya). The first four are known as the Destructive Karma and the rest four are known as the Non-destructive Karma. The first hinders the inherent nature of the soul and by eradicating this karma one attains Omniscience or Kewala Gyaan.

In the Nine Fundamental principle the ninth and the last fundamental explains the essential austerities for liberation and it is known as the Nirjara Tattva. There are 12 austerities to eradicate karma. The first six are known as External Austerities and the rest six are known as the Internal Austerities. The internal austerities are the main weapon to destroy karma. But it is difficult to practice them without practicing the external austerities. The external austerities create a base for the internal austerities. It is important to learn them. So let's understand them briefly.

External Austerities

1. **Fasting (Anshan):** In fasting one renounces eating and drinking for a certain period. One can combine the physical fasting with total control over inner desires. One spends time of fasting period by reading religious materials.
2. **Partial Fasting (Unodari):** To eat less than the normal diet is called Partial Fasting or Unodari. The deeper meaning of Unodari is to practice more self restraints by reducing non-virtuous activities.
3. **Limiting Food Items (Vriti Sankshep):** This austerity is for developing willpower. Monks take up 'Abhigraha' (makes some resolution). The laymen and laywomen observe this austerity by limiting the number of food items.
4. **Limiting Tasty Food (Rasa Tyag):** In this austerity one renounces his/her tasty foods and thus enabling to strengthen one's spiritual capability. One takes food without oil, butter, spices, salt and also avoids sweets, milk, sugar etc. To suppress one's passions, it is essential that he overcome his desire for tasty food. One, who has a desire for tasty food, cannot be free of sensual instinct.
5. **Physical Forbearance (Kaya Kalesh):** Body is an instrument that is needed in good condition for undertaking spiritual pursuit and therefore, it is important to develop its

endurance power. Thus one is enabled to tolerate the bodily inconveniences with equanimity.

6. **Controlling the Senses (Salinta):** We use our senses to satisfy our external needs and that is supposed to give happiness. In this austerity one does not develop a positive attitude to what he sees, hears, smells, tastes and touches.

Without practicing these austerities one cannot practice the internal austerities. And internal austerities are the main weapon to eradicate karmic dirt. Although it is monks who undertake internal austerities and can perform very well because they have no possessions and have abandoned mundane life. But the householders can also undertake internal austerities according to their own strength. Let's have a look at the types of internal austerities.

Internal Austerities

1. **Repentance or Confession (Prayashchit):** One repents for the various errors, the faults and the sins committed. This can be performed in the presence of an ascetic or can be done alone. Prayashchit is a very vital type of Nirjara. Prayashchit is a process of improving mental, emotional and spiritual health. Nirjara is a spiritual cleaning process. Purity of body, mind, and emotions is the result of this process.

2. **Humility (Vinaya):** Vinaya means humbleness, kindness and respect. The ultimate meaning of Vinaya is the absence of ego. Vinaya saves Jiva from getting bad destinies. Vinaya is an internal quality of Jiva. Vinaya is given the utmost importance by Jins.

3. **Selfless Service (Vaiyavruta):** To serve the monks, the practitioners (one who observes austerities) with devotion and without any selfish motive is called Vaiyavruta. If one offers the right food, clothes, medicines, and other necessities to ascetics, it is called Vaiyavruta.

4. **Self Study (Swadhyay):** The spiritual meaning of Swadhyay is to remain in equanimity. Swadhyay also keeps the right

knowledge alive for the next generation and generations to come. To acquire knowledge, to render it free from doubt, to be lucid and ripe and to seek to propagate it; all these can be covered in Swadhyay.

5. **Meditation (Dhyan):** Dhyan has been divided into four forms. Raudra Dhyan (Wrathful Meditation), Arta Dhyan (Sorrowful Meditation), Dharma Dhyan (Religion Oriented Meditation) and Shukla Dhyan (Pure Meditation). If we observe the living beings in the world then we see that all are in Meditation. Either virtuous or non-virtuous. The first two meditations are non-virtuous and worth rejected in order to attain liberation. The last two should be practiced daily. Dharma Dhyan is essential for the house-holder or the monks. It is not possible to achieve Shukla Dhyan without practicing Dharma Dhyan. Now let's have a look at the sub-types of Dharma and Shukla Dhyan.

Dharma Dhyan: In Dharma Dhyan one meditates and reflects. To contemplate on the misery of the worldly people and animals is called 'Misery oriented Meditation'. To contemplate on the law of Karma and to think that one suffers because of own Karma is called 'Fruition of Karma oriented Meditation'. To contemplate on the structure of the Universe, like its substances and the three folded Universe is called 'Cosmos oriented Meditation'. Dharma Dhyan is essential for stopping the binding of new karma and the observer eradicated his/her past karma as well. By practicing it regularly one's inner passions become lighter and he/she reaches the 8th stage of spiritual development (Gunasthan). Here by climbing the ladder of annihilation (Kshapak Shreni) one enters the Shukla Dhyan (Pure Meditation).

Shukla Dhyan: When climbing the ladder of annihilation, the practitioner enters the Shukla Dhyan. According to Jins, the aspirant who enters Pure Meditation never returns back in the cycle of rebirths. There are four types of Shukla Dhyan:

1. **Multi Aspect Spiritual Meditation:** In this, one meditates on the different modes of the

self and matter. His/her mind cannot become steady on the permanence nature of the self. This meditation lasts for Antarmuhurta (within 48 minutes).

2. Single Aspect Spiritual Meditation: In this, one meditates only on one subject, the permanence nature of the self. The mind becomes steady and the practitioner-meditation-goal becomes unite. In this meditation one destroys the four destructive karma and attains the state of kaivalya (Omniscience), and becomes Arihant. He/she also known as the Jin (The one who has destroyed the inner enemies). He/she now perceives the objects of the universe from infinite past and future at once, directly by the soul.

3. Subtle Activity Spiritual Meditation: This is observed only by an Omniscient Lord. When the meditation involves a subtle bodily Yog while putting an end to all the remaining Yog's, this act of concentration is called Subtle Activity Spiritual Meditation. At this stage, there proceeds only the subtle bodily activities like inhalation and exhalation and there is no possibility of a fall.

4. Absorption in Self Meditation: When even the subtle bodily activities like inhalation and exhalation cease altogether and the constituent units of the soul become free from all wavering, then the state is called Absorption in Self Meditation. In this state, no activity takes place. In the fourth subtype of Dhyana, all Influx of Karma and all bondage of karma cease altogether, all Karma come to the end, and liberation (Moksha) is attained. The last two are also called Anā lambana or devoid of any dependence.

6. Abandonment (Vyutsarga): The last austerity is Vyutsarga. It is divided into two major types: Internal Aspects and External Aspects. There comes four subtypes in the External Aspects,

1. Abandonment of body
2. Abandoning the company of other mendicants
3. Abandoning material objects (such as clothes, pots, blanket, medicine etc)
4. Abandoning food and drink

There are three types of Internal Aspects

1. Abandoning or overcoming the passions (Anger, Ego, Pride and Deceit)
2. Abandoning worldly life
3. Eradicating karma

From this we learn that the external austerities are very important to make the grip stronger in the internal austerities. One gets rid of karma by practicing internal austerities. By overcoming bodily needs and sensual activities one becomes able to practice meditation and kayotsarga and become equanimous in every good and bad condition.

Rahul Zota



LOVE

Love is the light that brings peace into the hearts of human beings and in the world.

Peace is a rare diamond, fruit of the energy of pure love.

Peace will never enter in man's impure heart.

Divine love is a powerful infusion of energy that gives life, light, and lets nature grow. Warming the heart of the Earth and humanity.

Love is the energy of the great Architect who uses it to continue creating the infinite Universe.

Man is the little Divine Creator, but when he forgets to be so, he loses himself in the blinds alleys of his sick mind and becomes the architect of darkness, transforming himself into a demon sowing suffering and death.

Love is the light that brings peace into the hearts of human beings and in the world.

Elisabetta Errani Emaldi

Man - A prisoner of his thoughts.

Recently I got a mail as a forward. I don't know about its writer and couldn't trace the source but certainly I can't resist the pleasure of sharing this enlightening piece of work:

As I was passing the elephants, I suddenly stopped, confused by the fact that these huge creatures were being held by only a small rope tied to their front leg. No chains, no cages. It was obvious that the elephants could, at any time, break away from their bonds but for some reason, they did not.

I saw a trainer nearby and asked why these beautiful, magnificent animals just stood there and made no attempt to get away. "Well," he said, "when they are very young and much smaller, we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free."

I was amazed. These animals could at any time break free from their bonds but because they believed they couldn't, they were stuck right where they were. Like the elephants, how many of us go through life hanging onto a belief that we cannot do something, simply because we failed at it once before?

How many of us are being held back by old, outdated beliefs that no longer serve us? How many of us have avoided trying something new because of a limiting belief? Worse, how many of us are being held back by someone else's limiting beliefs? Whatever you can conceive and

believe, you can achieve!

The mail ended here. But it started a thought in my mind that how correct this citation was! We all are really like this only. Nothing more than prisoners of our own thoughts! Why we only want to think what we already know and resist any new idea coming up? Is it because we are guided by the fear of rejection by others? Why we find it hard to adapt to new situations? Is it because we are guided by the fear of unknown? Why we create a bubble all around us and feel secured only inside it without ever trying to prick it? Is it because we are guided by the fear of challenges outside?

That's why I said we are only the prisoners of our thought...

How nice it could be if we understand the fact that nothing can bind a person other than his own inhibitions and fear. If someone claims something to be beyond his capacity, he certainly is too ignorant of his own capacities. He may not have pushed hard enough to go beyond.

It's only that we human beings are comfortable only of doing things that we have been doing for long. It is because that way we are less likely to fail. So the idea is; we are afraid of failing. If not, then why are we ready to give up on trying but not trying beyond the limits of our capacity?

Think about this. If we think we can do it, we can do it. If we think we can't do it, we are right. It is only a matter of being prisoner; prisoner of thought!!!

Mohit Soni
mohit.soni97@rediffmail.com
+91 8130824151



Powerful Ingredients for Success

As I sit here and write this, I think back to my morning today. I got up, got dressed and went to the gym. Minnesota has very cold and unforgiving winters which make it difficult, if not impossible, to do any sort of outdoor exercise including walking. Today was a typical morning at about 5 degrees Fahrenheit (which is -15 degrees Celsius); well below the temperature at which water freezes! I made an agreement with myself that I would have a consistent exercise and yoga routine. I have honored that commitment in myself, and because of that, have seen so many other amazing results in my life.

So how does going to the gym relate to success? What exactly is the recipe for success? Have you ever thought about this? What is it that makes you, or the people you look up to most, successful? Of course there are many factors and every case is unique in its own way. Here, we will discuss three potent ingredients of success: consistency, discipline and intent (also known as sankalp).

One of the first things that people on any spiritual path learn is to do something, some sort of practice, daily. Let's use meditation as an example. A teacher or guru will ask their devotees to meditate daily, and typically not say much more. Of course meditation has a myriad of benefits, but why is it necessary to do daily? Why is it that the daily practice is emphasized more than anything else? Meditation has now been scientifically shown to improve the body, mind and emotions with more and more doctors recommending it all the time. Yet, these miraculous benefits are not mentioned. All that is mentioned is the consistency. Why?

For one, when talking to the mind in

mankind, those words will go into the intellect and not the heart, and will act to strengthen the ego. While the undivined ego can in many cases help an individual to be consistent, the action is not being done for the right reasons. It's being done for a rajasic gain; I'll do X and get Y in return. It also acts to weaken a person's will-power and intention. Will-power means to do something by the power of your will, not because there is something to be gained from an experience. The intention, or sankalp, in this case is to meditate daily because one has devoted themselves to a guru and the guru asks it of them. This is important to discern. If a student starts to meditate because they think it will bring them better concentration abilities, it may do that, but it may not. If a person meditates because they know it has a variety of benefits, but are not attached to which specific ones they receive, the meditation can act authentically to bring out the best in the individual meditating. Any form of pre-conceived notion will stifle the full range of benefits received by conditioning the mind to only look for, and accept, one particular thing. These pre-conceived notions also act to weaken will-power by giving an individual a result motive, instead of strengthening the core of fire within the student.

Intention is the first piece of the puzzle; setting a firm intention and resolve to accomplish the intention. The second piece of the puzzle of success is consistency. Now that an intention has been established, consistency is required to manifest that intention. Anything when done consistently will leave impressions in the psyche and subconscious mind. This is how karmas are cleared away; new information is put in its place. A new

routine and thought pattern is established to write over the information and habits that are no longer serving an individual. This is the entire purpose of spiritual sadhana; to develop new patterns to lead to the Self and ultimately to divine. To get rid of a negative samskara, you must write over it with a positive samskara. These are the positive samskaras that lead an individual in their next lifetime to return quickly to their previous state of attainment. The habit has already been established, and thus, very little effort is required to attain results.

Any consistent pattern will lead to change; this is why intention is so important. If you are seeking for something good, but the intentions of getting that good thing are not fully pure, you will be strengthening the result and not necessarily the intention of the result you seek. For example, a person may set the intention to get a new job that pays more money. Said person may indeed get a new job that pays more money, but have it be a job that they really dislike, or one that brings a lot of sorrow with it. If this person's intention were to have more money, this should have been the resolve and not a better paying job. When focusing on the intention, without putting constraints on how the intention is brought, a person opens up to the opportunities that will best serve them. It's only the human ego and constraints of the mind that try to limit how abundance is brought or prayer is answered. Think of intention or sankalp as prayer. What rights do we as people have to set standards and limitations on God? Are you yourself not a spark of God?

The third ingredient is discipline. Discipline relates to consistency; without cultivating the ability to be disciplined in life, one cannot be consistent in day-to-day life. A person often times wants to be consistent, but cannot find the energy or stamina to do it. How can this be

overcome? Discipline! Learning to set a consistent routine of life is the easiest way, because this sets the standard in other areas of life as well. Too many people fight with both consistency and discipline, wanting results immediately. This is not a healthy approach to life because it leads to sorrow and frustration. No one gets things instantly. Some things come easy to some people, but that does not mean that everything comes easily. Consistency and discipline always yield success. Always! Every endeavor may not be successful, but an individual that cultivates the foundations for success will definitely in time find themselves successful in life. Consistency helps to work through tamasic inertia. When there is less tamasic energy, one has the capacity for more action and more clarity.

Intention is central to any and all actions, but consistency and discipline are the attendants required to make a sankalp turn into a reality. How much you want success in your life will determine if you develop these three skills. Setting an intention, sticking to it and having the forbearance have the wherewithal to continue forward, even despite obstacles, is what this recipe will provide. Love yourself deeply enough to set a solid foundation of success; you'll be amazed at the positive things that happen in your life. I've done what I set out to do; I've been consistently going to the gym and maintaining my workout routine, despite the cold. My goal was/is consistency; not anything else. Through this, the universe has whispered the answers to questions I have been contemplating for a couple of years now. You never know what amazing things can happen when you follow your heart, and back that up with the power of intention, consistency and discipline. Try it and see for yourself!



SLOVENIA

Slovenia officially the Republic of Slovenia is a country in Central Europe touching the Alps and bordering the Mediterranean. Slovenia borders Italy to the west, Croatia to the south and east, Hungary to the northeast, and Austria to the north, and also has a small portion of coastline along the Adriatic Sea.

Slovene territory was inhabited in prehistoric times and there is evidence of human habitation around 250,000 years ago. Perhaps the most important find is a flute,

allegedly the oldest known musical instrument in the world, discovered in Divje Babe cave near Cerknov, dating from the Würm glacial age when the area was inhabited by Neanderthals. In the transition period between the Bronze Age

to the Iron Age, the Urnfield culture flourished. Numerous archeological remains dating from the Hallstatt period have been found in Slovenia. In the Iron Age, present-day Slovenia was inhabited by Illyrian and Celtic tribes until the 1st century BC, when the Romans conquered the region establishing the provinces of Pannonia and Noricum. Followed by a long history, following the dissolution of Austro-Hungarian Empire in the aftermath of the World War I, a National Council of Slovenes, Croats and Serbs took power in Zagreb on 6 October 1918. On 29 October independence was declared by the

Croatian parliament and by a national gathering in Ljubljana, declaring the establishment of the new State of Slovenes, Croats and Serbs. The new state merged with Serbia to form the Kingdom of Serbs, Croats and Slovenes on 1 December 1918, renamed to Kingdom of Yugoslavia in 1929. Following the re-establishment of Yugoslavia during World War II, Slovenia became part of Federal Yugoslavia. The first clear demand for Slovene independence was made in 1987 by a group of intellectuals. On 7 March 1990, the

Slovenian Assembly changed the official name of the state to the Republic of Slovenia. The European Union recognized Slovenia in January 1992, and the UN accepted it as a member in May 1992. Slovenia joined the European Union on 1 May 2004.



Slovenia is a parliamentary democracy republic with a multi-party system. The head of state is the president, who is elected by popular vote every five years to maximum two consecutive terms, and has mainly advisory and ceremonial duties. The executive and administrative authority in Slovenia is held by the Government of Slovenia headed by the Prime Minister and the council of ministers or cabinet, who are elected by the National Assembly. Slovenia is subdivided into 211 municipalities. Besides, there also exist 62 administrative districts.



Four major European geographic regions meet in Slovenia: the Alps, the Dinarides, the Pannonian Plain, and the Mediterranean. Although on the shore of the Adriatic Sea, near the Mediterranean, most of Slovenia is in the Black Sea drainage basin. Over half of the country is covered by forests. This makes Slovenia the third most forested country in Europe. The areas are covered mostly by beech, fir-beech and beech-oak forests and have a relatively high production capacity. In the Northeast, is the continental climate type with greatest difference between winter and summer temperatures prevails. In the coastal region, there is sub-Mediterranean climate. The effect of the sea on the temperature rates is visible also up the Soca valley, while a severe Alpine climate is present in the high mountain regions. There is a strong interaction between these three climatic systems across most of the country. Although Slovenia is a small country, there is an exceptionally wide variety of habitats.

Regions

Coast and Karst

There are more than eight thousand karst caves and sinkholes in Slovenia, and twenty of these treasures of limestone masterpieces created by disappearing Karst Rivers have been adapted and opened for tourists. Piran is a very special, precious city. It is the best preserved cultural monument of Slovenian Istria and

the closest neighbor of Portorož, the luxurious city of flowers. When you visit Piran, you should take a closer look at its architecture, influenced by the Venetian Republic, which left its mark on most Istrian towns. Throughout time, Piran maintained the clustered medieval structure narrow winding streets; houses huddled close together, rising in cascades, the contact with the sea, numerous squares. Piran is a member of the European Walled Cities Association. The city of Piran is a national historical monument. People earn their living mainly by tourism. Numerous events take place all year round in the open and in magnificent buildings named after famous people from Piran.

Izola is an ancient Mediterranean town with a lively history on the Slovenian coast. The old part of the town rests upon what once used to be an island that's where its name comes from. In Latin, 'isola or izola' means 'an island'. The island was inhabited in the first century and was later connected to the mainland with a stone bridge. Izola use to be known as a city of the rebels. With a variety of sports and cultural events and entertainments taking place throughout the year, drawing their inspiration from old customs and traditions, you will never be bored in Izola. Museums, galleries and artists' studios will lead you into the world of Istrian arts and crafts, and if you are seeking true spiritual refreshment, you will find it on a boat



trip on the waves of the Adriatic. Izola is surrounded by picturesque countryside with numerous valleys and long hills an area full of gastronomic pleasures waiting to be discovered in a wealth of traditional inns and farm tourism establishments, most of them offering marvelous views over the Gulf of Trieste. The town's hinterland offers countless opportunities to explore and discover the natural beauties of the Istrian hills, with their attractive stone houses. Koper is Slovenia's only commercial port and one of the oldest towns. Carved grey Istrian limestone, eight squares situated at the outer edge of the town covered with a carpet of white stone, eleven other squares, remnants of an ancient city wall, narrow intertwining streets leading to the main square. Enjoy the local handicrafts, taste the typical local dishes like the jota (a soup with pickled cabbage), the bobici (corn soup), polenta (corn porridge), and the typical local wines. Excursionists, riders and cyclists can discover the hidden beauties of the waterfalls, the rapids and pools of the Dragorija River, an oasis with crystal clear water.

Divaca is a town and municipality in the Coast and Karst region of Slovenia. It is known for the many limestone caves in the area, included the UNESCO listed Škocjan Caves. The Škocjan Caves Regional Park lies in the south-west of Slovenia, on the main Karst plateau, from which the word Karst originates. The Škocjan Caves, with the vastness of their underground halls and gorges, hold a special place among the seven thousand caves in Slovenia. They comprise a network of eleven caves, with hollows; swallow holes, natural bridges



among them many geological features. The park's main attraction is its cave system that includes the highest cave hall in Europe. Admission to the caves is by tour only, an easy guided walk that lasts about 90 minutes and takes you through two chambers: the Silent Cave and the Murmuring Cave. The area of the Strunjan Peninsula with several kilometers of untouched cliff represents with its land and submersed parts, a natural wonder with extremely important geo-morphologic, geologic, petrographic, floristic and faunistic aspects. Lipica, a cultural monument of European and worldwide reputation, is an unusual stony land covered with low bushes, small pine forests, and vineyards. Close to the Slovene-Italian border in a lush green oasis with avenues lined with trees between one hundred and one hundred and sixty years old, the Lipica stud, cradle of the Lipizzaner, has

been developing for more than four hundred years. Even before the Lipica Stud was established, karst mares were bred on the Lipica estate and mated at the wish of the Vienna court with Andalusian, Italian, Danish, and later Arab stallions. The result was the Lipizzaner, a unique horse breed of



medium size about 160 centimeters in height. It has lively eyes and an intelligent look, a muscular neck carried high, and a thick tail. Postojna lies at the north end of the Pivka River valley. Postojna and the surrounding area were settled in the oldest periods



of human history. Archeological finds from Predjama, Postojna Cave, and Betalov spodmol bear witness to the earliest inhabitants of the region. The oldest objects found are from the Paleolithic period, and others come from younger periods (Neolithic, the Bronze Age, and Iron Age). Today, Postojna is a modern, clean, and friendly city. It acquired the stamp of a tourist city primarily from the world-famous Postojna Cave, as well as smaller caves in the area such as Otoška jama, Pivka jama, and Crna jama. Only ten kilometers from Postojna, the astonishing Predjama Castle perches in the middle of a high cliff. Cerknica Lake, the largest disappearing lake in Slovenia, enraptures visitors with numerous interesting natural phenomena and diverse flora and fauna. The lake fills in the spring and during rainy periods, offering possibilities for numerous water sports.

Julian Alps/ Goriška/ Gorenjska

The wonders of the Goriška region include the beautiful Alpine peaks and valleys.



Both the emerald stone and the Soca River are characterized by their color, which is a symbol of revival and new life. The precious stone and the river share the harmony of transparent green light, colorful peacefulness and refreshment. What else could the journey along the Soca River be but a search for beauty

condensed in an emerald, what else but the quenching of the soul yielded to man by virgin water, an eternal feature of the Alps? Soca River is paradise for people in loved in nature. Visitors and locals can choose between short, easy walks nearby the river, or adrenaline water sports as are rafting, kayak, hydro speed. Kayak on white water is well known all over the Europe. Triglav National Park covers 838 square kilometers by the border with Italy and Austria. This is the only national park in Slovenia. It is popular for its outdoor adventure possibilities, numerous gorges and waterfalls, and the spectacular Lake Bohinj. Alongside Triglav, which in clear weather can



be seen from virtually all parts of the country, there are the mighty peaks of Mangart, Jalovec, Prisojnik and Špik. Bovec is a town just by Triglav National Park and is the center of the Upper Soca valley. You can find some unique villages in the land of Bovec: Srpenica, Žaga, Log Cezsoški, ezso a, Plužna, Log pod Mangrtom, Kal-Koritnica, Lepena, Soca and Trenta. The valleys around Bovec are a playground for all kinds of sports all year round. In Bovec, there are several traditional events and festivals.

Kobarid is a small and amiable little town, which is situated at the historic crossroads of important routes. Numerous archaeological sites; an Iron Age burial ground and findings from antiquity bear witness to the rich life and strategic importance of this town in ancient times. Kobarid is the town in Slovenia that can boast the highest number of excellent restaurants in one single place. Tolmin is the largest town and an administrative center of the Soca Valley. Its greatest attractions are the old town center, great sports facilities and the Museum of Tolmin with ethnological and archeological collection. The tradition of alpine cattle ranches and with them the famous Tolmin cheese still survives in the surrounding mountain pastures. Cerkljanska does not only boast a rich cultural heritage, green valleys, romantic ravines, extensive forests and sunny plateaus. The rich, hilly, unspoiled nature, together with numerous natural and cultural sights and exceptionally

hospitable people. The oldest Slovenian mining city, Idrija grew with the development of the mercury mine. Idrija is also home to world-famous lacemaking tradition.

Slovenia has only one island but its uniqueness makes it more attractive than many an archipelago. Sheltered by picturesque mountains, the island reigns in the middle of an Alpine lake. This town, which has already existed for a thousand years, is BLED. On the island in the middle of the lake, the ancient Slavs worshipped Živa, goddess of love and fertility. The Swiss hydropathist, Arnold Rikli, discovered that the gentle climate and the lake and thermal waters are a



source of good health and well-being. The town, already famous at the beginning of the 20th century as the most beautiful health spa of the then Austrian empire, attracted the European aristocratic elite. The center of Gorenjska is Kranj, with its surprising industrial, commercial and cultural traditions. The architect Jože Plecnik had a profound impact on the appearance of Kranj's old town center. Železniki, a former ironworking center, conserves the lacemaking tradition, while Dražgoše is famed for its gingerbread. The Škofja Loka Hills are full of pleasant paths and trails for hikers and cyclists. Škofja Loka and the surrounding area also offer a number of themed routes and restaurants offering traditional cuisine.



cannot be clear how many castles there are in Ljubljana, and it is said there must be about a dozen of them directly in the district. The best known however is the Ljubljana castle that dominates the old town.

Kamnik is a small city standing on the banks of the Bistrica River, where the patina of the roofs, church steeples, and castle ruins merges with the green neighboring high hills and plains, and its margins with the chain of the Kamniške Alps. East of the capital, the main road runs along the valley of the river Sava,

Central Slovenia

Ljubljana is the capital of Slovenia, but it is small and pretty, easy to get around, and full of surprises. Ljubljana has preserved evidence of all the five millennia of its history, including, among others, the remains of the Roman city of Emona and the old city center with its medieval castle and beautiful buildings with Baroque façades, decorative portals and uneven roofs. Other significant bits in the mosaic of Ljubljana are its picturesque bridges across the river Ljubljanica and its vast Tivoli Park, stretching into the very city center. Ljubljana is a vibrant center of creativity where cultural activity has become a way of life. It boasts one of the world's oldest philharmonics. Each year it host more than 10,000 cultural events, from prestigious music, theatre and art events to those pertaining to alternative and avant-garde culture. As a Ljubljana trade-mark, the Dragon Bridge is one of the most well-known sights of the city. Four green dragons, two on each side, stand proudly to guard the bridge and the city itself. Though ladies beware the dragon is said to wave its tail, when the bridge is crossed by a virgin! Ljubljana`s Three Bridges are probably the most beautiful and well known of all bridges in the city. They connect the main Preseren Square with the Old Town and represent a popular meeting point. Even the Ljubljana tourism authorities

which are surrounded by the Posavje Hills. Trade routes once crossed their picturesque peaks but today the hills and mountain pastures above Litija are above all popular excursion destinations. Not far from Litija, once an important river port is Vace, famous for the Vace Situla, a priceless find from the Iron Age. An enlarged replica can be seen in the village. In the nearby village of Spodnja Slivna is GEOSS, the geometric center of Slovenia. The inhabitants of Dol pri Litiji still make charcoal using the traditional heap method. A sight worth visiting near Litija is the Renaissance Bogenšperk Castle, one of the best-preserved castles in Slovenia. A marked footpath leads up to the castle. Numerous cycling routes and a circular riding



trail are among the other ways to explore the Posavje Hills. To the south-east of Ljubljana you can begin your excursion at the Renaissance Turjak Castle or in nearby Rašica. The two sights are linked by a woodland nature trail, one of many footpaths in the Velike Lašce area, which boasts rich cultural traditions. Not far away is Dobropolje a large karst polje with Podpec Cave and the largest linden grove in Slovenia. In central Slovenia, the undulating Posavsko hribovje hills spread on the both sides of the Sava River. Zagorje lies exactly on the 15th meridian, which is marked by a special city marker. Another attraction of Zagorje is its location at the confluence of two streams. In neighboring Hrastnik, ethnological, firefighting, and the hunting exhibitions are on display in the Revirski Museum. Along with its mining tradition, Hrastnik also boasts rich tradition of glass production.

Pohorje-Savinjska/Koroška

From one of the most beautiful alpine valleys past the medieval castle inspirations of the Celje Counts to mysterious Kozjansko, the Savinjska region offers secret corners of unspoiled nature, thermal and climatic health resorts, towns and cities with interesting pasts and lively presents, hospitable farms,



places with sporting challenges. Logarska dolina is one of Europe's most beautiful glacial alpine valleys. A tranquil walk in the valley and the surrounding area reminds us of the centuries-old harmony here between men and nature. The valley is a starting point for mountaineering and alpine climbing routes and the valley itself offers bicycling, archery, riding, ski touring, cross-country skiing, sledding, and ice climbing on frozen waterfalls. In nearby Solcava, high-mountain village with many attractions, there is also an artificial ice-climbing course. From Luce, a trail leads to Snežna jama cave on Mount Raduha, which takes its visitors' breath away with its 100-meter long cavern of frozen stalactites. In Ljubno ob Savinji, which still today lives with the tradition of lumbering, the Savinja River becomes friendly for many water sports. The Lower Savinja valley is primarily renowned as the 'valley of hops', but also as the home territory of the famous Counts of Celje, originally the lords of Žovnek Castle near today's Braslovce and its three attractive lakes. Radece, now a center of the paper industry; in the vicinity of Radece include the valley of the river Sopota, a protected area.

Koroška is considered the cradle of Sloveneness. Slovenian Koroška region





now consists of three valleys; the Meža, Drava and Mislinja valleys and three mountain ranges; Pohorje, Karavanke and the Savinja Alps. Peca Mountain is one of Slovenia's most beautiful mountain spots. It is a three hour walk to the cottage on Little Peca (Mali Peci), and another one hour to the top. Near the cottage, in an abandoned tunnel leading to a well-kept cave, is a statue of King Matjaž. A marked trail from Luce to Raduha runs past secluded farms and pastures, through pine forests and over scenic slopes to the mountain pasture Kal, and from it to the mountain pasture Loka. Then head for the top of Raduha, which is famous for its magnificent view. From the top descend to the highest cave with pillar formations in Slovenia, Snežna Jama Cave. Pohorje is blessed with deep, dark forests. In winter the Alpine meadows are transformed into ski slopes. The largest ski center of the Western Pohorje is Kope. Another ski center, Ribniško Pohorje, lies nearby. The latter is home to the Sgerm Spruce, the tallest tree in central Europe. Below Peca, the highest mountain of the Eastern Karavanke, in whose bosom King Matjaž is said to sleep, extends a valley of unique beauty, the Topla Nature Park. The Najevnik Linden, the mother of all lindens in Slovenia grows on nearby Ludranski Vrh, above which spreads Smrekovec, the only volcanic mountain area in Slovenia. Natural, local and traditional are three words that describe the cuisine of the Koroška

region. Particular mention should go to the region's tasty black bread and rye bread and the excellent most, a local form of cider made by fermenting the juice of traditional varieties of apples.

Eastern Slovenia

From Maribor, Slovenia's second-largest city, and green Pohorje, unique among Slovenia's mountain regions, to winegrowing areas and thermal spas: the Podravska region has something for everyone. Maribor is, as the capital of Štajerska, the second largest city in the country. At the same time Maribor is pleasantly small and set in the wonderful natural surroundings of Pohorje on the one side and wine growing hills on the other, with the river Drava wending its way through it. Higher up, Bolfenk with its Natural and Cultural Heritage Centre. This part of Pohorje is popular with locals and tourists alike. Those seeking relaxation can find it at the Terme Maribor spa. Ptuj is one of the oldest towns in Slovenia, with settlement dating back 2000 years. Its history reaches back to the Stone Age, but the city experienced its greatest flowering in the Roman period. Today, it is an important center of the lower Podravje region of Slovenia. It is a city of fairs, wine cellars and thermal springs.

The dreamy countryside along the Mura River in eastern Slovenia is a land of wide fields and rounded hills, storks and wind-rattles,



floating mills, healing waters and energy points, picturesque winegrowing hills, original traditions and dialects, and most of all, a land of hospitable people, who live in Slovenia's largest agricultural region of Pomurska. If visitors come to Pomurje for the first time to enjoy the healing waters, they discover many reasons to return. In Gornja Radgona, known for its fairs and famous for excellent wines. Ancient handicrafts still survive in this region, and in Filovci, potters still bake their clay works in the special Prekmurje way.

South Eastern Slovenia

The Spodnje Posavska (Lower Sava) region, which takes its name from the lower course of the Sava, Slovenia's longest river, is characterized by a wide fertile plain, rounded hills planted with vineyards, extensive forests and several towns and



villages containing important cultural sights of interest. Gorjanci are the best known and visited mountain chain in Dolenjska that rise above Krško valley to their peak Trdinov vrh. Gorjanci are an important reservoir of drinking water for a whole Novo mesto valley as there are numerous springs on their steep hillsides. Most famous of those are the mythological Gospodicna and Minutnik, other clear streams like Kobilica, Penderjevka and Klamfer had carved deep and picturesque vales into northern hillsides. Natural characteristics are determined by vast beech

forests with preserved remnants of primeval forest on Ravna gora and Trdinov vrh. The economic, administrative and cultural center of the region is Brežice, close to the confluence of the Krka and the Sava. Nature lovers should not miss the chance to visit the virgin forest of Krakovo, which is protected as a natural monument, wander through Jovsi, a wetland area.

Hill vineyards and little hilltop churches, castles and monasteries, broad forests and groves of birch trees give the extensive region of south-east Slovenia a particular charm. Dolenjska, which joins hands with Bela Krajina across the beautiful Gorjanci Hills

and, further up, with the Posavje region, is an area that offers countless opportunities to relax, explore and enjoy, visiting natural sights of interest and making interesting stops along heritage trails and wine routes. In Kocevje, the center of one of the most forested parts of Europe, you can see the virgin forest

reserve in Kocevski Rog, visit the Ice Cave or the Željne Caves, and relax by the lake or on the river Rinži. The area has numerous footpaths, nature trails, cycling trails and horse riding trails. Anyone seeking something a little bit more out of the way should visit the area around Kostel. One of the sights of this mysterious region above the gorge of the river Kolpa is Kostel Castle and, nearby, the legendary Nežica waterfall. Krka River is one of the most typical streams in Dolenjska region and is the only Slovene river that forms tufa in its riverbed. The Valley of Krka River is a unique symbol of Dolenjska with its

inseparable intertwining of natural and cultural heritage. It is emphasized by the disappearing legacy of bygone water-mills, preserved wooden bridges, numerous castles and settlements on its banks; Novo mesto was formed around one of the most distinctive of its bends. The Krka also gives Novo mesto, the capital of Dolenjska, a town built on seven hills, its characteristic appearance. Not far from the town, with its many historical and religious monuments, are the spas of Dolenjske Toplice and Šmarješke Toplice and Slovenia's only island castle Otocec castle, which stands on an island in the middle of the Krka.

Tips that matter

1. Slovenia is a member of the Schengen Agreement.

2. The majority of drivers enter Slovenia by motorway. To drive on motorways in Slovenia you must have a vignette, or face heavy fines. Road safety regulations require the use of dipped lights at all times when driving, even during the day. There are 24-hour service stations and petrol stations approximately every 30 km on the motorways. Petrol stations are also common in the cities and in smaller towns.

3. Buses and trains to Slovenia run every day from numerous European cities. It is also possible to arrive by sleeping car.

4. There are daily flights from Slovenia's main international gateway, Ljubljana Jože Pucnik Airport, to a number of European cities, including flights operated by two low-cost airlines.



5. Between May and October powerboats operate frequent routes from Venice, Trieste, Porec and Rovinj. Cruise ships occasionally dock at Koper. If arriving on your own vessel, you should be aware that the international border crossings are at Koper and Piran, and at Izola between May and October. Izola, Koper and Portorož have fully equipped marinas where boats can moor.

6. Banks are open from 9 am to 5 pm but closed on weekends and you can withdraw cash 24 hours a day from cash dispensers around the country. Most cash dispensers also accept MasterCard, Visa, Maestro, Cirrus and Visa Electron Plus. Slovenia is extremely well provided with cash dispensers. Many of them offer other types of services in addition to cash withdrawals. Changing money at bureaux de change, hotel receptions, travel agents, petrol stations and large shopping centers.

7. Post offices are open from 8 am till 6pm and up till noon on Saturdays. Museums are closed on Mondays and open from either 9 or 10 am till 6 pm. Pharmacies are open from 7 am to 7 pm and till 1 pm on Saturdays. However, there pharmacies in big towns are open 24 hours. The opening times of shops may vary. In larger towns there is at least one food shop open 24 hours a day. Some basic essentials are available 24 hours a day from larger petrol stations.

8. In Slovenia you are unlikely to find yourself without a mobile signal, although it is still possible in some remote corners of the country. As in other European countries, GSM mobile phones operate in the 900 MHz or 1800 MHz frequency bands. Because Slovenia is a member of the EU, roaming charges within EU countries are capped. Operators are free to offer cheaper rates. Operators charge various rates for calls

outside the EU. Check these with your own operator. You can buy a SIM card or prepaid telephone for as little as €10. Slovenia is generally well covered by inexpensive broadband internet due to fierce competition between multiple companies. Internet cafes are thus common in cities and internet access is offered by most hotels and hostels. To find yourself without a mobile signal, although it is still possible in some remote corners of the country. As in other European countries, GSM mobile phones operate in the 900 MHz or 1800 MHz frequency bands. Because Slovenia is a member of the EU, roaming charges within EU countries are capped. Operators are free to offer cheaper rates. Operators charge various rates for calls outside the EU. Check these with your own operator. You can buy a SIM card or prepaid telephone for as little as €10. Slovenia is generally well covered by inexpensive broadband internet due to fierce competition between multiple companies. Internet cafes are thus common in cities and internet access is offered by most hotels and hostels.



9. Mains electricity in Slovenia is a 230 Volts 50 Hz system. Slovenia uses the Europlug (CEE 7/16). This is the plug used in most other European countries. Because there are so many different models of plugs, the easiest thing is for you to bring your own adapter with you. Adapters for most other European plug and for US plugs can be bought in Slovenia from specialist electrical shops.

10. Many people are used to drinking tap water in Slovenia, as it is clean and uncontaminated. The food available on the Slovenian market is produced without any GMOs. Organic food is available. Water in plastic bottles is always available. The quality of the drinking water varies from region to

region, as there are over a thousand water systems. The water in the towns is better in some parts than that in the countryside. Much of Slovenia's drinking water is hard, i.e. it has a higher content of harmless lime scale. After heavy rainfall it is sometimes advisable to avoid tap water, as it can tend to be turbid. In such instances the public are alerted via the media.

11. No GM food is available in Slovenia, as it is banned throughout the European Union. Most of the food on sale in Slovenia is produced on farms in the country. Organic farming is becoming increasingly widespread. The origin of all food products sold in Slovenia is marked on the packaging. Bars and restaurants that offer food must satisfy strict hygiene standards during preparation, and there is thus no cause for concern over contamination.

12. In Slovenia, smoking is banned in all closed public and work premises, in other words including catering and accommodation establishments. You must be at least 18 years old to buy tobacco products.

13. Important numbers: 112 Emergency services; urgent medical help, firefighters, veterinary help, rescue teams. 113 Police; emergencies and 080 12 00 Police; reporting offenders, anonymous phone line. 1987 AMZS; roadside assistance and towing. 080 1900 Tourist telephone; free line for tourists and tourism workers to report 24 hours a day their comments, complaints, criticism and suggestions. International code for Slovenia +386.

14. Around Slovenia, accessibility for people with disabilities has markedly increased in recent years. For many tours and visits, disabled persons receive discounts, and some are free. Wheelchairs are provided at several popular tourist destinations.

15. In Slovenia there is no danger of contracting any dangerous diseases, so no special vaccination requirements are made for travelling here. Vaccination against tetanus is recommended, but not essential. Healthcare is very well spread across Slovenia. Practically every Slovenian town has a health center, and villages have individual clinics. Every Slovenian town and village is served by emergency medical assistance, by helicopter if necessary. For citizens of all other countries, it is best before travelling to Slovenia to take out international travel insurance. When you are in the forest or by water you should watch out for ticks. We recommend that you use an appropriate repellent, and when you get back from the forest check yourself thoroughly and remove any possible ticks in good time. In the summer, near water surfaces mosquitoes can be a nuisance.

16. Slovenia is a safe country. Wherever you are, even late at night in the cities, you can have no cause for concern. There is nevertheless a marginal risk of becoming a victim of certain crimes, most commonly theft. If you become a victim of theft despite your precautions, call the police immediately on 113. If your documents are stolen or lost, you can also turn to your embassy or consulate in Slovenia. In larger towns and cities you might be approached by homeless people begging for money, but they are not dangerous. People may get a bit aggressive in crowded bars and discotheques, and it is not uncommon to be grabbed or groped.

17. Slovenian, the national language, is spoken as mother tongue by 91% of the population. The level of spoken English is very high when compared to most European countries.

18. Slovenia is not the easiest of places for a vegetarian, although even the smokiest inn can usually whip up a decent fresh salad (solata) and fried vegetables on request. Lacto-ovo vegetarians will have it easy in Slovenia, while strict vegans won't find more

than a handful of vegan restaurants in the country. It is wise to know that even the smallest store has its healthy food shelves with many non-animal alternatives.

19. Slovenians are generally open and friendly, so don't hesitate to address people as those younger than 50 understand English and will be eager to help you. Slovenians will insist when offering something, as 'no' doesn't always mean 'no', they just think it's polite for you to refuse, and polite for them to insist. If you are invited to dinner to someone's home, bring a bottle of good wine. It's expected to give a compliment to a cook. Do it before you are asked if you liked the meal! Slovenians generally wear slippers at home, so take your shoes off when you enter. It's normal to shake hands when introduced to someone. It is also polite to say Dober dan to people passing by in small towns and villages.

20. If you need any information about a particular destination, accommodation, attraction or event, the best place to go is one of the 90 tourist information centers throughout the country. Tourist information centers have knowledgeable local staff with all the information you need to make your stay in Slovenia as pleasant as possible.

An excerpt from an interview of the ex-president of Slovenia Janez Drnovsek by Supreme Master Television.

Dr. Drnovsek is a vegetarian and a champion of animal rights and welfare. And it is privilege to speak to the president about his spiritual philosophy in life, his life as a vegetarian and his work for humanity at large. SMT: You have written, "We are not whole because we are not compassionate and we do not love living things," and that we are losing our connection to universal consciousness. How do you feel that we can become whole and regain that?

Dr. JD: When we overcome our selfishness, then we become whole. When we start to think

good and to do good; when we feel for other people, for other beings and nature, then we are whole. I think we have to organize ourselves as people in the world. Otherwise, all these mechanisms will drive us towards destruction. We can foresee that in the not-so-distant-time that the climate will be destroyed so much that it won't be possible to repair it, and that we will pass over the point of no return. It will not be the end of the humanity at that point, but the agony will start.

SMT: Talking about the climate, some spiritual masters say that this pollution is mainly because of our thoughts, not just the technological development and technology that we use.

Dr. JD: I would say that it's about our consciousness, because our consciousness is not strong enough for the development of technologies. The Earth's technologies have come so far, but our consciousness generally remains low and is not high enough to ensure that with these technologies, with this development, we will not destroy humanity. So it's true that we need more clear thinking that we need higher consciousness in order to ensure that with our own development we will not destroy ourselves. So, we need a different kind of consciousness; we need more spirituality.

SMT: Do you think that in that case, just as we now have politicians as leaders of society, is it necessary to have also spiritual leaders, or would it be even better to combine both in one person, let's say?

Dr. JD: It would be better, certainly, if politicians could be spiritual enough or have high enough consciousness. But it is difficult, because the pattern of politics is such that it's very difficult to act in a different way. If an individual starts, then he will have a lot of problems, and it's not easy for him to change things. So that's why I think that we need much broader support from many, many people around the world. It would be really positive if spiritual leaders joined in the efforts to improve the state of the world. Now

we need everyone to join these efforts to raise the consciousness of humanity. Then the politicians will have to respond to the people. Education should contribute to developing spiritual awareness and a higher form of consciousness.

SMT: You mentioned that some patterns need to be changed in order to raise consciousness. Do you think that a powerful step would be for more people to become vegetarian? Would that have an impact?

Dr. JD: I think that today we can produce enough vegetarian food to feed everyone in the world. We don't need to kill animals. You have a variety of good vegetarian foods. Many people just eat automatically. People think this is what everyone does and they just continue with this, without thinking. So we have to raise the consciousness here, too. Animals have consciousness and they are conscious of what is going on.

SMT: Do you think positive energy is very important for people to understand more as well as how it can help them?

Dr. JD: Positive energy is crucial, and we need it so much because there is much more negative energy in this world. We create negative energy with our negative emotions, thoughts and deeds. All this fight for survival, for material goods and for power creates a lot of negative energy. On the other side, there is not enough positive energy to balance this negative energy. So we have to create. Raising the consciousness means to create much more positive energy for everyone everywhere. It means making more good, in order to create those effects. And the media and these kinds of programs are very important. We have the stories to make everyone conscious, but generally we do not use them enough. So we will have to spread much more positive energy everywhere in the world. This is very important; it's the inner feeling or inner voice, the intuition, which can help a human being in many situations.



Legend of the Nomad

Chapter 10 Comprehensive Wisdom
Essence - Clarity - Change - Connectedness

Essence

As soon as Nathan arrived in Athens in the morning, he called Laura to tell her and said that he would remain a couple of days in the capital before continuing his journey to her home. Nathan booked a room in Plaka, the heart of the city. All the next day he strolled through the old part of the city and enjoyed the unique historical environment. One day later he decided to climb the mountain of Areopagus, where, from the top of the mountain, he had an impressive view of the city of Athens. As he was tired from the climb, combined with the warm temperature, he looked for a place in the shade and lay down to rest. It did not take long before he fell asleep. When he awoke Nathan saw that a young woman had sat down next to him. She looked at him, smiled cheerfully and calmly and continued enjoying the view. Nathan sat up and spoke to her in English.

"Have you been here long?"

She swept her long curling hair to one side and said with a smile:

"I haven't been here long, but you were already building your future when I arrived!"

The young woman noticed that Nathan looked surprised and continued talking maintaining the same cheerful smile.

"Building our future, that's what we do when we dream!"

While Nathan was rubbing his eyes and trying to wake up, the woman introduced herself/

"My name is Rajiya."

"I am Nathan. Where are you from?"

"I live in Beirut, the capital of Lebanon. And you?"

"I grew up in Belgium, but have been traveling for several years."

Rajiya glanced at Nathan as if she had just realized something and then asked:

"Do you already know where your path is taking you?"

"Every day I let my light determine that."

Rajiya and Nathan looked at each other and smiled. They both sensed that their meeting was not a coincidence.

"Your path is so clear that your light shines on other paths."

"What makes you say so?"

"That was revealed to me by the unfathomable meaning of your words."

Again Nathan looked surprised. Rajiya clarified.

"I am talking about the feelings that bring your words to life."

"How can you recognize this?" Nathan asked.

"I learned it from my father and he in turn learned it from his uncle."

After these words Rajiya stared into the distance for a while and then continued.

"I am also fulfilling the assignment given to me."

"What do you do exactly?" Nathan wanted to know.

"I write poems."

"What are your poems about?"

"Usually about peace."

Rajiya moved closer to Nathan and continued talking:

"With my words, I try to show that people cannot live in peace as long as they want to own something that belongs to another."

"Do you believe that true peace on earth is possible?"

"One day, yes, when people see the truth within and come together for something that is greater than themselves!"

Evening began to fall over Athens. Nathan and Rajiya went down the mountain of Areopagus and arranged to go to dinner together. They took a taxi to a taverna, a small restaurant serving Greek cuisine, by the water. In the meantime night had fallen. They sat on an attractively lit terrace and discussed the higher purpose they both had in mind. Nathan told Rajiya about his great fascination for poets and musicians:

"I am always amazed at how beautifully poets and musicians give form to the essence of life."

"Yes, musicians frequently let their heart and their intellect connect to each other... it is strange that you're referring to musicians."

Rajiya paused.

"I was recently in Istanbul. I heard them talking about an old man who possessed miraculous powers. That made me curious and I looked him up. He predicted that my lyrics would be sung to music."

"An old man with powers, tell me more."

"He is a remarkable man. His name is Koan. It is said that he moved from the Balkans to Istanbul long ago."

"Why is this man remarkable?"

"He said that he lived according to the wisdom that cannot be expressed in words, and he used strange metaphors. After I had read him a poem, he said that life lived more in my verses than in life itself."

"That is a very beautiful compliment."

"According to him I possess a very special gift that he called the gift of Bsharri!"

"The gift of Bsharri?"

"Bsharri is a small city north of Lebanon, where I was born, something that would be impossible for him to guess."

Nathan felt that Rajiya was impressed by her conversation with this man. He let her continue, Koan told me my gift originated with Khalil Gibran.

"The poet?"

"Indeed, Koan told me that he had recently met him."

"A meeting? But Khalil Gibran is dead, isn't he?"

"Indeed. When I told him it was impossible, he gave me an astonishing answer."

Nathan listened attentively.

"He said nothing is impossible in dreams and visions!"

Nathan remained staring into the distance for a while. Numerous thoughts went through his head. Rajiya continued talking:

"I then asked him if he had met others from the past...."

"What did he answer?"

"Both from the past and from the future!" He said.

Even though Rajiya's words seemed improbable, Nathan did not doubt her sincerity. He knew there must be an explanation the man's words that there was only one way to find out.

"I would like to meet Koan, where can I find

him?"

"He lives secluded on the Camlica Hill, east of Istanbul."

"Do you know where exactly?"

"From his house he has a view of the water that flows into a different continent, that's how they showed me the way."

Nathan quickly made his decision. After visiting Laura he would travel to Istanbul and look for Koan. It was already midnight when Nathan accompanied Rajiya to her hotel. Upon their farewell, Rajiya asked Nathan to wait for her. She went to her room, picked up a sheaf of papers, and gave it to Nathan.

"Are these your poems?"

Rajiya nodded.

"These are some of my poems that have been translated from Arabic into English."

Nathan read one poem. He did not need much time to experience the beauty of her words.

"Continue writing, Rajiya, I feel that your poems fulfill an essential task."

Rajiya looked expectantly at Nathan.

"They show a glimpse of omnipresent beauty!"

"Thank you, Nathan that means a lot to me."

"You are welcome, Rajiya, develop your talents."

"Something in me tells me that by giving this to you, I am also giving it to all of humanity!"

Nathan kissed and they said goodbye.

Once in his hotel room, Nathan read through the bundle of poems. He would continue reading throughout the night, seated by the window, through which he could see an amazing starry sky. It was clear to him that Rajiya was extremely gifted. On the last page he read the following words, 'With thanks to Khalil, my never-ending source of inspiration!'

The next day Nathan took the train to Thessaloniki, in the north of the country. When he descended from the train onto the platform, he immediately recognized Laura. She was standing next to her boyfriend and was waving. When Nathan approached the couple he saw Laura was pregnant. His first words were therefore also words of good wishes for this happy event. After they had

hugged each other, Laura introduced him to the future father of her child. His name was Zaïm; he was from the city of Teheran in Iran. They got into the car and drove to the city center. Nathan enjoyed the warm atmosphere of Thessaloniki with its charming squares. After this initial exploration they drove home. Laura and Zaïm lived in a pleasantly situated mansion. They sat down in the shady garden behind the house.

"You visited Y Chao," Laura said. "How is he doing?"

"He was saddened by the death of his father, but he's overcome that now."

"When I met him, he was strolling back to the cruise ship that had brought him here. That was a strange coincidence to meet him here in Thessaloniki."

"With each coincidence we have to try to see the deeper meaning."

Zaïm shared the same vision:

"I know from Hafiz, the great Persian poet and muse, that coincidences have a deeper meaning and are always accompanied by wisdom."

"The manner in which I met Zaïm was a strange coincidence itself."

"How was that?" Nathan said.

"I was in Kassandra," Laura said, "a coastal town not far from here. My grandfather has a vacation home there."

"I was traveling with friends in Greece. We visited Thessaloniki and went to Kassandra to fully enjoy the beach and spend the night."

"I was to meet with a girlfriend that evening," Laura said, "but she couldn't come. It was a warm evening and I wanted to take a stroll alone."

"I know it was a night full of energy," Zaïm continued. "My friends preferred to relax and had another drink on a terrace, while I took a stroll on the beach on my own."

Suddenly, both of us were walking in the same direction on the beach, Laura said. Zaïm walked into the water and held his sandals in his hand.

"We were strolling at approximately the same height," Zaïm continued.

"There was a beautiful sunset," Laura remembered. "The sand, the trees, the water was covered with a blue-pink glow. It was a

breathhtaking sight."

"We noticed each other immediately," Zaïm said, "since we were alone on the beach. And then it even seemed as if our steps had become synchronized."

"We kept walking for a long time without saying anything to each other. We immediately felt a connection."

"That's right," Zaïm said, "it was a good feeling."

"How did you finally get together?" Nathan asked.

"That is by far the strangest experience we have ever had," Laura answered.

Nathan listened attentively. Zaïm continued:

"So, we had been walking for a long time when suddenly a flash of light appeared. It was similar to lightning, but it wasn't that."

"The flash was a clear white light," Laura clarified. "It reflected on the water and everything was infused with light for an instant."

"We were momentarily blinded and immediately looked at each other to find out whether we had seen the same thing...But we still said nothing to each other. It was as if we knew we had witnessed something unusual. We looked into each other's eyes for a long time."

"The more time passed, the more we felt we were experiencing something unique," Zaïm said. "It seemed like a magical moment intended for the two of us."

Zaïm came to me and asked if I had seen it too.

She answered that she had mainly felt it.

There was a short silence. Then Laura continued:

"We sat down on the sand and admired the last rays of sunlight together. That's how we got to know each other. On an evening that will forever remain the most beautiful."

Nathan looked at them, speechless. Laura noticed and asked:

"Nathan, you have insight into such events. What do you think of this?"

Nathan remained deep in thought for a long time. Laura and Zaïm became a little restless but waited patiently for his response. After a while he answered:

"Do you already know if the baby will be a boy or a girl?"

Laura and Zaïm looked at each other uncomprehendingly. Neither understood the reason for this question.

"It's a boy," Laura answered.

Nathan smiled as if he had received confirmation.

"You have witnessed a spiritual occurrence," he said. "This experience has bound you for life."

"What do you mean exactly?" Zaïm asked curiously.

"You were destined to receive this gift."

"A gift?" Laura asked.

"From who?" Zaïm wanted to know.

"From the sun, of course!"

"How...?" Laura said

Before she could finish, Nathan interrupted her:

"More questions are superfluous now; the life of your son will make everything clear."

Zaïm took Laura's hand. Nathan's words made a great impression on them. This was clearly not the answer they had been expecting, even though Nathan confirmed what they had both felt. They knew something special had brought them together, but now they felt a new responsibility. Nathan noticed this and said:

"Know that the sun didn't just choose you. Both, Laura and you, Zaïm, have always been drenched by a limitless love, the essential power to let this gift blossom."

Nathan thought that this was a good time to leave them alone. He got up and went for a stroll. Zaïm was still deep in thought and Laura asked Nathan to be back in time for dinner. When Nathan returned from his stroll, Zaïm was setting the table. The grilled fresh fish prepared by Laura was delicious. After the meal, Zaïm collected a bottle from the basement and before he put it on the table he carefully unwrapped the cloth that enclosed it, then Laura filled the glasses and said:

"This drink is called 'Mede' and was prepared by Zaïm's grandfather."

"It is a century-old drink," Zaïm said, "It can also cure us of injuries and sickness. It can even cause wisdom to be released within us."

Zaïm sniffed the liquid in his glass, and told them how much he liked its aroma.

Laura said:

"Zaïm has the habit of smelling everything."

"Smells work directly on our emotions," Zaïm said. "They are able to get straight through to our memory and thus bring up memories."

Nathan also sniffed at his glass and said:

"What we experience emotionally is always connected to our memory."

Zaïm lifted his glass and said:

"In our countries, the most conscious spirits appear to be able to see the universal energies clearly, once they take this drink."

It did not take long before the bottle was empty and Laura had opened a second bottle.

It gradually became dark, evening rolled in and the conversations went on until the late hours. Zaïm unexpectedly looked at Laura.

"You want to tell me something?" Laura asked.

"Indeed," Zaïm said, "I just thought of a name for our son. What do you think of the name 'Kiran'?"

"That is a very beautiful name," Laura remarked.

"What does 'Kiran' mean?" Nathan asked.

"'Kiran' is Persian and means, 'Sunshine'."

Laura smiled and kissed Zaïm. Nathan rose to his glass and said:

"Let's raise a toast with this last glass to 'Kiran'."

The next few days Nathan and his friends explored the mountainous areas in the wilderness. During their strolls Nathan especially enjoyed the wild rivers and the plunging waterfalls.

On the morning of his departure to Turkey, Nathan thanked Laura and Zaïm for their hospitality and wished them luck with their coming mission. Then he took the train to Turkey and looked forward to his meeting with Koan.

Clarity

Evening had settled when Nathan arrived in Istanbul. Its atmosphere immediately impressed him. Another traveler took him to inexpensive sleeping quarters in the district of Galata. The next morning he had breakfast on a terrace at the Golden Hoorn. He would be strolling the whole day through the narrow

alleys and the tightly tangled covered streets. The day after, Nathan took a boat trip on the Bosphorus, the river that divides the city in two. The boat moored at the village of Cengelkoy; from there he took a taxi to the foot of the Camlica Hill, where Koan lived. He climbed the hill and saw a teahouse in the distance. He went there, sat down at a table and ordered tea from the young owner. It was still early in the morning and there was a serene tranquility.

An older woman came in and Nathan greeted her. She smiled and sat down at another table without ordering anything. Nathan noticed this and went up to her. He spoke to her in English and asked her if he could order tea for her. The old woman nodded. Nathan was not sure whether she understood him, but ordered two teas anyway. Then Nathan asked whether she was from around there. To indicate that she came from somewhere else, she moved her hand from left to right. Not yet completely convinced that she understood him, Nathan asked her where she came from. This time she motioned towards the east. Nathan now was aware that she understood his questions, but that she probably couldn't speak. Then Nathan asked her if she knew Koan. She nodded with a smile.

Next Nathan asked if she also knew where Koan lived. The woman turned and motioned towards the west. Nathan pointed in the same direction and asked for confirmation. The woman held his hand and turned it somewhat more to the north. Nathan was convinced now that she knew the location of Koan's house. He thanked her and got up to pay for the drinks. Since the old woman had left an impression on him, Nathan asked the young owner whether she knew her. The owner looked surprised and asked who he was talking about. Nathan turned to indicate the old woman, but she had disappeared. Nathan replied that he meant the women for whom he had ordered a tea. The owner answered that she hadn't seen any woman, but that she had found it strange that he had changed seats and had ordered two teas at the same time.

Nathan left the teahouse, slightly dazed, to

follow the road indicated by the older woman. From the hill he had a wonderful view of the city. The sight reminded Nathan of Rajiya's words, "From his house he has a view of the water that flows into another continent". Nathan sat down and enjoyed the view. He lay down as he was tired from the climb and stared at the blue sky. He closed his eyes and took a light nap.

Suddenly he woke up with the image of a wooden house. He had no doubts, he had seen Koan's house! He got up, headed in a northern direction and, a little later, saw a wooden house, just where the hill was sloping, exactly as in his vision. He walked up and saw an old man raking in the garden. He had a grey beard and naked torso. There was a white horse standing next to him. In spite of his age the man looked radiant and fit. Nathan suspected that he had found Koan and spoke to him in French.

"Are you the man whom people say has miraculous powers?"

The man stopped raking, looked at Nathan and dabbed the sweat from his brow before responding:

"Powers are only miraculous for those who do not know them!"

After these words, the man continued working. In Nathan's mind, there was no doubt that he had found Koan.

"I've come to you for advice, he told the man."

Koan glanced at Nathan and then continued working.

"Can you give me advice about the path I should follow?" Nathan clarified his question.

"If you listen closely, you can hear the creek!"

Koan answered without stopping his work.

Nathan listened attentively and heard the sound of flowing water in the distance. He waited for more explanation, but Koan remained silent.

"What does my path have to do with the stream?" Nathan asked.

"The stream is your path," Koan answered, "again without stopping his work."

Then Koan took his horse to a stable somewhat further down the road. Nathan got the feeling that Koan did not want to spend time with him.

“Don't you want to help me?” He asked.
 Koan stopped for a while and turned.
 “I fulfill all good tasks assigned to me. The question is whether you know how you can be helped from now on!”

After these words, Koan continued walking to the stable. Nathan saw that the sun was at its highest and suspected that the man had finished his work for the day. Now Koan went into his house and Nathan followed him. Once inside, he saw how simply the house had been furnished. There was only one living space and steps that led to an open attic. The only furniture in the living space was a table, two chairs, a sofa and a couple of old cabinets. Koan had a towel over his arm and went outside through a back door overlooking a terrace. Nathan heard water splashing and sat down on a chair to wait patiently until Koan was finished with his shower. Koan returned somewhat later. He went to a cabinet and took out some dough and vegetables. Then he lit a small oven, put in two pancakes and a 'pan' with vegetables. In one way or another Koan reminded Nathan of his father. Koan filled the warm pancakes with the vegetables and gave one to Nathan after rolling it up. Nathan thanked him, and waited until Koan had sat down at the table. Koan filled a pitcher with water and put this on the table, along with two glasses. All this time and Koan had not said a word.

Nathan thanked him and said:

“It tastes spicy!”

Koan nodded, but didn't say anything. Nathan tried again.

“It was Rajiya, the Lebanese poet, who told me about you.”

Koan looked ahead of him and nodded. Nathan tried to get through to him.

“What does your life consist of exactly?”

“I observe the world and try not to judge.”

Suddenly Nathan understood Koan spoke only when asked a question.

“How do you succeed in not judging?”

“By paying attention to the core of all things and not to their forms.”

Nathan was given confirmation, Koan spoke only when he was asked a question.

“How can we pay more attention to essence

rather than the form?” Nathan asked. “In the physical world everything exists in a specific form?”

“By only paying attention to the silent powers of each form. These powers teach you more than the temporary forms, each within itself leading to the pure state.”

Nathan sensed that Koan had an extremely clear and deep vision of reality, but it was difficult for him to understand exactly how he experienced life.

“What takes hold of your attention when you meet people?”

Koan took time to wipe his mouth and took a sip of water. Afterwards he looked penetratingly at Nathan:

“I am in the position to observe every sensitivity.”

“How does this observation take place?”

Nathan wanted to know.

“Through the higher language of the universal order, the language of feelings, the language in which messages are signaled from consciousness to consciousness.”

Nathan was extremely curious now. Koan possessed a really extraordinary characteristic and Nathan wanted to know more.

“Can you describe exactly what you see?”

“I recognize every desire when it forms in a person's mind therefore I can observe the original desire of each one.”

Nathan took some time to ponder this.

“What did you see when Rajiya was standing in front of you?”

“I saw a sensitivity that has the potential to put humanity on the road to the higher order. Her words light up love, words could not get much closer to the higher order.”

“Are words also simply forms?”

“Words refer to thoughts; thoughts refer to the higher order.”

Koan got up and put on his hat. Nathan followed him and together they went down the hill.

“Where are we going?” Nathan asked.

Where the road will lead us, Koan answered.

With these words, Koan made it clear to Nathan that he would only answer questions that he believed made sense. Almost all people on the way who met Koan greeted him.

He did no more than bow his head to them. Nathan enjoyed being in Koan's presence and tried to discover what the world looked like when viewed through his eyes. One question came to his mind.

"You are able to recognize the sensitivity of each of these people and therefore their original desire. Why don't you tell them the truth of their life purpose?"

Koan looked at Nathan and put his hand on his shoulder.

"Not everyone has the same receptiveness. Whoever is ready to receive insights about their life purpose, hears my messages as soft melodies, but all others hear nothing but the echoing of my words."

They continued walking and an urgent question swelled up in Nathan again.

"Koan, what will be my contribution to the world?"

Koan knew how important this question was to Nathan. This was the question he had been asking himself since he came to earth and had been the cause of his great journey. They sat down on a bank.

"You and the other messengers will cause an unprecedented spiritual evolution; because of this people will no longer see themselves as individual entities, but as unique parts within the universal order."

Nathan felt his heart begin to race.

"During this spiritual evolution, everyone will be able to see their inner desires and they will take on an attitude in which they will let all aspects of their behavior be determined by this new knowledge."

"What can I learn before it gets that far?"

Koan looked into the distance and then again at Nathan before answering.

"The connection between all desires."

After these words Koan got up and continued walking. Nathan followed him. No more words were exchanged until Nathan noticed that they had returned to the foot of the hill. So Koan apparently had no other objective than going for a stroll. Once home, Koan lay down on his canapé and immediately fell asleep. Nathan took a blanket and went to sleep on the ground. The next morning Nathan was awakened by the sound of rain drops on the

window. Koan was already awake and was preparing tea. Nathan tried to wake up and asked:

"Is it late?"

"When you're able to recognize the perfection of the universal order, each observation of time becomes relative."

These words reminded Nathan immediately of the remarkable person with whom he was staying. Koan put the teapot on the table and then filled a small teacup. Nathan spoke to him about his understanding of time.

"In Thailand I learned how relative time can be. Takara, the woman with whom I stayed, told me that in the pure state no past and no future exists."

Koan took a sip of the tea and then emptied the remainder back into the teapot. He added sugar and stirred it before filling two tea glasses. Then he took his own glass without reacting to what Nathan had said. Thus Nathan was reminded that his host only spoke when asked a question.

"How are the past and the future experienced within the pure state?" Nathan asked.

"Not so much, but both exist in the present."

"Can you clarify?"

"When we're able to connect the past to a clear vision in the future, we will become aware that each fully observed moment contains eternity."

It was not easy for Nathan to conceive the dimension of the pure state. He knew that he would have to experience it first hand to understand, but couldn't help asking questions.

"Is time here different from that found in the pure state?"

"No other time than this time exists."

Nathan wasn't any wiser with this answer and tried to simplify his question.

"What about the time before we were present?"

"There has never been a time in which we were not present."

"And the time after we die?"

"We don't die, we only change form."

Nathan had difficulty in understanding this state and persisted with his questions.

"Let me put it like this, once there was a time when I had less knowledge than now. Wasn't a

certain progression of time necessary?"

Koan looked calmly at Nathan and was fully enjoying his first glass of tea. Nathan became aware that he was not getting an answer, as he had not asked a clear question. He tried in a different manner.

"Hasn't there been a time when I was younger?"

"You are confusing your age with the development of your consciousness. I'll repeat for you; within the absolute of the universal order all events take place in the present, the past and the future!"

With these words Koan had succeeded in putting Nathan on the right track regarding his thinking. Koan kept quiet and filled both glasses again. Nathan continued thinking and spoke much later.

"Am I right that the order in the pure state is different from the order in the physical world?"

"Every being knows the same order and experiences it according to the state of their awareness!"

Gradually, Koan's message became clear and Nathan became aware that the wise man had guided him to a remarkable discovery. He became aware that Koan could be in different times and in multiple places simultaneously. Now Nathan understood that this did not apply only to Koan, but to all the wise beings on earth. Because they were in a state that did not know time or space, each one was able to move through the different dimensions and they could experience the physical world, the world of thoughts and the pure world simultaneously.

Koan looked at Nathan and smiled. His smile showed that Nathan had learned an important lesson. He put on his work clothes and went to take care of his horse. Nathan helped him with several chores, during this time they did not speak, so that the day progressed in silence. This gave Nathan the opportunity to meditate on everything he had learned from Koan. Again, during dinner no words were exchanged. Nathan became more aware that when silence was filled with too many words, it became more difficult to develop pure knowledge. He understood why

Koan spoke so little and that, when he spoke, the words should be worthy enough to break that silence.

The next morning, the sun shone early through the large windows. Nathan observed Koan, who had already got up and prepared tea. Once he finished, he brought the teapot to the table and sat down.

Nathan asked him:

"Do you perform the same actions every day?"

Koan filled the glasses and answered:

"Do you know of an action that never took place earlier?"

"Doesn't this apply for each new action?"

"What is a new action?"

Nathan understood that Koan was encouraging him to think about his own questions.

"Isn't every action that takes place for the first time not a new action?"

"How could something happen without first existing as a thought?"

Through his questions Koan had succeeded in having Nathan think beyond physical forms. Thus he was reminded that thoughts are not bound by time. Nathan also remembered Catalina's words, when she spoke about the memory of the world, the energy that encompasses everything that ever happened in the world. Then he remembered the three dimensions Melvin had spoken about. Fortified by this confirmation Nathan continued.

"How do you succeed in thinking in three dimensions at the same time?"

Koan calmly tasted whether his tea was sweet enough and added some sugar.

"What gives you the idea that I do that?" He then added.

Nathan understood that Koan had adjusted his approach. Now he answered each question with a question that gave Nathan more insight and inspired a new question.

"Are your thoughts in all three dimensions happening at the same time?"

"What thought would not be able to do so?"

This question made Nathan see that even when thoughts were part of the second dimension, they did get through to the other dimensions and functioned as a channel. Thus the three dimensions were never

separate from each other and formed one whole.

Nathan continued thinking out loud.

"It is clear to me how thoughts come through, but how can the pure state come through to the physical world?"

"Don't you perceive the clarity when purity descends into the physical?"

Nathan wondered what clarity Koan was talking about. After several moments, it was the clarity arising from the insight itself that gave him the answer. Nathan understood that every time someone had a moment of clear insight, they became more aware of the world in which they lived. This was a form of presence of the pure state in the physical world. Koan got up and went to get the warm bread. Nathan funds some cheese and olive oil, and again breakfast took place in silence.

Change

After breakfast Koan had Nathan gather some fresh vegetables, which were put into two large bags and then placed in baskets on the horse's back. Nathan had a premonition that he would not return to the house so he took his belongings with him. They went down the hill and walked one on each side of the horse. Nathan knew that it made no sense to ask where they were going. During their walk Koan was greeted by people along the way. He answered them with a nod, politely but silently. After having walked for an hour they came to a large market. Koan tied his horse in the shade of a tree, and motioned to Nathan to wait for him. He returned a couple of minutes later, accompanied by an older man with a black robe and two young men carrying bags of food. The young men, who appeared to be twins, took the bags from the horses and replaced them with those they had been carrying. The man in the black garment came to Nathan and introduced himself.

"Hello Nathan, I'm Hakim. I came here to meet you."

"Where are you from?"

"I was born in Azerbaijan, in the city of Baku on the banks of the Caspian Sea."

The man hugged Nathan and continued walking calmly, followed by the twins.

"Much is being said about you," Hakim said.

Nathan looked at Hakim in surprise.

"What is being said about me?"

"That you have blossomed into the unique person you now are."

Nathan kept silent and waited with curiosity for what would follow.

"Tomorrow, return here at sunrise. We will go somewhere where you will be able to see into the physical future and into the greatness of your mission!"

Nathan didn't clearly understand what Hakim meant, but knew that it was no use asking questions. Hakim had been brought to him by Koan, so Nathan could trust him. Hakim hugged him and left. Nathan strolled back to where Koan was waiting for him. Koan now spoke to him:

"For the time being our roads will separate here, Nathan. You are now ready to experience the unlimited feeling of the reunification with your 'natural element' and to achieve the great change you want to see in the world."

"Will I see you again once this has all come about?" Asked Nathan.

"I will still be here when you return to continue living here on this side!"

After these words, Koan gave Nathan a kiss on his forehead and hugged him tightly. Nathan understood that Koan had fulfilled his task; he then left the market place and went for a walk. He had been walking for a long time when he noticed a public bathhouse that caught his attention. Now he was able to recognize such signs and he decided to go into the bathhouse. He thought it would be an ideal place to relax, while he thought about what was waiting for him the following day. Once inside, he enjoyed a warm shower and then went into the hammam, where there were only a couple of men. Nathan lay down on a large marble slab in the middle of the steaming area. He closed his eyes, and thought about Hakim's last words, but his thoughts were interrupted by a voice that seemed familiar to him. He sat up and saw Moshe standing in front of him, Simon's son.

"Hi Moshe," Nathan said, "what a coincidence that we meet each other here!"

Moshe was clearly surprised to see Nathan. From his point of view Nathan didn't have to think long to know that their meeting had to have a special reason. He made space on the warm slab for Moshe and invited him to sit down next to him.

"What brings you here, Moshe?"

"I live in Haifa, Israel and I'm regularly in Istanbul on business."

"How are you doing?"

"With ups and downs, as is usually a part of life."

"Are you in contact with your father again?"

"No, not since that day... have you seen him recently?"

"I visited him in Florida, but that was some time ago."

There was a short silence.

"How was he doing?" Moshe wanted to know.

Nathan could sense a feeling of sadness in Moshe.

"He tries to enjoy his final years as much as possible."

Moshe said nothing, but Nathan became increasingly aware of a feeling of sadness, probably fed by regret. Nathan knew that this feeling could also lead to clear insights. Nathan searched for the right words:

"But he is still suffering... just like you Moshe!"

"I have never had the courage to offer my excuses to him... neither to you."

"That does not mean that there cannot be a change."

"But I cannot turn back time."

"So it would make even more sense to find out what you can do now."

"Do? You think I can set things right?"

"First, you have to decide for yourself what is right and what you want?"

"What kind of decisions are you talking about?"

"About the deepest desire, Moshe. The desire hidden in all of us, the desire for love!"

Nathan got up and filled a bucket with cold water, which he poured on the warm slab; he lay down and closed his eyes. Moshe had some time to think. Nathan's words reminded him about one specific conversation with his father, in which Simon had told him that our deepest desire could only be satisfied by

paying attention to the 'higher knowledge'.

"It is not always easy to follow the path of 'higher knowledge'," he told Nathan.

Nathan kept his eyes closed while he responded:

"It is when you become aware that what you desire is infinitely within yourself. From that moment on you are willing to share it with others, without airs and without expecting something in return."

"My father frequently said that we may calculate everything, except if it is about love."

"Your father is a very wise man, Moshe."

Moshe became emotional. Nathan empathized with him.

"You know Moshe; you can give your father a great life lesson!"

"What could I teach him?"

"By showing remorse you can make his sadness immediately disappear. During that moment of clarity he will see that only the emotions of the moment count, whatever happened in the past remains in the past."

Moshe thought about Nathan's words and said, "I'm afraid I have hurt him too deeply."

"Do not underestimate the power of sincerity. This power is inspired by our 'higher knowledge' and can cure everything."

Nathan saw Moshe doubting whether he would be able to manage this cure.

"Maybe it's difficult for you to believe, but you are not directly responsible for his sadness, this was inevitable."

"What do you mean?" Moshe asked.

"Your father would have gone through a similar experience regardless, so that he could become aware of the miracle of remorse. If it had not been through you, then someone else would have been there to create the situation."

"Do you mean that this forms part of a higher plan?"

"Everything that takes place forms part of a higher plan, Moshe. This is inherent to the universal order. Or did you think that our meeting here was a coincidence?"

Both young men got up and went to shower. Moshe felt freed of his regret thanks to this conversation. They left the hammam and sat down at a little table, where they ordered fresh juice. Nathan saw that Moshe was still thinking about the end of the conversation.

"I have learned two important certainties. The first is that we can make as much effort as we want to achieve something, but if it doesn't fit within the higher plan, it will not happen!"

"And the second?"

"That we can make as much effort as we want to avoid something, if it fits in with the higher plan, it will take place!"

Moshe stayed silent for a few moments and then said, I'll make this my priority, and I'm going to book a flight to Miami.

"You will be able to give your father a wonderful present."

What is that?

"The present of being able to forgive!"

Moshe felt his enthusiasm expand.

"How can I ever thank you enough for this, Nathan?"

"By encouraging your fellow beings to accompany you on the path that you will be following from now on."

Nathan and Moshe got up and hugged each other.

"Where are you going?" Moshe asked.

"The only thing I can say is that important events are waiting for me from tomorrow onwards."

"As far as I am concerned you have come to earth only for important events."

"Take care, Moshe and give my greetings in Florida."

Nathan and Moshe said goodbye feeling satisfied. Nathan would spend the rest of the day on the shores of the Bosphorus.

Connectedness

Nathan returned to the square in the early evening and booked a room in a hostel. The next morning he went to the square at the designated time. The twins, who had been with Hakim the day before, were waiting for him. Their names were Oktay and Olcay and they now motioned for Nathan to follow them to their car. Olcay opened the back door for Nathan and then sat in the front. Oktay sat behind the wheel. It turned out to be a long trip in a southeastern direction during which little was said. Nathan used this silence to enjoy the passing scenery. By the evening they arrived in a region of colorful plateaus and

valleys. The sunset colored the whole area warm ochre. Once they had driven past Göreme, Olcay signaled that they had arrived. A little further down the road they found Hakim was waiting for them, who then welcomed Nathan.

"Welcome to Cappadocia."

"This region cannot be compared with any other region that I have ever visited. There is something magical about it."

"You still have to discover the magic of this region, Nathan."

"The silence of the trip has helped me to enjoy this wonderful scenery."

Hakim smiled.

"The two Kurdish brothers are not big talkers, but they are excellent guides."

Hakim walked through a cave opening, which had been adapted to serve as a home. Nathan followed him. Hakim opened a door. The delicious smell of dinner being prepared awakened their senses. Hakim and Nathan went into a small room and sat down on a low sofa. Irina, Hakim's affable wife, who was significantly younger than he was, came to greet Nathan. Then she brought a jug filled with lukewarm water, so that they could wash their hands before eating.

"We will tell you what will happen tomorrow," Hakim said, "but know that after the ritual more questions will arise in you."

"Will someone be able to answer my questions?"

Hakim looked at his wife and Irina answered:

"From then on Sibyl will be able to help you."

"Who is Sibyl?"

"Sibyl is the young woman you will meet after the ritual."

Nathan looked surprised and asked:

"Who will perform the ritual?"

"It will be performed by monks from the city of Konya," Hakim said.

"Can you tell me more?"

"During the ritual the world of forms will look very different. The monks will unite your sensitivity with the highest order."

Irina continued:

"Once your limiting thoughts have disappeared, you will be able to tune in directly to the pure state."

"And what exactly will I experience then?"

Nathan wanted to know.

"When you become connected to the greatest," Hakim said, "you will experience a vision in which you will become more aware of your true potential."

Nathan waited for more information, but neither Hakim nor Irina said anything more. Nathan understood that he wouldn't get any more information and enjoyed the deliciously spiced brochettes.

The next day the crowing of the rooster awoke Nathan. Hakim had left and Irina brought Nathan's breakfast.

"Did you sleep well?" Irina asked.

"Very well, thank you."

Irina looked at Nathan as if she didn't dare ask him a question.

"What would you like to know, Irina?"

"Don't worry; I want to let you eat your breakfast first."

Irina left the room after these words. A little later Nathan went outside. The scenery looked different this morning than from the previous evening. Nathan went up a hill and took time to ponder the upcoming ritual. He had to think about his experience in the Sahara. Irina also came outside and sat down next to him.

"Ask me what you want to know Irina," Nathan said.

"Is it true what is being said about you?"

"What did you hear about me?"

"Many people see a savior in you."

"What would I save them from?"

"From this world!"

"To which world would they go then?"

Nathan looked Irina in the eyes and said:

"Everything here forms part of the same world!"

"Many want to be freed of the fears and the pain of this world."

"What you are talking about are things only we can free ourselves."

Irina took Nathan's hand. Nathan felt something strange happening at that moment. Irina did not ask any more questions, as if words were not necessary. After having held his hand for a moment, she pressed her lips together and nodded, with this she made clear it clear that whatever

Nathan might say, he was a savior for her, even if he did not want to admit it. She let his hand go, got up and said:

"Now I have to go back in, Nathan."

Nathan had noticed Irina's strange reaction when she had taken his hand and wanted to know more.

"Irina, tell me what you felt when you held my hand?"

"I got confirmation of what I already know."

"What was confirmed?"

"That in times of great darkness Exceptionals are sent to enlighten us so there is never total darkness!"

Irina left after these words. Nathan had noticed how Irina appeared to be taken over by a feeling of complete assurance. While he was still deep in thought two cars arrived. Nathan recognized Hakim who got out with two men dressed in long robes. Hakim introduced them to Nathan. Nathan could not understand his words, but he saw that the men were impressed by what they heard. After the greetings, the men in the long robes drove away. Hakim spoke to Nathan.

"Are you ready for tonight?"

"I have been ready my whole life for what is still to come."

"Very well, we will be leaving late afternoon."

"There is something I want to ask you about Irina."

"You have probably noticed something special about her."

Nathan nodded. Hakim sat down and invited Nathan to sit down next to him.

"I got to know Irina as a young girl while I was traveling through Armenia. She was wandering alone without direction through the streets of Yerevan. When I spoke to her, she told me that all her family members had been murdered."

"Why were they killed?"

"I wanted to know that too and when I found out, I couldn't do anything else but take her with me to flee the country."

Nathan became very curious as Hakim continued:

"People said she was cursed... they didn't understand that Irina had a gift."

"What gift does she have then?"

Hakim looked into the distance before saying;

boundary.

Suddenly Nathan opened his eyes and his thoughts returned to reality. The images had been so impressive that they would stay with him forever. His heart was still beating rapidly because of what he had just seen. Nathan looked around him and he noticed that he was on a mountain beneath a wondrous starry sky. He was lying on a blanket surrounded by colossal sculptures. They were gigantic stone sculptures of heads. Nathan could not remember how he had arrived there and he even felt that what he could see was still part of his vision. He sat upright and saw a vast area in front of him. Little by little he became aware that he was awake and that what he was experiencing was really happening. He knew that there had to be a reason that he was on this mountain.

At that moment a young blond woman appeared from behind a sculpture. In one hand she held an oil lamp and in the other a jug filled with water. The young woman smiled and walked towards a surprised Nathan. He asked her:

“Who are you and where are we?”

The young woman let him drink and spoke in a soft tone:

“My name is Sibyl and we are on the Nemrud Mountain.”

Nathan remembered that Hakim and Irina had told him about Sibyl, the young woman who could answer his questions.

“I have witnessed an impressive event,” Nathan said...“I have seen what nature is capable of doing.”

“You have seen what the world needs,” Sybil said.

“It seemed rather as if the world was on the verge of...”

Sibyl got up, took her oil lamp and said:

“Come, I want to show you something.”

Nathan followed Sibyl through a secret entrance, which was much longer than the previous one that he had gone through with Hakim. Finally they arrived at an immense area that was lit by oil lamps and filled with innumerable old books and writings.

“In this area,” Sybil said, “there are the best

kept secrets of humanity.”

What are the best kept secrets of humanity?

“What you see here are all the books that were once destroyed. My task is to monitor all thoughts that were ever written.”

“How can you do that?”

“I have the gift of experiencing all thoughts that come into this dimension.”

“As a result can you also clarify visions?”

Sibyl nodded.

“Can you explain what I saw during the ritual?”

“This is the reason that I waited two days by your side!”

“What do you mean, two days?”

“Since the day the twins brought you here.”

“Did I sleep that whole time?”

“The ritual completely exhausted you.”

Sibyl sat down on the ground next to Nathan and said:

“Tell me what you saw and don't forget any details.”

Nathan explained to Sibyl what he believed had happened during the ritual as clearly as he could. Sybil listened very attentively and then remained silent for a long time. Nathan was very curious as to the explanation Sybil would give him about his higher mission and calmly let her meditate on his words. When he sat down next to her again, she seemed to have completely unraveled his vision.

“It was the same vision for you and the other three messengers you mentioned. You have been sent as messengers by the natural forces to connect us again with the wondrous power inside everything.”

“Did they also see the way in which we must create this connectedness?”

Certainly. Humanity has separated itself so far from nature that this is the only effective way to teach us to show respect for the miracle of life.

Nathan laid his head in his hands. Now he understood the magnitude of the task facing Myate, Leewana, Dian and himself. To bring about such great changes, Sibyl continued, first there must be a location of great instability.

Nathan lifted his head again and said:

“But won't this have disastrous consequences?”

Irina can feel glimpses of the 'comprehensive wisdom' with her hands!

Hakim's words confirmed what Nathan had suspected. Hakim got up and put his hand on Nathan's shoulder.

"She touched you, didn't she?"

Nathan nodded.

"Whatever she wanted to know, you can understand that now she knows the truth."

Hakim told Nathan that they had to prepare. When they were ready to depart, Irina came to wish Nathan strength throughout his journey. Strangely enough she didn't say anything, but only put her hand on his heart. No word could have been clearer. Nathan and Hakim drove away to a place called Ürgüp. There Oktay and Olcay were waiting for them sitting on a carriage drawn by horses. The brothers greeted them and helped old Hakim to sit in the carriage. When Nathan had taken his place next to Hakim, Olcay signaled for the horses to start moving. At one point, on the road to Avanos, the brothers let Hakim and Nathan get out by a high rock and then they left. There were no homes visible anywhere close. Hakim asked Nathan to follow him and went into a hidden entrance. A little further on they found they were standing in front of a gate. Hakim opened the latch and went inside. What Nathan saw was beyond all imagination. The gate was a secret entrance to an underground village with dozens of passages and rooms. Hakim told Nathan that the monks were now using this place for their rituals. On a central square stone, a stage had been set up where musicians were rehearsing. Hakim brought Nathan to the middle of the stage and said farewell to him.

"In just a little while you will perceive yourself as never before."

Monks dressed in wide white robes and high hats came onto the stage. They sat down at equal distance from each other and closed their eyes in concentration. With the first notes of the music they started to whirl. As the music played faster, they turned faster until they entered into a trance. Nathan had remained sitting in the same place and saw everything become hazy. He looked at the

white robes of the monks that flapped like bird's wings. After a while the robes appeared to merge until they became one large bird. Nathan saw himself on top of this bird. The only thing that kept him in contact with the physical world was the sound of music. A little later, it seemed as if the bird rose into the sky and was flying through the clouds. Somewhat later Nathan saw a being that came towards him, driven by the wind, and that spoke to him.

"I am the guardian of the air. In the world of forms you know me as Leewana. You have the power of receptiveness. I will give you my ability so that you will also have the power of connectedness."

Nathan thanked the being, experienced a metamorphosis and fell as a drop of rain. Once on the ground he saw himself as a river flowing through a deep tunnel in the earth. There he saw a second being coming towards him. This being also spoke to him.

"I am the guardian of the earth. In the world of physical forms you know me as Myate. You have the power of receptiveness and now also the power of connectedness. I will give you my ability, so that you will also have physical power."

Nathan thanked the second being and underwent a new metamorphosis. Now he was floating upwards at full speed and came out of the ground amidst a great fountain of fiery red flames. From there a third being appeared who said:

"I am the guardian of fire. In the world of forms you know me as Dian. You have the powers of receptiveness, connectedness and now also physical power. I will give you my ability, so that you will also have the power of transformation."

There too Nathan experienced a metamorphosis. Then he was sitting in a row along with the other three beings. All four were staring ahead of them at a clear white light. Suddenly he was impressed by images that appeared as a never before seen natural force. Over the whole earth the seas flooded. The forests were on fire and hurricanes roamed. What was happening seemed unreal and exceeded any dream. It seemed as if the world was on the verge of crossing over a

“You and the other messengers must trust the natural forces. They are directly connected with the 'comprehensive wisdom'.”

Nathan noted Sibyl's trust and asked:

“Can you tell me what the world will look like afterwards?”

“This will ensure a collective consciousness never seen before. Everywhere masters will arise who will be filled by a higher energy.”

Sibyl's words reassured Nathan.

“Can you tell me more about this higher energy,” he asked.

“It is the energy that connects everything, the energy of the 'inner element'!”

Nathan remembered that Linh had used the same name when he visited her in Vietnam. He had also learned that this energy did not only connect the physical elements but also all thoughts.

Sibyl continued:

“Then students will stand up who will convert their messages into actions. Thanks to this higher energy, the first communities will grow towards each other and finally all communities throughout the whole world.”

Sybil noticed that all Nathan's doubts were disappearing.

“Now, it's time for you to call upon your wisdom, Nathan. The trust you have in the universal order!”

Nathan kissed Sibyl on her forehead and said that the last message was the mother of all messages. Sibyl saw that she had succeeded in her mission and smiled contently.

“Let's go outside now; the twins won't be long.”

Sibyl gave Nathan an oil lamp and went first. They went through a particularly long and intricate passage and finally came out at the foot of the mountain. Once out in the open air the sun was already shining over an immense area. Nathan and Sibyl lay down and enjoyed the pleasant warmth.

“Thank you for everything you've done for me, Sibyl!”

“Thank you for everything you'll do for us, Nathan!”

Both fell asleep. Later, Nathan was awakened by Olcay, while Oktay was waiting in the car. Nathan got up and realized that Sibyl was no

longer there. He got into the back of the car and asked the brothers where the young woman had gone. Oktay and Olcay looked at him strangely. They clearly had no idea of the young woman Nathan was talking about. Olcay saw that Nathan had difficulty understanding the situation. He turned, and said that Hakim had told them to bring him here after the ritual and to pick him up again after sunrise. There had never been a young woman. When Nathan asked Olcay where they would take him now, Olcay took a map and pointed to a place that had been circled by someone. The place was called Samandag, a coastal city close to the Syrian border. After a long and beautiful trip through many fields filled with fruit trees, they arrived in the city Iskenderun. There Olcay suggested driving to a restaurant, which was famous for its sumptuous dishes. At the table it became clear to Nathan why the brothers talked so little. Oktay had a speech defect and, so as not to stress him over much, his brother spoke only when it was necessary.

When they were on their way back, Olcay told Nathan that he and his brother would not remain in Samandag. They had to return and wished him joy and strength for what would follow. Nathan did not ask questions and thanked Olcay and Oktay extensively. In Samandag the brothers showed Nathan a hostel in the hills within walking distance of the water. Nathan followed their advice and booked a room with a sea view. Once in his room, lying on his bed, he admired the astonishing blue sea, but he fell asleep almost immediately exhausted by the long trip.

www.alexmero.com





Come create your own E-News Paper

News, Features, Photos, Cartoons, Poem,
Video, Kids, Fun Stuff Etc.

Submit News and content through
Submission form
or
email at whitedrums@gmail.com



The recently formed publishing company aims at electronic publishing.

Publishing electronic books, electronic magazines, journals, audio books, mobile books, mobile content, games and so on.

Please do contact us if you wish to create, market and distribute electronic content published by us for web, mobiles, e-readers and for any other future electronic devises.

*Shop No. 8, Alankar Building,
31 Balaram Street,
Grant Road (East),
Mumbai 400 007
Tel: 23021625*

Mobile: 9820010335 / 9619629092

E-Mail: moksapublishers@gmail.com

Website: <http://moksa.whitedrums.com>



SNOW FLAKES ENTERPRISES

Sub-Broker of BSE, NSE, MCX

*Shop No. 8, Alankar Building,
31 Balaram Street,
Grant Road (East),
Mumbai 400 007
Tel:- (022) 23021625*

*Mobile: 9820408252 / 9757274289 /
9619629092*

*E-Mail: sfgj04@gmail.com
sfgj04@yahoo.com*

Website: <http://www.snowflakes.in>