

# **Reflections About The Spiritual Path**

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*I am dedicating these pages to a dear friend  
who provided valuable advice  
to guide me in facing this challenge*

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## **PRESENTATION**

This little essay deals with the spiritual path, which, as is well-known, should guide those who practice it to reach the spiritual dimension of existence. My intention was to write a few lines to indicate a good method for selecting a healthy spiritual path and pursuing it with serenity. My objective is to express something reasonable that may be of assistance. Useful means you can think about it if you find it interesting.

My spiritual practice is primarily focused on Kriya Yoga combined with the best of Nei Dan, while Japa or Inner Prayer being a secondary focus.

In my early years, I made the decision to keep a simple diary. After revisiting some pages today, I realize that at that time, I had no clear idea of what the 'spiritual dimension' of life and therefore reality was. I failed to grasp the crucial distinction between professing a specific religion and experiencing spirituality. Over time, I developed an understanding that there is another reality beyond physical reality that we cannot perceive or touch, but that nonetheless EXISTS. I comprehended that we perceive this reality through a hypothetical internal organ that many call 'the heart'. When I say 'heart', I am definitely referring to the essence of the most profound emotions. Spiritual dimension may be a dream without substance, but in any case, I began to trust its existence.

When I was a kid, the only thing that could bring me closer to the spiritual experience was the enchanting sensation I felt upon seeing beautiful landscapes, colors, perfumes, and the beauty of someone's face. I made an effort to enhance these encounters by visiting dazzling places in the small village where I was born. My search for more abstract beauty was made possible by studying literary works and listening to classical music. It was even more challenging to describe this beauty. To me, it was a matter of stepping into an entrancing state of consciousness that I had never wanted to depart. At the end of it all, after experiencing specific mental states resulting from those experiences, I became more convinced that there existed another reality beyond physical reality that is totally distinct from the earthly reality we are used to living in, located in an undefined and elusive region to human thinking.

I didn't realize that certain techniques employed by mystics could broaden and enhance my perception of Beauty. When I write 'Beauty' in capital letters, I intend to talk about the spiritual dimension. It's possible for the term 'beauty' to be misleading. My intention is to refer to an emotion that is

devastating and draws me into a sublime realm that tears me up. For a long time, this has been my sole means of understanding the spiritual dimension of life.

During my walks in the countryside, I only intensified my emotions while my mind remained quiet and without thoughts as I sat on a hill and contemplated a distant landscape. I was able to feel that my heart's aspirations were becoming reality before me because of this meditative state.

When I first practiced Yoga, I was deeply fascinated because I realized that it led me to a direct experience of Beauty. This has intensified, and it is still happening now. I'm uncertain if this will assist the reader in gaining a better understanding of my temperament.

I have not been enamored or moved by religious teachings, specifically catechism lessons. I rebelled against these teachings without saying it openly. I had a negative view of the anthropomorphic concept of the Divine that should have been pure love, but tolerated the existence of evil and pain in the world. It dawned on me that some of my friends had the same attitude as me.

A close friend of mine overcome that obstacle by studying the biography of a saint. He felt a deep devotion, a devotion that he described to me as a pang in his heart that had transformed into a liberating cry, which guided him towards spiritual reality with great aspiration. He, like me, stopped using the word God and replaced it with 'Divine'.

However, to remain as long as possible in the realm of Poetry, the Sublime and Beauty was my goal. My intention was to choose a profession that would allow me to cultivate this tendency while I was growing up.

Each time I sit for my chosen mystical practice, I endeavor to remember that time. I make an effort to approach meditation by thinking about something that truly fascinates me, such as mountains framed by blue skies and perhaps a thin layer of snow on top.

## 1. BASIC CONCEPTS

### ● **Difference between following a religion and a spiritual path**

The act of being born in the spiritual dimension is not the same as choosing a specific religion. Religion is rooted in a lengthy mental effort that serves to uphold certain rules of behavior. It identifies which actions should be taken and which ones should be avoided. To tackle existential issues, a theological perspective is added. Religion is influenced by important figures from the past, but it grows and spreads with the help of the dimension of thought. Religious ideals take precedence over the goal of reaching an ecstatic state or approaching the spiritual dimension. It is true that this rare event is treated with suspicion and disbelief.

What is the definition of 'spiritual research'? This is an internal process where we attempt to approach a reality that transcends beliefs, rules of behavior, and rituals through various means. The start is driven by a strong desire to directly experience the sacred, the transcendent. Studying religious traditions, philosophies, and spiritual teachings, as well as attending spiritual retreats and following spiritual guides, is only a secondary fact.

Following your spiritual path means taking a journey that is very different from that of religion. This journey is personal and unique, and it aims to connect to oneself and the universe in a more intimate and authentic way. During a spiritual quest, you slowly undergo transformation and are guided to become closer to the Divine. This quest can involve several practices that typically take place when you are by yourself.

Spiritual quest involves shutting out the mind and allowing deep emotions to fill the entirety of awareness. To achieve deeper awareness, the spiritual path is designed to dissolve the thinking process.

### ● **Limits of thought**

As I approached my 70th birthday, I became conscious of a very insistent thought that had developed in me. The point between my eyebrows was continually pressed on, like a thorn, throughout the day and night. At this age, I finally understood what the thorn was. I had an intense desire to share it with the individuals I knew and respected at a deeper level.

In fact, I had come to the realization that **Thought** is incapable of comprehending, grasping, or describing the spiritual dimension of human

existence. I saw clearly that it was **impossible** for thought to achieve such a goal!

God is a vague concept that **doesn't have any basis**. Indeed, let's make it clear: **it's purely fantasy**. This fantasy is influenced by the conditions received, various experiences in life, and personal reflections. Also, our pathologies are often used to model our belief systems. This does not even remotely lead to an understanding of who God is.

The human mind is faced with two choices when asked what the spiritual dimension is. The first is to let your imagination run wild and provide a vague answer. The second involves acknowledging the unflinching fact that there is no rational answer that is both complete and exhaustive.

We enjoy fantasizing and playing with words. Many individuals are accustomed to it. They read books and attend conferences on these subjects, but they don't realize that it's a waste of time. Those who are calm and have the ability to think with their own mind understand that spiritual reality cannot be achieved, grasped, or understood by remaining solely in the mental dimension. This is a fact that is generally accepted, but it is not fully understood in its fullest extent. When we believe that this is the maximum that human beings can do, how can we quit the process of thinking?

#### ● **Difficulty in accepting this limit**

I made an effort to share this belief with multiple friends. I did it with precision and clarity. All of them agreed that the concept was simple to comprehend and obvious to them. I assumed they understood, but after hearing multiple speeches they gave me later, I realized that they had no comprehension whatsoever! My friends **failed to consider the implications** of what I had communicated to them.

A lot of people still believed that getting in touch with the Spirit world would be simple for them, and that it could happen through the enrichment of different information they read or heard. Their situation made me feel sorry for them. Their ideas about the Spirit world were expressed calmly by them. Although their ideas seemed to be based on common sense, they were unable to demonstrate them at all. I listened to them with a sense of disappointment and perplexity because I was sure that my belief had profoundly changed me and they couldn't understand me anymore. I didn't care much about what they said and didn't even try to disagree with it in a point by point manner: it would have taken me too much time, and ultimately, they would have stayed with their comfortable delusions.

I felt distant from their reasoning, but after overcoming it, I realized that it had no significance. I realized that the human capacity to reason was meant to be utilized for practical purposes in life, but should be abandoned when one reaches for the mystical experience. I turned down mind-generated ideas that claimed to depict the laws of the spiritual dimension of existence. I did not intend to talk about their fantasies, it was not appropriate for me to do so.

It became apparent that individuals need time to accept the limitations of human thought. I'm not sure if the friends I talked to about my ideas unconsciously rejected my words. Their minds were not able to comprehend the implications of the concept I supported, and I was unaware of any method to make them digest the implications.

As a young man, Einstein understood that the speed of light was a constant in every reference system, based on experiments conducted by serious scientists. It is impossible to exceed this speed, so it cannot be increased or decreased. It took him a long time to comprehend and accept the implications of this fact, but eventually he arrived at the Theory of Relativity. At a certain point, he came to the realization that time didn't flow inexorably for everyone, but was dependent on the reference system in which the observer was situated. It is unknown how many individuals he attempted to explain this to, and those individuals stated they had comprehended when they had not comprehended anything.

### ● **How the idea that a spiritual reality exists is born**

This intuition does not come easily, but let's proceed in order.

There are 4 dimensions of human experience:

1. The physical dimension
2. The emotional dimension
3. The mental dimension
4. The spiritual dimension

A person enters the world with a small body and, for a long time, tries to become familiar with it and everything that is material. In order to enter the physical realm of existence, one must have a body, nourish it, learn how to interact with it and others, and engage in various activities.

Almost simultaneously with the physical dimension, the emotional dimension is born and will continue to shape and increase itself throughout life. Uncontrolled emotions stem from instinct, such as fears, attraction to

specific situations and people, and discomfort towards certain people and situations. When feeling affection and love, the emotional dimension becomes more intense.

As we progress toward adolescence, the mental dimension becomes apparent. The process involves both basic brain functions and the ability to think independently. This takes a very long time to occur. Literature teachers are well-versed in this when they ask their students to tackle a particular topic and they read dissertations that are extremely confusing and tangled. There is no clear thought, only confused opinions borrowed from various sources. The teacher acknowledges that the student has not made the courageous decision to rely solely on their own capacity for reflection but, trying to draw inspiration from various sources and putting it all together. This student was unable to formulate concepts that were clear and conclusive.

In general, it requires a lot of time, intense labor, and the capacity to overcome various obstacles to think clearly and therefore translate into words everything that is authentically you, which means it is completely belonging to your personality.

**The spiritual dimension's fourth birth** is possible, but it's not contingent on the birth of mental life. My perspective is that it **occurs as a progression, an evolution from birth to the emotional dimension**. It's rare for someone to limit themselves to solely rationalizing if there is a reality beyond the physical universe, beyond their own knowledge. This is exactly what famous philosophers have done. The short flashes of intuition of the spiritual dimension in everyday people are mainly due to their own emotions. With time, these **intuitive flashes can turn into the awareness that there is a spiritual dimension** that maintains consistency, making it a concrete reality.

- **How the desire to follow a mystical path is born**

We should consider those individuals who have experienced a spiritual awakening and are incline to take concrete steps to consolidate it, and hence propose to engage in a certain mystical discipline.

Simple reasoning can also help motivate their decision. It becomes apparent to everyone that people who have devoted themselves to a discipline that has been completely engaging for many years display noble qualities that distinguish them from other people. These people are indeed capable of exhibiting a sense of sweetness and intimate serenity. As an example, let's take into account a virtuoso who has mastery of a musical



instrument or those who have developed exceptional abilities in a particular physical activity, like martial arts. It is possible for a person to feel that the spiritual awakening they have had, could become more solid, lasting and profound by following a mystical discipline on a daily basis, with the prospect of continually perfecting it.

Another possibility is that someone may approach spirituality because of their attraction to a person who is considered holy. The generation of attraction could be achieved through various means, such as viewing a film or reading a biography about this person. The fascination they feel may not be accompanied by any tangible change. Their belief is that sainthood is a synonym for a life that is solely made up of deprivation and sacrifice, and they view it as distant and incongruous with their lifestyle. They are attracted to this figure, but they are also extremely distant from what this human being stands for.

In other instances, the attraction is more intense and possesses the power to transform into a sweet obsession and ultimately into pure love. This overwhelming feeling is what gives them the first insight into the reality of the spiritual dimension. At that moment, they were deeply fascinated by this world and eager to become closer to it. It's probable that they don't even realize that a significant transformation has occurred within them. Despite this, something new has arisen. Being born into the spiritual realm does not necessarily imply sharing this event with others, nor does it mean writing a book that recounts an intense, surprising, or exceptional experience. A simple tear of pure devotion can be all that matters, and it can open the heart and save the soul. It can be the realization of a renewed sense of sensitivity, the ability to tune into a passion that has never been experienced before, deep and unknown.

### ● **The Spiritual Path is Long and Complex**

Those choosing to practice a mystical discipline must remember that it is a long path that necessitates patience, perseverance, and dedication. It is not advisable for them to continue with only reading books, attending conferences, and having long discussions with friends who are vaguely interested in the subject.

It's not necessarily a process that produces immediate results, but rather an ongoing journey that evolves and deepens with time. To transform a person, it is necessary to have authenticity, discernment, and an open heart. The path does not lead to immediate answers or transcendental experiences. The spiritual path progresses slowly and often in subtle and invisible ways.

Exploring the spiritual dimension is a journey of discovery in which each step taken leads to a greater understanding of oneself and the Divine, however, there is no precise point of arrival. Spiritual masters and the most advanced practitioners are still able to grow and deepen their connection.

Deepening indicates that as the practitioner moves forward, their perception of the Divine, life, and themselves grows. Spirituality is becoming a constant part of daily life as it becomes more integrated. Spiritual practices become deeper as time goes on, and what may initially appear difficult or incomprehensible becomes clear and natural after some experience. Over time, a person can experience significant internal transformations that enhance and add meaning to their lives.

However, until the end of their lives, all humans are incapable of rationally understanding the essence of the spiritual dimension. It is necessary to accept and resign to this insurmountable limit. Spiritual experience is only accessible to those who connect with it through the deep emotion that emanates from their hearts.

## 2. INITIAL CHOICE

### *Read Books on Spirituality*

It is typical to start by reading sacred and spiritual texts. Through such study, your life can be enhanced in many ways, providing guidance, comfort, wisdom, and inspiration. Whether you are searching for a deeper understanding of your spiritual path, moral guidance, or just a means of connecting with something greater, these texts can be enlightening. Topics like soul, destiny, divine love, and the nature of the universe are addressed in their thought-provoking ways. Sages, saints, and prophets' words can bring inner peace and reaffirm that life's struggles have a greater purpose or that there is a benevolent force directing existence.

Reading these texts also entails connecting with a enduring spiritual and cultural tradition. Poetic and symbolic language is employed in certain texts. While some of their teachings are specific to a particular religion or culture, most are universal. A few literary works are exceptional and possess considerable cultural and intellectual depth. These readings can motivate you to the point where you experience a 'transcendental' experience where you can connect with the Divine.

### *Various Spiritual Practices*

#### 1. Meditation

Attempting meditation spontaneously can be beneficial even if one is a novice and does not have a clear understanding of what 'meditation' means. It's common to view it as mental labor. It is a difficult concept to grasp that meditation is meant to eliminate thought and attain pure awareness. Everyone can benefit from observing one's thoughts without judgment. By controlling one's emotional reactions, one can improve the quality of interpersonal relationships.

Forms of meditation that concentrate on what takes place in one's body, such as hearing internal sounds or simply observing the breath, are extremely helpful. Shortly, these chances will be examined and deemed to be very healthy and suitable for everyone.

#### 2. Mindfulness

Mindfulness or awareness of everyday life is something that many people are interested in. Being fully present in the here and now and observing what is happening inside and around us without judgment is what

mindfulness is all about. The most important thing is not to allow thoughts or emotions to take over, but rather to acknowledge them and release them. The origins of this teaching can be traced back to Eastern spiritual traditions, particularly Buddhism, but it has been incorporated into many secular and therapeutic practices worldwide in recent decades.

Mindfulness can be integrated into daily activities and result in greater mental, emotional, and physical well-being. As time goes by, mindfulness can become a regular part of your life, resulting in greater presence, balance, and inner tranquility.

### 3. Spiritual Retreats

Spiritual retreats are great ways to practice simple meditation techniques in groups, with guidance almost always provided. Participating in this event can be a unique chance to escape daily distractions and completely immerse yourself in a 'spiritual' environment. Consequently, it is possible to achieve levels of awareness and understanding that are challenging to achieve in everyday life.

There lies an opportunity to cultivate self-awareness and discover a sense of unity with something greater than yourself. To develop a more structured and sustainable spiritual routine, discipline and commitment must be key elements, even when returning to daily life. After the retreat, the discipline gained in these contexts could be carried forward, at least for a certain period.

#### ● **My advice: follow a path with solid foundations**

Among all the possible choices, I am inviting you to choose a spiritual path that is founded on solid traditions that have been accumulated through time. Their effective structure has been proven over centuries through a consolidated approach. By following a well-proven path, you can avoid any confusion or uncertainty. Numerous people have already been aided by such teachings.

Those traditions also caution about the potential dangers and pitfalls that can emerge on the spiritual path, such as handling energies without proper preparation. Following a solid spiritual tradition will make you part of a community that shares your values and goals. This provides emotional and spiritual help, as well as the possibility of discussing and comparing. By learning clear criteria to distinguish between genuine and deceitful experiences, you can have a reliable compass as you strive to navigate the complex waters of spiritual growth.

I will mention six solid traditions below: the method of **listening to internal sounds** or **Nada Yoga**, the method of navigating different phases of **Nei Dan** or **inner alchemy**; the **Zen** method, the *Sufi* method, the **Kriya Yoga (Spinal Breath)** practice, and finally, **Japa** or **inner prayer** are all included in this list. Below, we provide a brief description of the foundations of each practice. A comment is always included after these descriptions.

### **I. Listening to internal sounds: the first step towards hearing Om's sound**

The technique of listening to inner sounds involves intense effort over time. The aim is to listen to a vibration, which is commonly referred to as a buzz or a continuous sound that is perceptible in the body and mind. These sounds come together towards the sound that is revered as sacred in various spiritual traditions, particularly Hinduism, Buddhism, and yoga. This is the Om's sound believed to represent the vibratory essence from which the universe originated.

Om is more than merely a sound; it is often depicted as the amalgamation of all sounds and as a reality that transcends time. The act of meditating on 'Om' is a means to connect with the essence of the universe. This internal vibration can have a transformative effect that calms the mind and deeply engulfs you in the meditative state. This practice necessitates a lot of effort, and there are various schools that teach it, including those that are part of the Radhasoami movement.

These sounds, which are internal called astral sounds, are something we can write about, but we lack the ability to comprehend their meaning. We can determine the impact of this listening on us. Unlimited devotion towards the Divine is a result of it. By practicing this, you can rest assured that the time you devote to it will be remembered with nostalgia, sweetness, and rapture that is unparalleled. This is something I can say based on my experience.

### **II. Nei Dan (Inner Alchemy)**

Nei Dan is a Taoist spiritual practice that aims to change and improve one's internal energies, leading to spiritual awakening and spiritual immortality.

This is a profound tradition in Taoism and it is all about refining the vital energy Qi, the spirit Shen, and the vital essence Jing and achieving a state of harmony and unity with the universe at the end.

Nei Dan's origins lie in ancient Taoism and were derived from the techniques of external chemistry, known as Wai Dan, which involved the transformation of physical substances, such as metals and minerals, into elixirs of life. Inner alchemy shifted toward an introspective approach, paying close attention to the body and mind as 'laboratories' where spiritual transformation takes place. The refinement of Jing, Qi, and Shen aids in the transformation and spiritual evolution of individuals.

The vital essence (Jing) undergoes a transformation to Qi during the first phase of Inner Alchemy. The preservation of Jing is necessary for this process, and it's often done with the help of practices like sexual moderation and a balanced lifestyle. Jing can be boosted by meditation and breathing and then transformed into Qi. Once enough Qi has been accumulated, it is further refined to cultivate the Shen (spirit). This stage requires intense work of controlled breathing, meditation and visualization. The Qi, now transformed into a more subtle energy, stimulates the Shen, leading to mental clarity and inner peace.

The end goal is to transform the Shen into an even less subtle energy that will lead to enlightenment and a connection with the Tao. At this stage, the individual transcends the physical body and mind's limitations, achieving oneness with the universe. Spiritual immortality is the term given to this state of spiritual realization.

The body in Nei Dan is viewed as an energetic system, consisting of three main energy centers called Dantian. The Lower dantian is the spot where Jing is collected and stored. Physical vitality can be found in the Middle Dantian (heart area) and it is connected to Qi. There, emotional and spiritual transformation takes place. Shen, spiritual awareness, and connection to the Divine are found in the Upper Dantian, which is the head area.

Nei Dan focuses on advanced breathing techniques, meditation, visualization, and internal energy work. A technique that involves regulating the breath and directing Qi through the body is one of the most common practices. In my view, the process of directing Qi through the body is characterized by the mysterious experience of 'embryonic breathing'.

The 'embryonic breathing' involves attaining a state of purity and tranquility where breathing becomes so slow and natural that it is similar to the embryo in the womb, which does not use the lungs to breathe, but is

instead fed by vital energy. The term "subtle breathing" is used for this state, which is almost imperceptible and becomes more internal and delicate as the practice progresses. This implies a state of mental quietness deep within the mind.

The abdominal breathing is predominant, which means that the Lower Dantian is heavily involved. According to the explanation, energy is directly absorbed from the environment and the universe in this way.

Sri Aurobindo's and Mère's thoughts can be a great resource for understanding this state. Sadly, they assert that they do not have a precise map of this path. Their feelings were similar to those of pioneers who were embarking on a journey to the unknown. Mère employed poetic phrases like 'Beyond the unknown / seas of infinite shining', implying something infinitely beautiful that lies beyond the known and even every uncertain hypothesis or hope. We should learn from their teaching that our body (the 'mind of the cells') is our best friend when we encounter obstacles we don't know how to overcome.

When we direct our awareness towards the cells of the body, we are doing the most beneficial thing that can truly help us. The feeling is that this action is a perfect means of healing.

To wrap up this speech, I feel obligated to talk about the significance of a Tibetan practice that emerged as a result of Nei Dan's evolution. Tummo is the subject of my reference. Practicing this simple technique with great wisdom can lead the human being into the realm of the spiritual dimension like an arrow.

### **III. Zen**

The spiritual practice and school of Buddhism known as Zen is based on meditation and the direct experience of reality to attain enlightenment. Derived from the Sanskrit term 'dhyāna', which means 'meditation', Zen developed in China as Chán and later spread to Japan, where it took the name 'Zen'. Today, it is one of the most recognized and influential spiritual traditions worldwide, recognized for its simplicity, emphasis on awareness, and emphasis on living a life full of present moment.

Zen practice is centered around the practice of sitting meditation (Zazen) which is well-known. Zazen aims to develop a deep awareness of the present moment by allowing thoughts to flow without attachment, rather than thinking about anything. By practicing this technique, one develops the ability to observe the mind and its fluctuations without getting caught

up in thoughts or emotions.

To describe the moment of realization when one understands the essence of reality and life without the ego's interference, one can use the terms Satori or Kensho. This awakening is described as an abrupt and transformative experience that goes beyond words and concepts.

Zen practitioners believe in a life that is simple and essential, free of any unnecessary complications. A mind that is simple, clear, and focused is reflected in the outward simplicity. Art, tea ceremony, and architecture are often used to express the beauty of Zen, all with clean lines, minimalism, and harmony with nature. Zen is opposed to the dependency on written texts or intellectual teachings. Even though Zen masters offer guidance, Zen is a practice that requires personal living and realization through meditation and direct experience. The truth is not something that can be expressed with words, but it must be lived deep within oneself.

Through my brief and intense practice of Zen, I have experienced a state of mental and emotional calm and tranquility that I have never experienced before. I get a feeling of that time by thinking about a poem by a Zen master. The composition is fairly lengthy, but I'm only able to remember a few verses.

The white clouds descend and disappear.  
Alone, mighty and high, the peak of the green mountain stands out  
and casts a hundred mountains in its shadow.  
The wind calms down, the waves disappear,  
the ocean becomes calm.  
With the evening the flowers close,  
people go home  
and the peace of the mountain becomes profound.

I begin to grasp the meaning of Zen when I take a moment to pause on the last verse. It is true that the memory of this practice suggests an incredibly profound peace to me.

#### **IV. Sufism**

The mystic and spiritual aspect of Islam known as Sufism focuses on the experience of purification of the heart, intensification of love for the Divine, and direct experience of it. The practitioners of Sufism, also known as Sufis, adopt various spiritual practices to establish a stronger connection with God (Allah) and cleanse their soul from worldly attachments. Sufi brotherhoods are a source of transmission for these techniques, each with its own unique teachings and methods.



The ultimate objective of Sufism is to attain union with God, known as 'fana', where the ego is extinguished. Sufism centers around love for God. In Sufism, every act of worship and service is an expression of love towards God. The love of Sufi masters like Rumi and Hafiz is portrayed in their mystical poems that celebrate union with the divine as an act of deep love and devotion.

Sufis strive to cleanse their hearts of the impure aspects of the ego, including pride, greed, jealousy, and arrogance. In order to get closer to God, it is necessary to have a pure heart, which is thought to be where divine light resides.

To gain a better understanding of the foundations of Sufism, try to grasp the meaning of 'heart.' A state of intoxication experienced at the physical heart is the only thing that Dhikr, a prayer that involves head movements, aims to achieve. By listening to music, poetry, or mystical chants, one can attain the same objective. The goal is to elevate the soul to higher states of spiritual awareness and union with God.

I'm not sure what else I can add except to try and recreate the intoxication felt in the heart by quoting some verses from Rumi's poem.

From the beginning of my life, I have been searching for your face,  
but today I finally saw it. Today I have seen the charm, the beauty, the  
unfathomable grace of the face that I was seeking.  
Today I have found you and all those who yesterday laughed at me and  
mocked me now complain that they did not search as I did.  
I am astonished by the magnificence of your beauty and I desire to see you  
with a hundred eyes. My heart has burned with passion and has always  
sought this beauty that I now see.  
You have given a new breath of life within me, now I have become your  
sun and also your shadow. My soul is screaming in ecstasy.  
Every fiber of my being is in love with you.  
Your splendor has lit a fire in my heart  
and has made the earth and the sky radiant for me.  
My arrow of love has reached its goal;  
now I am in the house of mercy  
and my heart is a place of adoration.

### **V. Kriya Yoga (Spinal Breath)**

Practicing the spinal breath technique involves conscious breathing and focusing on the energy that flows along the spine. The spine is regarded as the primary energy channel in the body and it is where vital energy (Prana)

travels through the Chakras, the energy centers situated within it.

Taking deep and slow breaths is the starting point of the practice. After taking several breaths, they usually disappear, leaving room for a state of enormous calm. The goal of this technique is to eliminate the need for breathing, which bonds the soul to the body.

Let's calmly clarify the way this occurs. To break free from this dependence, it's necessary to concentrate on your breathing and gradually internalize it. It is necessary to perceive it as energy that rises and falls in the spine instead of air entering and exiting the lungs. Contact with the spiritual dimension occurs when you are in a state of breathlessness. Although this state may seem impossibly, it can actually be accomplished. Performing the practice correctly and maintaining optimal conditions for both mind and body (complete mental quietness and good physical health) results in the emergence of this state.

This practice changes the breath into something else than what it is physically, which is a flow of air. This is a state of eternal tranquility that can be experienced without breathing. The experience of this event can leave one's consciousness shocked. The practitioner experiences a feeling of unfettered freedom while maintaining a calm that is almost unnatural. Freedom from everything, mainly from the problems of life and from the physical laws that, apparently, seemed impossible to escape. You find yourself in front of the spiritual dimension and experience a feeling of intimate happiness.

## **VI. Japa (mantra)**

I only considered talking about this practice at the end because it is so effortless to carry out, but it is nearly impossible to comprehend why it is beneficial.

The meaning of the term 'Japa' comes from the Sanskrit root 'jap', which is to speak softly or whisper. Chapter 11 of the book on Kriya Yoga contained a discussion about how this practice happens. Japa is a spiritual practice that involves the continuous repetition of a mantra, divine name, or one or more sacred syllables. In religious belief, Japa involves communicating one's thoughts, words, or heart to a deity, the universe, or a superior force, in order to establish a significant and personal connection with that dimension. It is considered a means of invoking the presence of the Divine. My thinking is different.

At this moment, I am attempting to explain something that is extremely challenging to comprehend. This practice is essentially designed to

alleviate a particular neurological disorder that is common among humans: excessive thinking and unproductive thinking, which is detrimental to us. This fact is not grasped because a small number of individuals are aware of living an unnatural existence.

When someone tries to concentrate but cannot because of constant thoughts, they may start to vaguely understand the seriousness of the problem. The purpose of Japa is usually to heal and calm the mind. It can be used as a prerequisite for meditation or other practices such as those mentioned above. It is true that some individuals have reached enlightenment through the practice of Japa (mantra) but generally speaking, the techniques that follow Japa are what lead to the experience of the Divine.

A spiritual vibration is produced by Japa that soothes the background noise in the mind. The spiritual path requires a wonderful calm, which is like a balm. To excel in high-level practices, one must have a mind that is both quiet and focused, capable of discerning subtle things (internal sounds, embryonic breathing that is almost non-existent, superhuman peace, and intoxication in the heart.) If you fail to calm your mind and eliminate background noise before trying to perceive what your procedure needs, you may not be able to perceive anything. The primary issue is that you have a disturbing vibration with you during your spiritual practice.

Japa is useful when one has experienced a day in a typical way, i.e. with a mind active in a disorderly manner, and one cannot immediately attain perfect calm. Restless thoughts have an uncontrollable effect on the mind in this case, causing irremediable damage. The only thing that can be done to fix this is to practice a lot of Japa and calm the mind for perhaps hours before starting the subtle techniques. We are humans. Using Japa, we can reduce the background noise of our thoughts in a certain amount of time.

### **3. DECISIONS THAT POSE ISSUES OR DANGERS**

The number of individuals who are truly prepared to follow a spiritual path and consider it as the most important thing in their life is very small.

When we think about the spiritual dimension, we experience something in the realm of our emotions more than just thinking. Whenever we want to express emotions through words, we automatically use terms such as 'Beauty', 'Love', and 'Joy.' While philosophers and psychologists may discuss these terms, we don't need to spend a lot of time reflecting on them. When we have experiences that move us deeply and leave us with an indelible memory, our lives change. We experience certain events that make us cry with joy. In those moments, we are certain that what we are feeling is beyond the material or mental dimension. We have the desire to experience that emotion again, and in fact, we try to replicate it. Perhaps we considered making changes to our daily lives to guarantee that that experience would happen again and again. Someone makes the decision to create a radical change in order to remain immersed in that dimension. Someone formulates the thought: "This is what I am truly interested in. I don't want anything else!" This is an honest and effective way to desire to move towards the spiritual realm, even if you have not yet experienced it. Sadly, this is not the case for everyone.

#### **● Esotericism and absurd hopes**

There are those who do not have the correct intuition for what to look for. Their pursuit may involve seeking occult and esoteric experiences or seeking something that enhances their body or mind performance. This may be the first sign of major problems or a great waste of time.

Attempting a mystical path is sometimes a plan for some, but ultimately they end up cultivating the hope of improving their mind's potential. Trying to follow the spiritual path while only studying esoteric texts is a futile endeavor. This may happen when they are unable to concentrate while practicing mystical techniques. In my opinion, knowing the endless joy that can be gained by practicing a spiritual path while facing constant distractions leads to a natural increase in concentration.

People who are seeking experiences that are both magical and esoteric will not have any spiritual awakening, and even if they have a slight passion for spirituality, it will eventually fade away. There are concepts in esoteric thought that, if applied in practice, can ruin everything. If one has

experienced a series of profound emotions that have brought them into touch with a great, noble dimension, they should only seek to stabilize that connection.

For that reason, let go of certain studies, forget them completely, and allow yourself to be enveloped by the magic of the past experiences you have already had. It seems obvious and natural to me, but it may not be so obvious to everyone. Sadly, there are those who lack sincere, genuine, and intense spiritual aspiration.

- **Hope to be able to follow a spiritual path based only on science**

Processes that claim to be 'scientifically' sound are appealing to many. It is necessary to recognize that scientific research is founded on empirical evidence, measurable data, and repeatable methods of inquiry, while spirituality deals with inner realms, subjective experiences, and deeply personal meanings. A spiritual path requires aspiration that comes from the heart, rather than reasoning. One cannot pursue a spiritual path solely based on its supposedly scientific basis.

Spirituality is centered on seeking meaning and connecting with the transcendent. The inner peace and joy that spiritual realizations bring cannot be replicated by scientific methods. Spirituality reaches the most intimate parts of the human being, where logic and rationality become replaced by faith, intuition, and the aspiration of the heart. Spirituality focuses on dimensions of existence that are beyond the scope of science, and requires a strategy that emphasizes the heart, soul, and spirit.

- **Observing what is referred to as 'Personal Growth Paths'.**

A personal growth path should be a process of intentional self-improvement. The objective is not precisely clear, but the ideal is to have more balance, awareness, and understanding of your potential. This work involves thinking about what you want to improve or change in your life and setting clear goals that you can achieve. It is necessary to seek the support of a coach and mentor who can help you recognize your strengths and weaknesses.

Our objective is to comprehend our behavior patterns: to gain a clearer understanding of who we are, how we react to situations, and where we can improve. The task involves handling difficult emotions like fear or anger, and improving one's ability to remain calm and resilient in adversity. By growing, you can develop greater empathy, listening, and understanding of others, which involves accepting and loving yourself for who you are. This

doesn't mean giving up on improvement, but rather learning to respect your limitations and appreciate your individuality.

Regrettably, it is believed that mental efforts are essential for preparing for the mystical journey. My reference to the 'great illusion' is the deficiency in understanding that spirituality necessitates control of the restless mind, not mental effort. The issue lies in that. It is necessary for you to give up on an objective that I, like an idiot, have pursued for many years. I am referring to the idea of cleaning, of enhancing one's personality and Ego through self-effort. This concept, along with burning karma, is a product of the New Age movement. Individuals who aim to improve their personality will continue to do so for centuries. You cannot cleanse yourself in your integrity or even a small part of you through mental work. It is not capable of helping you die to yourself and be reborn to the Spirit. It is impossible for the Ego to be improved, made more transparent, and more civilized. The Ego's only option is to die.

If you want to follow a spiritual path, you must consider the other side of the mind screen. You must transcend the screen and avoid pretending to change your mind. It will remain the same. The nature of it is intrinsically limited. If you want to move beyond the screen, it should be destroyed instead of used. This screen makes you feel impure and unworthy when faced with the spiritual path. This idea is what makes up the great illusion. This limiting belief holds you back and hinders you from achieving real inner transformation. The many possible paths of personal growth provide a hope of overcoming these feelings of guilt and inferiority through psychological means. These are centered around discussions with either an expert guide or a group of trusted friends with whom you openly discuss your limitations and difficulties. In my view, these methods result in poor outcomes.

We should aim to comprehend how the mind functions. The illusion is that your value is solely dependent on your external identity, including your roles, successes, and how others perceive you. The ego creates a picture of your identity. This is solely a superficial layer of our essence. The solution is to recognize that your true nature is much larger, and connected to a higher spiritual dimension.

It's difficult to find this dimension in other people's approval, as it requires an internal transformation and a change of perspective on life and the meaning of existence. And it's possible to achieve this only by pursuing a spiritual path. It's important to avoid being stuck in a web of limiting beliefs that distort our view of the world. These beliefs are created by the

great illusion, as they do not reflect our true essence and are just mental projections.

The 'great illusion' also encompasses the fear that changing is either risky or painful. Numerous individuals are stuck in life patterns that no longer serve us and are afraid of leaving their comfort zone. This is a significant deceit, as true change, even though it may be difficult at first, is the key to inner freedom and the realization of our potential. The 'great illusion' is overcome through meditation, not intellectual exploration of the self. The world of Spirit can help you realize how ensnared you are in illusions.

In conclusion, let's take the initiative to end the unnecessary work of following a path of personal growth that requires mental effort for years. Let's stop treating ourselves with too much severity and feeling guilty. Stop thinking that becoming a 'good devotee' is required before starting your spiritual journey. This will prevent you from starting the spiritual path because you won't feel prepared. Accept yourself as you are. Don't think that self-discipline and a commitment to self-improvement as a human being can eradicate the root of iniquity and selfishness in your consciousness. There is no need to combine spirituality with psychological work. Pure mental effort alone cannot rectify your human nature. Enjoy your mystical practices and surrender yourself to what they offer.

- **Serious mental problems require specific professional care**

It is important to acknowledge the harsh truth that mental problems, such as neurosis, cannot be treated through spiritual procedures. There are individuals who have chosen to engage in mystical practices in an attempt to solve mental health problems. Frequently, those individuals have been persuaded to follow this path by some friends who have no mental health issues and are successfully following the spiritual path. The happiness and contentment they have gained through such practices has led them to deceive these people.

Obtaining results in the spiritual path is possible only when a person is truly involved in the required practices. When someone suffers from neurosis, they generally do not feel true devotion. It is not within their abilities. Love for the Divine is only curiosity when involvement is absent. Their suspicion about the technique is fueled by the question 'Will it actually work?' Disappointment will be a constant concern for them. The practice will have little concentration and almost no emotional transport. Failure is unavoidable. The spirit's dimension can only be experienced by those who place their trust in the ideal area of the sacred.

### ● The function of a Guru

A spiritual teacher who is sincere about their intentions and has excellent practical training can be of some help. Spiritual principles are understood by disciples through lectures, talks, and guided practices, and they find their own path to enlightenment or self-realization through guidance, practice, and teachings from the teacher. Spiritual teachers often share knowledge by modifying it to match the needs and capabilities of their students. It is important for spiritual teachers to act as role models by embodying the principles and values they teach. He or she exemplifies the practice of living in harmony with spiritual teachings, offering disciples practical guidance on how to implement these principles in their daily lives. The way a teacher speaks and acts is often a source of inspiration for those who follow him or her.

The purpose of a spiritual teacher is to provide assistance and guidance on spiritual and personal matters. He or she facilitates the journey of disciples through life's challenges, overcoming internal obstacles such as fear, doubt, and ignorance. To follow the spiritual path, one must have a commitment and discipline. The establishment and maintenance of a regular spiritual practice is aided by a spiritual master. Disciples are helped to overcome inertia, laziness, and distractions through his encouragement of perseverance.

A good teacher is accountable for maintaining the authenticity of the teachings and transmitting them to disciples, as well as making sure that the wisdom of the tradition is still relevant and accessible. The task of a teacher is not simply to acquire new knowledge, but rather to remove the layers of conditioning, fear, and ignorance that prevent one from seeing reality as it is.

It's tough to maintain a regular and consistent practice without the support of a teacher or community, and it's a risky move to abandon it when things get tough. Spiritual teachers or guides can offer essential corrections and feedback to avoid common mistakes in practice. A spiritual teacher who is experienced can aid in overcoming internal blocks and challenges that may be tough to deal with on your own. Spiritual growth can be accelerated and deeper through external guidance that introduces the practitioner to teachings or practices they wouldn't have discovered on their own. Spirituality can be a journey that is solitary, but if you're in contact with a community or group of practitioners, they can provide support, inspiration, and comparison.



In a lot of spiritual disciplines, the importance of the initiatory rite is stressed. In my view, excessive insistence is suspicious and it's crucial to ask ourselves some questions. When I question myself about the initiation process, I am certain that there is no other activity other than a strong emotional response. In rare circumstances, there is a possibility that something deeper takes place. It's best to avoid fantasizing and imagining mysterious events. It's essential to stop our thinking so that we don't leave room for imagination. We are aware that a ritual has a significant emotional impact that imprints itself on our subconscious and motivates us to stay true to both the practice and the person who initiated us. We should not believe that the Guru will help us partially destroy our karma. We cannot accept that the bad actions we have committed in the past will cause our Guru's karma to increase. This is exactly what certain Gurus assert. Wouldn't it make sense to believe that everyone will have to handle their own karma? It's funny to me when a master assures me that he'll take on some of his disciples' karma. I am often pondering where he gets the courage to make such statements.

It should be noted that a master is a human being with limitations. The education received and possibly the specific religion influenced during childhood are both influences on every master. A master makes an effort to portray himself as someone who is perfect. Dismantling certain unconsciously received conditioning from the master requires the disciple to reflect extensively. It's not uncommon for the disciple to take their master's fantasies too seriously. It is crucial for the disciple to develop critical thinking. The affection and admiration that the disciple will feel for their master is still present. It's important to realize that Gurus aren't perfect, but rather human beings who have limitations due to their education and culture.

If a person cannot contact a genuine Guru, they should not give up hope. The teachings found in certain books can assist them as they begin their journey. It's not hard to start with very little. Time will give them the true inspiration: through other books, traveling, and meeting with someone with experience in this field. From my perspective, it is true that having an expert nearby is the best course of action. The greatest event, on the other hand, happens when someone recognizes the inner Guru within themselves, who is a solid reality and the sole source of help. By understanding this, one can free themselves from the need to adhere to a tangible guru and become a self-assured individual who moves forward independently. Finding the courage to do this and managing to do it can help avoid many disappointments and unnecessary waste of time.

Lastly, remember that critical examination of any teaching or practice should involve comparing it with your own inner experience and the wisdom of established traditions. By using this method, you can avoid blindly adherence to doctrines that may be based on falsehoods or manipulations. Not all spiritual teachings or teachers possess authenticity. It's crucial to learn from guides and traditions, but it's equally crucial to trust your own intuition. Listening to your inner voice is essential when something doesn't feel right, regardless of whether it comes from a reputable source. This safeguards you from choosing paths that may not be right for you.

The journey of spirituality is deeply personal, and it's essential to have the ability to explore, reflect, and grow on your own. Nevertheless, it is crucial to consider the balance between self-teaching and external guidance. Some areas of spirituality can be complex or challenging to comprehend, and a totally self-taught approach could cause confusion or errors in judgment.

Being self-taught enables you to investigate various spiritual traditions, practices, and teachings at your own pace and level of interest. You have the freedom to pursue authentic personal growth and discover what truly resonates with you without being bound by a single perspective or method. Self-taught individuals have the ability to tailor their spiritual practices to their specific needs and circumstances. The timing and manner in which you practice can be tailored to integrate spirituality into your daily life in an organic and personalized way. Self-taught paths help you strengthen your trust in your intuition and inner guidance. In the absence of a teacher, you develop a more intimate connection with your inner voice and the Divine by relying on your own discernment and feelings.

It is beneficial to be born spiritually within a specific structure, guided by a carefully chosen guide. But it is inevitable that people will be alone sooner or later. The improvement of one's path is done in a deeply personal way in this situation. It's important to always be open to learning from other sources, avoid isolation, and enjoy the freedom and flexibility of personal exploration.

To wrap up, I can state that I have encountered teachers who have left me feeling extremely disappointed. There was no indication of intelligence or humanity from them. As time went by, I realized that I couldn't continue living in a cage of beliefs, habits, and attitudes that were based on conforming to certain patterns. It's been stated that those who don't have a Guru use their ego as their Guru. It's possible for this to be true. Yet, I am

convinced that combining practical experience and intuition can aid anyone in improving their spiritual path without the need for permission from others!

- **Dependence on sects or large organizations**

An immature mindset is to fully give in to the allure of a strange and bizarre spiritual master while disregarding common sense. It can be challenging to recognize, but the mind that leads us on our spiritual journey is also the adversary who is pursuing destruction.

It is evident that a lot of spiritual seekers have psychological weaknesses. It's regrettable that the seemingly intelligent mind is willing to accept even the most ridiculous expectations when they approach the mystical path. Do we hold the belief that a mature individual who consistently meditates is not prone to unthinkable and irrational expectations that contradict the fundamentals of the spiritual path?

There are a variety of reasons why staying away from cults is essential, including personal safety, individual freedom, and psychological and spiritual well-being. The use of mind control techniques is common in cults to manipulate their members. Their strategies can involve social isolation, intense indoctrination, and emotional manipulation, all of which aim to make members dependent on the cult and its leader. The loss of critical thinking and independence can result in members having difficulty leaving the cult or making decisions for their own good.

Numerous cults take advantage of their members' emotional and financial well-being. Frequently, the leaders of these institutions ask for large sums of money or material goods, claiming that these contributions are necessary for 'salvation' or to achieve higher spiritual aims. Cults often isolate their members from social interaction with others, including friends, family, and society at large. The isolation can lead to an environment where the cult becomes the member's only point of reference. Isolation increases the member's dependence on the group and decreases their capacity to perceive reality outside the cult.

The environment of cults, which is characterized by manipulation and coercion, can have a significant impact on the mental and physical well-being of their members. Psychological pressure, isolation, and unrealistic expectations can lead to chronic stress, anxiety, depression, and sometimes physical health problems. In addition, certain cults advocate for unsafe medical practices or reprimand members from seeking traditional medical care. A cult could try to eliminate the uniqueness of its members by

demanding complete submission to the group or leader's will. Members lose their identities as they give up their beliefs, values, and personal connections to follow the cult's instructions. Leaving the cult can lead to a profound identity crisis and a sense of loss, which is a result of this process.

Often, cults cause damage or destruction to relationships with family and friends. Members may be urged to end their connections with anyone outside the cult, including those who attempt to aid them. Social isolation is a problem that damages relationships and makes it tough for members to leave the cult, as they lose outside support. Cults frequently claim to promote spiritual growth or enlightenment, but in fact they impede genuine spiritual advancement. Instead of promoting genuine inner exploration and spiritual progress, the emphasis is on worshipping the leader or following the cult's rules.

It is vital to protect one's freedom, integrity, and well-being by avoiding cults. Maintaining a healthy distance from any cult structure enables you to protect yourself, build genuine relationships, and pursue genuine spiritual growth based on freedom, love, and mutual respect. Be cautious about completely depending on large organizations that provide valid spiritual teachings. They can appear perfect at first, but then they turn out to be cages that overload your head with unnecessary things and offer diluted teachings that are not appropriate for you as a distinct and unique individual. It's possible to use them for a few years. But then it's good for you to follow your own path.

Strictly following the injunctions of an organization often seems like an absurd decision. The disciple is convinced that using logic and making any slight changes to the knowledge gained is always a sign of stupid arrogance. The term 'loyalty' is frequently used in organizations to describe giving up the ability to reason and make decisions. Sadly, some disciples become like the animals being fed by humans and lose their ability to be self-sufficient. If you explain this to people, you will find yourself faced with unreasonable and overwhelming resistance. There are those who argue that devotion is the most important factor of all. To me, confusing devotion to the Divine with loyalty to the Guru and his organization is a caricature of the spiritual path.

## 4. FIRST CONCRETE STEPS

Since the publication of my book about my experiences with Kriya Yoga on my website, numerous individuals wrote to me to express their struggles and uncertainties regarding their approach. In my friends, I have always found a desire to experiment by following common sense principles. There were individuals who conducted experiments that I thought were both useless and dangerous. As an illustration, there were those who underwent extreme fasting, those who tried to adapt their bodies to extremely cold temperatures, and various other similar practices. I would rather see them proceed calmly, move forward in a balanced way, and avoid any shocks or major upheavals. It's obvious that I had to accept their personality. Throughout my life, my attitude was always characterized by sincere sympathy and a smile for their 'oddities.' I provided them with simple advice, similar to those I am reporting here.

### ● One step at a time

Spiritual practices, such as meditation or prayer, require time to develop. In general, it is advantageous to embark on a spiritual journey in small steps. Adhering to this approach enables you to fully experience every moment and appreciate the beauty of the journey itself. The spiritual path doesn't involve a race to the goal, but is rather a continuous exploration that necessitates patience, dedication, and an open heart. The spiritual journey is not straightforward; it can be filled with ups and downs. It's not meant to be a source of pressure, but rather a journey that is characterized by inner peace and harmony.

Let's provide you with a grasp of what 'in small steps' means. In their practice, one can start by following only one simple instruction from all that they have received. Therefore, in the event that a path is comprised of multiple parts, he chooses only one. Every day, he spends a few minutes on it and waits for a reasonable amount of time (such as a week or two, or a month) to experience any positive effects.

We're not talking about miracles here, just something that can be objectively perceived by our soul and our perception of various facts that characterize our life. For instance, it's possible to observe that we perceive things differently. The natural world around us can uncover more beautiful aspects that we were never aware of before. The colors appear more vivid, even the individuals appear happier! We understand the significance of

friendship and family affections and are captivated by them. It's important to keep practicing until a similar outcome occurs.

When you are sure that a change has occurred, you add another small detail to the practice. As happened with the first step, a priori you do not feel sure of anything. Perhaps you fear failure. Yet it is right to face the unknown until something happens. It is not right to proceed further until this second result manifests itself.

The path continues calmly step by step, once you understand and accept this criterion. We steer clear of the danger of feeling apprehensive or dismayed. We learn to adapt naturally to any fluctuation, including mood swings and small moments of uncertainty. We act with harmony, embracing even difficult times in our lives.

### ● Each step has two aspects

Imagine a teaching that is gradually given in small details. Let's consider each and every detail. After explaining this detail, the practitioner is instructed on how to conclude their practice session in a few simple words. It cannot be said that this last instruction is a real teaching. It's suggested to wait at least a few minutes before getting up after practicing instead of doing so immediately. This fact brings to mind the recommendation given by doctors when someone receives an intramuscular injection: "wait for the medicine to enter circulation before waking up"! The ten minutes that come afterward are only meant to wait for the practice to take action without being disturbed.

We must have the courage to come up with better ways to spend those minutes of waiting. You can attempt to apply the procedure we just learned in a simpler manner. In practice, we steer clear of using the instructions that are the actual technique. In actuality, the practice is over. Let's take an example: if we have practiced hearing internal sounds and were advised to cover our ears, we can try to relax our arms and continue the inner listening process by giving up the practical help that has been recommended. Let's proceed in a relaxed manner while keeping our ears open. As we listen, we should aim to remain free from thoughts, reflections, and the mind's thoughts. The relaxed way of proceeding is perfect for complementing and enriching the practice.

It's rare for a person to always practice in the same way, let's not forget that. Any seeker's spiritual diary is often filled with passages that reveal a certain level of enthusiasm for a specific choice. We have moments where we believe we have found the miraculous formula and then there are

moments of embarrassment for trying other technical details that have not yielded good results. This is all completely natural. That is what it should be. A seeker cannot do anything but always continue to experiment based on the time available and the amount of support his body can provide, which will therefore manifest.

Rereading our spiritual diary as the days pass, we reflect on the influence our practice has had on our general mood. The practice is usually enjoyed in a pleasant way. In the event that this doesn't happen, it's better to give up on this procedure. If this does occur, it's a good idea to spend some time remembering those moments and acknowledging how valuable they are. It is crucial for individuals to identify at least one inspirational phrase in the spiritual books they read and underline, and to repeat it internally during moments of reflection.

By doing this, we can escape the collective hypnosis that a fast-paced life brings us into. Let's immerse ourselves in the pleasure of embarking on a spiritual journey. It is feasible to add more details to our diary about the most memorable moments we have had. Let's endeavor to comprehend that the spiritual path doesn't lead us to emptiness but rather teaches us how to live a more beautiful life. These reflections are essential. It is important to be able to perceive an inner radiance in our lives that is accompanied by a feeling of energy similar to pressure at the heart. Our spiritual path will be shortlived if our unconscious thinks we are moving towards an emptiness that is devoid of beauty.

#### ● **Completing the teachings that seem unfinished to you**

If you feel that a certain lesson is a little unclear or incomplete, and you need more clarification. It is necessary to acknowledge that any teaching cannot be completed. If it were, it would be a form of unnatural teaching.

Try this experiment: rather than seeking clarification from your source, use your imagination to figure out how the desired information is being given to you. Strive to formulate it precisely with patience. Finding the courage to apply your intuition with bravery, serenity, and confidence will result in a positive outcome. This will bring unexpected satisfaction. Through your imagination, you can bridge the gap between inner reality and the transcendent one. By doing this, you will be able to access more subtle dimensions of reality. With increasing certainty, you will realize that you have not only touched the world of fantasy but also the world of pure spiritual reality.

Similarly, be courageous in expanding your understanding by visualizing

events you know will happen sooner or later. When you meditate, visualizing light filling your body can act as a seed that will bloom in the future. Likewise, you can envision energy moving through your body and picture the opening of the energy centers. Imagining everything as if it had already been realized.

If you find that a teaching seems incomplete, it may be because it was deliberately left incomplete and your intuition is the only one who can complete it. Reality is co-created through visualization. Many spiritual traditions believe that the physical world can be represented by what is visualized with conviction and clarity. By imagining a desired future with detail and emotion, it is possible to bring it to fruition.

This enhances and fortifies intuition. Meditation or other practices can cause spontaneous mental images to emerge, revealing insights or spiritual messages that are not normally accessible through rational thought. Imagining your dissolution into infinity or visualizing your union with the universe can set the ground for actual mystical experiences. I am convinced that this is the correct path for receiving spiritual teachings. Receiving an artificial explanation invented by the mind that is too detailed and precise prevents this from happening. It's common to suspect that such teaching is not part of any tradition with a very solid foundation.

#### ● **Correct attitude**

We have observed what are the wise decisions to follow when embarking on a spiritual journey so far. I am focusing on those who have already faced the initial difficulties. It may take years to fully comprehend the best attitude to follow a spiritual path. There would be a lot to say, but I will try to cover what I consider essential.

I think it's important to try to achieve a mental void before practicing meditation, even if it seems contrary to our natural tendency. In my view, the most effective way to meditate is by standing in front of the screen of your mind and move the thoughts that appear to the edges of your consciousness with gentleness, one at a time. It's important to gradually remove even the idea of practicing this operation. 'Dying to oneself' could be the description of this process. It has a deep calming effect and can provide complete mental rest. It's essential to have the ability to forget everything, including your identity.

This practice is not restricted to the meditation session only. When adopted at night, before sleep, one feels rejuvenated, as if they are a new person. Those who attempt to 'die to themselves' with sincerity do not encounter



emptiness or annihilation, but are instead reborn into a new life of uncontaminated joy.

An important aspect must be clarified. Our discussion is about the desire to reach out to the Divine. A deep desire to come into contact with the Divine is inevitably present for anyone who approaches a spiritual path. Even if this desire is legitimate, it is necessary to firmly abandon it. We should never expect anything. A subtle and almost invisible form of pleasure can arise if we rely on vague expectations or specific visualizations of the end result. Nonetheless, it is imperative to eliminate it. Any ideas about what we should achieve to reach the Divine must be abandoned. The aim is to attain the state of 'non-thought'. The only state that can be pursued is this one.

Let's make an effort to further clarify this concept. Upon reading the lives of the saints, it is clear that those who have achieved enlightenment have done so with a burning, almost desperate, desire to attain this objective. Occasionally, their actions come across as incomprehensible to us, as if they are insane. It is possible that we might question their reasoning ability. However, It's important to remember that this desire hasn't turned into a mental strain.

If the desire had arisen from the mind and was backed only by reasoning, it would have been a hurdle. It would have been an obstacle to a profound experience. In contrast, practicing with complete concentration involves a state of deep relaxation and total surrender to the Divine. This observation reveals that if our inner passion is bothering us, it's necessary to distill it, condense it in front of our inner vision, and then deliberately take it out of our mind.

Lastly, let's ask ourselves: is it essential to cultivate a devotional mindset in practice? To me, forcing this type of intention is not useful. We are on the brink of entering a completely different existential dimension, and we don't know what awaits us. We cannot expect anything other than the fresh breeze of the Divine that envelops us in perfect peace. Our heart will open naturally if this occurs, without the need to create artificial devotion. Forceful action in this high-context could lead to compromise of the experience's purity.

## 5. COMPLETE MEDITATION ROUTINE

In every routine, I suggest recognizing a very important fact. I am uncertain if the concept I suggest will be comprehended and favored by the reader. Regardless of the path taken, I suggest that I allocate at least 5-10 minutes of each meditation routine to try to become aware of a truth that I know it's not easy to comprehend, but I'll attempt to explain it right now. My approach starts with two premises and then I focus solely on presenting the final suggestion.

[I]

My spirituality was influenced by the concept of Beauty and total trust in this reality. At a young age, I came to understand that I had the ability to practice mystical techniques, which was a source of intense emotional attraction to me. Pure reasoning was never something I relied upon. I realized that my rational faculties alone were not enough to attain an inner spiritual experience. The people around me couldn't grasp how existential questions could be tackled using other than reasoning because their natural instinct was to use reflection and logic alone. Despite my attempts to explain that my beliefs were distinct, they listened as if interested, but failed to accept the essence of my message. I attempted to persuade them that authentic understanding is founded on the profound emotions that arise within one's heart and can be experienced through mystical methods. My only name for them was Pranayama, the art of controlling the breath.

Living differently, specifically through my emotions, was a result of my instinctive education. Many people either lack understanding of the term 'emotions' or have a knowledge of it, but lack trust in its value. Thought is absent in deep emotions. Despite our emotions, we still possess a profound experience of reality. Obviously, the individual perceives that Thought is more reliable and trustworthy. Over time, we come to realize that thought is useful and essential, but only for living in material reality. In my opinion, profound emotions should be the sole means of experiencing spiritual reality. The stabilization of this belief in me happened only after I reached full maturity.

Many people who haven't come to this realization yet have come to my attention. While exploring spiritual reality with thought, some have often succumbed to a gray, dark, and hopeless atheism. To limit yourself to this

means is a sign of despair, leading to a state of depression and experiencing the most extreme pain!

I preferred to make an effort to align my life with the emotions that arise from my heart. My understanding was that the heart, which is the center of emotions and intuitive wisdom, was the most important guide on the spiritual journey. Whenever I had free time, I would put reasoning aside and completely eliminate it. Living in harmony with my heart and paying close attention to my emotions was something I could do. I focused on what gave me a sense of aliveness, happiness, and peace.

Certainly, I utilized thought to devise a plan of action or to intellectually create a plan for how and when to practice Pranayama and gauge its effects on me. I never lost my calmness. I acknowledge that individuals who experience constant emotional instability cannot attempt to heal their emotional dimension by opting for mystical practices as a cure. This decision is not effective. A calm and well-established approach becomes possible when emotional tranquility becomes stable. The direct experience of the Divine was achieved through the practice of Pranayama.

## [II]

In the beginning, I didn't give much thought to how my life should be structured. My strongest convictions were not formed until later, and I will report on them at a later time. I admit that I have never had the opportunity to contemplate humanity's actions and its shortcomings. I have never contemplated the future of humanity. I have been experiencing the beauty of contact with the Divine for a considerable amount of time.

I was certain that my personality was incapable of even contemplating the possibility of doing philosophy. The study of great masters like the Mother, Sri Ramdas, Ramana Maharshi, and finally Lahiri Mahasaya has always warmed up my heart and emotions. These readings made it possible for me to live with my heart, the truest, most beautiful part of my being. I have always maintained a calm and profound state of mind.

### **The core of my conclusive hypothesis**

Let's attempt to comprehend a crucial point. Human thought is limited when it comes to describing the spiritual dimension or ultimate reality, but that doesn't mean we can't cultivate some ideas in our hearts. Now I am giving you my idea, and I repeat that it was born spontaneously and

strengthened by the readings I mentioned.

It is my belief that our perception of reality is superficial and shallow, not profound. We are individuals inhabiting this planet with millions of others, and we move through an unimaginable expanse of space. We have a hard time comprehending the grandeur of this vastness and comprehend its purpose. It's not advisable to think, but it's a fact that we think about it. It's enough to not assume that you can reach absolute, scientific, and verifiable truths.

It is with great tranquility that I believe that only the Divine exists and that this Divine has been split into an enormous, endless series of reflections. Each of us is a reflection that emanates from the Divine and reverberates back to the Divine. The timing and manner of our return is unknown. It's useless to fantasize about whether or not we'll keep our individuality. Wise men who were born on this planet state that the substance and essence of every human being is the Divine itself.

**Let's talk about how we can make our meditation practice complete, regardless of the discipline used.**

The great sages, especially those born and living in the East, explain to us that every spiritual practice should end by immersing ourselves in the awareness that we, all of us, are the Divine. It is important for us to believe that everything we have worshiped, to which we have given our devotion, is a reality that we are. There is no other reality in the universe.

The Divine is the only thing in the universe, every other thing is an illusion. This divine being has split into an immense and endless series of reflections. It is therefore essential not to abandon the state of meditation in a hurry but to contemplate this truth, obviously contemplating it with the heart and intuition. It would be a waste of effort to elaborate it with thought as it is impossible to do so.

The Divine is the essence of every human being. It's easy to say this, but it's almost impossible to truly understand or fully realize it immediately. In practical terms, those who fully comprehend this are experiencing their final incarnation. We are trapped in our Ego, our Self, which prevents us from fully understanding this. The Ego-self divides us from each other and prevents us from comprehending the ultimate truth. The Ego is so solid that it may seem impossible to dissolve. It's possible to accomplish it with a decisive decision that will be carried forward until the end of the journey.

Let's clarify the concept of *Tat Tvam Asi*. The teaching that has been given to us by the great Masters is: *Tat Tvam Asi* – "You are that." The awareness that is present in each of us is the Divine itself, but we cannot understand this fact because we are firmly imprisoned by the ego.

*Tat* is a name that is immense, unpronounceable, the Divine. *Tvam Asi* is a term that means "That is you", indicating that you are both the Divine and yourself. Therefore, we are one with God. This teaching is a key aspect of *Vedanta* philosophy.

The journey to becoming aware of ourselves as Divine (God and I are one) is a lengthy one. At the conclusion of our spiritual journey, we will awaken and discover our true identity. If we affirm this in the West, we will be accused of being crazy and making a statement that is considered blasphemous. When we assert it in India, we will be embraced and greeted with, "Congratulations, you finally understood it!"

### **What is the initial step?**

Never give up on meditation in a hurry. This is where *Jnana Yoga*'s ultimate goal can be achieved. Our state of being involves Consciousness observing itself and dissolving into the uncontainable ecstasy of immersion in the Divine. This is exactly what we have always been and were unaware of. We can devote a minimum of five minutes to this understanding and it can be increased as desired.

## 6. EXPERIENCES THAT MAY APPEAR IN THE PRACTICE OF A COMPLETE ROUTINE

Different ways can lead to a beautiful spiritual experience. As a result, the person's attention is no longer focused on thoughts but instead on their heart. Having a genuine contact with the "Divine" is a strong feeling in the heart. The bitterness that arose from the concepts and reasoning that such a person had created dissipates. At that point, the state of consciousness is transformed into a pure, perfect, and unfathomable joy. Spiritual awakening entails an internal transformation. A new comprehension of oneself, one's existence, and the surrounding world could be implied by this. What I am talking about is a sudden shift into a contemplative state where consciousness is in contact with a reality that has never been experienced before. An unfathomable joy that now vibrates in the most intimate reality of one's being, in the depths of one's soul is awe-inspiring. The consciousness is experiencing an intoxication that leaves no defined thoughts. Life's priorities shift, often shifting to values like love, compassion, empathy, and searching for meaning in life that is not solely based on material success. There are those who experience a new bond with nature and consider it to be an expression of the Divine or spirituality.

### • Typical Experiences

#### 1. *An experience that is marked by an intense love for the Divine.*

The spiritual traditions of various religions frequently include experiences of mystical ecstasy, which are characterized by intense love for the divine. The description of these experiences is often as moments of direct connection with the Divine that transcend the limitations of the rational mind. This experience of love is so overwhelming that it completely eradicates any feeling of separation from the Divine.

The term 'Fana' is used by Sufis to refer to the extinction of the ego in God. India uses the term 'Samadhi'. This love is viewed as pure and eternal. This state causes the practitioner's heart to be filled with love that is unlimited and can be described as intoxicating. Mystics depict this love as a burning fire in the heart, resulting in a constant desire to be one with God. During ecstasy, the individual often loses sight of their own identity, time, and space. As the mind dissolves, the practitioner experiences a state of non-duality, in which there are no distinctions between themselves and the

Divine. A feeling of unfathomable peace and happiness is brought about by mystical ecstasy. Even though the experience is intense, there is a sense of complete tranquility and happiness.

According to many mystical traditions, absorption is the moment when one truly understands the true nature of being. Some mystics also mention physical symptoms of ecstasy, including chills, tears, or a sensation of bodily lightness. St. Francis of Assisi and St. Teresa of Avila were both famous figures who experienced physical ecstasies that made them appear to be floating off the ground, a phenomenon called mystical levitation. St. Teresa saw an angel piercing her heart with a dart of fire that she perceived as her burning love.

Whirling dervishes can become engrossed in ecstasy, which causes them to move automatically, led by a sense of divine energy coursing through their bodies. Rumi, one of the most revered mystical Sufi poets, wrote extensively on the euphoric experience of divine love. Through his poetry, he portrays his soul as being completely intoxicated with love for the Divine, as if it was drunk with spiritual love.

Buddhism identifies ecstasy with elevated awareness, not love for a personal deity. To put it simply, ecstatic experiences that display intense love for the Divine are a manifestation of a spiritual connection that transcends the material world and reunites the soul with God. These moments are celebrated as the pinnacle of the spiritual path, when love for the Divine becomes so powerful that it changes the entire being, leading to incomparable joy and peace.

## *2. Feeling a powerful energy surge through the spine*

When you lie down on your back to rest after completing exhausting mental work, you may enter a state of deep sleep. In your room, you remain calm as you realize that no one can enter. You suddenly gain an intense awareness that prevents you from becoming agitated and experiencing the physical sensation of your body while still in your sleep state. As you remain in that state, a stream of energy rises within the spine, and then the consciousness bursts into a sensation of intense joy. It's impossible to ask questions at that moment, as one feels that something is very beautiful happening.

Such an experience clearly signifies the awakening to the truth of the spiritual dimension. The awareness that spiritual experience is the most

important goal of all life is permanently implanted in the consciousness through this experience. Not only are you happy, but it seems like a new region of your brain has been activated by a flash of awareness. This experience has a clear and obvious meaning. Thinking or reflecting is not necessary. You contemplate a reality that has always been there but has been hidden in your consciousness and now shines brightly in your awareness. It is perceived to be the most stable reality of all human existence.

When the experience ends, individuals return to their bodies, calmly stand up, and resume the previous activity. It's possible for this to occur repeatedly. It's impossible to know what happens to the body at those moments: whether breathing has stopped or not, whether the heart has stopped or not. It is not possible to be certain.

Following these experiences, one may experience a sense of excitement in their consciousness, as they are driven to act, change things around, and think of new projects for the future.

### *3. The experience of listening to inner sounds*

The practice of listening to inner sounds is founded on the desire to access the inner sound dimension. You have to accept the fact that for a few weeks, there have been no results. Eventually, you come across a faint inner noise that resembles the buzzing of a mosquito. Then a faint sound, reminiscent of small tinkling bells, envelops you. At last, you experience the echo of a bell ringing in the distance.

This is a stunning experience that is completely distinct from the one described earlier (energy rising in the spine). You now feel a sense of complete fulfillment, as if the spiritual journey has reached its end. There are many sweet memories of your life that remain on the edges of your consciousness and do not disturb this state of deep recollection. A great feeling of comfort is evoked by this sound. A spontaneous devotion emerges, something that has never happened before. It is a treasure trove of beauty. It seems as if reality has undergone a transformation.

The intensity of this devotion can be as if your being has been divided into a thousand parts, each part brimming with joy and love. This experience is the one you have been searching for in vain in so many other life experiences, and there is no doubt about that.



#### *4. The experience of the breathless state*

A strong rise of energy along the spine is not a prerequisite for many people to experience the breathless state. Breathlessness can be achieved by practicing Japa and spinal breathing. It is without a doubt that breathlessness is the culmination of spinal breathing.

The practice of spinal breathing begins with a simple technique that is then refined by internalizing the process of slow and deep breathing. Internalization is achieved by increasing concentration on the sensations felt in the spine. As the breathing slows down and becomes almost evanescent, the experience of breathlessness is unexpected. The manifestation lasts for several minutes and doesn't cause any feeling of suffocation but rather the disappearance of thought and a sense of great stillness. The sensation one experiences in that state is beyond description.

Opening your eyes will allow the experience to deepen and give you a sense of inner freedom. The body's inner energy that supports it becomes more noticeable. This encompasses everything that can be comprehended and experienced. It's beneficial to try every spiritual practice in order to achieve such an experience.

It is worth mentioning the impact of having this experience. The disappearance of the need to breathe is a real emotional shock for a substantial number of people. It is not possible to know how a person will react to such an experience. In theory, it could be argued that such an encounter would decrease one's reliance on material things. Nonetheless, it appears to have the opposite consequence: the person seems to move towards the ideal of a life that is complete and filled with every possible fulfillment. The person may have a preference for reading different types of literature (spiritual texts, classical literature), listening to music (whether it's pop or classical music), watching different types of films, and planning trips. The person's pursuit of a fulfilling life results in them becoming unstoppable and uncontrollable.

What is the rationale for explaining this? It's a straightforward concept: you've reached a level that's not within your own mind. As a result, one's thinking is free from self-imposed limitations. The internal chains that one was not conscious of have now vanished. Being free to be oneself allows people to realize their desires that were previously repressed or put aside. It is probable that all of these desires will be fulfilled one after another.

If you ask yourself how long it takes to achieve breathlessness, I can say that if you do not have a precise method and refuse to use Japa to calm the mind, it could take years, and it's possible that it won't happen at all. However, by following all that we have suggested it can take less than a year. It's essential to remember that the mind is the ultimate adversary. It's crucial to break the habit of thinking too much and in vain throughout the day. If you want to overcome this evil, common among spiritual seekers, you will have to humbly familiarize yourself with the practice that all saints and great masters have adopted, known as 'Inner Prayer', also known as 'Japa'. This action alone can cause a state of breathlessness in the last few minutes of your routine. In my opinion, the information mentioned above is sufficient.

Why do I not want to talk about other experiences? The reason is that some experiences could be illusions. For instance, one could enter a state that one perceives as significant, so much so that one thinks they have experienced a profound change and a blessing from the Divine. Let us take the example of the many people who have deluded themselves that they can enter the state of Samadhi at will as it is written in the books, and that it is no longer necessary to practice the spiritual techniques that were learned. Either a person has actually reached such a state or they are just imagining things and getting hypnotized by them.

It's important to understand that spiritual growth is a slow and gradual process. It's important to be patient and not expect immediate results. If a person has entered the illusion of having had an instant enlightenment, how can one help them regain contact with reality? I believe that no one is capable of providing this assistance. Life experiences cannot bring about this action.

Spirituality is not a means of escape from reality. It is not a product of a sick brain that relies on strong self-deception. Accepting objective reality is essential for mental health, allowing one to live fully with all one's limits and avoid unrealistic expectations. It is necessary to be honest with oneself about one's motivations in order to avoid false illusions. A clear mind that is free from prejudice is necessary for this.

Spiritual journeys can lead to the emergence of experiences or abilities that appear extraordinary, such as psychic intuitions or spiritual powers. It's crucial to avoid being seduced by these events and to remember that genuine spiritual growth is measured in terms of love, wisdom, and compassion, not in special powers or abilities.

A genuine spiritual journey requires awareness of one's limitations and openness to continuous learning. Humility is the key to preventing spiritual arrogance. To prevent being trapped by the ego, it's important to move forward with critical awareness. It is only through this method that a solid spiritual life can be built.

## **7. QUALITIES THAT MUST BE IMPLEMENTED DURING LIFE**

We were discussing the concept of 'building a strong spiritual life.' Let's endeavor to comprehend how this can happen.

First of all, it's crucial to stop trying to destroy one's ego forever. To suppress something that cannot be destroyed is what this attempt would consist of. Instead, we should prepare ourselves to live with it as we continue to deepen our spiritual path. This path does not have shortcuts like the childish idea of 'dissolving' the ego. This futile attempt would only involve portraying a fictional scenario. Final release is not possible through a leap, so let's put aside the thought of using magic to destroy our ego.

Let's make an effort to discuss a significant topic: intuition. Intuition is the most significant aid we need, and we have to learn how to utilize it. It's crucial to master the art of living with consciousness constantly present in your heart. By doing this, we can more effectively use intuition. Being conscious of intuition is not about observing small events, such as coincidences or noticing small phenomena of harmony (almost telepathy) with others. We need to establish something deeper in us as a way of life. Whether or not one uses intuition as a reliable compass, it should always be accompanied by wise and prolonged reflection.

Despite the fact that intuition is not reasoning, we will recognize that it is not the opposite. Reasoning is not in opposition to intuition. Intuition has the power to calm and tranquilize the reasoning process. The foundation of all our reasoning lies in our ability to infer as much as possible. Human beings are bound by limits. Ultimately, we all possess blind spots. Despite our intuition's ability to reveal things, we cannot be omniscient due to human limitations. Consequently, it is necessary to combine intuition and clear reasoning. Assuming we succeed in doing this, it will appear as if a purely and clear source adds a diamond of knowledge to our reasoning.

The Divine's reality can only be perceived through intuition, which is the most reliable tool. We will become increasingly convinced that the ultimate aim of life is to attain unity with the Divine. To create our meditation routine, we rely on intuition as a survival tool. When the spiritual path seems to be unable to provide us with anything, we can decide to alter our meditation routine and courageously trust what is in line with our heart.

It's common for us to have good intuitions, which happens to us all the

time. It's important to emphasize that intuition not only allows us to perceive the negative effects of poorly conceived routines, but it also continuously suggests new ideas, revolutionary insights, and entirely new ways of thinking.

I am willing to acknowledge that I have often neglected to listen to wise and prudent advice when it comes to taking care of my health and a few years ago, I ended up in the hospital due to my own fault. I had squandered what intuition was capable of giving me. The warning messages from it were ineffective because I didn't listen to them. Later, as I became more receptive, I learned to give up bad habits that I had previously developed and adopt the behaviors that I should have always followed. After that, a new form of existence began for me.

Occasionally, our intuition is not heard in our lives, but it still manages to plant seeds in our subconscious. Even if it doesn't immediately, it can still be helpful to us in this way.

I am unsure if, like any other talent, intuition can be developed through practice. Calmness and a meditative state can certainly be advantageous. The importance of quietness in making reliable decisions is well-known by everyone. Our consciousness is frequently interrupted by our ego and what it suggests, but our intuition struggles to be heard. I am convinced that when our intuition flows and connects with our will, we are in a spiritual connection with the collective consciousness. Silence is a necessary part of listening to our intuition and collective consciousness. I am of the opinion that Jung's intuition of this consciousness has always led humanity toward a more comprehensive understanding. Moving consciously towards a state of unity with this consciousness is the best option for us.

We are here for the purpose of learning. Learning is part of the natural state of consciousness. There are numerous things we need to learn. Learning is essential for everyone's life. Acquiring skills can lead to significant choices, which is what makes the biggest difference. We have the option to focus on certain abilities and let go of others, even if it's only temporarily. What we go through in the seasons of our lives does not matter, what matters is how we handle each one.

I have come across several times of crisis where I felt like I couldn't accomplish anything. It is now clear to me that these periods corresponded with the time when I followed the advice of others and tried to emulate their actions. My intuition was the only thing I relied on each time I emerged from these dark periods.

It's a truth that I have realized that sometimes when I identify too strongly with my beliefs, I run the risk of completely ignoring intuition. When I review my life's events, I attempt to examine how I have made crucial decisions. Self-criticism can be a challenge when it comes to honesty and ruthlessness. Realizing that I have not listened to my heart and caused disturbance in people's lives leaves me feeling very bitter. It's often a shocking experience for me to look back on my past life. Regrettably, it is heartbreaking to admit that from time to time I have breached the sentiments and beliefs of others. I am experiencing acute pain from this.

There are people for whom intuition just does not seem to work. We should admit that we have had significant and valuable intuitions, but we have disregarded them due to our lack of trust in them. If we're willing to forgive others' mistakes, we must also be willing to admit our own.

Those who believe they have complete control over their inner knowledge may end up being the victims of this belief. It's essential to have an open mind and always be prepared to question our own certainty. Identifying and manifesting intuition demands courage, but it should never become arrogant. Failure would be a direct consequence in that situation. It's important to always be mindful of one's words and actions when using intuition. The actions of human beings who have been significant in history have always been this way. This is the correct course of action!

A piece of advice. To be able to clearly see other people's mistakes, comprehend their moods, and feel close to the reasons for their behavior is essential. Then let's bring this same understanding to ourselves, and accept to observe ourselves with humility. Once we have that courage, we can make a significant change and learn how to say good-bye to something we were attached to. Although we all have shortcomings, it is crucial to show kindness to ourselves in the same way we would show kindness to a friend. Our internal dialogue should always inspire us to improve, not let our pride hold us back and make us stagnant.

## **8. BECOMING A MASTER OF YOUR OWN SELF**

Let's talk about a sensitive subject: what should or should not occur at the end of the spiritual journey? If everything has gone well thus far, there should be a sense of what we might refer to as the 'final call' in one's heart. Realizing the purpose of the seeker's approach to the spiritual path can be achieved then. It seems like the universe is prepared to help with this final endeavor. At that moment, one's experience takes on a new level of significance that was never previously possible.

It's possible that one hasn't been able to clearly draw the final pattern of their practice for a long time, that is, decide which techniques to use to form one's routine, the initial goal that led one to the spiritual path has remained unchanged. Even if the light at the end of the tunnel was not clearly visible, one could still feel certain that it was always present. Now is the time to direct our focus directly towards this goal.

Becoming a Master of one's self entails no longer relying solely on the teachings of a Master or an organization, but making decisions about one's meditation practice based solely on one's intuition.

One may not have been able to live spiritual discipline fully due to various circumstances throughout life. When I use the term 'circumstances', I am mainly referring to following suggestions that were not appropriate for one's personality. It's possible that accepting these suggestions could have hindered one from living one's truth. Forever ignoring this truth is not possible. Elimination of limitations within one's horizon is crucial. To truly free yourself from all the conditioning received, you must feel like a stranger to it and free yourself forever.

Now is the time to demonstrate the courage that comes with being an authentic individual who stands on their own two feet. Only by awakening a specific inner strength can a person complete the final stretch of the path. The only way to achieve this is by breaking through the paralyzed enthusiasm that has accumulated over time, reviving the energy, and initiating the final transformation.

The reconciliation of your ego is crucial, as it is no longer the enemy to fight. The formidable adversary is transformed into a friend. Understanding your fears and recognizing your vulnerabilities can be made easier through the use of the ego. In reality, it is capable of assisting you in making

intelligent and sensible adjustments to your practice. Consolidation of strength occurs in this manner. The ego will be a part of the process of creating a feeling of happiness. The individual will have the assurance of embracing their true nature. This will generate a light in their consciousness that was not present before.

Accepting what our abilities suggest we do is the start of everything. This can only occur if one is capable of fully recognizing and accepting their abilities and having the courage to use them. We choose the techniques that we intuitively judge to be the most effective.

It's important to approach every practice session with a childlike enthusiasm and curiosity. Our fundamental nature, which is often misunderstood or neglected, brings enthusiasm to everything we do and consolidates what has already begun at an internal level. Honesty and sincerity are always a priority for the person. He has embraced his own passions and interests. He is willing to accept his own fears and temperament traits, regardless of how others perceive them.

Trying to predict with certainty the effects of the chosen routine on practice can be overwhelming, so it's important not to become obsessed with it. Certain individuals always have uncertainty about the failure of the practice because of confusion and the inability to maintain a calm and comfortable state of mind. This possible disturbance is a manifestation of human limitations. Allow your unconscious mind to suggest alternative ways to enhance your practice. Your practice's final results are already within you. With the right amount of ingenuity, patience, and intuition, any obstacle can be overcome.

Unexpected paths will be directed to you by intuition. This guide will assist in determining if it's feasible to enhance the practice's effectiveness. Now that the seeker is in the field, he must run. He has moved on from being shy on the sidelines who observed the situation while still cultivating his own doubts. He consistently manages to strike a balance between safety and the ability to take risks. The individual who is in the field and operating progresses farther than the individual on the sidelines who attempts to comprehend everything. It's not wise to try to reason solely with your head. Reasoning alone is sufficient to understand one's goals, but it doesn't provide instructions on how to achieve them.

Trying too hard to observe what is happening internally during practice can be a frustrating task. It's important to always be enthusiastic about one's own abilities, beyond rationalizing what is happening. The seeker in the



past attempted to obtain guidance from other sources about how to live their meditation practice, but this resulted in poor outcomes. Living more intuitively allows your unconscious to lift the curtain that prevents you from seeing the final effects of your practice.

Engaging in activities that naturally align with one's soul can lead to becoming more authentic as one intuitively recognizes the Spirit within themselves. Then, one is completely engrossed in the practice. One's concentration stays constant and the meditative state is as profound as it can be. The ability to think is temporarily suspended. The focus of someone's awareness is entirely on what they feel in their heart.

It is a sign that one is doing the right thing when one loses themselves during practice and stays absorbed in a state of tranquility. When you're in the state of absorption, it's not wrong to allow yourself to daydream. The old distractions that one has become accustomed to are replaced by this event, which embodies the stability of the person in the fundamental nature of who they are and what they are meant to do. This daydreaming can turn into an ecstatic experience, and then the person can continue their state of bliss without resuming the technical practices. By doing this, the individual calmly allows the Universe to move through his own practice. It's easy to distinguish between activities that make time seem short and activities that make time drag on with tedium and effort. Getting lost in timeless, conscious activities is a way to find joy.

Have total confidence in the choices you make. The great individuals who had a positive impact on the world were not afraid to go beyond the norms. Their unlimited supply of courage and strength allowed them to dismantle any pattern dictated by consolidated habits. Their deviation from the world around them was not a problem, as they managed to improve everything. We should draw inspiration from them. Without a doubt, this leads to days that are brighter.