

Part-1

One Truth, many Voices



Sony Mervin

One Truth, many Voices

Part - 1

Compiled
Sony Mervin

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Introduction

The book you hold in your hands can be called an experiment in publishing. In it we explore the subject of truth as sought in heart-felt questions from seekers and the responses these questions brought from truth-teachers in Satsang. A single question was asked to all of the teachers who have generously agreed take part: *What is the most striking question you have been asked, and what was your response?* The experiment supposes that a truth-teacher will have had many meaningful questions asked them, and by their choosing one that particularly resonates with them, we may gain valuable insight into the nature of truth-seeking. It was in the spirit of seeking that we began this quest, and it is in the spirit of sharing that we are pleased to be able to present to you a robust and special collection of Q&A from some of today's leading gurus.

Hari Om.

What is Satsang ?

Satsang is a Sanskrit word that means “gathering together for the truth” or, more simply, “being with the truth.” Truth is what is real, what exists. So all there is, is Truth. Whenever something increases your experience of the Truth, it opens your Heart and quiets your mind. Conversely, whenever something, such as a thought, fear, or judgment, limits or narrows your experience of the Truth, the Heart contracts and the mind gets busier. We are all equally endowed with this capacity to discriminate the Truth. Thus, the true teacher, or *satguru*, is within you, and satsang, or being with the Truth, is endless. You have always been here in the embrace of your true nature as aware, loving space. You have always been in satsang.



Chapter 1

Living Satsang Teachers...



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“The full embrace of Truth requires absolute humility to our Being as Clarity, Love and Power”

Aisha Salem

Q: The appearance of life and living seems to not be connected to the awakening... What does the realization of Truth have to do with existence... Existence isn't real after all, is it?

A: The Real awakening comes with the deep merging with the Void in the recognition as pure Awareness. To make the distinction as you do, is required for the realization of the Absolute. But realizing and merging with That is only a part of the actual invitation in realization of Truth through the human form. Pure Existence holds another naked aspect of Truth, awaiting your realization.

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and humility to what is real... Along with complete acceptance of our True Identity and the ultimate responsibility that comes with it.

The realization as the Black Light of Being is the coming together of the Beyond, the Universal/Impersonal and the truly personal/Individual, which brings All of realization deeply into the ground. As the Creator entering the Creation.



Biography:

Aisha Salem(;1979) is a Woman of Truth born and raised in Denmark. For more than 12 years, she has been cultivating Being in its every sense of the word. It has brought her a row of realizations; through the Fire of the burning Heart into Universal Consciousness, beyond Existence into deep merging with the Void of the Absolute and back into existence as the True Incarnation- the Black Light of Being.

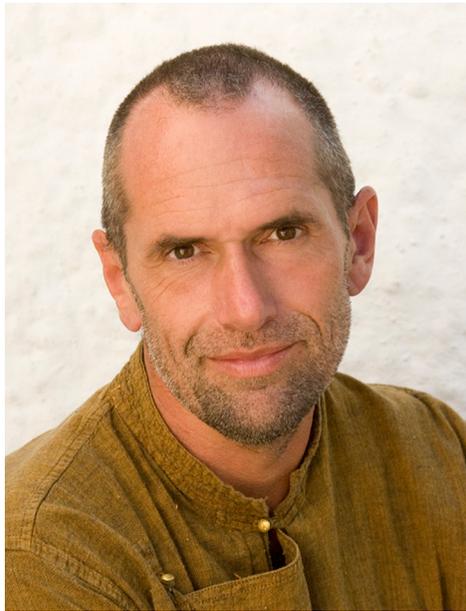
In dealing with every human aspect along the way and carrying her living Life beyond every obstacle to her living as Truth, she has deeply worked through the challenges of living life.

The final and recent stages of Aisha's evolution, has been revolving around the integration as That into the human form. A coming together of her Heart's realization as pure Light and Mind's realization of the Black beyond, into the thick substance as Black Light, now incarnating as Truth in form.

The deep integration with her human being gives Way for her to work across all levels of Being with a deeply tantric yet indefinably transparent spontaneity, which has fulfillment of Being and freedom within- as beyond existence at its core.

Read more about Aisha, her articles, audios, information on satsangs, retreats and more on www.aishasalem.com





“ Sitting in the garden
doing nothing
drunk again ”

Andy Beer

Q1. It is good to see that other people have similar difficulties to me.
I feel that I am never alone.

Q2. As I see it, we are always alone.
[laughter]

We are always alone or we're never alone – they are two completely different views. I agree with both of them. In our thinking mind, in this mental world we have created, we are alone. At the same time, especially with emotions, there is a whole field of energy. We are feeling

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Biography:

Andy leads a nomadic life, giving spiritual teachings mostly in India, Thailand, the Mediterranean region and the UK. His teachings come as a response to the moment and reflect his own experience, rather than following a defined path. However, some see him as a Zen master, whilst others have commented on his deep connection with nature.

Since 1993, reiki has been central to his spiritual practice and he has been initiating others and teaching reiki since 2001. He has been offering public satsangs since 2010 and has also been involved with the Path of Love process since around that time.

When not involved in group processes, teaching or giving satsang, Andy tends to live a simple life, often wandering with a backpack and sleeping outdoors, eating bread and oil and foraging for leaves and berries. He also works, from time to time, as a petroleum reservoir engineer.

www.abeing.org





“The bud needs no effort to flower it happens,
Just remove the hurdles and flowering happens
in your life.”

Atma Nambi

(Atmaji)

Q: Is there no real happiness without spiritual fulfillment?

A: Yes, it is true. Real happiness and fulfillment in life can be found only by the realization of the spiritual self, which is of the nature of causeless joy, bliss and love. What is normally called “happiness” in life actually means less of pain or absence of pain, coupled with the presence of pleasures of senses. The ordinary mind is mostly governed by

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him through various experiences and practices. Following his Self-Realization, after 2 years of silence, he decided to clear the paths for seekers and to lead them into spirituality through meditation, yoga and kriya. He has dedicated himself in being part of creating a new humanity

2012 Atmaji had his international breakthrough with a speech that reached the souls of the participants of the World Parliament of Spirituality in Hyderabad India. Since then his work has been passed on to Europe with the vision of further growth in the world in collaboration with likeminded visionaries.

Atmaji has undertaken “Bliss World” Tour. In the year 2013 he initiated his “Bliss World” Tour by paying his first visit to Crete Island (Greece). In this year 2014 “Bliss World” Tour has been extended, covering major countries in Europe like Greece, Italy, Switzerland, Germany, Denmark and Sweden. In the near future all the countries in the world will be included.

www.upanisha.org





“Like all else, judgments just happen. The part you can decide is whether to believe them or not.”

Canela Michelle Meyers

Q. “What is Love?”

Canela: “Have you ever felt Love?”

Questioner: “Yes”

Canela: “Then you know what Love is. It is not an intellectual answer, Love is recognized or felt.”

Q: “I have seen people wake up in the presence of teachers who offer Advaita such as yourself, do they have some sort of power to do that?”

A: “No, it is not a power that ‘they have’ it is Awareness itself calling it’s own Self home. When a person offers a genuine space of Satsang, part of the support is already present in that Presence is somehow more available in that the offerer is directly connected consciously to That.”

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I don't seem to fit anywhere

Canela: Perfect, you don't fit anywhere, feel that

Q: Those are words coming up while feeling it, just expressing them
ok

Canela: The words count too...keep being 'yes' to whatever comes no matter what it looks like...feel it.

Q: Everyone is with someone, living a normal life(my friends and surrounding) and I'm here still alone finding myself ugly, unfit and poor oh that's hard to admit...

Canela: Is it hard really? Welcome them to live; this 'ugly' how does it feel to totally allow 'ugly' once and for all?

Q: I can see I'm not ugly but I feel ugly, especially in front of feminine type I like, I feel stupid and un-interesting

Canela: Yes, feel it, this is the important part, let yourself feel ugly 100%

Q: ok

Canela: Remember to breathe and relax the body open to let this energy have free reign

Q: ok. I do this often since seeing you in Satsang with Richard Miller.

I see more clearly the process now

I will stay with this...

I'm scared of focusing too much on bad feelings

Canela: Perfect...meet 'ugly' fully, meet 'unfit' fully...

and you are relaxing open to energies that are already inside, that perhaps you may have been avoiding feeling (which accentuates them).

Q: That's what I want to do really is to cure me and support others

Canela: Support yourself and support others perhaps?

The curing of you will take a lifetime sir.

Q: Thanks, I'm a massage therapist and it will help a lot
yes

ok lot of work to do now

big love and hug to you

yes supporting myself!

Canela: Thank you for being willing to sit with some of the energies that many people attempt to avoid. Bit by bit, in each moment...remembering that the words that rise count and to let them lead you to the energy inside, be with that, and so on....♥

Q: Thanks for supporting me in seeing that Love is the secret alchemy ♥

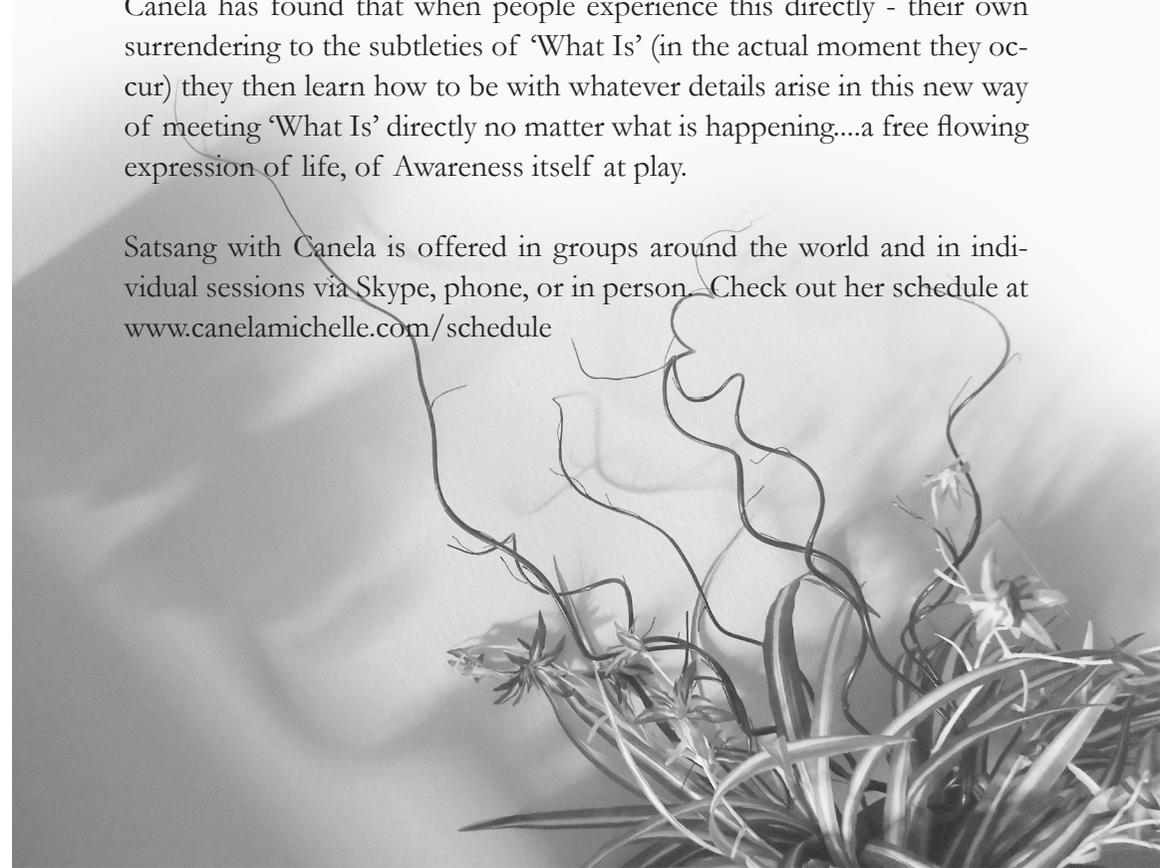
Biography:

Canela Michelle Meyers has been offering Satsang since 1999, starting in Tucson, Arizona to more recently in Prague, Czech Republic with many many venues inbetween. Her 'flavor' of Satsang is one of complete inclusion - All Is Love. She supports people to fall in Love with themselves... which is to 'fall in' with All That Is.

She also supports people to explore details in their lives that, at first glance, seem to be mysterious - to 'Be With' the details in a new way that supports understanding and embodiment as a side effect. Often these mysterious details tend to repeat themselves in a person's life, the person recognizes the repetition and together 'With' Canela they can use the details to lead them to where the energy is attached to the personal system of the person - the unique expression of Awareness that they are. Once the energy is opened to completely, it is no longer held as separate, it merges with the play of Awareness of who they are in each moment.

Canela has found that when people experience this directly - their own surrendering to the subtleties of 'What Is' (in the actual moment they occur) they then learn how to be with whatever details arise in this new way of meeting 'What Is' directly no matter what is happening...a free flowing expression of life, of Awareness itself at play.

Satsang with Canela is offered in groups around the world and in individual sessions via Skype, phone, or in person. Check out her schedule at www.canelamichelle.com/schedule





“No one can have more consciousness than you.
No Buddha, no Jesus, no one, and it’s there right
underneath all the words and clouds of identity.
It needs no approval, no permission from anyone.

It is untouchable from the outside it is the ultimate
refuge and joy. You are always here, you are always
This. Holy treasure batman can it be true?”

Chobo

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thirst arose to complete his journey of truth seeking.
Soon afterwards he met Mevlana Mooji whose grace and presence set Chobo free. After many years of keeping silent, due to many requests Chobo started meeting with seekers and wrote his first book Melody and Silence.

Along with his meditative path Chobo has been engaged in creative exploration. He is a successful theatre director and runs cutting edge workshops for actors.

www.choboji.com





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Sample pages - Part 1

“The Heart of Being has no “ I ”
It has no mind capable of searching for the meaning
of life nor the power to imagine what should be
different. It has no hands to let go of anything.

It is totally helpless in front of any task to be
accomplished. It has no knowledge to answer any
questions nor does It know any techniques.

It knows nothing of yesterday, nothing of tomorrow.
It can only be touched by this present moment’s
rainbow of colors.

It is pure innocence, open and undefended.

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opinions, oppositions and suffering. It embraces and allows the little one to play the game of being small and identified up to the moment where we are ready to surrender to its Full Presence.

It awaits patiently that we stop believing in separation and surrender to this moment, as it is: a pure manifestation of Love.

It is difficult to imagine that every moment is Love...

Yes, that's true. From the point of view of the "little me", we are conditioned to look at life through the opposition to "what is", and by focusing on the idea of "what should be". We argue with the moment, creating duality, separation and suffering. Our delusional way of seeing life transforms the breathtaking simplicity of the moment into the heavy complexity of control over a non-existing future.

So what can I do to let go of this opposition to "what is"?

The transition from "doing something with the opposition to what is" to "Being" is simply to take the risk of "seeing what is" from the Heart with humility and compassion. When the heart is open to see, it becomes obvious that every impulse of life (coming through myself or through what I perceive as the other) arises from one loving intent. In each moment, the "I" simply wants to control or judge the "outside world" to feel secure and loved. It is just lost in its own separated concept of Reality.

When the little one let itself be loved without condition from the Self, he or she does not need to fight anymore and can breathe and surrender to the evidence of Love and Oneness arising from everywhere...

The intimate war of separation has come to an end...
The beauty of Being unfolds without any effort...
As Love is and has always been "here"...



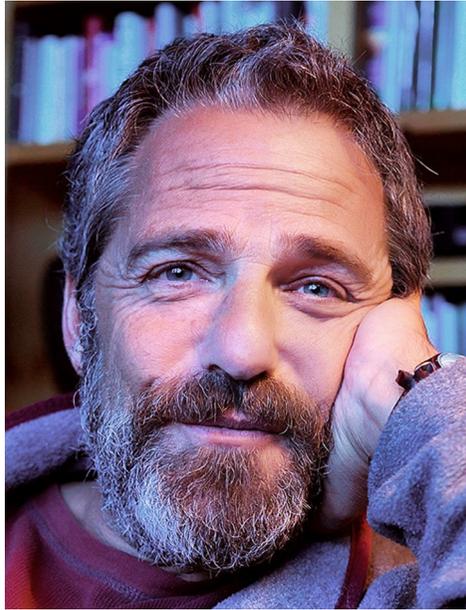
Biography:

Della was born in Quebec, Canada. She had the good fortune to have a nice life. She grew up in a loving environment. She went to college. She started a family. She became a medical doctor and worked in the emergency room. She wasn't looking for anything. She didn't have any spiritual beliefs. Then, in 2005, by curiosity, she underwent a hypnosis session. She went through what could be described as a near-death experience. Her heart became deeply touched by Oneness and its Unconditional Love.

Her life was turned upside down by this experience. With this free and loving Presence breathing inside of her, all notion of personality and beliefs were deeply put into question. Old knowledge and conditioning faded away making place to a wider range of transcendental experiences of Oneness. Through this journey within Reality, judgments gradually faded away too. It became obvious that no experience was more precious than another. All was emerging from the simple movement of Life Itself. In 2007, she let go of the intensity of the energetic gifts and states of Oneness and Light that she was continuously experiencing for the last two years. Everything was already perfect. She is now offering with love the opportunity to realize our True Nature which is always here and now, without any condition.

It is called "Being".
www.dellainvitation.com





“Where there was thought to be someone, it is revealed there is no one, and out of the heart of no one there is a personal falling in love with all of it. And that is the taste, the true non dual taste, because true love ends up devouring the dream and the dreamer.”

Devaji

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And all that has been buried inside, which caused the perception of me and other, now is transformed and can invite all expressions of life into itself. The tenderness, the meeting, the fragility, the beauty, the vulnerability of the human condition does not stop; it grows. And the taste of what is vulnerable to nothing grows, what is free of everything, what is wildly ecstatic and alive and unbounded. The more you feel into the human heart, the more the heart of God reveals itself. Ultimately, one becomes a prostration to all of it. What was once known is left knowing nothing. What was once firm becomes so soft it becomes almost unrecognizable. What was once you becomes something that cannot be defined. But it knows one thing; it knows love for everything as its own self.



Biography:

Devaji is a mystic who embodies the Heart of Love. Declining invitations to work with large groups, he has devoted his life to guiding those who are wholly committed towards Freedom. From his open heart flows wisdom, truth, and guidance tailored specifically to each person. He lives with his wife, Sura, in Mt. Shasta, California. In the tradition of Ramana Maharshi, an open ashram has formed around him, a sangha dedicated to complete liberation. For the true seeker, Devaji is available for long distance phone and skype sessions.

Please see his Facebook Page (Devaji) and his website, davidwaldman.org, for more details, videos, transcribed monologues, and retreat schedules.





“You are born free and so shall you live...”

Dev OM

Q.: How we can become free of Karma and attain absolute freedom?

A: When your actions are inspired by your Ego, then you mess up with the true art of functioning. The true art of functioning is “I never acted upon anything and I never refrained myself from requiring action”.

Whenever you consider yourself a ‘Doer’ or ‘Karta’ of the act, then that act becomes ‘Doing’ or ‘Karma’. This misunderstanding makes you remain stuck with illusory loads of ‘Karmas’ and in the cycle of ‘Karma balancing’ or ‘Maya’. You get identified and bound to your actions as ‘Karmas’ by this misleading perception of the mind.

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Biography:

As he says – “I was a Seeker...who became the ‘Seeking’ ...and finally merged into what is being ‘Sought’. I am in ‘Oneness’. This ‘I’ remaining completely unimportant and is just there for practical usability. I feel loved and blessed; guided by synchronicity, I follow the flow.

He further says – “I am love, I am peace, I am happiness, I Am absolute consciousness”.

And to seekers “You are not this body. You are not this name. You are not this personality. You are not what others want you to be. You are always, absolutely, Free!”

He says - “Let's be alive in universal love and synchronicity. It gives you utter trust and love for life and its ways, and leads you to Absolute Oneness.”

Dev OM is an Indian mystic who is born in a humble religious family in Central India. His traits from early years have revealed his liberated being. In his childhood he got this sense of recognition of a ‘light source’ in his being. This ‘light source’ kept him on the path of seeking and invoked his interest to know about mystical nature of life and Universe. He has shown deep interest in ancient Indian religious and spiritual scriptures and learnings and studied them with his grand father.

Dev OM's School of thought is focused on living the absolute freedom of mind and spirit in this body. He runs his own Spiritual School guiding all spiritual seekers on a practical and spontaneous spiritual path of synchronicity.

He carries a deep and profound stillness and silence within him. Among all his active participations in required worldly activities coming his way he remains rooted in unshakable peace within. He offers the essence and secret of growing that peace through his silence and love. People around him experience that peace just by being with him.

www.devom.org





“The problem with acceptance arises when we find out that we have to surrender to *this* This.”

Fred Davis

Q: What is the most important quality for a seeker to have in order to really wake up—to move from initial awakening into abiding, embodied awakeness?

A: Without a doubt it's *earnestness*. Regardless of what shows up in the absolute view on the “other side” of a so-called awakening event regarding “all that nonsense” about individuals and effort, I notice that *most* of the time, *most* of the people who come to know their true nature do so after a long, *earnest* attempt to do it. When I look at the hundreds of people who have woken up with me in Awakening Sessions, I can't help but notice that every single one of them was trying to wake up when it happened.

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My recommendation for the *earnest* seeker—and awakening cannot be denied to an earnest seeker—is that upon awakening you catch your breath and take the next step. Opening never ends unless we end it.



Biography:

FRED DAVIS studied and practiced Eastern wisdom for twenty-five years prior to 2006, when his seeking ended, and his true awakening began. He is the creator and editor of the popular Nondual website, Awakening Clarity Now, author of *The Book of Undoing: Direct Pointing to Nondual Awareness*, *The Book of Unknowing: From Enlightenment to Embodiment* and *Beyond Recovery: Nonduality and the Twelve Steps*, as well as being the creator of The Living Method of Awakening, which has now reached six continents. The Living Method is a catalyst for immediate, single-session awakening.

Fred is happily married, loves animals, and lives as a chiefly ignored, urban hermit in Columbia, South Carolina, USA.

www.awakeningclaritynow.com





“The best way to see beyond your darkness is to be set alight by your inner sun ”

Isira

Q: What is love? Why is it a solution to all of our problems?

A: Love is the essence, consciousness and source of all that we truly are. It is the totality of all energy, the essence of all creation.

The *realisation* of what love truly is comes from a state of consciousness. We experience this when we truly surrender; when we no longer hold onto an image or feeling of separation from the whole. Love is not actually an emotion or a sentiment. It is not attachment or possession, nor concern or protection. Love is a dynamic state not a passive effect; it is a ‘presence with’, not a ‘falling for’. It is beyond the mind and

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competition and war with 'the other'. Yet ironically we are only at war with our self – creating a life of profound suffering.

When we realise we ARE love we realise our self as being at one with all things, with all resources, with all intelligence. We awaken to our infinite Self and discover that life can be dramatically different just by this realisation... "I am love." Then it is impossible to be anything but a living state of harmony. This is the solution to every problem. Actually, in this state we no longer see a problem. We see life in process and we are able to respond effectively: consciously, lovingly and peacefully – knowing, all is love.



Biography:

Isira was born awake. Unusually, she was not just awake to the world around her; she was also awake to her true nature – the eternal Self of pure love and awareness. As a result her life has been (and is) extraordinary. Through deep mystical encounters and worldly traumas and challenges, Isira was able to meet each situation in unexpected ways – revealing an example of liberated being.

As a young child growing up in Australia, with penetrating awareness and a state of love for all, she was never quite understood. It also meant that when she was being raped and almost murdered as a teenager, she was able to embody unconditional love and compassion for her attacker, who fell to his knees in response. The power of that love transformed and miraculously healed many situations. In time it meant that Tibetan Lamas, aware of her incarnation, fetched her from Adelaide to the Himalayas. Since then her life has been one of dedication for the awakening of humanity. Isira teaches from her direct experience, not concept. Her teaching is that awakening to our true nature is simple - it is available to all and it can be experienced right now. Her passion is to help all of us awaken to experience a life of awareness, love and compassion. Her vision is that as we awaken together, we can change the world. Will you join her?

www.isira.com





All that appears as the world is dependent on you to validate its existence. This can only happen if you have taken it to be true that you have an independent existence.

Jac O’Keeffe

Q. When doing sport (a daily practice), a moment comes when the letting go of mind desiring to control stops by itself, then a recognition of the lack of an authentic “ I “ appears and that “ I “ which is only a thought disappears like a magical trick and shows naturally we are everything (the sense of oneness).

So there is only energy in movement by contracting or expanding itself through dense form (body) or formless (thoughts, emotions...) in consciousness.

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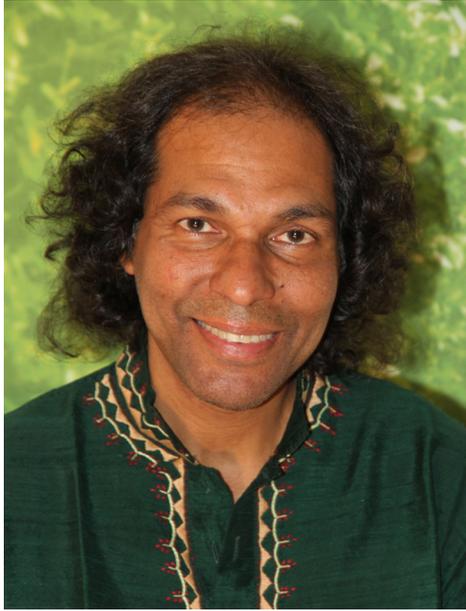
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Biography:

Jac O'Keeffe was raised in rural Ireland. Wanting to know about God she studied theology and music. Graduating in the 1980's, her studies left her disillusioned and a non-believer. Turning her focus to issues of social inequality, she studied adult and community education, and began her career interweaving community development with the arts. In 1997, her life changed dramatically when her sixth sense awakened. A busy practice in healing work developed within a short time, with Jac offering private sessions and residential retreats. Using a variety of methodologies, her work had the primary focus of raising consciousness.

Jac continued for seven years as a spiritual teacher, before stopping her work in 2006 and leaving Ireland, her work and her householder life to deepen her own spiritual practice. Her personal quest led to that which is beyond the mind - a transcendence of dualistic thought. Jac O' Keeffe travels extensively facilitating satsang. At these spiritual gatherings and in her writings she assists spiritual seekers of Truth by offering clear pointers to that which is prior to and beyond the mind. Her publications include books, chanting CD's, DVD, and card decks. These and free downloads are available from her web site www.jackieokeeffe.com





“There is an aspect of ourselves that is beyond space and time, which we might refer to as The Universe, or Creator. There also seems to be an aspect of ourselves that is constructed within multiple dimensions of time and space which we might refer to as Creation. Creator and Creation co-exist in a continuous dance of discovery and exploration. Our destiny is to touch both these realms, embrace them both within our being, and become co-creators of a new Earth.”

Kiara Windrider

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would inevitably move towards a collective awakening where the sense of personal ego drops away completely. The mental ego simply dissolves into the field of oneness, the experience of separation dissolves into the consciousness of unity, and we experience the diversity of creation as a single unified organism.

We are creator consciousness dreaming ourselves awake within creation. As we dream, so it is.



Biography:

Kiara Windrider, MA, is a psychotherapist and author, whose great passion has been to investigate the journey of human evolution in context of long range cycles of time. His enquiry has led him to believe that quantum shifts of evolutionary consciousness are linked with recurring phenomena such as galactic superwaves, magnetic field reversals, and intelligent genetic mutations, and that we could be passing through one such evolutionary gateway right now. His books, *Year Zero: Time of the Great Shift*, and *Ilahinoor: Awakening the Divine Human*, explore these themes, and offer a pathway towards a collective planetary awakening. He has been greatly influenced by the work of Sri Aurobindo and the Mother, and their pioneering investigations into the evolution of mind and the descent of supramental consciousness into the field of matter. His own work with the Ilahinoor field reflects this awareness, and offers a simple practice for bypassing the control of the subconscious 'matrix', and experiencing ourselves directly as the Self. Please check out his website, Kiarawindrider.net for further information.





“ Soul is moments extended in brilliance that can only come from knowing thy spirit as self.
Self is a moment extended in brilliance that can only come from the Creator, God.

Look up for what you seek is there.”

Lisa Lachapelle

A good question that someone once asked me that was truly inspired was “do you know...what is Knowing? With that one question comes infinite realism by a framework for whatever conscious grasps. The meaning is in the question itself as befits the moment, whatever the purpose in regard to the spirit, or spiritual.

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selves spiritual or have spiritual practices yet they have a regard for the simpler things of life having meaning. That too is spiritual. To maintain prayer throughout life and trust in the value of it to transcend beyond our knowing is also Knowing ...faith. That we can each achieve.

The sun in the sky is the brightest form of light on earth but not the strongest. Light of air is space in time is lift to knowing. God's light is power brought to us reaching through earth's hemisphere in his purpose. The sun in the sky can be seen as temporal but really is just a shining thing as each and every one of us.



Biography:

I am a person of a quiet nature living a simple life devoted to self-study of spiritualism. My interests are principles of healing and Christian Mysticism. I am a Seer and also a Writer and Artist; a Reiki Master and former student of psychology and the arts. For the past eight years I have been in contemplation with God after experiencing ascension. My learning is about Heaven, soul-work, and meditation on prayer. Lover of light, lover of humanity, a creative pursuer of peace I am dedicated to bringing spiritual teaching and enlightenment through my books and whatever my work entails. Currently I write and teach through books that are available world-wide. Learning is the be-all and end-all of life as it should be, from my mind to yours, greetings in light.

www.lalachapelle.webstarts.com
www.lalachapelle.wordpress.com





“ Close your eyes, if you wish to see. Quiet your mind, if you wish to hear. Listen to your heart in the space of silence. Look into the beyond, as it is there that you shall find all that you seek. For there is nothing outside of you, all exists within. When you can come to see this, all shall be one again..”

Lisa “Transcendence” Brown

I was teaching an energy healing class, when one of the very logical students asked “What’s the point?”

A: I didn’t know. This caused me to go within, to find an answer. It took a bit of searching to figure out that part of the point was not to think. It was to feel, hear, see and listen. It was to take that which was

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Connecting people on the level of the heart

Biography:

Lisa “Transcendence” Brown is a teacher, guide and mentor to those seeking to understand and bring their own soul forth into this physical existence reality. She connects to higher realms to translate energies and assist others in coming to connect with themselves as an energy body here. She is a Light Energy Channel. She teaches workshops and private sessions. She works diligently to bring awareness to all on ascension, educating others on the simplicity that has been complicated and which does not appear as logical in the world of the soul. She is an author, Reiki Master Teacher and holds a Bachelor’s of Metaphysical Sciences.

www.lightbodyintegration.com





“The ultimate teacher is teaching through silence but nobody can hear his sweet voice.”

Marius

Q: Is it possible for a teacher to guide a seeker to the last step without having to go through years and years of a spiritual journey?

A: Yes. It is possible, but show me that seeker. The quality of that seeker is one who is truly honest with himself. He might be lost in the mind, and have a large ego, but all that matters is his honesty. To honestly want to see what is inside. Nothing more is required. The honest seeker will inquire within to his own inner teacher, or by using some external guide. Just with honesty one can get there.

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Connecting people on the level of the heart

Biography:

A few years back, my mind seemed unable to stay in a so called 'normal state' and swung between profound bliss and a debilitating depression. It went on like this for months until it became very clear that I could not live like this, nor could the body sustain it. So I went to India to find a guru who could explain what was happening. Once in India, however, the extreme states worsened. The bliss became divine bliss and the depression began to cause great physical pain. After visiting many fraudulent teachers, and being utterly frustrated, I decided to visit Sri Bhagavath. I approached him, fully suspecting he was a fake too. And when he began to speak, the rage inside escalated so much so I wanted to hurt him somehow, even physically. I did not act on this but I thought if he is for real, he will be able to handle my rage. I began purging all the anger inside, ridiculing him for the way he spoke and the way he dressed. At one point I stopped and I asked him:

Am I hurting you?

Yes, said Sri Bagavath.

Don't you want to do something about this?

No.

He was so calm, relaxed and even sweet that I felt something inside melted. The difference between his perspective and my approach was so huge that it struck me like thunder. I was spending all my time and energy fighting the pain and he was doing absolutely nothing. I clearly saw, in that moment, that I can choose to continue my struggle for many years or just believe him. I chose to believe him. In that split second I knew everything. I knew that I would even lose this state of mind and that would be ok too. What came after this cannot be described in words. From that moment on, all my so called 'bad feelings' became a way to feel more alive. A reason to celebrate life. I became thankful for my depression, my fear and all my anxieties. Feeling nothing but reverence for whatever arose and continues to arise.

www.AboutBeing.com





“ There is no such thing as ‘right & wrong’ All is Being, happening. Concepts is something created in our minds” (also part of Being)

Enlightenment is to be so free of concepts, that even the idea of Enlightenment doesn't have a space, meaning or concept. Then, you could say in terms of your 'apparent' path, You are getting somewhere!

Mark Hans

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Connecting people on the level of the heart

am, but a reflection within the whole “I”. Oneness as its known term.
And that oneness is beyond all judgment and opinion. To know that is
to be enlightened. I left it with the quote.
He who is without sin, cast the first stone.

.”And then, she stormed off, followed by her spiritual flock”



Biography:

Life plays a role called Mark, now 54, an Englishman.
I’m a mother, a father, a brother, a lover. I’m a teacher too, so it seems.
I make no claim, I have no fame, I am, because I can not not be.
Life brings along various people with a wonderful orchestra of questions
which I seem to be able to answer. Not sure how that works, but it does.
I dedicate my life to the relief of the pointless pain that searching for truth
causes and within that dedication, I celebrate with joy the gifts it brings.
I’m in love, deeply, passionately and wholly. My lover is life.
We’ve been together for ever and for ever we stay. No story can divide us,
no story can distract us. This clarity & love shine brightly like a star.
I am a very grateful and lucky man. So it is , as it is.

www.perfectpitch.eu





“A greater power and presence is always inviting us to open our heart unconditionally to this present moment. In such a heart embrace that risks everything for no reward at all, we can experience a new depth of reality. ”

Michaël Szyper

Q. Is there an end to spiritual evolution?

We are the depth and wholeness of reality, infinite and complete, yet non-cognizable, manifesting its infinite potential, experiencing and becoming aware of itself through finite conscious forms, and in doing so, evolving in forms infinitely.

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Connecting people on the level of the heart

Biography:

Michaël shares through dialogues and silent presence, a heart-centered, integral and non-dual approach to life.

As far as his memory goes, he feels connected with life and the infinite and very much intrigued by them. At 4, he suddenly becomes aware of the inevitability of death. As time expands into infinity, he experiences the disappearance of the I and of all living forms and is left with the nothingness and non-conceptual mystery of existence. This abrupt realization is met with great fear and sadness as in the twinkle of an eye, the child had lost all he cares for. He tries to put it aside in order to live and continue to grow as an individual. During his adolescence, he feels an urgency to find out whether the nature of reality is what he had experienced. His quest leads him from an intellectual approach of western philosophy and psychology to an exploration of various perennial traditions of the East and of many western therapeutic and healing approaches. From age 17 he travels frequently in India, to sit with awakened beings. In his late twenties, he becomes at peace with the nature of reality that had motivated his quest for understanding since childhood.

www.lasimplepresence.com





“ My prayer is that you may realize who you really are, a soft and powerful human BEING. Be! Dare to Be! Do not Fear, for you already Are, and always will be. ”

Mireia

Q. Could you say something about Intention and Choice?

A: Life is and has always been, does not require or request anything to be. Life is thus free and so are all its manifestations, which are fully free to choose or not, to believe or not, to act or not. The purpose of life is to live experientially.

In this freedom, we as individual manifestations of the All, have all

One Truth, many Voices

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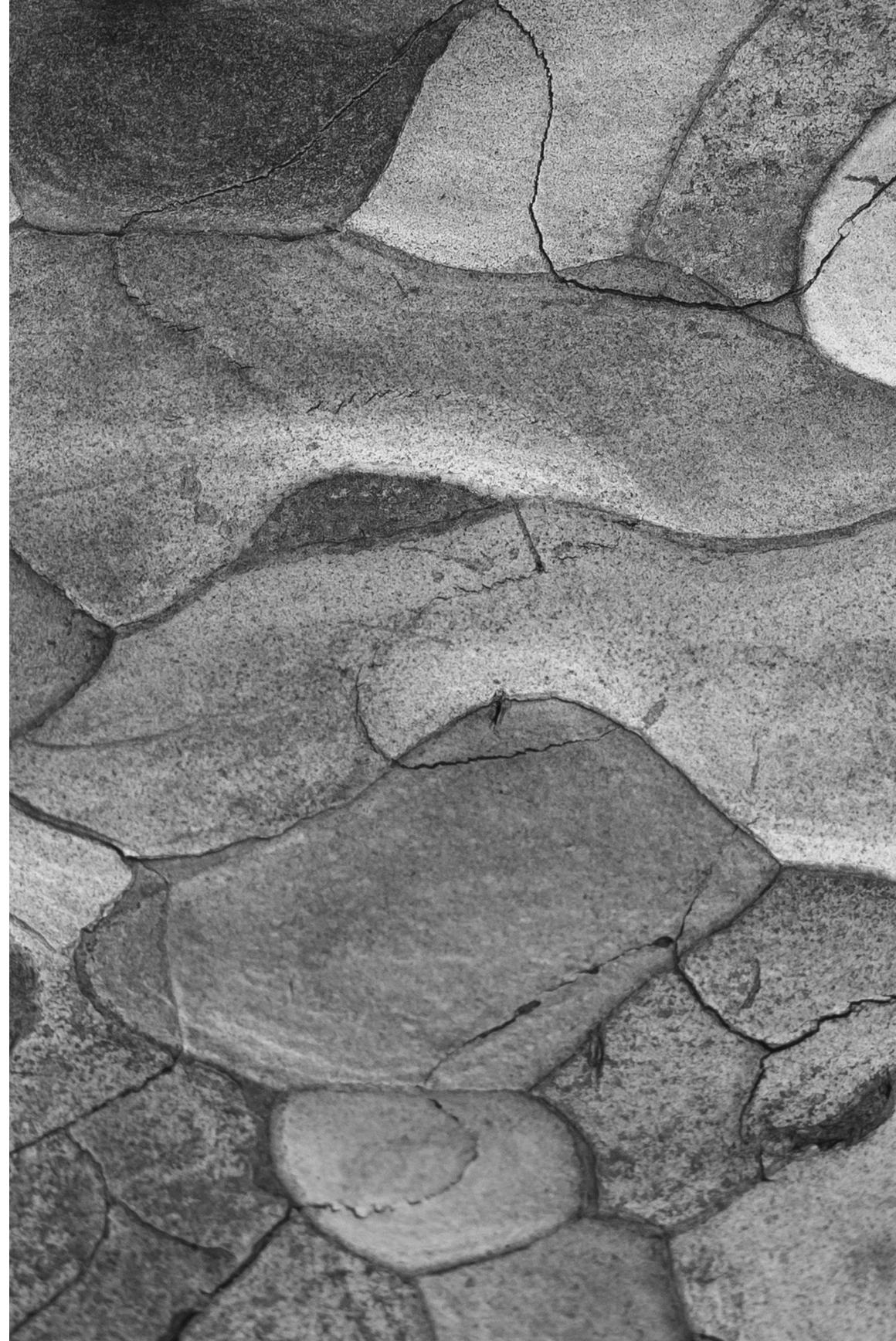
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Connecting people on the level of the heart

After finishing her Physics degree and having deeply experienced the more 'mundane' levels of reality, she left her homeland Spain in march 1996 and a new beautiful journey began. In parallel to her work, her system was re-connected to some of her past spiritual roots, and trained in several healing and meditation techniques. In 2001, in a Satsang with Michaël Szyper, Simplicity, Wisdom and Silence entered 'her' life. One day she just simply realized who she was, who all of us are. Naturally, no complications, no further questions. The Search finished. Home. Since then, pain and happiness were still experienced, deeply felt, as she fully accepted and surrendered to what the Present brought. Yet she has always remained the Same. Mireia works in solar energy and offers Satsangs and energy work in Spain, Italy or India depending on her travels

www.simplesatsang.com





“A freedom question is risky, for a real answer could completely reshape your perspective of life and who you take yourself to be as the one ‘living’ it.”

Sri Mooji

(Anthony Paul Moo-Young)

An elderly woman once asked, “I don’t have much time for complex practices, and my memory is weak. If I wish to be in the state of Self-realisation you have clearly reached, what question should I ask?”

I have not found many questions or approaches as open and direct as this one. This is what I would call a *freedom* question. She did not put forward any ideas of her own or any imagined obstacles, but spoke from a deep urge to be liberated from the hypnosis of egoic identity and conditioning.

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Connecting people on the level of the heart

The nature of all things is that they come and go, and are perceived to come and go. You cannot be any of that, for if you were also some phenomenon perceived, who or what would witness your coming and going? Contemplate this.

You could discover many things in life and completely miss discovering your own true Self, that which is perfect and timelessly here. As you follow these pointings, you will surely make your finest discovery and win your Self back.



Biography:

Sri Mooji was born on 29 January 1954 in Port Antonio, Jamaica. At the age of 16 he moved to Brixton, London, where he lived for over 40 years. Here, grace brought an encounter with a Christian mystic that caused Mooji to ‘walk out of his life’—an expression he uses to convey the profundity of that meeting. In his own words he says, ‘I felt seated on the lap of God. A deep peace and trust in the Supreme arose inside my heart and has remained to this day.’

In 1993, Mooji travelled to India, where seemingly by chance, he met his living Master, Papaji (Sri HWL Poonja). There, at Papaji’s feet, whatever still remained of a functioning ego was finally uprooted.

Recognising Mooji’s radiance, people from various parts of the world began to approach him in search of the direct experience of Truth. The capacity to guide them arose spontaneously in him. Although Mooji’s presence exudes a devotional fragrance, the words that spring from his being are of the nature of non-duality. His guidance evokes the love for and the direct recognition of the timeless Self we are. Mooji’s unsparing pointings to the Truth through the method of self-inquiry forms the essence of his pointings to the infinite Self.





“Love is both simpler and more mysterious and subtle than we have imagined it to be. Love is very simply the spacious, open attention of our awareness. Awareness itself is the gentlest, kindest, and most intimate force in the world. It touches things without impinging on them. It holds all of our experience but doesn’t hold it down or hold it back. And yet, inherent in awareness is a pull to connect and even merge with the object of our awareness.”

Nirmala

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Connecting people on the level of the heart

What a rich possibility—that all the awareness and love you have ever wanted is available right now, just by giving it to everything you encounter, both inside and outside of you. Love is for giving, not for getting. And the more you give, the more fully you can experience the limitless nature of the awareness that is already here right now.

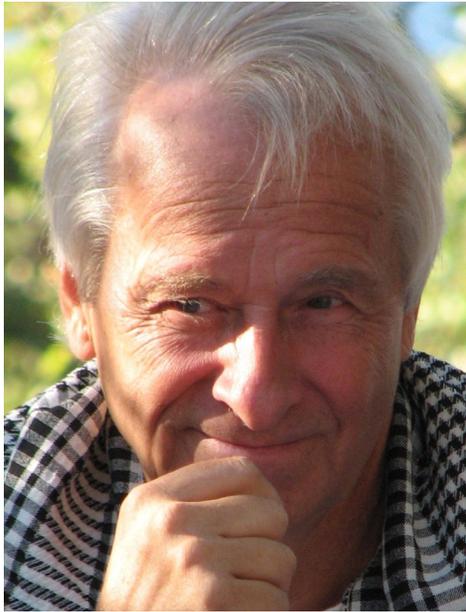


Biography:

Nirmala offers a unique vision and a gentle, compassionate approach to spiritual awakening and opening your heart. He offers nondual spiritual mentoring in person or over the phone as a celebration of the possibility, in every moment, of recognizing the limitless awareness and love that is our true nature. He is the author of several books, including *Nothing Personal*, *Meeting the Mystery* and *Living from the Heart*. More information about mentoring sessions and downloads of several free spiritual ebooks and book excerpts are available on his website at endless-satsang.com. Nirmala lives in Sedona, Arizona with his wife, Gina Lake, and his two beloved dogs, Bodhi and Gracie.

www.endless-satsang.com





“ The greatest conspiracy

We believe that we are looking for the
Absolut –God, call it what you like but it would be
more to the truth to say that IT is looking for us!

This will be fully understood when we know
who we are.

Then we will know that the journey was a very sweet
conspiracy called grace. It is a hide and seek.

God is looking for him self in the body/mind I
call me. Enlightenment is impersonal, no person
becomes enlightened it is God that knows him self in
the particular body i used to call me.”

Nukunu

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Connecting people on the level of the heart

Life is a happening - a play. This is very difficult to understand. You will say "But that is not fair. Things are just happening without my control and I have to suffer the results!" When you know who you are and you live it there will be no one there to complain or even suffer. As long as we believe we are the body there will be suffering. This is very difficult to understand for the small mind.

In India there lives a fish in the rivers and it is called "Mudfish" because it lives down at the bottom of the rivers. But even though it lives in the mud, the mud is not sticking to it! In the same way our true nature is not touched by the world

From the awakened state you will also express your point of view-respond to people exactly as on the relative level but now you will know that it is all the play of God - also what you say to the person. How else can God talk to God? There is only God.



Biography:

Nukunu was born 1947 In Denmark, he holds a Bachelor in Philosophy and a Master in Social Science. He has worked as a psychotherapist and given lectures on Gestalt, Psychdrama, Primal Therapy, N.L.P. and Meditation for 35 years.

Over that periode of time he was student of living teachers like Osho Rajneesh, Punjaji, Hansraj Maharaji.

After a radikal awakening experience in March 1995 his work gradually changed and got focust on transmitting the non-dual. This work is the most important in his Satsangs, courses and Meditation Retreats.

www.youarethat.dk





“ Who are you when the lights go out?
Freedom beckons passionate interest in the subject.
The accumulation of content comes and goes.
You remain — undivided — as infinite space for living
and dying. You are not the content that comes and
goes. Find out for yourself. Why wait? You already
are. I’m here to tell you, ‘stop hiding.’ Remember this
and you will never be afraid or lonely. ”

Prajna

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Connecting people on the level of the heart

Q: I get stuck in the content.

Prajna: For a mini-moment is it possible to let everything in your experience be exactly as it is?

Q: Yes, and the moment I say that. I want to run. I start shaking.

Prajna: Great. That's it. You shake when content has been suppressed. Let it come, as it is—without censoring any part of it. This moment may contain sorrow, or joy. No pushing against it. Let it live and empty out in the Light of presence.

When there isn't resistance to quiet—empty space, the energy of seeking, accumulating, and fixating on content collapses. Fear of the unknown subsides.



Biography:

Prajna shares a potent message of embodied heart wisdom. She began teaching in 2001, after three decades of intensive spiritual investigation into the nature of reality. Her teachings are practical, non-dogmatic, and elicit the direct knowing of who we are amidst everyday life.

Prajna grew up in the states in the east coast. She was introduced to Satsang in 1986, via the teachings of Ramana Maharshi, Anandamayi Ma, and Nisargadatta Maharaj. She had an immediate realization that led to seven years of Samadhi (a deep meditative state of absorption with Spirit), followed by an extra-ordinary life as a mother.

Her first child was born naturally at home in 1994; two years later, her twins were born—three months premature, blind, with severe brain injuries and became her teachers. In 1998 she met Adyashanti, her root teacher and mentor, who clarified that “spiritual awakening is the beginning of a continuous transformation.”

After graduating from University, Prajna trained professionally in multiple therapeutic healing disciplines, including Hakomi (Body Centered Psychotherapy) Yoga Therapy and Waldorf Education. Her books include

Get On With It, and Living Awake. Prajna lives in Santa Cruz and Grass Valley, CA with her twins and teaches internationally.

Visit her website: prajnalivingawake.org. Listen to her interview on Buddha at the Gas pump <http://youtu.be/N9PHPewt7HE>.

Email: prajnalivingawake@gmail.com for a session or to co-create an event. Join her “Global Stillness” Facebook Group for a free weekly meditation practice.





Be courageous,
and surrender to
the unspeakable mystery
that you are.

Give yourself
to this sublime Love,
that is silently abiding
in the depth of your heart.

Prajnaparamita

One Truth, many Voices

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Connecting people on the level of the heart

This happens by itself, to itself, in you. This revelation is the realisation of the undividable, all-pervading One. Your point of reference evaporates and you are no longer anchored in I, but in the heart of all.

You realise that I has been an assumption, an idea, the first idea from which all ideas emerge. I has never been. It was only ever imagined.

When the painful sense of separation and loneliness has evaporated and you are no longer ruled by the standpoint of deprivation, your life becomes soft, light and joyful. Nothing needs to be avoided or suppressed anymore. There is no more fight and no more fear. You are simply present, simply aware, merged with all and everything.

You live your best life, with a clear mind and a warm heart, where all your qualities fully bloom. You are free of apparent entanglement and there is no more identification with ideas, feelings or your physical appearance.

What a relief, home at last, doubtlessly resting in the liberating realisation of never having been away from yourself. Your painful sense of a separate self dissolved in the ocean of everything.



Biography:

Prajnaparamita has been in search of her true nature all her life. Initially investigating and studying psychology, religion and philosophy, she eventually met a truly awakened soul and surrendered her heart, her mind and her life.

Over several decades Prajnaparamita received a rich vista of non-dual teachings: Advaita Vedanta, Mahayana Buddhism, Zen and Ch'an. After

her enlightenment Prajnaparamita was assigned by her spiritual Master, to be a Guru herself and 'spread the light all over the world.' Since then she has unceasingly offered satsang and intensives worldwide, providing a direct transmission to anyone who sincerely longs to awaken to their inherent Buddha nature.

Experiencing satsang with Prajnaparamita is inexpressibly deep. Universal truth is given the colour of everyday language and put in contexts that all encounter.

She has a Centre for Awakening and Natural Living in France. Immersed in nature, it is a place of tranquillity where non-dual teachings are received.

The Centre cultivates its own organic gardens and cherishes diverse forms of artistic expression. Through engagement in daily activities around the property, awareness in all aspects of life is enhanced. Daily life becomes a mirror of how peacefully and joyfully we can live on our precious planet.

www.prajnaparamita.nl





“Don’t identify with the problem, know that the identification is the problem.”

Rajiv Kapur

“Why doesn’t my awareness of bliss, stillness last. Why does it leave me?”

This is a common question of seekers who have spent many years in various meditation or Self-inquiry practices, yet they find that the recognition/abidance of SELF is not permanent. They have a few good days of effortless abidance, where attention flows naturally towards the SELF, but that state soon leaves. It can be frustrating for an ardent seeker who feels they have tasted the joy/bliss within, but is then left wondering what went wrong when it leaves.

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Connecting people on the level of the heart

Biography:

Rajiv Kapur lives in Mumbai, India, with his wife and two children.

Rajiv started his inner search for the Self by being initiated into Kriya Yoga. However, after twelve years of practice, he reached a point where he felt he could no longer make further progress.

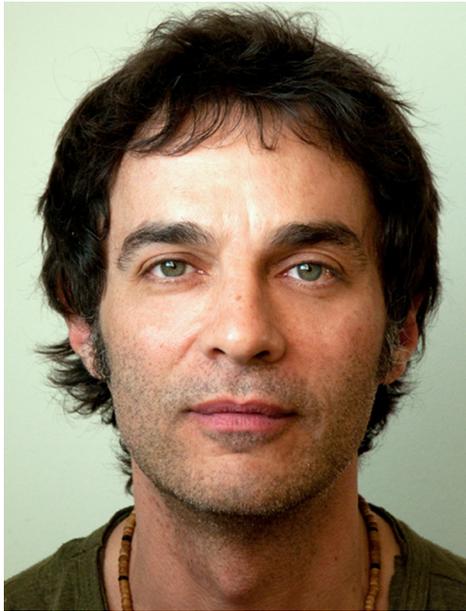
It was at this time that an irresistible force drew him to the teachings of Bhagavan Sri Ramana Maharshi and the practice of Self-Inquiry. As he turned his gaze inwards, delving deep into the subject 'I', he began to spontaneously experience samadhis and an ever-expanding bliss which, over time, became continuous and uninterrupted. It was then that he realized that this state of bliss is actually one's natural state of being — a truly 'stateless' state — once the 'ego-I' illusion is seen through.

Rajiv is now a teacher to spiritual aspirants from around the world, guiding them personally in their quest for freedom. His simple, direct, yet profound Implosive Self-Inquiry Protocol™ (ISIP) not only helps practitioners stay focused during their sitting meditation, but helps them to make ISIP an integral part of their daily lives through the regular practice of 'recognition' using The ISIP Waking State Meditation.

www.rajivkapur.com

www.isipsangha.weebly.com





“ Liberation is not a state or perspective. It is your already natural condition and is what is when the light of truth burns away a lifetime of ignorance. It is wisdom and intelligence, it is mental and emotional health ”

Salvadore Poe

Q: I noticed that you don't use 'spiritual experiences' to validate your position, and you appear to have avoided getting stuck in Oneness, or, one with all-that-is, full of love, bliss, etc. You also seem to have passed through these types of experiences, whereas I have had none. I often wonder if one needs to go through these types of 'spiritual experiences' you and others report having. There is the intuition of that which sees, it's been repeatedly glimpsed, but not yet stabilized.

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Connecting people on the level of the heart

have been with a teacher and little or nothing is being revealed in a profound and life changing way, then it is not working. I say that from my own experience, having been with several teachers.



Biography:

Salvadore became a seeker of truth after a life changing epiphany in 1997. He began meditating and reading everything he could get his hands on about enlightenment and liberation. In an early experience, while sitting on a bus, he was thrust back to when he was seven years old and he realized that he was the exact one looking out those eyes then as he was now, and that he had always been the same, no matter how much his body and circumstances had changed. Over the next seven years he traveled all over USA, Europe and India, meeting and even living with masters he felt were authentic. During this period of time he meditated endless hours and had countless profound and powerful spiritual experiences. In 2004, after seven years, and completely frustrated with these experiences that came and went but left him the same, unliberated, he felt he would have to move to a cave and live out his life in meditation. Just then he heard of a teacher named Dolano living in Pune, India, and somehow knew he had to go. His search ended there, very quickly. Since then he has been living an ordinary simple life in India and America, sometimes writing and recording music. In 2012 he was asked to start to speak with people about inquiry into truth.

Sal offers private and group Skype sessions aimed at helping the inquirer see for themselves what is true and to come to the end of seeking. He currently lives in Tiruvannamalai, India.

www.salvadorepoe.com





“To come to the Heart is to shine as You are.”

Saraswathi Ma

Beloved Saraswathi Ma,

May I clear something up with you? We always have thoughts and feelings, so if they are being stirred up, how can we stabilise in the view? Surely we should not give them so much attention. There is a saying, ‘dirty water, if you don’t stir it becomes clear’. Why do we have to dissect the personality so much? If we constantly bring all the negative traits to the surface what chance is there of ever being free? Surely it’s just about letting the negativity settle enough so Truth shines through. Like you said, every baby clings to its mother to begin with; then as a healthy baby grows in the embrace of Love, she naturally steps out into the world, fully adult. Surely it’s the same with guru and devotee; surely it’s about nurturing the Light, rather than stirring the negative traits, in order to bring a being to Light.

With love and devotion,

Beloved,

Everything is Truth, everything is Consciousness. Even what you are calling ‘negative traits’ are still You; they are merely a limited aspect within You. Can you see the judgement that has arisen as a result of misunderstanding? Thinking eyes can only ever be judgemental, because their view is conditional. It was as a result of your coming into recognition of the Light that you are—of your learning to look from the eyes of the Heart—that the limited aspects of you have been brought into full focus. To come to the Heart is to be willing to feel hurt initially, because quite simply nothing can hide in the light of Love. Tasting the Pure Self is just the first step; next you have to be willing to face all the layers of the personal self. The aspect in you who is fearful of abandonment, for example, and as a result made demands on Life, has become heightened precisely because it is under Love’s spotlight. It wriggles and writhes to try and get out of the light, but your task is to place it lovingly, but firmly, back under the microscope, under Love’s scrutiny.

Of course the Self knows nothing of abandonment; only someone who is identified as a ‘someone’, separate from all other ‘someones’, can feel abandoned. Nonetheless, in the recognition of the Pure Self, the little self has risen up in panic and fear. In that panic, the personal self has held on to its misunderstanding and has continued to express deeply entrenched behavioural patterns. This is your moment to watch the learned tendency, to see your mind’s patterns, and to catch the behaviours before they overspill. To bring each trait into your conscious awareness is to allow it over time to melt. Otherwise, it stays there at the bottom of the pond, unseen, but silently and unconsciously dictating and feeding your behaviour. The more you look from the eyes of the Heart, the more you will see all the ways in which the mind has limited its view. And the more you allow dissection of this limited view, the more you will stabilise in the Heart. Misunderstanding melts into understanding in the loving light of the Heart.

A baby grows into a healthy adult only when it is guided. We have to lay boundaries for its own safety. Nurturing is synonymous with guidance. Your own Conscience is your own set of loving reins; it will pull you in and away from danger. This is Love. This is Mother’s Love. She gently, but firmly, steers us into remembrance of our own Purity. Imagine the creative capacity of this infant when such loving boundaries are set. We only have to look at a baby to see the speed of its growth. Loved by Mother, nurtured by Mother, steered by Mother, guided by Mother, without expectation, this little one matures into a deeper understanding of itself.

Never underestimate the perfection of so-called imperfection. To see with the eyes of the Heart is to see beauty everywhere, even in so-called dirty water. All of that 'dirt' is your story, exquisitely and lovingly scripted so as to deepen your understanding of your Self.

*With love and blessings,
Ma*



Biography:

THE HEART knows. All the answers to all your questions lie here in the Heart. To come to the Heart is to be as an infant. An infant makes no demands on life. It has no expectations; all is eternally fresh and spontaneous in an infant's eyes. The difference between the potential of an infant and that of an adult is that an adult has the capacity to become aware of their Innocence. To be *aware* of one's Innocence is Peace itself. What is Innocence but Existence, your own Heart, your own Self?

To come to the Heart is to be as you are; which is Love. Pure Love, your own Self, does not think. To think is to run ahead of your Self. To love is to know without knowing how you know. Self-knowledge is deeper than the intellect, whilst also containing the intellect; Self-knowledge is that which contains even intuitive knowledge; it is the language of the Heart. All beings speak this language; it is merely that we have forgotten. To speak from the Heart is to listen, to fine-tune your hearing to the Silence of Being. Tune in to your Self, into your divine frequency, and then you shall know beyond knowing who You Are.





“Our own beliefs become our veils of darkness
creating a world of illusion

Clear seeing is the light.”

Stuart Schwartz

Stuart: What are you putting your attention on?

Sometimes it's stillness, but mostly I'm aware of my mind straining
towards happiness.

Stuart: Every thought is trying to create happiness for the individual.
What will give me pleasure? How can I achieve that?
What do I need to change, so I can get it together and finally be happy?

One Truth, many Voices

Sample pages - Part 1

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Connecting people on the level of the heart

dream is real. Catch yourself in the dream and come back. Then catch it again and come back again. Come back to pure awareness and realize that everything is already perfect before you inhabit the mind and the body of the person. Come back to the awareness that you can't be hurt. You can't be touched. You're always whole. You're always watching. When you get still, you know this. When you get still, the runaway dream stops.



Biography:

My love of beauty and awareness of intolerance catapulted my life into an exploration of the light.

To my surprise it turned out that the light lived in the Silence. And to my good fortune I befriended three American sages: Lester Levenson and Robert Adams who lived in this knowingness of Absolute Freedom and Kim Rylander, one of the freest beings alive practically no one has ever heard of.

These days I spend a great deal of time traveling and sharing my awareness of emptiness. No matter the solidity of appearance of anything known in life, ultimately nothing is tangible.

www.satsangwithstuart





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

The song of a bird echoes my own inner voice, the beauty of a flower reflects my own inner beauty, a dog becomes an expression of my own unconditional love and friendship, the majestic mountains create an ecstatic joy, and I discover all the shining stars of the sky within my own heart. It is to realize that the whole Existence is alive, and that the underlying thread of consciousness is God.

Swami Dhyan Giten

One Truth, many Voices

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Enlightenment is a paradoxical phenomenon. You need to be committed to become enlightenment, and to do whatever is necessary to make it happen. But at the same time you can not force enlightenment to happen by sheer will. It is like the situation with happiness: you can not force happiness to happen, but you can create the right circumstances for happiness to happen. You need to be willing to die, to let go of your limited sense of “I”, to achieve enlightenment.

Our heart is the door to allowing Existence to guide us. Intuition is a capacity of our heart. Our heart is the door to allowing Existence to guide us.

Wisdom is basically the understanding that we all are part of the Whole. We are all small rivers moving towards the ocean.



Biography:

SWAMI DHYAN GITEN, spiritual teacher and best-selling author, has more than 30 years of experience in individual counselling and in teaching awareness and meditation. He is trained in both modern psychology and in classic Eastern methods for awareness and meditation in USA, Italy, Sweden and India.

Giten experienced his first satori, his first glimpse of spiritual awakening, when he was 9 years old. This created a deep thirst and longing in his heart and being to return to this natural and effortless experience of being one with the Whole.

Swami Dhyan Giten has dedicated his life to teach the art of awareness and meditation. He conducts individual consultations, seminars and courses internationally. His quotes, articles and books have touched the hearts of thousands and are appearing with increasing frequency in magazines, blogs and websites.

In 1982, when Giten was 23 years old, he was directed by the Divine presence in a trance session with the American trance chancellor Lin David Martin: “You have listened to your intuition, to your true inner voice,

more than most. You have been searching for the contact with the Spirit for a long time and now it is beginning to manifest on the outer plane. You have been gifted many times in previous embodiments and now everything will come rather easy for you. I want you to put your energy into the lives of others, because you can”.

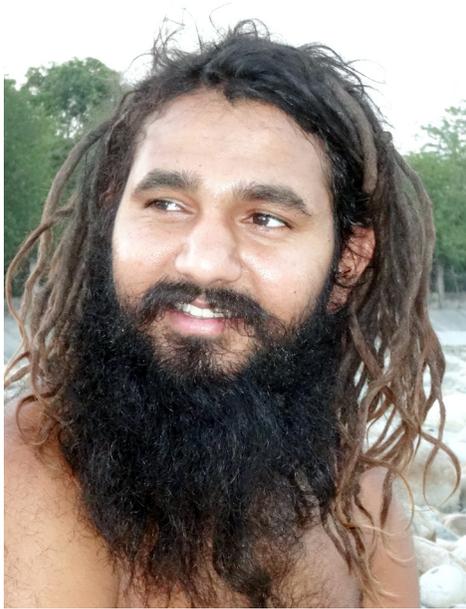
He is author of the best-selling book in Swedish *Meditationens Sång – Om meditation, relationer och andlig kreativitet* (Solrosens forlag, 2001, available from Internet book store Adlibris: <http://www.adlibris.com>), and *The Silent Whisperings of the Heart – An Introduction to Giten’s Approach to Life* (2008, available as paperback at Internet book store Lulu.com and as free e-book at award winning book site Obooko.com), *Presence – Working from Within. The Psychology of Being* (2011, available as paperback at Internet book store Lulu.com), *Meditation – A Yes to Life, Healing Is Pure Love, Presence – The Inner Source of Love, Truth and Wholeness and The Language of Silence – From Darkness to Light* (the last four books are available as free e-books at book site Obooko.com).

Swami Dhyan Giten is based in Stockholm, Sweden, where he conducts individual consultations, individual therapy- and meditation programs, seminars, courses and trainings.

Giten’s website: www.giten.net

The Giten Blog: <http://swamidhyangiten.wordpress.com>





Everybody has the right to experience the Divine in him. You can experience Him in whatever situation you are. If you want to transcend suffering, live each moment with complete consciousness.

Swami Shashwat Ji

Q: How can one find peace?

A: Peace, what is peace and how will you find it within? In truth, peace is not something to be brought from anywhere because peace is everywhere. Peace is within each one from the beginning. You only have to find out what lack of peace is and go to its depths. In searching for where lack of peace originates, peace will come by itself.

One Truth, many Voices

Sample pages - Part 1

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Connecting people on the level of the heart

permanently peaceful within/ Then, all will be peaceful and nothing but peaceful. Lack of peace won't come. It won't be able to touch you. If lack of peace comes, in that also, you will be peaceful. It will only be superficial. All will be peace and you'll be immersed in peace.

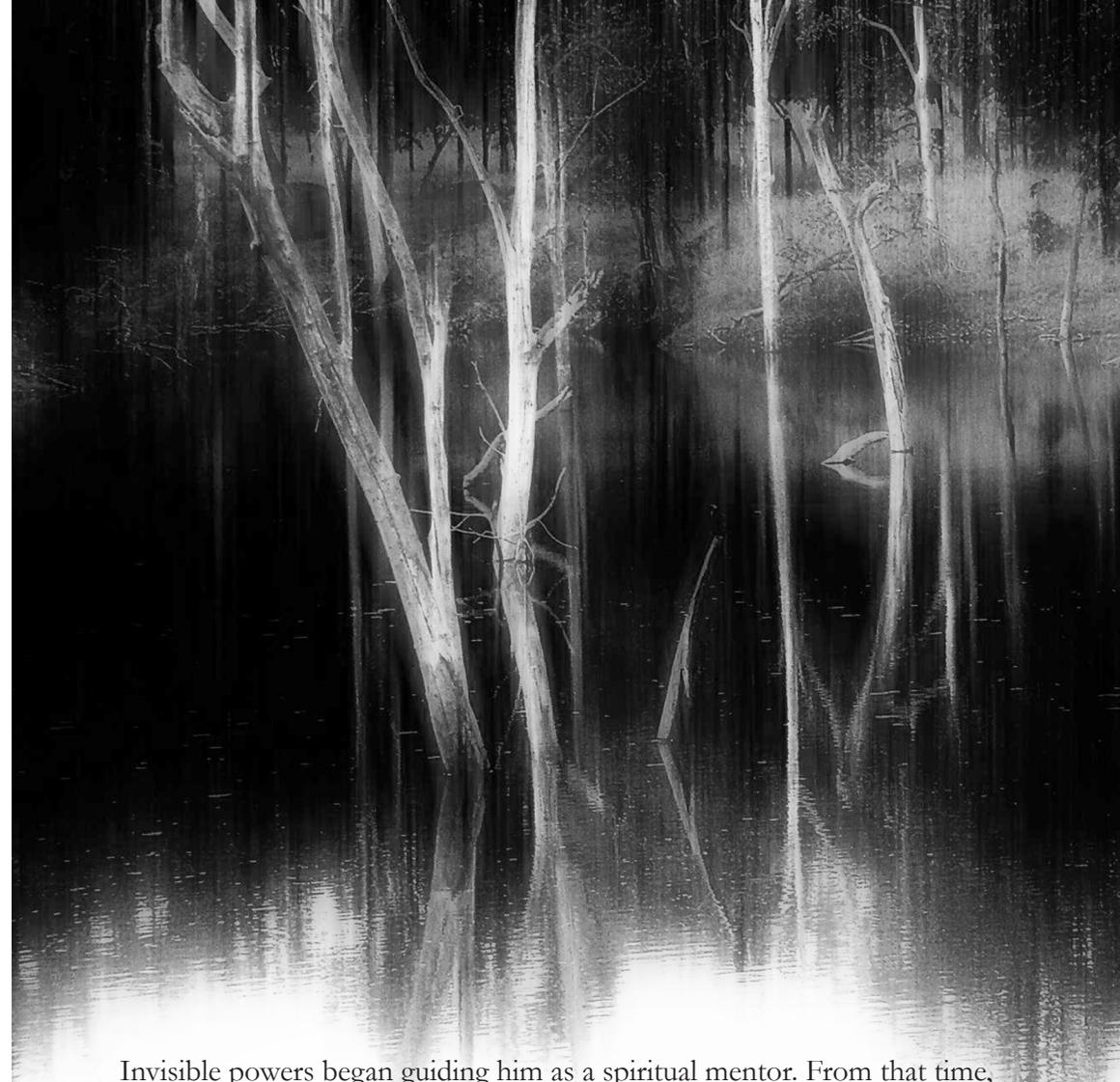
OM OM OM



Biography:

Swami Shashwat Ji was born in the year of grace, 1985, in Dhar district in the Narmada region of Madhya Pradesh. By God's grace, at the age of five, he used to recite God's name day and night. At the age of seven, he kept on meditating for hours both in the morning and the evening. He recalls the inner feeling at the age of seven or eight, when "I realized that after death we shall live the life of a tree, a plant, an insect, or an animal. I therefore decided to address myself to God day and night, remembering His holy name."

Listening to anecdotes from the lives of many saints, this craving became so intense that he renounced his home at the age of thirteen. Wandering in the company of saints, he visited all the holy places of India. Swamiji's Guru, Babaji Sri Gajanandji Maharaj, contributed very significantly to the progress of Swamiji's sadhana. Often he would stay with holy men to meditate for as long as six months or a year or two. The pangs of separation from the divine would cause him to cry. At one place, where he stopped for six months, a holy man visited him and said, "My child! Watch the mind as a witness. Observe all that's being done through the body, mind, and senses."



Invisible powers began guiding him as a spiritual mentor. From that time, he became calmer and rose higher. In 2008, while sitting quietly at 8 p.m. at Madhupuri on his way to Narmada, suddenly he was surrounded by supremely elevating infinite light. Swami Ji describes it as a death-like experience. From that very moment, he was endowed with profound ecstatic equipoise that was everlasting.

Swami Ji says that he has no faction, no community, no caste, no creed, or he has all. Anything that happens through the body, mind, and senses is beyond his Self. No action reaches his real Self but everything is happening due to its existence only.

www.swamishashwatji.org

Chapter 2

Timeless Masters

In order to be free, one must forget themselves - the little self that is the projection of ego-consciousness - so that the great Self may emerge. For many it is a process of un-knowing - a breaking down of all learned patterns of thought in order to arrive at their original nature, which is without effort or artifice of any kind. In fact, one's original nature is divine, not just in its nature 'originally', but in its true nature, in its essence, right now. This is sometimes referred to as 'working through one's karma', and it means facing all that attaches us to this world.

In Indian thought, a guru is considered indispensable for those on the quest for true freedom, but one's quest for a personal guru may not be simple. It is usually very difficult since we are attempting to open ourselves fully to the 'storm of life'. The profound wisdom contained in the teachings of the great gurus of the past may then be seen as a guide along the way.

Imagine the blessing in getting the report directly from one who *knows* that all is OK, that despite appearances to the contrary, everything is as it should be. Part of this message is that however we understand the message of timeless truths now, it is in relation to our own limited experience. This will change, as understanding must come to all eventually. We are where we need to be at this moment, as is everyone else. This may seem impossible to imagine, as you watch, for example,

someone mistreating you in some obvious way. But it is just their ignorance on display, and in fact they are giving you what you need in that moment, whether you can accept it or not.

The teachings of the timeless masters to sincere self-seekers are of experience, knowing as they do that you are not who you think you are, and the answers they give us are the best that can be given through the clumsy medium of words to help you drop your own disguise.



Bhagavan
Sri Ramana Maharshi



Jiddu Krishnamurti



Nisargadatta Maharaj



Osho



Ramesh S. Balsekar



U.G. Krishnamurti

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Bhagavan
Sri Ramana Maharshi
- 1879 - 1950

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Jiddu Krishnamurti

1895 - 1986

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Nisargadatta Maharaj

1897 - 1981

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Osho
1931 - 1990

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Ramesh S. Balsekar
- 1917 - 2009

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U. G. Krishnamurti

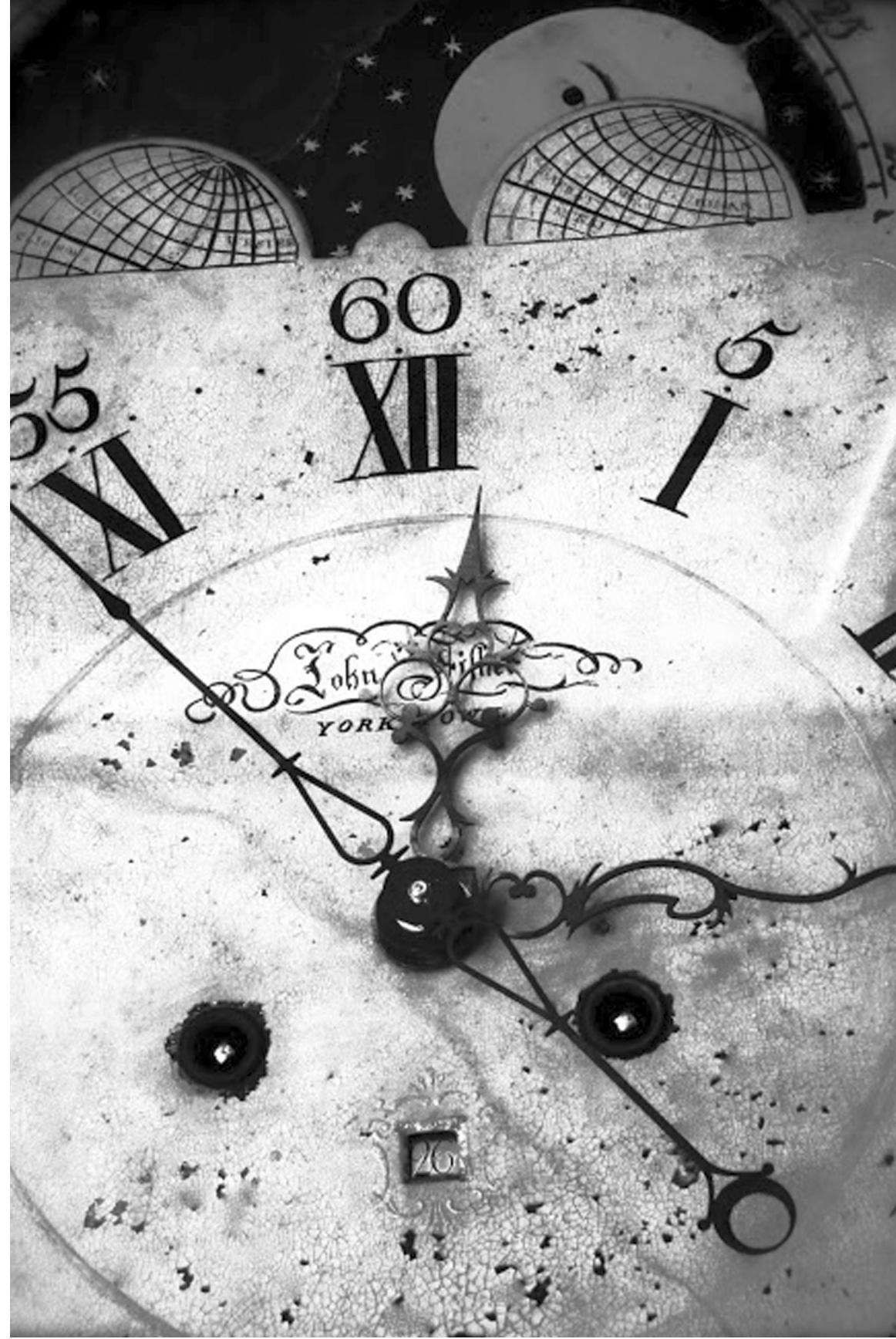
1918 - 2007

To the future...

OK, that's the end of part one. Thanks again to the Satsang teachers, Photographers, Content writers and friends who were involved in making this book possible. part 2 will be available soon. Until then. you may follow our progress online

website: www.thesatsang.tv
email : thesatsang@gmail.com

www.facebook.com/thesatsang



About the compiler.

“Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum.” “Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum.” “Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat.

www.....com

This project is dedicated to the Holy Mountain Arunachala.



Arunachala, the holy mountain has been known for centuries to be a sacred place. Ramana Maharshi, modern India's most powerful sage, considered Arunachala his guru.

Hindus believe that the greatest blessing of Arunachala is to destroy the ego of the seeker, which alone prevents one from experiencing one's Self, or one's true nature, which is immortal and blissful.

One Truth, many Voices

About the Book

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