

# Light, Love & Law

**Spiritual Insights**



*Jacek Piesiewicz*





# Light, Love & Law

Spiritual Insights

*by*

*Jacek Piesiewicz*

Copyright © Jacek Piesiewicz May 2019

1st edition published in Australia -

ISBN: 9780648546306

Author: Jacek Piesiewicz



A catalogue record for this book is available from the National Library of Australia

Title : Light, Love & Law : spiritual insights / Jacek (Jack) Piesiewicz (author).

Published : Croydon Park, S.Aust. Starburst Publishing Pty Ltd, 2017.

Edition 1st.

Subjects: Self-help & personal development. Philosophy & Spiritual Development. Australian.

Target Audience : General

Notes : Prepublication record (machine generated from publisher information).

Language : English

ISBN : 9780648546306 (paperback) :

Libraries Australia ID : 65207457

Contributed by : Libraries Australia

The copyright act permits fair dealing for the purpose of private study, research, criticism or review of this book. However, no part of this publication may be reproduced by any process without written permission. The right of Jacek Piesiewicz to be identified as the moral rights author has been asserted by him in accordance with the Copyright Amendment (Moral Rights) Act 2000 (Commonwealth).

This book is only sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out, or otherwise circulated without the publisher's prior consent in any form of binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

For more copies contact Jacek Piesiewicz on [jpiesiew@bigpond.net.au](mailto:jpiesiew@bigpond.net.au)

Or further enquiries can be directed to the publisher.

Published by Starburst Publishing Pty Ltd

(61) 08 8340 8834

Email: [starburst@starburstpublishing.com.au](mailto:starburst@starburstpublishing.com.au)

Website: [www.starburstpublishing.com.au](http://www.starburstpublishing.com.au)

# Light, Love & Law

## Spiritual Insights



# Contents

<i>Copyright</i>	<i>Page II</i>
<i>Acknowledgements</i>	<i>Page VII</i>
<i>Introduction</i>	<i>Page 1</i>
<i>Chapter 1</i>	<i>Page 10</i>
<i>Chapter 2</i>	<i>Page 20</i>
<i>Chapter 3</i>	<i>Page 27</i>
<i>Chapter 4</i>	<i>Page 40</i>
<i>Chapter 5</i>	<i>Page 48</i>
<i>Chapter 6</i>	<i>Page 60</i>
<i>Chapter 7</i>	<i>Page 65</i>
<i>Chapter 8</i>	<i>Page 80</i>
<i>Chapter 9</i>	<i>Page 103</i>
<i>Chapter 10</i>	<i>Page 117</i>
<i>Endnotes</i>	<i>Page 132</i>
<i>References</i>	<i>Page 139</i>
<i>Notes</i>	<i>Page 141</i>







## *Acknowledgements*

I would like to acknowledge Ange, Carolynn, Eunice and Monet for the great assistance and encouragement they have given me to write this book, that it may benefit any number of 'seekers' in any number of ways. I would also like to acknowledge Pushpendra for his permission to use the Sri Chinmoy aphorisms and my wife Julie for her careful proof reading.





# Light, Love & Law

## *Spiritual Insights*

*Service*

*Is the secret*

*Of true happiness.*

*~ Sri Chinmoy ~*

## **Introduction**

**T**his is the third of the four books which I was asked to write. These books have been written because a number of people have asked me to. They felt that I had undergone a number of experiences from which I had gained insights that were worth writing about and which other people could benefit from. When I initially decided to write the first book, I found it very difficult to find a starting point. I needed to find a useful perspective, for any 'lived' time frame consists of many varied and at times contradictory experiences. I set fire to my first attempts at writing my first book as I was feeling far too attached to too many personal experiences that I have had. In doing so, I was able to detach myself emotionally from many of my experiences. This enabled me to find a perspective which brought into focus an underlying pattern of events and resultant consequences throughout my spiritual journey.

During the initial stages of my spiritual journey my experiences were mainly underpinned with enthusiasm, excitement and a sense of making rapid progress. However with the passage of time this was not always the case. At times my experiences became underpinned by a profound sense of fear of the unknown, isolation, vulnerability, uncertainty, intimidation and, at times, a sense of debilitating powerlessness. By viewing such experiences as opportunities to learn some valuable lessons about myself and the world in which we live, it became important for me to bring about an outcome that was positive and affirming.

With the benefit of hindsight, I was able to connect certain key themes which recurred throughout my journey. These key threads of thought are not necessarily in chronological order, as the components which made up each theme took place over varying lengths of time. Each ‘thread’ of thought is the summary of one major specific experience that I have chosen to write about.

In the writings of Sri Chinmoy,\* he makes the point that the planet Earth is the most difficult place of all places in which to live. However, it is the place which provides us with the greatest opportunity to learn and to spiritually progress. To spiritually progress means to learn to recognise what we are. Sri Chinmoy

---

[\* Sri Chinmoy (1931-2007) was an enlightened master who spent his formative years with Sri Aurobindo in Pondicherry, India. He spent much of his life travelling the world spreading peace and giving healing. He was based in New York where he also gave regular healing to delegates at the United Nations and to his disciples at the Aspiration Ground in Queens.]

also asserts that Earth is the only place from which ‘God Realisation’ can be attained. “God realisation takes place only on earth and in the physical body.”<sup>1</sup> To achieve ‘God Realisation’ means to achieve ‘Self Realisation’. “When the body and the soul go together, realisation, revelation and manifestation take place.”<sup>2</sup> Sri Chinmoy often refers to the ‘Golden Shore’ as the spiritual destination where ‘God Realisation’ or ‘Self Realisation’ can be attained.

So how do we reach the Golden Shore? For that, we need a teacher, a master, or perhaps the intervention of Divine Consciousness ITSELF to help us on our way. It is only through Divine Consciousness that the revelation of Oneself may come to pass. However it is the teacher or master (who is the instrument of Divine Consciousness) who facilitates the revelation of Oneness, ‘God Realisation’ or ‘Self Realisation’.

For White Eagle\*\* it is the Masters as instruments of Divine Consciousness who oversee the progress of each individual who needs to undergo the Water, Air, Fire and Earth Initiations to achieve a permanent state of Oneness with Divine Consciousness.

When the soul has been ‘mystically baptised’ it has passed the Water Initiation which means that it has learned to remain tranquil by no longer giving way to anger, fear or passion. For White Eagle the soul’s desires, feelings or emotions come from the psychic realms and can manifest on every plane of one’s

---

[\*\* White Eagle is a spiritual messenger from the World of Light. Through the medium, Grace Cooke, he delivered many lessons at the White Eagle Lodge in London and in Hampshire, England.]

being – physical, mental and spiritual. However, the aim is not necessarily to erase feelings, emotions and desires, but rather, to gain full control over them.

The object of the Air Initiation is that the higher mind should take possession of and become ruler of the lower mind. While the higher mind receives the inspiration or the in-breathing of the air of the Divine, it needs to be “continually fortified against the arguments of the lower earthly mind”<sup>3</sup> which may ‘attack’ the higher mind with doubts, fears and questions. The higher mind will never mislead the individual questioner who will always receive a wise answer to any problem or question that needs to be dealt with.

The Fire Initiation is the revelation of the Spiritual Sun to the individual’s soul. The Spiritual Sun reveals ITSELF behind the veil of the physical sun. For each individual, the qualities of faith, hope and love must govern the soul when about to undergo the Fire Initiation. When this is attained, one becomes an initiate of the fire element which means that a measure of Divine Consciousness is conferred upon the individual. It is the resultant awakening of simple love that helps the inner light within the soul to grow as it is the force which enables the individual to “see, live and move more freely in the world of spirit.”<sup>4</sup>

In the Earth Initiation each individual soul has to learn to “use the power of the Divine Fire in order to control physical matter wisely and rightly.”<sup>5</sup> In the Earth Initiation “each individual soul has to learn that all substance is God; that everything which seems solid matter is really charged with divine energy and light.”<sup>6</sup> The end point for each individual’s spiritual journey

is the arrival before the “altar of light”<sup>7</sup>. In that moment the “perfected man not only sees that blazing star at his initiation, but realises in a moment of supreme illumination that he is himself that Star”.<sup>8</sup> Until that end point is reached, human life is like a passage through which “the being, man, is being led by the guide, through many incarnations.”<sup>9</sup> The ‘Star’ which White Eagle refers to is the individual’s own soul.

For many seekers there is only one master or guru. In my case I found myself becoming influenced by a number of people and writers. My interest in such matters began with my father who was willing to share many of his thoughts and spiritual experiences with me. This soon led to my being introduced by my father to Josef Boschitschek\* who was a spiritually highly evolved medium. Josef had the capacity to attract and then articulate knowledge, ideas and thoughts which nourished, informed, instructed and guided the souls of many individuals. Following Josef’s departure I found myself being led to Sri Chinmoy, Luigi (a highly accurate tarot card reader), Sri Amma Bhagavan and Sogyal Rinpoche. However, it was Josef who had the greatest initial influence over me as a consequence of his willingness to consistently demonstrate his possession of knowledge to me and to others who sought his help.

When I published my first book *Beyond the Mirror*, I received feedback on that book from four women, each of whom was a very spiritually evolved medium. Without even having touched

---

[\*Eighty three lessons which were delivered by Josef at the St. Johns Spiritualist Church in Port Adelaide have been published in the book ‘*Where to from Here?*’ Starburst Publishing 2014.]

the book, the first woman, an indigenous elder, relayed the message from her forefathers that the book was not complete, that I had not told the full story and that her forefathers wanted me to complete it. She was absolutely correct. I was still finding some aspects of my spiritual journey, to that point, extremely difficult to come to terms with. Hence the reason for my deciding that I would only write about those themes or summaries of major specific experiences chosen by me. She also informed me that the ‘other side’ wanted me to write two further books. Before our first meeting came to an end, she also said “You know what to do, you know what you’re doing” and that we would meet again. As is always the case in such matters, only time will tell whether all of the required books will be written by me.

To this end, the same Aboriginal woman introduced me to her Aboriginal colleague and both women began to make regular contact with me. These women were the ‘representatives’ of the permission which was needed for me to write and distribute the next book. Both women were custodians of the land on which I was born and were active in ‘lifting the veil’ in order that the wishes of their forefathers could be fulfilled. By ‘lifting the veil’ is meant that both women were active in enabling many people who needed their help to spiritually re-engage with the land of their forefathers. By removing those obstacles that obstructed the individual’s re-engagement with the land, the women were helping to restore the individuals’ well being by enabling them to establish greater harmony with their country. If the individual is unable to engage with the land



then negative mental consequences are likely to follow. Hence the need for assistance to become re-engaged with the land.

Australia's spirituality lies in its power of isolating individuals so that they are 'forced' into confronting themselves. Australia is ruled by the psychic realm and the heart chakra. It is a very spiritual country.

The Earth lives. It has a soul and is a manifestation of Spirit. The land is always witnessing the actions of each individual and bears witness to the actions of the individual's forebears. For Sri Chinmoy, the 'Mother Earth – consciousness' is the common bank for each individual whereby all that has been achieved on earth is kept safely inside the 'earth – consciousness – bank.' Each individual's soul will know how much it has achieved on earth.

Information that I received from two other highly spiritually evolved women was extremely helpful in enabling me to better understand the reason for the various obstacles and difficulties that were put before me on my spiritual journey. Rather than refer to much of the information which was provided to me by those two other women as 'stand alone' separate entities, I decided to integrate the information which I saw as relevant into my experiences of the Water, Air, Fire and Earth Initiations that White Eagle refers to.

To become initiated means that the individual will undergo an expansion of vision, consciousness, understanding and spiritual awareness. However, White Eagle also states that while minor initiations "are continually being experienced in human life, and may pass without recognition of their true value"<sup>10</sup>, major initiations "are definite spiritual experiences, which cannot be

gone through without the candidate being aware.”<sup>11</sup> On this basis then, my reflections should be viewed as an attempt to better understand my experiences in terms of those initiations as an ongoing process.

When I had written my second book, I gave it the same title *Beyond the Mirror* but also added the subtitle *The continuation of the journey*. Before my second book was published and then distributed, the final manuscript was sung by the two Aboriginal women – Crow woman and Black Swan woman. This was done so that the spiritual energy contained in the book would reach those souls who were ready to receive it – on ‘this side’ and also on the ‘other side.’ It was also sung to acknowledge the spirit world. The spiritual energy contained within the book came from the spirit world and how it was to be distributed could only be determined by the spirit world.

In the path of each individual’s spiritual unfoldment, White Eagle asserts that each individual is required to undergo each of those initiations (although in varying degrees) in each lifetime. Liberation, enlightenment or the return to becoming ONE in Divine Consciousness with the ONE can only be attained when the individual has passed each one of those initiations. That is each individual’s soul destiny. For this to happen White Eagle makes clear that each individual soul needs to be rigorously tested over many incarnations. There can be no ‘short cuts’. Every increment or stage of the individual’s unfoldment is ruled by Time which cannot be hurried, delayed or manipulated. White Eagle also makes the point that the above mentioned initiations usually take place in no particular order and evolve unevenly during an

## *Introduction*

individual's lifetime. In addition, during an individual's lifetime, any number of major initiations in combination with many more continuing minor initiations may be experienced.

In Australia the Aboriginal way of learning is based on each individual's own 'story of continuation'. By continuation is meant that each individual's story gradually unfolds as something new is added to that previous stage of unfoldment. This 'something new' is the continuity of learning. The fundamental story line does not change. It simply changes form or becomes more clear as new experiences are added to it, enabling the individual's understanding and spirituality to evolve. So too with this third book *Light, Love & Law* which is simply the continuation of the first two instalments of *Beyond the Mirror*. By continuation is meant that this book represents the continuing unfoldment and expansion of my previous stage of unfoldment in the light of added new experiences and understandings.



# Chapter 1

*The sincerity of the heart*

*Will forever last*

*~Sri Chinmoy~*

Unbeknown to me at the time, the story of my journey of spiritual unfoldment began around the mid 1960's when I was a high school student. At that time my father asked me to read one of the many lessons presented to him from the "Masters". My father was a member of a select group of people who were given an opportunity to make significant spiritual progress. Josef Boschitschek was the voice medium through which a "Higher Force" (to use my father's expression) or "His Master's Voice" (to use Josef's expression) was delivering lessons and instructions to the group. A fifteen year 'blueprint' for the future explaining the various changes which were about to take place in the world at that time (the mid 1960's onwards) was being delivered to the group. The lessons given were tape recorded and then transcribed. The set of these transcriptions became known as the *Books of Masters*, of which each member of the group received a copy.

My father recounted to me how he was filled with fear and apprehension when the first lesson was being delivered through Josef. Every hair on his body bristled with fear as Josef's distorted voice was being recorded.

## Chapter 1

At that time many trips to different parts of the world were being taken by the group members through astral travel under Josef's supervision. By witnessing and directly observing various events and scenarios, particular lessons were being learned. On one particular trip to Vietnam (during the time of the Vietnam War) Josef recounted to me how my father returned with the smell of tear gas all over him. When my father went to work the following day, his work colleagues could not come near him for a time on account of the smell of the tear gas. The point of such 'follow up' experiences was to impress upon the minds of those people who participated in these trips that the trips had actually been taken. These trips were also followed up by checking and comparing how the media reported on those events which were witnessed by the members of the group, via television, cinema, radio, newspaper, magazines and journal articles. In so doing it made it more difficult to deny that such events had in fact been experienced. Because those experiences were so 'out of the ordinary', it was often very easy for the individual's mind to deny that they had actually happened. Hence the need to 'follow up' on the events which were observed.

By coming to a greater understanding of what the 'Laws of Life' are and how they work, each member of the group was thus given the opportunity to make significant spiritual progress. All I can really recall from the lesson which my father asked me to read from the *Books of Masters* was that the Masters cannot be directly seen by humans because they are consciousness; that all things are a manifestation of consciousness; and that we humans are living in the world of illusion. My father also

said that one of the first lessons given in the *Books of Masters* asserts that humans cannot destroy that which they have not created. Humans are the product of creation but have created nothing. Humans can only change the form of things but can neither ‘create’ nor ‘destroy’ anything. The atomic composition that makes up a piece of wood, for example, can be shaped and moulded into a chair. But the creative energy that forms the atomic composition of the wood itself was not created by the human. Equally, the creative energy that forms the atomic composition of wood cannot be destroyed by the human. It can only be changed in form.

It wasn’t until about twenty five years later that my realisation of those assertions came to pass. While I was at the Queen Victoria Maternity Hospital in Adelaide witnessing my wife give birth to our fourth child (May 1991), I had the revelation of illusion, truth, reality and existence. Simply put, the whole edifice of how we see the world through the construction of our thought process dissolved into emptiness or ‘nothingness’. What was left was the simple truth that WE LIVE. That is IT. There is nothing else. There is no image. We simply are. We live.

And what is life? IT is the breath. We first inhale air at the moment of birth and then we continue to inhale and exhale air while we live. When that time comes when we are unable to inhale air any longer, then that will be the time of departure from our physical body. That will also be the moment when we exhale our final breath. That then will be the time when our spirit and soul will discard our physical body. For Sri Chinmoy breath is the “Consciousness in Immortality.”<sup>12</sup>

From this revelation it became very clear to me that this world of ours belongs to the 'Lord Supreme' (or to the Unknown Source) and that we are mere humans living in the world of illusion. It also became clear to me why we focus on the breath when we meditate or practise yoga. The breath is the truth, it is reality, it is existence ITSELF, it is consciousness and IT is the pathway to becoming ONE with the Divine in Consciousness Awakening. For White Eagle it is the 'all truth' aspect of the Master Soul which is the Sun. In this instance White Eagle is referring to the Spiritual Sun – the eternal universal sun behind the physical sun that we see in our sky. "Behind every physical form", states White Eagle, "is the spirit, which is part of God, and which brings form into being."<sup>13</sup> When the soul begins its life in physical matter through the Spirit or 'Divine Spark', that is when the "soul of man starts its age-long path of development."<sup>14</sup> It is from the in-breathing of the air of the Divine that the individual's higher mind receives inspiration.

When I was engaged in a discussion group led by Josef who was showing us how matters of spirituality could be approached, he told me that THAT UNKNOWN or God or Elohim is air. I simply found that assertion to be unbelievable. The problem for me at that time was that I had created an image of what God or the Divine or THAT UNKNOWN is. In order to know or realise what THAT is, we need to go beyond the intellect (from which all our images are created) and enter the consciousness of THAT which is beyond intellect and language description.

In that discussion group which was led by Josef, one of the primary aims was to learn to think clearly by establishing a clear understanding of what the words being used by various

writers mean. How did those words or concepts come about? Who was using those words? When? What did that person mean or what was that person trying to communicate when using those words? In other words, who was the storyteller?

It is through spiritual experience, rather than intellect alone, that the individual experiences illumination and undergoes initiation. Sri Chinmoy, for example, points out that the human physical mind is an earth bound mind which constantly contradicts itself. It tries to identify itself with an object, a person, with something limited. But it is not able to access the higher mind, the overmind, the intuitive mind and the supermind. Hence the importance of the cultivation of receptivity between the intellect as a component of the mind and the Higher Consciousness 'within'. However, we humans do not come to that Greater Consciousness, IT comes to us. Even though that Greater Divine Consciousness is within us, we cannot come to IT. IT comes to us.

This Greater Divine Consciousness which is within us is our Spirit. All living beings, all things, all creation has Spirit. All that is, all existence, all creation, is a manifestation of Spirit or Divine Consciousness. While soul is also consciousness, the difference is that soul is not Divine Consciousness until it has evolved into a state of oneness with the Master Soul which is the Spiritual Sun. Each individual's soul is comprised of the astral, mental and celestial body or 'Temple of Light'. "When the soul has perfected itself," states White Eagle, "that is, has garnered all the experience possible from the physical life, the spirit is ready to undergo the Christ initiation".<sup>15</sup> That is the



state of oneness with the Spiritual Sun, Master Soul, Cosmic Christ or Son of the Father-Mother God.

The Spiritual Sun is the pure white light which manifests and reveals ITSELF in many ways. “The spirit behind the sun” states White Eagle “is identical with that spirit called love”.<sup>16</sup> Love is the first cause of all life. Love is light and heat and life itself. “The Spirit is there from birth” states White Eagle, “but the soul is in darkness until it responds to the stimulus of the Spirit, until it becomes quickened by and aware of the Spirit. The soul is the clothing of the Spirit, and has a certain stimulus placed within it.”<sup>17</sup>

As we unfold and progress in our understanding of what we are, so too does our soul evolve. Through the power of thought the soul becomes the individual’s “bridge between earth and heaven.”<sup>18</sup> It is the power of thought that enables one to reach the ‘Temple of the Sun’ by seeing beyond one’s imagination. For Sri Chinmoy, the power of thought that enables one to see beyond one’s imagination lies in the heart because the heart knows how to identify itself with the highest, the farthest, the inmost and the tiniest. However, it is only through Spirit that soul can progress and unfold in consciousness. Again, for Sri Chinmoy, the soul’s highest mission is to fulfil God manifestation on earth. While the heart is all love, all sympathy, all concern, all purity, all harmony and all oneness, the soul which abides inside the heart represents our illumination. While the soul needs the physical body to fulfil this mission, the “body needs the soul in order to realise the highest transcendental Truth.”<sup>19</sup>

For White Eagle, God is love, light, Divine Spirit, the

innermost I, the inner voice, the voice of the silence, the jewel or guide or builder of the perfect temple, which becomes manifest as Master Soul or Perfect Man. The light power that the soul gets from the Divine Consciousness is transmitted to the physical body which in turn enables the physical body to grow. Through the power of physical manifestation on the earth plane, the aim is to have “the power to love the world, to illumine the world, to fulfil the world.”<sup>20</sup>

For White Eagle, the Law of Life is “love and service.”<sup>21</sup> While love and truth is Divine Law, equally, Divine Law is love and truth. They are manifestations of Divine Consciousness. It is through Divine Consciousness in ITS outward manifestation of thought, mind, soul and Divine Law that life ITSELF is established. “The Spirit of the Son of God within the soul” states White Eagle, “grows and progresses by Divine Law. All are guided and governed by one law of harmony, love and perfection.”<sup>22</sup>

It is within this framework of perfection that everything has purpose – that there is a reason for everything and that there is no such thing as chance. Sri Chinmoy also states that “if we have the capacity to identify ourselves with the Inner Pilot, then we will see that there is a reason. If we live in the soul, we will see that everything that happens here on earth has some meaning.”<sup>23</sup> It is on this basis that White Eagle further asserts that the Law of Karma (or the Law of Cause and Effect) is strict, just, perfect and true. It is the Law of Opportunity which enables spiritual evolution to take place within the broader Law of Reincarnation. While the law of cause and effect is called the Law of Karma, the accompanying law of opportunity is

called the Law of Dharma. It is the Law of Karma that “causes the Law of Dharma or Opportunity to operate.”<sup>24</sup> It is the outworkings of one’s karma that provides the individual with an “opportunity to acquire wisdom and thus step forward on the path.”<sup>25</sup> “All that the Law of Life is concerned with” states White Eagle, “is growth.”<sup>26</sup>

By growth is meant to grow spiritually “to gradually develop the consciousness of God through the discipline of earthly experience”<sup>27</sup>.

The other two laws which White Eagle refers to are the Law of Correspondences and the Law of Equilibrium. The Law of Correspondences or the Law of Harmony is the law by which the soul’s state of consciousness reflects itself equally on the earth plane and on the ‘invisible’ planes that are the astral, the mental and the spiritual planes. ‘As above so below’ and equally, ‘as below so above.’ Hence, when the soul seeks divine illumination and is able to express the qualities of Divine Consciousness, “it is reflecting the heavenly into everyday life.”<sup>28</sup> It is enabling the everyday life to demonstrate the fulfilment of the Will of the Divine Consciousness. When seeking union with the Divine, Blum states that “God always enters into equal partnerships.”<sup>29</sup> Put another way; it may be said that the seeker is simply seeing a reflection of the within of oneself as shown in its outward manifestation.

The Law of Equilibrium or the Law of Compensation is the Law of Perfect Balance. When an individual is called upon by the Law of Karma to endure pain and suffering, the Law of Equilibrium or the Law of Compensation comes into effect to

both discipline and prepare the individual to spiritually evolve. Although we may not know what the purpose of our suffering is, there is a purpose for it, asserts Sri Chinmoy, because God “is not only inside our suffering, God is suffering itself.”<sup>30</sup> God is everything. It is on this basis then, that Sri Chinmoy further asserts that “when we have penetrated into the suffering and are able to go beyond it, we see that it becomes Delight.”<sup>31</sup> The Delight is inside the suffering because both Delight and suffering are simply different aspects of God. It is through this process of evolution that mastery of the individual’s lower nature is able to take place. “For spiritual evolution to take place”, states White Eagle, “there is an ordered path that every soul must tread.”<sup>32</sup>

Underpinning all of the above mentioned laws is the Law of Love or the Divine Consciousness of the Master Soul that is the Spiritual Sun. “All creation – natural, human, angelic, all forms of life – is of the one Spirit”<sup>33</sup> whereby all things are destined to evolve and eventually return to being at ONE in consciousness with THE ONE. Eventually when our soul becomes one with Spirit, we then become one with the Divine, with our true self, with all creation. It is only then that the ‘jewel of the perfect temple’ which is the Master Soul, shines and manifests perfection through the personality or physical nature.

In the teaching of Sri Chinmoy, we are all destined to achieve self realisation or enter the consciousness of the Divine of which we are a fragment. Just as one tiny drop of water is a part of the vast infinite ocean, asserts Sri Chinmoy, so too is the vast infinite ocean located within that same one tiny

## *Chapter 1*

drop of water. In the way that the individual evolves as that one tiny drop of water making its eventual return to the vast ocean, Sri Chinmoy simply sees this as the Supreme having experiences through the individual who is also destined to return to the vast infinite ocean that is the consciousness of the Divine. “God the Eternal Dreamer” states Sri Chinmoy, “is dreaming through you, with you. God the Eternal Reality is living for you, with you and in you.”<sup>34</sup>



## Chapter 2

*Eternity breathes*

*In each moment.*

*~Sri Chinmoy~*

One of the great difficulties for the members of the group to which my father belonged was being able to stay level headed within their day to day living. Many of them had great difficulty in being able to transition effectively from one state of consciousness to another. Being able to leave behind the different ‘states of energy manifestations’ or consciousness that were entered into after each lesson required considerable self discipline. This is a very important thing to be able to do as one of the main conditions for being allowed to make significant spiritual progress is to make sure that the everyday responsibilities of living are being fulfilled at work, at home and in general. This is the fundamental condition which must be fulfilled at all times before any significant spiritual progress can be made. Although Josef was single, one of the great responsibilities which he constantly stressed to those individuals who had families was for them to make sure that they did not neglect their family responsibilities. It was important that the family was being cared for by constantly providing the time and appropriate support as needed.

For Josef, the single greatest achievement for any individual on this plane of existence is to succeed in living. The ability to preserve the well being of the physical body is very important as it provides the ‘temple’ which houses the individual’s spirit, enabling it to unfold. Hence the importance of gaining and then maintaining the ‘appropriate’ employment which can be relied upon to provide the necessary income for this to happen. Josef often told me that the members of the group tended to fall into a state of ‘hallucination’. By this he meant a mental state of non existence because what they believed to be ‘real’ only existed in their minds, not in this world or on this plane of existence. It was for this reason that Josef constantly stressed the importance of working with facts in order to stay mentally ‘grounded’. Hence the importance of being willing to constantly test the validity of intended outcomes with observable facts. Not to do so can result in dire consequences for the individual in terms of the everyday responsibilities that need to be fulfilled. For example, assuming that one’s children are coping well at school without regularly checking and taking an interest in their work can result in great disappointment and even shock for the parents when their child’s poor performance level becomes known, but which could have been prevented.

To what extent a soul has the light shining within itself in the spirit world will depend on the extent to which that soul has evolved. For White Eagle, this is revealed by how the soul reacts when it faces up to conditions which seem very hard to bear because of the stringent testing that comes through

living. Before being ‘allowed’ to progress to a higher level of unfoldment, the lessons which the individual needs to learn are very strictly and fully tested. Nothing is attained by chance as the individual has to be relied on when given later tasks to carry out. “With initiation”, asserts White Eagle, “comes great expansion of consciousness and increased power which can be destructive unless it is attained with the corresponding wisdom and love.”<sup>35</sup> Otherwise the soul becomes liable to a great fall. Although the lessons which each soul must learn are common to all humanity, they are presented to each individual in unique form. Notwithstanding this, every soul has to face the same problems, to learn the same lessons.

Josef was also the recipient of many lessons through ‘automatic writing’. As each lesson was written down, Josef was in a trance. This enabled him to act as an instrument of a Higher Force that revealed the lessons in writing using Josef’s hand. When Josef read out loud to me the lesson on ‘*Mother*’ one evening, I experienced the roof of the kitchen in which we were sitting opening up. As the roof of the kitchen opened; so too did my crown chakra also open. I was ‘transported’ into the jet black firmament. When the oral reading of that lesson had ceased, the kitchen roof and my crown chakra closed immediately as I was brought back to my previous state of awareness.

When the lesson on ‘*Mother*’ was read out to me, this was a clear demonstration of the power of vibration or particular energy which, when emanating from the oral reading of pure sacred writing, is able to transcend consciousness by bringing about significantly greater awareness. A similar opening of an



‘infinite black chasm’ took place before me on another day when Josef unexpectedly recited the ‘call to prayer’ in Arabic.

“The sound of God, the Word of God”, states White Eagle, “is the great, sacred Word – AUM.”<sup>36</sup> All sounds (music, wind, running water, language etc.) are manifestations of the sacred Word – AUM whereby the invocation of sacred sound has the power to stimulate in the soul an awareness of heaven. Across this etheric bridge of sound, the individual is carried into the ‘Sun Temple’ or ‘Temple of Light’ which is located within the soul. All thoughts which reach the height of the ‘Sun Temple’ bring back to the individual on earth “new life from the Creator, the power of creating new life in your body, in your soul.”<sup>37</sup>

The seven main chakras which are referred to in many spiritual writings are the crown, third eye, throat, heart, solar plexus, sacral and root chakras. These chakras represent different energy centres which determine the individual’s level of self awareness or spirituality. The qualities of these aspects of one’s being consist of:

Divine guidance and connection through the crown chakra.

Clairvoyance and channelling through the third eye.

Communication, truth and integrity through the throat chakra.

Love and relationships through the heart chakra.

Releasing power and control through the solar plexus chakra.

Physical needs and wants through the sacral chakra.

Basic needs through the root or base chakra.

For White Eagle, if an individual is ruled by the lower chakras, then that person is a materialist who “lives for the pleasure of the body and this one life.”<sup>38</sup> If the individual is ruled by the higher chakras and is an intellectualist, then that person lives for the things of the mind. However, if the individual is governed by the heart centre, then that person is an initiate whereby the light, love and wisdom should control and balance the upper and lower chakras.

When working alongside Josef or just being in his presence, a mental transition was constantly taking place. When discussing any number of different issues (be they political, social or spiritual) or when reading from an article or text for example, the underlying key issues would very quickly clearly come into focus. On many occasions, when reading from an article, for example, a sense of ‘being there’ enabled me to see more clearly what the writer had witnessed and was referring to. Working with facts and knowing the definition of the key concepts used by the writer was central to Josef’s way of thinking. Having a clear understanding of the definitions of the key words or concepts being used provides a clear focus within the individual’s thought process.

When Josef brought a few samples of ‘automatic’ writing to the professors of language studies at the local university for their assessment, he was simply told “This is not how people normally write”. When he brought similar samples of this sacred writing to the Rev. Duncan (who presided over the Adelaide Spiritualist Church at that time) for his assessment, he immediately invited Josef to take the platform to give lessons

and flower readings\* to the gathered assembly of people. Rev. Duncan had immediately recognised Josef as a spiritually highly evolved medium.

By working within the Spiritualist Church, Josef was provided with an institutionally protected platform to deliver many lessons and messages of healing. While all Christian denominations work from the Bible as their primary source of reference, the Spiritualist Church works from the Bible and through mediums. The messages of healing are primarily delivered by mediums who 'channel' messages from the spirit world to those members of the audience who bring various objects to be 'read' by the medium. Although flowers which are brought to be 'read' are amongst the more common objects used, in some cases no objects are used in which case the individuals who are given messages of healing appear to be randomly selected. By 'healing' is meant the removal of an obstacle (be it health or otherwise) that currently impedes the individual's well being or is about to do so in the very near future. For example, some recipients were forewarned of the impending time of their 'departure'. Hence the need to get the 'house in order' within a certain time. For others it may have been a timely warning of what needed to be avoided in a workplace setting in order for them to maintain their employment.

This institutional protection was very important for Josef as this was a time (early 1960's) when the various Christian

---

[\* A flower reading takes place when a person presents a medium with a flower to be 'read'. The vibrational energy from the person presenting the flower is transferred to the medium through the flower once the flower is picked up by the medium. This transference of energy enables the medium to deliver the message.]

denominations communicated with each other very sparingly. Other non Christian religions were hardly considered or were simply viewed as heathen. Any activities outside of mainstream thought at that time were likely to be viewed with suspicion or intolerance.

It was mainly for this reason that the group my father was involved with was kept hidden from public view. Indeed, much of the work Josef was doing was also kept from public view – even from the members of the group my father was in. Josef was not in a position to reveal many things to the members of my father’s ‘astral travel group’ without having gained permission to do so. Various initiations would have to be passed by the members of my father’s ‘astral travel group’ before such permission could be given. Josef often told me that he too had to be accountable for his actions and that he did not necessarily take pleasure in some of the things he was required to do.

There may well be any number of people such as Josef in this world who are quietly carrying out the work which has been assigned to them through Spirit.



## Chapter 3

*The silence and beauty*

*Of the sunrise*

*Inspire me to commune*

*With the unknowable.*

*~Sri Chinmoy~*

**M**y first meaningful meeting with Josef came shortly after I had completed secondary high school. As I was not sure of where to go from there, my father introduced me to Josef to seek his advice and guidance. As I wanted to become a secondary high school teacher, I was steered to the appropriate institutions to gain admission and then gain the necessary qualifications in order to teach. This was the beginning of my association with Josef which continued until his departure.

Josef was a tailor who lived at the rear of his shop in his general living quarters which consisted of a kitchen, laundry, bathroom and bedroom. There was also an empty room with a fireplace and a large rug on the floor which was often used as a meeting place by various spiritual groups who came to Josef for instruction. At the front end of his shop were rooms which he used for making trousers and serving customers. He also sold Swedish clogs, ties, shirts, suits and pullovers. Josef's shop was located in Melbourne Street in North Adelaide in South

Australia. The people and customers who came to his shop represented a wide range of people from within the community. Although on one level these customers were just ‘ordinary’ people who came to purchase something or have trousers made for them, on another level they served as sources of ‘hidden’ information which was being communicated to Josef but of which they were unaware. Any person, any event or any thing can be a messenger at any time to any person. This is particularly true for the more spiritually evolved person who understands that we are spirit beings who are messengers from the spirit world at some level. However, as was mentioned earlier, many people would also pass through his shop during business hours specifically to ask for his advice and guidance on a wide range of issues. It was in his kitchen that many cups of tea were consumed by people who engaged in many conversations with him.

My next meeting with Josef didn’t take place for about two years. In that time I was taking the necessary steps to become a school teacher. Perhaps the first significant spiritual experience I had in that time occurred when I was conversing with a number of acquaintances at a party. We were speculating on what we hoped the future had in store for each of us. At that moment my third eye unexpectedly opened. I was enabled to see (in colour) the various dangers and obstacles which lay before me along the path which I was taking. At all times I could only see my back as I was observing myself constantly moving forward from a ‘bird’s eye position’ from behind. Eventually I finished up at the edge of a vast ocean. Both the ocean and the sky above were bathed in golden light. I was

unable to go any further but then some kind of power simply picked me up and carried me into the sunset. That was the end of my vision.

For me, this became known as ‘that place where the sun sets’. In the literature of Sri Chinmoy this place is referred to as the Golden Shore. It is the place of divine manifestation when the vastness above and the vastness around the individual come together. Gold is the colour of divine manifestation which comes to fulfilment when the vastness above and the vastness around the individual meet together. Guiding his devotees on the boat which is headed to the Golden Shore was the promise Sri Chinmoy offered to them. In the Buddhist teaching this is referred to as the place where enlightenment is guaranteed to all those who arrive there. Indeed, ‘the place of many temples’ is often referred to in the Buddhist teaching as the place where people go when they depart from their physical bodies. Which particular ‘temple’ the individual will eventually arrive at, following departure from one’s current incarnation, will be determined by the individual’s stage of spiritual evolution. To what extent one has evolved spiritually is determined by the extent one has learned to free oneself from the bondage of matter – “by self-discipline, by subjugation of the lower instincts, the selfishness which is the flesh.”<sup>39</sup> By aspiring to let the Divine Light or Christ Light within the individual expand and grow, White Eagle asserts that higher vibrations of power (within the individual) will be set in motion. It is the higher vibrations of power which become manifest from the Christ Light that enable the individual to become increasingly free from the bondage of matter. As one becomes increasingly

free from the bondage of matter, the way in which the individual perceives the world also changes.

In the writings of Sri Chinmoy the ability to open the third eye chakra at will not only enables the seeker to see into the future, it also has the power to enable the individual to bring to a halt the continuation of personal karma. For White Eagle chakras are centres of power which act as windows of the soul. While the lower chakras are located at the root centre, sacrum and solar plexus, the upper chakras are located at the throat, third eye and crown. The heart chakra is located in the centre or mid point of the upper and lower chakras. Each chakra is eventually brought to full power and full radiance by the major initiations, spiritual experiences and spiritual illumination. Such major initiations take place after undergoing many minor initiations over many incarnations.

As an enthusiastic college student I spent many hours discussing various spiritual matters with my father and a range of seekers whom I had come across. I also found myself attending a number of flower readings by various mediums which were held by the Rev. Duncan at his home and at the St. Johns Spiritualist Church in Adelaide. It was at the Rev. Duncan's home that I started to receive a number of messages stating that a "very powerful hand" was reaching out to guide me through many (otherwise closed) doors which would continuously open for me – one door after the other. I was also told that I would be very foolish to reject this offer of help. I instinctively knew that this offer of help was coming from Josef. When I started to appear at Josef's shop on a regular basis, he simply welcomed



me by saying “We like your company”. By “we” is meant that Josef was consciously connected to a Higher Consciousness. To be consciously connected with ‘Higher Consciousness’ or one’s ‘inner voice’ enables the individual to become more aware of what is required to fulfil one’s purpose or duty in life. One is able to become more receptive to the required guidance to carry out the Will of Divine Consciousness. In the Hindu teaching it is one’s kriya. In the teaching of the Archangel Aronnel,\* the only free will that we have is to carry out the ‘contract’ or kriya that was agreed to by us before incarnation. The Archangel Aronnel further asserts that for each individual, any undertaking which is not commensurate with that particular individual’s ‘contract’ will simply not succeed.<sup>40</sup> For White Eagle, we are here in a physical body on earth “to establish the kingdom of God upon earth..... a state of life where humanity has fully learnt the law of brotherhood.”<sup>41</sup>

Amongst the very first things which Josef wanted me to understand was the importance of being able to fit into this society and the importance of being able to work with time. Being able to secure a reasonable job so as to adequately provide for the body is absolutely crucial before any meaningful spiritual progress can take place. Within the security of a stable position also comes the necessary degree of free time in which other personal interests can be pursued. Fitting into the society means being able to meet the expectations and demands of the

---

[\* White Eagle refers to angels as spiritual beings – sun spirits who work under the great solar lords - assigned with different tasks to help humanity spiritually progress. Amongst them is Aronnel, Arranger of All].

particular situation that one aspires to be in – in order to be allowed to remain in that position. To this end Josef ‘steered’ many people into jobs which complemented their aptitudes and skills. He also ‘sent’ many people to become appropriately trained in order for them to qualify for the position that they aspired to. Many of the people who sought Josef’s guidance in such matters had lost their bearings in some way. Being able to ‘fit’ in by meeting expectations was the recurrent theme in all matters, be they physical or spiritual, for all things physical are a manifestation of the spiritual, as I was to be shown in time.

That demonstration came about when Josef took me on a journey to a particular location by the sea south of Adelaide. Unbeknown to me Josef was checking to see if I had the necessary observation skills for me to be allowed to stay there. He was checking to see if permission would be given for me to stay and camp in that location. When we arrived to that location, I picked up a rusted knife which was lying on the ground in front of me. As I was doing this I looked up at the sky and saw a dark foreboding cloud which looked threateningly over us. In that moment Josef quickly told me to drop the knife as two fishermen sitting in a car looked very angrily at me while their black dog suddenly came to attack me. When Josef said something to the dog, it immediately stopped in its tracks. When I looked up at the sky, the dark cloud was no longer there. We then drove away from that location.

The point of that excursion as Josef told me later, was that there were seven things along the way to the location which I needed to become aware of in order for me to be allowed to

stay. I did not become aware of any of those things. So when I picked up the rusty knife, that symbolised my having been cut from THAT consciousness of the area which is the Master or Lord that rules that area. In Chapter Four (*Our Lord-Adonai*) of the book *Where to from Here?*, Josef points out that “every area of this world has got a LORD, has got a MASTER that controls THAT geographical territory.”<sup>42</sup> Josef then goes on to state how “it depends on how we will approach in understanding this LORD of ours, where we have to identify, where we have to learn to understand what is demanded, where we are.” And that our “duties are where we are, not where we would like to be.”<sup>43</sup>

Whether the Master or Lord of any area gives permission for one to stay depends on whether the conditions for being allowed to stay have been met. It was my ability to observe and to take note of the things around me that was being tested. Clearly I had not met any of the conditions which were set. I was not allowed to stay in that location at that time as a consequence. When I was taken to another location that same day, Josef checked to see if I could point to the direction north. Again, I had no idea. My observation skills were lacking. We then moved to another location where we set up camp that evening. When it became dark, Josef commented on the many spirits around our camp site. Once again, I had no idea.

At home the following evening I had a ‘dream’ which revealed to me a deeper level of the significance of the location from where I was chased out. In the dream Josef and I began to walk into the waters of the sea at that same location. We were facing Kangaroo Island and started heading towards it. As

we proceeded we became more deeply immersed in the waters which started to flow over our heads. When I spoke to Josef about that dream the following day, he simply said “Yes, but you didn’t get wet did you?” He then went on to say “I was being a little too generous.” It was then that I realised what Josef was trying to do. He was giving me an opportunity to enter a higher state of consciousness which would enable me to freely communicate with the ‘other side’ or the spirit world. It was also made clear to me that Josef had the capacity to invoke or bring into physical manifestation the Consciousness or Law that ruled that particular geographical territory. However, my not having the necessary observation skills also meant that I did not have the necessary spiritual awareness to acknowledge and therefore abide by the Law that ruled that territory.

From the Australian Aboriginal perspective Kangaroo Island or Karta (as it is referred to by the Aborigines) is known as the place where people go when they die. It is known as ‘the place of the dead.’ Being immersed into the waters of the ocean is the symbol of being baptised, initiated or awakened into the ‘immensity and vastness’ of higher consciousness. However, as was mentioned earlier, I was unable to ‘fit in’ or abide by the Law which rules that area. Hence my having been chased out of that area. The fact that Josef acknowledged my dream as a valid form of communication from ‘there’ or from the ‘unknown’ is also significant. Josef often said that Australia is ruled by Aboriginal Law and that in order to know what Australia is and how it works, one must learn to understand what Aboriginal Law is and how to work within it.

### *Chapter 3*

The Dreamtime or Dreaming is a significant part of Aboriginal culture. It serves as a spiritual marker of how much the individual has spiritually evolved. That is to say, to what extent the individual has evolved spiritually is revealed to that person through Dreaming, for as one unfolds spiritually 'within,' one becomes more aware of that which is 'without.' It is the observance of the Law of Correspondence whereby the individual's awareness of the 'within' and the individual's awareness of that which is 'without' are reflections of each other. That is the Law of Correspondence. 'As above so below and equally as below so above.' Hence to achieve Self Realisation means to become ONE in consciousness with the ONE or Infinite or Dreaming or Truth or Reality. To be in the consciousness of Dreaming also means to be in the consciousness of Timelessness. To be in the consciousness of Timelessness means that one is in the place where all actions are recorded. That is the place where the past, present and future actions are at ONE with the ONE. It is from the consciousness of Dreaming that the Law of Karma and the accompanying Law of Dharma manifest on the earth plane. At what time these laws manifest on the earth plane is determined by the Divine Consciousness of the Timeless Time or Spirit. Hence the karma and dharma which is designated to any individual is a result of an action which may have been carried out in this lifetime or in any number of previous incarnations.

At a later time it was revealed to me through Dreaming that Josef was a custodian or caretaker of the country through the spirit of kangaroo which manifested through him. In

the moments before this revelation, Josef's very friendly face quickly and unexpectedly changed into a very threatening and unwelcoming face. When asked a question by him, I simply said "I don't know" to which he responded with "Yes you do". I cannot recall the question Josef had asked me in that dream. This was immediately followed with me being flung to the floor lying on my back as his right foot was pressing on my chest. It was at this moment that Josef's foot was transformed into a paw and his face into that of a kangaroo. Hence the term 'Kangaroo Man.' The kangaroo embodies the spirit or consciousness of Australia. Within that state of consciousness Josef was thus aware of the different laws which ruled the different geographical areas within Australia. Laws which had to be obeyed in order to be allowed to stay or 'fit in' those areas. For Sri Chinmoy, a "real spiritual person sees the outside world not as a geographical area but as a plane of consciousness right inside his own being.....when we see something inside us, we know that it is ours and have no fear."<sup>44</sup>

There were times when Josef pointed out kangaroo spirits which were jumping from the Murray Mouth in South Australia to Kangaroo Island during sunset. The kangaroo spirits made their return to the island at the end of each day. I could not see them. Josef's response to me was "You're not looking".

It was also around this time when I had a very powerful dream about Josef who was earnestly lodging a complaint to that Greater about something which I had done or was doing. Although I simply had no idea of what that complaint was about at the time, the response which was delivered to him was

a very firm “Leave him alone”. To this day I still do not know what that particular complaint about me was.

However, it was also around this time when I was issued with two clear warnings for me not to continue going in the direction which I was taking. In the first instance I was caught standing ‘in the wrong place at the wrong time’ as I was directly hit by a motor car which rebounded towards me after having collided with another vehicle at a road intersection near my home. The two motor vehicles had collided at the centre of the cross roads. I was airborne for a number of metres narrowly missing the roadside kerb as I landed on my back on a patch of grass. I found myself in hospital after recovering from a loss of consciousness. On another occasion my car had spun out of control as the brakes failed to take effect on a wet road while driving home one evening. Fortunately for me the normally busy road on which I was driving was free of traffic. I did not see these events as warnings for me not to continue with my university work at that time.

Upon reflection, the wrong direction was being taken by me. By having begun a post graduate university course while in my first year of full time teaching my mind became overloaded. I was moving forward too quickly. I found it very difficult to maintain the necessary balance of commitment that both tasks required. The initial demands of the course workload made the task of balancing the required commitment to study and my teaching responsibilities particularly difficult. Throughout this time I was being helped and guided by Josef. At that time my ambition was to teach in a tertiary institution. However, for

me to be 'allowed' to make any such change in position, the expectations associated with the teaching position I was in at that time needed to be fulfilled.

Although Josef was a tailor in his 'day job', many people came to him for guidance and support with personal issues and problems including a wide range of health issues. While he did not charge any fee or expect any recompense when people came to him for help, the guidance given was always conditional on following his instructions. Sometimes the instructions given seemed nonsensical. For example, in one instance a person was sent to Sydney from Adelaide to find his estranged wife in the hope of saving his marriage. He did not know where his wife lived, but was simply told to go to Sydney on a particular day to find his wife. No other instructions or details were given to him. When this person arrived in Sydney he needed to go to a shop to purchase some goods. As he turned to leave the shop he came across his wife who had just happened to make a stop at that time. He became re-united with her. The timing was crucial as she was in the process of leaving the country with their children. As was mentioned earlier, one of the main lessons which Josef wanted many people to understand when seeking his help was the importance of working with time. Hence the importance of following his instructions carefully when seeking his help.

One day I tried to describe to Josef the revelation of Time that I had experienced through Dreaming the previous night. I was in the consciousness of Lord Shiva at that time of revelation. What I had tried to do was attempt to put a measure of time to



the laws of cause and effect. However I found this impossible to do. It wasn't until many years later that I realised that I had tried to put a measure on the infinite – on that which cannot be measured. It was also at that time when Josef simply told me that he was in that state of consciousness all the time.

Time Itself is an aspect of Divine Consciousness. It is the manifestation of Shiva or the Lord or Law of Transformation. In the writings of Sri Chinmoy, Lord Shiva is described as the Lord of Transformation as distinct from the Lord of Destruction, as many writers assert. The Law of Transformation is 'carried' by Time. It comes from the infinite or that unknown. It goes to the infinite. And all of the increments in between or 'now' are a manifestation of the infinite. It is simply beyond the intellect. It is beyond measurement for it is an aspect of the Divine Consciousness which is Brahman or Dreaming or Truth or Reality or the Breath ITSELF or Existence ITSELF.

Within the teaching of the Old Testament, Josef also refers to wisdom as being the manifestation of time which is also an aspect of Divine Consciousness ITSELF.<sup>45</sup> For it is the time factor which will prove whether the outcome of an individual's action has been wise or otherwise. Living in the consciousness of 'now' however is the teaching of Yahavah or I AM THAT I AM.<sup>46</sup>

"While in the physical body", states White Eagle, "Time is your master, and often a difficult one; but time also is a great teacher."<sup>47</sup>



## Chapter 4

*Power is never peace.*

*Peace is always power.*

*~Sri Chinmoy~*

On one occasion Josef drove me to a different location by the sea south of Adelaide. While Josef stayed seated in his car, I was directed to stand close to the water's edge which was some distance from the car. It was a still, fine, sunny late morning when suddenly a whirlwind started to form on the sea. At the same time a low rain cloud also appeared on the sea as it was 'pushed' towards me by the wind which was blowing from the west. As the cloud moved above me, it rained on me. After I had been rained upon, the wind abated, the rain cloud disappeared and the sun came out as a rainbow appeared before me across the landscape. This transition took place very quickly. As Josef was driving me back to Adelaide, he said that I had received my 'bucket of water' and that twenty minutes would be taken off normal driving time by the time we reached our destination. At that time, normal driving time from where we had begun our trip to that particular location was about forty five to fifty minutes. Driving back to where we had started our trip took about twenty five minutes.

For White Eagle my having received this 'bucket of water'

may be seen as the outward representation of the Water Initiation. My having been immersed into the waters of the ocean on the other hand, as was referred to earlier, may be seen as the inward representation of the Water Initiation.\* The water element teaches the lesson of peace whereby the individual needs to learn to control astral forms, astral elements, the emotions and desires of the astral body. To this end the individual must learn to control this element ‘within oneself’ as the “next step is to control astral forces and astral life.”<sup>48</sup> The lesson of the water element, states White Eagle “mainly affects the soul, the astral plane, the psyche and psychic things.”<sup>49</sup> In order for any such mastery to take place, however, the individual needs to undergo the appropriate initiation. For as was mentioned earlier, it is through initiation that the necessary expansion of vision, consciousness, understanding and spiritual awareness may come to pass. It is the calm tranquillity that comes with the opening of the portal through the growing Christ Power.

I was not the only person who was taken out by Josef on excursions. Although I was to become a part of a group of eight individuals, each of whom were also taken out by Josef on separate occasions, he also took a wide range of other people on such outings. By taking out different people to different locations at different times and for varying lengths of time, they too were being introduced to different aspects of the Law or the Master that ruled the particular geographical location that they were taken to. As custodian, Josef was providing those people

---

[\* See pages 33-34]

with an opportunity to expand their awareness of the existence of the Greater Consciousness which rules the territory to which they were taken.

A few years after that particular baptism or initiation, I found myself in all sorts of difficulties as I struggled to stay grounded in my day to day living. For example, I found myself not 'fitting in' at my teaching workplace on account of my not being in tune with the day to day expectations and responsibilities which needed to be carried out. My biggest problem was not being able to meaningfully connect with my colleagues and engage in normal everyday commonsense discussion with them. I was also lacking in energy and confidence to assert myself when dealing with others in the workplace. It was at this time that my day to day activities which I had previously taken for granted became disproportionately magnified in difficulty. Maintaining the necessary balance between my university work and teaching duties became extremely difficult to manage. My university work had reached an impasse. As a consequence I found myself becoming increasingly dependent on Josef. It felt as if I was heading in a downward spiral of isolation, rejection and detachment. This feeling of detachment was accompanied by a sense of mental weakness, exhaustion and powerlessness.

While in this state of darkness a rainbow appeared before me in a peculiar way. I was inside my home when 'something' brought me outside. There before me was a very bright rainbow. At the same time I could clearly hear the hissing sound of a snake alongside me. Without any warning there was the sound of a very loud bang or explosion as the rainbow split in two.

The lower section of the rainbow quickly faded into the earth, while at the same time the upper section of the rainbow quickly grew larger and larger as it moved higher and higher until it too faded into the upper reaches of the sky. Meanwhile I could still hear the hissing sound of the snake near me. This experience occurred during the Chinese Year of the Snake.

What followed during the next months was my inability to fall asleep without feeling the inside of my head being crushed by a snake. At times this feeling of my head being crushed by an ‘internal’ snake was very strong, alarming and sometimes painful. Upon reflection I suspect that somehow my Kundalini or Serpent Spirit had been awakened. In the writings of Sri Chinmoy the Kundalini is referred to as the ‘Mother Power’ or the Mother aspect of Divine Consciousness. However, while Kundalini power can perform all kinds of “miracles”, it is not able to elevate the consciousness of any individual without spiritual power, “the power that comes from the Supreme Goddess at Her highest level.”<sup>50</sup>

The Kundalini or serpent spirit consists of six energy centres, lotus centres or ‘chakras’ which, as was mentioned earlier, are located in the spinal column within the individual’s subtle body. They are located at the six intersecting points of three ‘life-energy’ channels within the subtle body. The ceaseless stream of ‘life-energy’ being channelled is called prana or chi which comes from the “universal Consciousness light.”<sup>51</sup> While the six centres are located in the spinal column, the seventh chakra or crown chakra is located inside the brain and not along the spinal column. “For each centre,”

states Sri Chinmoy, “there is a special Mother-Power, which is a manifestation” (or aspect) “of the Supreme Mother.”<sup>52</sup> It is from the brain chakra, which is the thousand-petaled lotus, that Brahmi the Mother-Power rules the centres that are below. “Brahmi is the Mother-Power that embodies and pervades the infinite space.”<sup>53</sup> Brahmi is the spiritual power which is needed to elevate the consciousness of any individual. Brahmi may also be seen as the female aspect of Divine Consciousness, Divine Light or Christ Light.

After a number of months the crushing impact of the serpent which was awakened within me came to an end. While I was in a very deep sleep one night, I could see the sharp silvery light of the snake being chopped up into many tiny pieces. I could feel myself being ‘pulled in’ very tightly as this cutting action was taking place. Eventually, when I became awake by pushing myself away mentally from this cutting action, I found that my pyjamas and bed sheets were completely drenched with perspiration. After I had showered, changed sheets and put on clean clothes I felt significant relief. It felt as if I had been freed from an unwanted intruder that was inside of me.

Although Josef refused to discuss the ‘splitting of the rainbow’ incident with me, he did inadvertently indicate his awareness of my internal release from the awakened serpent. It wasn’t until many years after Josef’s departure that I was informed by a highly evolved spiritual medium that the ‘splitting of the rainbow’ incident represented the ‘split’ or ‘spiritual separation’ that was taking place between Josef and me at that time. While Sri Chinmoy refers to Brahmi as the spiritual Mother Power,

I was informed by that same medium that in Australia the spiritual Mother Power is referred to as Sedu. Sedu is known as the Mother of Australia by all the Aboriginal people – the most ancient Mother. The ‘splitting of the rainbow’ incident was the outward representation of Sedu taking Josef’s place. The separation from the ‘unwanted intruder’ that was inside of me was the painful expression of the ‘spiritual separation’ from Josef that was taking place. Unbeknown to me at the time, this spiritual separation was the outcome of an incident which took place between Josef and me many thousands of years ago. This incident was stored in the ‘memory bank’ of the Timeless Time or Dreaming. The consequence of that incident was now being played out in its physical manifestation on the earth plane.

In the writings of White Eagle, the rainbow is the clothing of the Master. For when all the colours of the rainbow are blended perfectly, the pure white light of the Master is the result. It is the pure white light of the Master or the Divine Consciousness of the Spiritual Sun which causes the break up of the colours into the rainbow.<sup>54</sup>

The Divine Consciousness of the Spiritual Sun is the Father which is referred to in Christianity, it is the Christ Consciousness of the perfected human individual, it is the God Ra which is referred to in ancient Egypt, it is the God Apollo which is referred to in ancient Greece and it is the God Brahma which is referred to in Hindu scripts. The Aetherius Society\* regard the sun as the life giving Divine Consciousness because everything

---

\* *The Aetherius Society*; <http://www.aetherius.org.nz>

on earth is just crystallised sunlight in one form or another.<sup>55</sup> All matter is made up of prana or chi which comes from the Spiritual Sun. We take prana into our bodies as we breathe, eat and drink. The prana which is the basis of energy in all its various forms is a manifestation of the Divine Consciousness of the Spiritual Sun. Divine Consciousness is interchangeable with energy. Prana or energy as it reveals itself in some form is the actual manifestation of Divine Consciousness.

White Eagle simply describes prana or chi as a ‘spiritual substance’, ‘divine fire’ or the ‘light of Christ’ which has the power to quicken the vibrations of matter to that point where the matter becomes invisible to ordinary sight. Hence the reference to the Earth Initiation which teaches the soul how to free itself from the bondage of matter by a process of surrender to the Divine Fire of Life or Christ Light which is within the physical body and by which the physical body can be healed and protected from all harm by a shield of light. Through this process of surrender to the Divine Fire of Life the very atoms of the individual’s body gradually become etherialised by living in the consciousness of this pure white light or Christ Consciousness. For White Eagle the true state of embodiment is in this eternal, divine light.

While the Divine Consciousness of the Spiritual Sun is referred to as Ra in the ancient Egyptian pantheon of gods, the wind, air or the breath is referred to as the god Amon: the invisible, creative power hidden from view and later referred to as the all powerful Sun Being. Within the Christian tradition, Josef alludes to the homage which is given to the god Amon



after reciting each prayer which always ends with Amen. With respect to the four initiations which are made up of water, air, fire and earth, then, they may be seen as the different aspects of manifestation of the Spiritual Sun.

The unwanted 'intrusion' which took place within me, also provided the experience for me to become aware of the debilitating power of the impure chakras within the Kundalini. In the literature of Sri Chinmoy the purification of the chakras is what needs to occur for those who aspire to make significant spiritual progress. Through guided meditation the individual is required to focus on the breath in a particular way which brings more prana or a state of higher consciousness within the individual's being. The consequent power of the Divine Fire of Love awakened by the inner voice of Brahmi or the Father or Buddha nature within the innermost heart brings about this change within the physical matter of the individual's body.

In the teaching of 'Yahavah' or "I AM THAT I AM" Josef points out that 'Yahavah' is the name which explains the reality of knowledge "of that which we call divine or of which we call God."<sup>56</sup> By coming to know what IT represents, we come into communion with THAT which is EVERYTHING. IT is THAT which we have been all the time. "THAT", states Josef, is "I AM."<sup>57</sup> However, Josef also points out that IT is also referred to as THAT which cannot be said ( Y.H.W.H. ) because THAT which is EVERYTHING or the Infinite is beyond description. IT simply IS.



## Chapter 5

*Life's battlefield  
Will be all peace  
When the sound of the mind  
Gives way to the  
Silence of the heart.  
~Sri Chinmoy~*

**W**hen Josef took out a group of eight individuals (of which I was a member) for the first time, he wanted to reveal our individual weaknesses to each other and to ourselves by taking us on a camping trip to another location south of Adelaide. Very shortly after our arrival a sequence of cloud formations was rapidly passing in front of us for a period of time. It was as if a kind of communication was visibly being relayed to us. While there were four people in the group who had already experienced a similar happening at another location when camping with Josef, this was the first time I had witnessed such a happening. I had no idea what was being communicated between Josef and that sequence of cloud formations. At no stage during and after that outing did it occur to me to ask Josef what was being communicated. At no stage also, did Josef reveal the meaning of that happening to me. Most probably because I didn't ask him.

I suspect that those cloud formations were invoked by Josef

and communicated to him what he should expect during this trip. I also suspect that they provided each one of us with an opportunity to ask Josef what was being communicated. An opportunity which did not occur to me to take at that time. It wasn't until many years after that event that I asked a highly spiritual Aboriginal medium what the significance of those cloud formations was. Her reply was that a particular state of individual awareness (or perhaps lack of awareness) was being internalised which would then become physically externalised at some time in the future. The individual awareness or observational skills that were being referred to is the spiritual awareness that is needed to acknowledge the many ways in which the ruling Law or Consciousness of that particular location may manifest ITSELF some time in the future. She was referring to the transmutation process that takes place within the "great burning fire" of the human soul.<sup>58</sup>

The location which we were taken to was by the sea facing Kangaroo Island, not very far from where I was 'chased out' by the dog at an earlier time. Unbeknown to us at the time, this location consisted of different 'energy spots'. Each 'energy spot' had a specific behavioural impact on anyone who camped there. The particular spot to which we were directed to set up camp had a disruptive influence which would manifest in a contentious issue between us. This would lead to a conflict situation within the group. As was mentioned earlier, the degree of one's awareness of the 'Ruling Consciousness' of the particular geographical location is a reflection of one's state of self awareness through ITS physical manifestation

within the immediate environment that one is in at the time. If one is unaware of the 'Ruling Consciousness' within one's environment, then one cannot account for the forces that determine individual behaviour within that environment.

The purpose of deliberately setting up a conflict situation between us was to provoke each person into openly revealing the thoughts and feelings that were discretely being held. The intention was for a greater openness and understanding of ourselves and of each other to be achieved. The contentious issue which came into focus was brought about by the way in which the food was being distributed amongst us, and also, by whom the food was being distributed. The selective distribution of a few items of food by those who assumed control over it brought into focus how the fundamental basis of power and control over people rests with those who control the distribution of food. It represented the primary struggle between all individuals for advantage. The way in which food is distributed is the fundamental basis of the power which is used to control people at all levels of society all over the world. This was exacerbated by the fact that each person had contributed an equal amount of money to purchase the food. So it was expected, and indeed assumed, that each person would receive an equal share of the food. However, as this did not eventuate, the people who missed out on those few items of food which had been unequally distributed became very agitated while those who assumed control over the distribution formed a power block to defend their behaviour. There were also those who were unaware of the conflict which was taking place.

The key purpose of this trip was to give everyone the opportunity to become aware of this contentious issue, how it came about and what role each individual played within the situation as it unfolded. Using this scenario as a living example of what actually took place, Josef wanted us to realise how most peoples' behaviour towards others is influenced by their own positive and negative personal characteristics - of which they are completely unaware. However, those same personal characteristics are often easily observed by others. Hence for societal misfits such as us, Josef wanted us to recognise our own positive and negative behavioural traits, and also those of others, to help us learn to avoid becoming easily exploited by others while at the same time not arousing unintended trouble (through a lack of self awareness) when interacting with those others. Learning to manage those traits by becoming aware of them was necessary in order for us to 'fit in' to the various societal frameworks we were part of at the time.

The divisive behavioural characteristics of some people can cause great disruption to the situation they are in without them being (self) aware that they are the cause of the havoc being created. We were also told that, for most people, such help is not needed as they instinctively know how to 'fit in'. The help such people need is rare and often minimal when it is needed.

An assessment of our behaviour and accompanying state of awareness was made clear to us by Josef after the camp. Josef spoke to us individually when he gave us his feedback. In my case the scenario which unfolded during the camp demonstrated that I was completely oblivious to the situation

which was taking place. I simply saw Josef as the authority figure and presumed that everything was under his control and going to plan. I was focusing on Josef and not on what was happening around me. I expected Josef, as the authority figure, to provide the necessary guidance to each of us.

There were many sub-plots which were also unfolding of which I was unaware at the time. For example, a number of individuals felt a certain resentment towards each other for various reasons even before the camp, while others were in the midst of an unbalanced marital power relationship struggle which needed to become more equitable. Hence the added ‘fuel’ which enhanced the volatility of the conflict situation that unfolded. The uneven distribution of a few items of food served as the catalyst to bring this situation to the fore.

The idea that a kind of competition, favouritism or rivalry was being promoted by Josef between us at the time of the camp was made uncomfortably clear to me shortly after our arrival to the camp site. It was then that I overheard Josef say to another person “You should have beaten them.” At that moment it was the wind which had delivered that comment to my ear. Josef was referring to the fact that the small four cylinder vehicle which I was driving and carrying four people should not have arrived at the designated camp site before the larger six cylinder vehicle which was driven by that particular person being spoken to and which was carrying three people. The vehicle Josef was driving carried two people. It was also Josef’s vehicle that led us to the camp site.

When I arrived at Josef’s shop some time after the camp,

he expressed his dismay to me for not having come to see him earlier. He did not tell me his reason for this and I did not think to ask him “why?” at any stage. Upon reflection, there were many occasions when I did not think to ask questions to help me gain a greater understanding of various events and issues. Perhaps I did not see the need for this as I was happy to just ‘go with the flow’.

It wasn't until many years later that I came to actually see, experience and understand how difficult it is to see what our mind does not want us to see or only see that which our mind has been conditioned for us to see. Indeed, it has often been said that we are our own worst enemy. This became clear to me during a reiki workshop that I was taking part in with a group of people. We all took a turn being the ‘focus person’ as questions were being systematically fired at us by the members of the group. Very quickly a particular obstacle pertaining to the ‘focus person’ began to crystallise within the collective mind of the other individuals. While the particular issue was relevant to the ‘focus person’, he/she was unable to see what the people who were firing the questions could see. Guiding questions would be constantly asked until a breakthrough was made. The breakthrough moment would occur when the focus person finally became aware of the obstacle that the others could see. This was achieved by leading the ‘focus person’ to that moment of self recognition through guided questioning. Once the breakthrough moment came, the ‘focus person’ invariably wept a little in response to the kind of ‘pressure release awakening moment’ which had just occurred. For Sri Chinmoy, the tears

which are shed in such awakening moments come from the individual's soul because the soul's 'cry to be heard' is being acknowledged by that individual.

In my case, the issue which became manifestly clear to me after prolonged guided questioning was the significant influence that my father had over me. At all times I was unconsciously driven to please him. As a result of my childhood conditioning my mind had made it extremely difficult for me to become aware of this fact. During my initial years of association with Josef, I was often told by him that my father had done a "very good job on me". I had little idea of what Josef meant by that assertion. I was also oblivious to what the consequences of that observation would turn out to be.

It was this point that formed the basis of many conflict situations that would arise between Josef and me. While on the one hand I had very strongly identified with what Josef represented and greatly valued the enormous help and support that he was giving me, on the other hand I was also in many ways even more deeply influenced by my father. For example, while I was being drawn into entering the astral plane by 'leaving' my physical body on a number of occasions, I resisted allowing this to happen because of my father's warning that, if a person were to leave his/her physical body, he/she may lose their bearings or sense of direction on the astral plane. This may then result in not being able to re-enter one's physical body. When Josef tried to get me to leave my body on one occasion, I fiercely resisted on account of my father's warning. Although Josef was very angry with me for my not allowing this 'release' to happen, I



found it difficult to trust his judgement despite the great help and support he was giving me. Hence the view which was taken by Josef that I had been very greatly influenced by my father.

One of the main sources of conflict between my father and Josef was brought about by their differing interpretations of some of the lessons from the *Books of Masters*. These differences of interpretation would often result in meetings that evoked considerable tension between them and, at times, animosity which Josef overtly expressed.

Upon reflection, the resultant impact of the ensuing 'conflict of influence' was symbolically demonstrated to me when I was listening to a tape recording of the first lesson of the eighty three lectures which were delivered by Josef at the St. Johns Spiritualist Church in Port Adelaide. As I was listening to the recording, the tape somehow loosened and became entangled on the spindle. I was unable to untangle the tape. When I asked my father for assistance he was also unable to disentangle the tape. Eventually I decided to cut the tape with a pair of scissors, untangle it and then use sticky tape to join the two loose ends. This action proved to be symbolic of the cut that was to eventuate between my father and me and also between Josef and me. When I looked behind me after having cut the tape, I could see very dark foreboding clouds hovering in the sky. It was as if the clouds were telling me that I had made the wrong decision. It didn't occur to me to ask for Josef's help at the time.

Prior to my having cut the tape, I had transcribed that same first lesson after having transferred Josef's taped copy onto my own tape. The significant thing about the sound on my tape

recording was that I could hear the sound of crashing waves in the background. This sound evoked an image of that same location from where I had been ‘chased out’ by the dog previously. When I mentioned this to Josef, he was not at all surprised, as many messages or ‘markers’ were often revealed to the individual in the most unexpected hidden ways. Hence the meaning of occult which is derived from the Latin word for ‘hidden’.

That first lesson was titled *The Source* which came under the broader heading *Of The Great Structure*. Each one of the eighty three lectures delivered by Josef was tape recorded and then transcribed. At a future time when another tape recording had become entangled, I took the tape to Josef to see if he could help me. He untangled the tape effortlessly.

It may or may not be significant to note that when Josef delivered the first lesson, not one member from the ‘group of eight’ was present to hear that delivery. No member of the group was informed where and when that lesson was to be delivered. Perhaps its significance lies in the fact that each individual must come to IT, to find the SOURCE in his or her own way, in which case Josef was simply the provider of the starting point for each of us.

It wasn’t until many years later that I came to realise that I had identified far too closely with both my father and Josef in matters of spirituality. Josef often told me that he needed to point out to my father on many occasions that he wasn’t ‘doing his job’ in looking after his family. For indeed, as was stated earlier, in order to be ‘allowed’ to make any significant spiritual progress, the immediate duties at hand need to be

fulfilled. My father found it very difficult to maintain the necessary detachment when transitioning between different states of consciousness.

One of the negative consequences of my having identified too closely with my father and Josef was blindly adopting many of their behavioural characteristics instead of becoming more aware of my own. By identifying too closely with my father and with Josef, I was depriving myself of the opportunity to recognise that we need to explore, follow, realise and live by our own truth. Not by other people's truth. In so doing I had become attached to my father's limitations and to Josef's limitations and experienced the extremely painful consequences of uncertainty that was an outcome of those attachments. Both my father and Josef had difficulty managing their spiritual pride.

Within the Buddhist teaching of detachment, the individual needs to aspire to be mindful of not becoming attached to happiness. Equally, the individual also needs to aspire to be mindful of not shying away from any suffering as it presents itself. By wanting happiness and wanting to avoid suffering, the continuing enhancement of desire is being promoted instead of the gradual growth in detachment (from the darkness of the personal 'I') that needs to be aspired to.

While it is desire that brings about the darkness of personal attachment, aspiration (which comes from the inner cry of the soul) works towards transforming the darkness into light. "Our aspiration" states Sri Chinmoy, "burns away the outside forces of impurity and imperfection and, at the same time, clears up all that is disturbing our inner consciousness."<sup>59</sup> If one's inner

cry from the soul is constant, “then this aspiration will climb up while God’s Grace descends”<sup>60</sup> enabling the aspirant to grow into the Light, Bliss and Power of the Divine Consciousness.

On this basis then, Sri Chinmoy does not view ‘suffering as such’ as being necessary for spiritual progress as it does not contribute anything to the soul. “We do not go into the light through darkness and suffering; instead the light transforms our darkness and suffering. The soul overcomes all suffering when we are enlightened.”<sup>61</sup>

Through the gradual mastery of desire, the increasing degree of contentment and freedom from desire leads to eventual spiritual awakening that is the Christ Consciousness. Through our acceptance of spirituality “we become aware of every thought, whereas previously we were not aware of our thoughts.”<sup>62</sup> Hence, if it is a divine thought that enters into our mind, we are happy. “If it is a wrong thought we are frustrated and disappointed.”<sup>63</sup> Prior to the individual’s acceptance of spirituality, Sri Chinmoy makes the point that many unconscious mistakes will thus be made by the individual. These unconscious mistakes are likely to manifest themselves in the physical world enabling the results to come out as suffering for that individual.

In the teaching of the Buddha, following the Eightfold Path leads to the gradual mastery of desire through detachment. The Eightfold Path consists of right speech, right action, right livelihood, right effort, right mindfulness, right concentration, right view and right thought. However, it is Time which will decide whether what has been done was the right thing to have done or not – whether what has been done has proved to

be wise or not. Hence the importance of learning compassion, brotherhood and stillness of the mind in order to enhance greater receptivity to one's Inner Voice. In doing so the mastery of desire through the Eightfold Path is being enhanced through the guidance of the wisdom of one's Inner Voice. In this way, states White Eagle, the Buddha "pointed the way to prepare the minds for the baptism of the Christ Light."<sup>64</sup> The great achievement in the teaching of the Buddha was to learn how to achieve stillness in the mind to enable the individual to hear the silence of the Inner Voice. For White Eagle, aspiring to live in the consciousness of the pure white light is the true state of embodiment.

For Sri Chinmoy, also, the most important attribute of the Christ Consciousness is love. When the Divine Love that is the Christ Consciousness takes an intimate form, it is called Compassion. "This Compassion" states Sri Chinmoy, "is the most powerful attribute, the most significant attribute of God"<sup>65</sup> because all other divine qualities such as justice, wisdom and light will be found inside Compassion.



## Chapter 6

*What is a challenge*

*If not a friend*

*In disguise*

*To strengthen us?*

*~Sri Chinmoy~*

**A**s I was transcribing Josef's second lesson titled *The Question is God*<sup>66</sup> during the early hours of one Sunday morning, my crown chakra opened up, enabling my consciousness to rise into the silent black firmament. I was feeling very calm and peaceful as this was happening. When I had completed transcribing that lesson, something drew me outside of the house. Perhaps I heard a noise which I felt needed to be investigated. When I did go outside, there before me was a huge Golden Orb seemingly suspended against the dark western sky. As I was drawn to gaze upon IT, my third eye chakra opened. When it did so, I could feel the air flowing through my forehead. At the same time the veil of silence gave way to the sound of noisy activity which was around me. By this time my legs were shaking as I was filled with fear and apprehension.

Very shortly after this experience, I came to the conclusion that this 'business' of becoming more spiritually aware was simply too big, too disruptive and too 'unknown' for me. I was

feeling very fearful and apprehensive of leaving what I perceived to be my comfort zone. Instead, I wanted to feel a sense of order and safety for each stage of unfoldment on my journey. I wanted to feel a certain measure of my being in control.

When I saw Josef the following day to tell him of this experience that I had just had, I also told him of the great fear and apprehension that I felt. However, I did not tell him that I wanted to opt out of this ‘business’ of making spiritual progress on account of this fear that I had experienced. Instead, I went along with the idea of still wanting to pursue this path of spiritual unfoldment. This proved to be an extremely foolish thing for me to have done, as one of Josef’s many psychic gifts was having the ability to easily read any individual’s mind like an ‘open book’. While being true to one’s innate disposition is important when pursuing any goal of personal significance, it is especially important when engaging in spiritual matters as one is in the process of learning to recognise the power of the driving force of one’s true self which is constantly demanding to become recognised and to achieve fulfilment or meaningful purpose.

Not to be true to oneself is an attempt to resist the ‘flow’ of a much greater force which, in turn, can cause the individual to feel vulnerable, unhappy or even to become damaged in any number of ways. White Eagle clearly states that the “One who rejects his responsibility, who turns his back on the light he has once seen, endures sorrow, because to do so breaks a divine law”.<sup>67</sup>

According to the teachings of White Eagle, the air which

flowed through the opening of my third eye chakra can be seen as my having experienced a major Air Initiation. With the Air Initiation comes the ‘opening’ for the higher mind to begin to achieve mastery of the lower mind. It is by learning patience and disciplining the mind through balancing the higher and lower mind that the mastery of the lower mind can be achieved. For White Eagle, the lesson of the air element is brotherhood, whereby all humanity and beyond may learn to control the “arrogance of the powerful mind – bringing it under the control of spirit, learning tolerance, simplicity and humility.”<sup>68</sup> Humility in this instance should be viewed as aspiring to become receptive to all of that which is around us in the ‘now’. Hence the true value of learning to meditate or practise the “in breathing of the air of the Divine”, which is to find guidance and wisdom through communing with one’s Inner Voice. It is the cultivation of dispassion, “quiet stillness in the breast”, that “will enable the aspirant to hear clearly the voice of the Master whose commands he awaits.”<sup>69</sup>

While I was with Josef and a member of the earlier ‘astral travel group’ that my father was in shortly after my ‘Golden Orb’ experience, the person who was with Josef simply looked at me and said “Oh, so you saw the Burning Bush”.<sup>70</sup> Another one of my father’s friends who was also involved in such spiritual matters told me that I was spiritual. Whether I liked it or not.

Some months after my ‘Golden Orb’ experience, that first Golden Orb appeared to me in a dream. As I walked towards this Golden Orb while holding the right hand of a woman with my left hand, I kissed IT. In that instant my whole being was



consumed with bliss. By entering the consciousness of bliss, I found myself experiencing the all consuming, infinite, Divine Consciousness which simply could not be adequately described with words. Like the revelation of Divine Consciousness through time, cause-effect, being in the 'now', truth, reality and existence ITSELF, bliss is simply beyond intellectual description. For, as was referred to earlier from the *Books of Masters*, the intellect is located within the ordinary mind which is in a state of illusion. The debilitating fear that I had initially experienced was washed away as the ultimate goal of our existence became revealed to me. I did not mention or attempt to describe this experience to Josef.

It wasn't until many years later that I came to realise that I had experienced Ananda, Krishna Consciousness or the Vishnu aspect of Brahman. For White Eagle it is the 'all love' aspect of the Master Soul which is the Spiritual Sun.<sup>71</sup> I had also come to realise that my revelations of time, cause-effect, being in the 'now', truth, bliss, reality and existence ITSELF were the outward manifestation not only of the Master Soul, but ALL of THAT which exists. They are simply different aspects of Divine Consciousness or Christ Consciousness which is located within the soul of each individual. Upon reflection, my revelation of Krishna Consciousness may also be seen as the Divine Union of the male and female aspects of Divine Consciousness.

As was mentioned earlier, all form is an expression of energy which is a manifestation of Divine Consciousness as it reveals ITSELF through prana, chi, 'divine fire' or the 'light

of Christ.’ In the Tenth Lesson given by Josef, he begins with “In the beginning was concept-thought – and it was with the source of creation.”<sup>72</sup> Put another way this could also be read as ‘In the beginning was Divine Consciousness and IT was with Divine Consciousness.’



## Chapter 7

*You follow*

*Your heart's love.*

*Your life's happiness*

*Will follow you.*

*~Sri Chinmoy~*

One of the main conditions for achieving any desired outcome when under the guidance of Josef was having to be prepared to follow the instructions which were given by him. At times this could be a difficult thing to do because the individual who is seeking the guidance may not understand the impact of certain actions on other individuals, or indeed, the particular circumstances of the situation which the individual is in.

Timing was a crucial element when being guided by Josef. To carry out an action 'too early or too late' did not contribute towards the achievement of the desired outcome. The action being taken simply had to be 'on time'. Period. This state of affairs often left the individual becoming very dependent on Josef's guidance, at least until the desired outcome was achieved. Sometimes certain sequences of events were being invoked which could have either positive or negative consequences for the individual. This often depended on

whether the conditions were met and whether the instructions given were being followed.

On one occasion, for example, Josef instructed me a number of times to make sure that the camping equipment I intended to take with me on a camping trip with my family was tightly bundled inside the rear of my station wagon before setting off on our trip. Normally I would do the packing in the afternoon before setting off in the evening. I found the road traffic to be least busy when travelling overnight. However, on this occasion it was simply impossible for me to get any packing done. It was as if some kind of ‘hidden force’ prevented me from doing it. After many hours of trying to pack I simply gave up and went to bed.

The following evening I was ‘allowed’ to begin our journey after having carefully followed Josef’s instructions. During the early morning that followed, and as our trip was coming to an end, I found myself driving with great difficulty into the direct path of the blinding sun as it began to rise.

The significance of this event became apparent to me much later when a member of my father’s astral travel group told me of a similar experience that she had. However, when this person was finally ‘allowed’ to leave for her destination after a few hours of ‘inexplicable delay’, she drove past a scene of carnage on a section of the road which she would have been on had she left at the time she had intended. The carnage she saw had resulted from an earlier collision of motor cars. Had she been ‘allowed’ to make the trip as she had planned, her timing would have resulted in her being in a very serious motor car accident.

In my case I can only speculate what might have happened if I had not followed Josef's instruction. However when I did arrive to the camp site in that early morning, one day later than I had intended, I saw Josef checking to see whether I had heeded his warning. Shortly after my arrival I mentioned to him how I was blinded by the rising sun as I was heading for the camp site. As was mentioned earlier (See Chapter Three), sometimes the instructions which were given simply appeared to make no immediately observable sense. Upon reflection, I suspect that Josef had been forewarned of the likelihood of our being involved in a road accident on the way to the campsite. However, the possibility of this happening had been averted by that inexplicable delay.

This was the case on the day when Josef told me to "Find the horse". When I arrived at his shop after work that day he immediately shunted me out of the shop, telling me to "Find the horse". I was perplexed. At that time I was teaching full time as a secondary high school teacher and undertaking part time post graduate studies in education at university. I was not 'fitting in' at the school in which I was teaching, and was having great difficulties with my studies at the university. Although I had no mental strength to continue with my university studies, my refusal to give up resulted in my having spent a disproportionate amount of time and energy on a seemingly lost cause. This state of affairs was also having a seriously negative impact on my job as a teacher. I was in a very dark 'mental space' and felt that I was a candidate for elimination.

Josef had often spoken to me of how people can become

eliminated if they stop carrying out certain conditions which have been set for them to attain certain goals. In my father's 'astral travel group,' for example, one person was eliminated for not having met the conditions which had been laid down by the Masters in order for him to be 'allowed' to achieve an outcome which he greatly desired. In that particular instance he had made his departure to the 'other side' on a hot afternoon north of Adelaide at a place named Accommodation Hill. There he was found lying on the side of the road alongside his scooter. Elimination can occur in any number of ways. Being involved in a serious motor car accident, for example, or through unexpected serious illness. Josef had often spoken to me of how he too had to abide by certain conditions.

When making spiritual progress through occult, Sri Chinmoy likens it to "walking on a knife edge" with darkness surrounding both sides of the blade. This image was made clear to me when I had completed a very successful first year of (post graduate) studies as a result of the considerable guidance given to me. When I reflected on that particular year of achievement, an image of the path on which I had 'travelled' began to visibly disappear. This meant that there was simply no way for me to get back to my earlier mental state. The required path was no longer there for me to back track. To continue moving forward to reach the desired outcome, however, meant that I would need continued guidance. I continued to accept the guidance which was being offered with a great sense of optimism.

Sri Chinmoy also points out that should one fall off the 'knife edge' when making spiritual progress through occult,

then one will become lost and may have great difficulty getting back on to the path which is being followed. Hence the great likelihood of not being able to get back on to the path which has been taken or even becoming eliminated. The great likelihood of not being able to get back on the path is exacerbated by the changing circumstances brought about through Time. It is the changing circumstances that open and close the windows of opportunity. Hence the importance of being on time with each step that needs to be taken. It also highlights the reason for Josef's concern that the individual follow very carefully the instructions given while at the same time developing the necessary observational skills to minimise the chances of 'falling off' the path.

For me, this was a case of my not having met certain conditions which were set. I found myself wanting to pursue spiritual matters (which I had earlier rejected out of fear) instead of abiding by the normal academic expectations of the university. By having rejected the intended sequence of events which were put in place by Josef, I had in effect brought about a series of ongoing negative consequences upon myself. Josef was a Lawman, an upholder of the Law. As a Lawman, he was held accountable for the consequences of the actions of those others whom he helped.

One of the negative consequences for me was having entered a state of ongoing 'mental darkness'. When the mind is in darkness, all sense of direction, purpose and strength becomes seriously compromised. As a consequence of this, one is left with a sense of vulnerability and fear. Fear causes the person to become 'immobile' as a sense of mental paralysis sets in.

Upon reflection, the earlier 'camping demonstration' of my having been completely oblivious to the situation which was taking place around me (as was earlier described in Chapter Five) had come to pass once again. However, this time the consequences for me were far more serious. The significance of the meaning of those 'messenger clouds' which appeared at the camp site and which had been internalised by me, was now being externalised. It was this state of ongoing unawareness which was the main cause of my not having met the required conditions at the school in which I was teaching and at the university where I was studying. One of my major 'breakdown points' when at the university came about when I was given the task to write about truth. At that time I was the only student in my philosophy class. While I was grappling between the Correspondence Theory of Truth and Coherence Theory of Truth, I felt that I was truly out of my depth. In addition, I did not have the mental capacity to stay focused on the task at hand. As a consequence, I was simply unable to come to terms with what truth and reality is through my intellect and other peoples' intellect alone. It wasn't until many years later that the answers to those questions were revealed to me through Divine Consciousness.

And so it happened one evening when I was reading some of the work from the Spanish philosopher Jose Ortega y Gasset. As I was reading, an image of a horse galloping from the mountains of southern Spain to the Mediterranean Sea kept popping out. Then 'something' made me go outside the house. It was around midnight and the moon was lighting up the clear sky in the east. It was at that moment when I saw a pure white cloud in the



shape of the most magnificent, perfectly formed horse appear from the south eastern sky. I had found the horse which Josef had told me to find. Or was it the horse which had found me? Ralph Blum states that from Bronze Age artefacts it was found that “the horse both symbolised the sun and was regarded as drawing it across the sky.”<sup>57</sup> In the days that followed, the obstacles which were before me were removed, enabling me to ‘fit in’ and continue my spiritual journey. It was as if a bright light had revealed to me the ‘blockages’ which had formed within my workplace and then had dissolved them. With respect to my university studies, I was soon able to complete my degree at another university. However, I felt that the degree which was eventually awarded to me was a meaningless empty title which simply served the purpose of freeing me at last from the chains of my academic imprisonment. I felt emotionally and mentally drained. When I was personally invited to continue with further post graduate study, I had no hesitation in declining the offer which was put to me.

Different seekers will experience different difficulties or obstacles on the mental, vital and physical planes. But because most of the time we remain in the physical consciousness, Sri Chinmoy points out that we do not know what is happening on the mental plane.

In contrast to working with the occult, Sri Chinmoy makes the point that meditating on the heart chakra is the safest way to make spiritual progress. While working with the occult may provide the fastest means of ‘travel’ when compared to meditation, it can also be a far more dangerous path to take. By creating a positive power that will engulf, destroy or illumine

the negative power, Sri Chinmoy describes the occult process as always having to be a “warrior and fight.”<sup>74</sup> This is in contrast to the spiritual way which is to “meditate on the Supreme Protection and Compassion.”<sup>75</sup> Through the power of Divine Protection and Compassion comes the Christ Consciousness which transforms into light the negative power of darkness.

Behind the physical heart is the spiritual heart, and behind the spiritual heart is the individual’s soul. As the individual meditates on the heart chakra, a purification process begins to take effect on the higher and lower impure chakras as the heart chakra begins to open and expand in all directions. The heart which is being referred to is the pure heart – the spiritual heart – and not the physical or the emotional heart which is really the vital. The heart has the capacity to identify with anything – small or large – from the tiniest creature to the vastness of the infinite. When we see the vastness of reality with our physical mind or with our vital “we are scared to death.”<sup>76</sup> “This fear always comes” states Sri Chinmoy, “because we do not know how to identify ourselves with something that is beyond our normal capacity.”<sup>77</sup>

To integrate the mind and the heart, Sri Chinmoy points out that either the heart needs to enter the mind or the mind needs to enter the heart. But while the heart teaches the mind, it is the soul which teaches and instructs the heart. By consciously identifying oneself with the heart, “it will carry us to the real source, which is the soul.”<sup>78</sup> The purifying energy of the soul enables the individual to achieve a greater state of awareness through the increasing light and enhanced receptivity to the individual’s Inner Voice. By ‘Inner Voice’ is meant the Light

and Silence of the Spirit to which the individual's soul becomes more receptive.

In the writings of White Eagle, it is the action of the Divine Fire of Love awakened by the Inner Voice within the innermost heart that brings about this change in individual awareness. While major initiations cause a "stimulation of the upper triangle of the heart, throat and head centres"<sup>79</sup>, for the lower triangle it is the solar plexus, sacrum and root centre. As was stated earlier, each of these sacred chakras "gradually become stimulated and alight through many initiations of minor degree, and are brought at last to full power and full radiance by the major initiations, by spiritual experience, spiritual illumination."<sup>80</sup> White Eagle also points out that the resultant blazing star of the six pointed star has one central point, thus making it a seven pointed star. That one central point is the heart centre.

Sri Chinmoy does point out, however, that if the individual's chakras are not pure enough to experience the high energy level of Divine Consciousness, then that individual's 'awakening process' may become retarded for some thirty years. For me, this brought back the memory of my 'third eye' chakra having been opened when I stood in fear before the 'Burning Bush'.

As the individual progresses into more light, so too does the individual become more aware of self limitations and imperfections, points out Sri Chinmoy. It is akin to an increasingly powerful spotlight that is shining on the individual's nature, bringing more sharply into focus the obstacles which need to be overcome to continue making spiritual progress. With this greater awareness comes an increasingly less dense

configuration of matter within the individual's whole being. However this makes the individual even more susceptible to the negativity of the more dense configuration of matter which exists within less spiritually evolved individuals. It is this greater awareness of the obstacles which need to be overcome that makes progress increasingly difficult. Hence the need for guidance from a master or some kind of divine intervention.

For White Eagle the chakras are centres of power which act as 'windows of the soul'. By closely applying the rules of the spiritual path to everyday life (e.g. renunciation, compassion, wisdom, love and service) these 'windows' will become purified and will open naturally. For example, with the practise of true brotherhood White Eagle asserts that "the heart chakra becomes stimulated; the throat chakra begins to expand and radiate light" while the head centre begins to stir open and "become an instrument of divine intelligence."<sup>81</sup>

When an individual has attained a state of Christ Consciousness, the two triangles of the six pointed star are perfectly balanced. It is "indicative of the perfect being, the soul who has found light and attained a high degree of equilibrium."<sup>82</sup> For White Eagle then, the six pointed star is "the symbol of man perfected, the Christed man."<sup>83</sup> One can never go wrong if one gives one's heart to that symbol of the six pointed star. "It will never misguide you" states White Eagle, "never mislead you. It will guide you through your life, right up to the golden world of God."<sup>84</sup>

Although meditation is primarily concerned with learning to become increasingly receptive to the Supreme through the

silence of the individual's inner voice, Sri Chinmoy makes the point that in the normal seeker's lifetime true meditation is achieved for only about 15-20 seconds. Being guided by an enlightened master can certainly speed up the individual's progress. However, Sri Chinmoy also makes the point that it is the Will of the Supreme which decides who will achieve enlightenment. As was mentioned earlier, God is giving Peace, Light or Bliss to each individual according to the capacity of each individual's receptivity. To be given more than that "would ruin the inner progress of that individual, whereas the one who is given more has the capacity to receive it, to embody it and to fulfil it."<sup>85</sup>

For White Eagle, the two paths open before the soul are, "the way of love, the mystical way; and the way of the more forced, occult growth."<sup>86</sup> However, whichever path is taken, White Eagle further asserts that there "can be no rushing forward on the path of spiritual enlightenment. The lessons, which affect every plane of man's being, must be thoroughly learnt."<sup>87</sup>

Those different planes of being or planes of existence may be seen as representing the composition of energy or consciousness of which each individual is made up. These are the physical, etheric, astral, mental, psychic and soul planes of existence. It is in this sense then, that the seeker needs to aspire to perfect and purify each of those planes of which each individual is composed. However, this can only be achieved "by the guiding spirit of God, that invisible light, that pure radiant light above and within him. The symbol of this light is the six pointed star."<sup>88</sup>

This learning that must take place and which must be demonstrated in action, then, is the basis for the ‘permission’ which must be given before the individual is ‘allowed’ to spiritually progress. Hence, as was mentioned earlier, the four initiations which White Eagle refers to that need to be passed.

At the centre of the four arms of the four initiations is the universal circle of the Spiritual Sun. When the individual has passed all four initiations, that then is the time when the individual’s soul becomes One with the Master Soul: the Spiritual Sun. That is the attainment of the Christ Consciousness brought about through the four arms of the four initiations symbolised by the cross.

For Josef, when the four equal arms of the cross are joined together to form a square, that becomes the symbol of the unity between the four principles of the New Testament. Those principles are God, Father, Mother and the Son. The communication link between these four principles is the cross which is within the square and which represents the Spirit.<sup>89</sup>

Prior to my having ‘found the horse’, I had also seen the dragon and the snake in cloud formation in the previous two years (1976 and 1977) as I was standing alongside Josef looking at the sky. On both occasions it was during late afternoon. Nothing was said. Nothing was also said when I had ‘found the horse’ (1978). The appearances of the dragon, snake and horse in those consecutive years heralded the beginnings of those particular Chinese lunar years.

Josef had often demonstrated his ability to not only communicate at will with cloud formations (which are outward

manifestations of consciousness) but also invoke events which happened in the past. For example, when sitting with a group of people inside a large tent one evening, the pungent smell of burning eucalyptus from a camp-fire from the distant past entered our nostrils. On another occasion a group of us were sitting on a rocky ledge on the side of a hill overlooking some bushland while listening to the sounds of the sea which could be heard from the ancient past. We were located many kilometres away from the coastline. The extent to which Josef was able to do this may be seen as an outward manifestation of his spirituality or spiritual awareness.

On one occasion I saw a perfect cloud formation of a kookaburra which suddenly appeared against a clear blue sky on a sunny afternoon as I was driving with my family to our camp site. When we arrived at our camp site, there on the bough of a gum tree was a kookaburra. It was as if it wanted us to acknowledge its presence. While discussing the bird-life around that particular camp site, we were informed by Josef that the bird-life in that area was ruled by the kookaburra.

It wasn't until some thirty years after Josef's departure that I was informed by a very highly spiritually evolved Aboriginal woman (Crow Woman) that I was connected with Sri Chinmoy and Josef in an earlier incarnation many thousands of years ago. The crow is the symbol of death which in turn is the symbol of initiation and transition. As Crow Woman, this Aboriginal woman was able to transition many incarnations within the Timeless Time that is the Dreaming. Under the instruction of her forefathers I was informed by her that Josef had stolen a spear which was

in my custody while I was asleep from exhaustion (after having overcome many obstacles) and claimed that the spear belonged to him in the time of that earlier incarnation. While many people believed what Josef had told them, Sri Chinmoy knew that what Josef had said was not true. I was given the task to gather certain objects to benefit the humanity. Amongst these objects which I had succeeded in gathering was the spear. In this instance, the spear represents the embodiment of light, love, knowledge and law. It is a spiritual spear which not only has the power to transform darkness by invoking light, but in doing so it provides protection to the designated holder or representative of the spear.

The darkness which is referred to here is the personal 'I' of one's ego – the 'I' which is of the earth that puts itself before or above the divine 'I AM' which is the "voice" of Divine Consciousness. For Sri Chinmoy, the darkness of the personal 'I' of one's ego can also manifest in guilt, doubt, depression, fear, anger, worry, anxiety, temptation, jealousy, frustration and destruction.

The designated holder or custodian of the spear does not actually own or hold the spear. The power of the spiritual spear, which comes from the spirit world, is brought into manifestation by the spirit world through the designated representative of the spiritual spear. The designated representative of the spiritual spear is merely an instrument of the Divine Consciousness. However, as the custodian of the spiritual spear becomes increasingly aware of the duties which have to be carried out under the guidance of the Christ Consciousness, the custodian eventually becomes the spiritual spear. At that time of complete communion, the designated representative or custodian of the



spiritual spear becomes the embodiment or manifestation of the spiritual spear that is the Christ Consciousness.

Although a true Spiritual Master has the capacity to totally identify on a personal level with his followers in the 'outer world', within the Master's 'inner world' there is a total detachment from the 'outer world' as the Master has also totally identified with the impersonal, infinite aspect of the Divine Consciousness. While the personal aspect of the Divine Consciousness suffers and becomes everything in life, Sri Chinmoy states that, "God in His impersonal aspect does not feel anything. He is not at all attached to our suffering. He only transforms and liberates us with the conscious awareness and assistance of the personal God."<sup>90</sup> It is on this basis then, that the Divine Consciousness takes the help of certain human beings to transform the human into the divine. "Without the assistance of the personal God", states Sri Chinmoy, "humans would not make any satisfactory progress on earth."<sup>91</sup>

It is on this basis then, that Sri Chinmoy asserts that one of the most stupid thoughts or ideas is that one "cannot realise the Vast, the infinite", that "it is beyond our capacity to realise God."<sup>92</sup> However, as was mentioned earlier, the origin of these dark forces is not always in the physical as they can also come from the subtle planes – the subtle vital or subtle physical. "The easiest and most effective way to conquer the hostile forces that are within us", states Sri Chinmoy, "is to feel that we have an inner sun."<sup>93</sup> That it is the inner sun that will illumine us. "There is no difference between protection and illumination. When we are fully protected, then illumination automatically takes place; and when we are illumined, fully illumined, protection will be there all around us."<sup>94</sup>



## Chapter 8

*We do not fail —  
We just fall a few times  
On our way to the  
Destination.  
~Sri Chinmoy~*

**F**or White Eagle the cross is a symbol of life. By ‘life’ is meant a life gained through death of the lower self. It symbolises “the surrender of the lower nature, the relinquishing of personal desire, the complete surrender to the will of God and the response to the inspiration of love and brotherhood.”<sup>95</sup> The love which is referred to here is a pure love which gives “universally to life”.

White Eagle also makes the point that putting universal love into action in everyday life is one of the hardest lessons that the individual has to learn because it is not a “self serving love.” The gradual purification of the individual’s lower chakras can only occur by overcoming material desire, self promotional desire and by overcoming the experience of earthly disappointment and intense sexual attraction to the opposite sex. While the lower chakras possess the powerful ‘self absorbing’ force of isolating the individual into an emotional ‘vortex’, this is in contrast to the outward more expansive power of the higher chakras.

It is the excessive power of the lower chakras that holds the individual in darkness.

Desire or the dark forces of attachment are the hostile forces which come from the unpurified lower chakras. These hostile forces undermine the heart's psychic aspiration and the light coming from the soul. However, the accompanying feeling of guilt as an expression of darkness, for example, is bound to leave the individual who tries to be in the Light and for the Light. "In doing so", states Sri Chinmoy, "you will see the things that do not help you in your march toward realisation falling behind you because they cannot bear the effulgence of light."<sup>96</sup>

As was stated earlier, although the soul's desires, feelings or emotions come from the psychic realms, they can also very powerfully manifest on every plane of one's being – physical, mental and spiritual. It is "Only when the Christ-power becomes deeply established within," states White Eagle, "can the seeker be called anointed."<sup>97</sup> Only then will the individual "be able to meet all the situations of everyday life with complete tranquillity."<sup>98</sup> At the point of complete communion with the Supreme, any hostile forces from the lower chakras will be unable to detect any weaknesses on the individual's mind, vital, subtle physical and physical planes of being because they have been 'disempowered' or purified through the power of Christ transformation. Once the Christ Spirit quickens within the individual, the world can no longer touch that individual. "This", states White Eagle, "is what salvation means – not through belief in one particular man, but salvation by reason of the Christ love within man himself."<sup>99</sup> However, as was mentioned earlier by Sri

Chinmoy, White Eagle also points out that this ‘Being of Light’ can also manifest in human form bringing an understanding of “human and personal problems, understanding your perplexity, your fears, your grief, your loneliness.”<sup>100</sup>

Sri Chinmoy makes the point that whether an individual is having a happy or unhappy experience, in truth this should be seen as the Supreme having an experience through that individual. It is the individual’s spirit or that aspect of the Divine within each individual that is guiding the individual into the light or from a state of illusion to an eventual awakening. For White Eagle, such experiences give the soul opportunities to serve the Great Law by responding with “loving acceptance of the conditions it has been given, and doing its best.”<sup>101</sup>

Free will lies in the soul’s response to the continually changing circumstances as they arise. However, as was mentioned earlier, the individual does not come to the Supreme. It is the Supreme or Divine Consciousness which brings about an awakening within the individual as certain degrees of initiation or tests or obstacles which are put before the individual are overcome. Until such obstacles are overcome, the forces of illusion which use the vehicle of desire can manifest in any number of ways. In short, the individual is trapped into only seeing and feeling that which the earth-bound mind wants that individual to see and desire. It thus becomes a process of internalised conditioning which is extremely difficult to dissolve unless the individual’s soul has become dispassionate, calm and tranquil, enabling the individual to hear the guidance of the ‘Inner Voice’.

At the time when I was experiencing fear, vulnerability and

darkness, I had a really terrifying nightmare in my sleep one night. In that nightmare I was in 'free fall' moving at great speed into a black bottomless abyss. My nightmare was revealing to me a state of darkness which I was already in. I was screaming for my mother. Without warning my fall was halted by a cross. This cross emanated great light and power as it carried me safely to the top of a hill in a location which I could identify. I had stood on the top of this hill before with Josef. On this hill the eastern point of Kangaroo Island could be easily seen. For me, the cross revealed ITSELF as the symbol of Light and Power through that dream. When I recounted that dream to Josef, he dismissed it as nonsense. Upon reflection this dream was a forewarning of the Fire Initiation which was in store for me. It was also a forewarning of the quickening spiritual separation that was about to take place between Josef and me.

At this point I was feeling great despair. I simply felt very powerless, constantly attacked with negativity, lacking in self-confidence and unable to regain any sense of balance and positive affirmation within myself. I was looking outside of myself for support from those significant others on whom I felt dependent instead of learning to empower myself by looking within.

And so IT came to pass one late afternoon that the Spiritual Sun lifted ITS veil and revealed ITSELF to me as the Father - Mother, the Master Soul or the Master of Life through the Christ Light which gently flashed and flickered painlessly into my eyes. In so doing I became drawn into a greater state of awareness. In that moment of revelation I was playing with my first born one year old son. What immediately followed

was a sense of upliftment, disorientation and the feeling that something great had just happened to me. With this upliftment also came a clear understanding of why I was chased out by the dog from that significant location (referred to in Chapter Three) and why the significance of the cross was revealed to me in the earlier dream that I had.

The reason why I was chased out by the dog during that earlier trip was simply because I was the instrument of my father carrying out his will which conflicted with the will of Josef who was carrying out the role of custodian of that territory. The dog which chased me out was the representation of my father ‘telling’ me that I was meant to serve his bidding not Josef’s. It wasn’t until many years after this event that I was informed by two very highly spiritually evolved Aboriginal women that my father had been initiated by five Aboriginal Lawmen in the territory of the Peramangk in the Adelaide Hills in South Australia. His initiation took place shortly after his arrival as a post World War II Polish migrant. The location from which I was chased out by the dog was where the Aboriginal territories of the Kurna, Ngarrindjeri and Peramangk meet. I was also told by those same Aboriginal women that had I been allowed to ‘cross over’ to Kangaroo Island at that time, I would not be here at the time of writing this book.

By carrying out my father’s will I came to realise that I was the instrument which was used to fulfil the truth of the name which I was born into. In so doing I was helping him to fulfil his kriya or the ‘contract’ that his soul had agreed to undertake before his incarnation.<sup>102</sup> In order to do this was the need for

me to overcome some of my father's limitations which were largely driven by his lower vital. I was also undertaking some of the designated tasks which were agreed to by my soul before my incarnation. To know the designated tasks agreed to by one's soul before incarnation is to know one's fundamental purpose in this life.

The name into which an individual is born largely defines the individual's essential quality which needs to be expressed within the 'contract' that the individual has agreed to undertake before incarnation. That is the only free will or true freedom that the individual has as a human when in incarnation. In my case the name which I was born into is Piesiewicz which means pertaining to a dog or 'dogman'. Hence the revelation of the 'contractual requirement' of faithfulness or obedience to my father who, by this time, had already departed. Included in this 'contractual requirement' was my having to be 'caught in the middle' of both parties (i.e. my father and Josef) and consequently my having to be sacrificed by both. In so doing, I was required to accept and internalise the limitations that came with the darkness of both their personal desires (which was driven by their lower vital) up to the point when the power of transformation through the spiritual agency of the Fire Initiation came to pass.

That turning point came about through my first born son who was not allowed to be sacrificed by the limitations of my own lower vital. The power and the extent of the purity of his spirituality prevented this from happening. By offering myself instead of my first born son to be sacrificed by the immense, all consuming, destructive power of the lower vital, the cycle of

‘visitation’ or continuation of the excessive power of the lower vital which I had agreed to undertake was reversed or sent back to where it came from. Unbeknown to me at the time, my son (who was with me during the Fire Initiation) was the catalyst who provided me with the protection from the full impact of the darkness of the lower vital at that time. This protection came in the form of my having offered myself which was then followed some weeks later by the Fire Initiation.\* Upon reflection, the protection which was provided for me enabled me to survive the immense, all consuming, destructive power of the lower vital which was in store for me in the future. This was a part of the personal karma which I had agreed to undertake before my incarnation.

With learning to understand the different contractual requirements which need to be fulfilled by different individuals comes the accompanying understanding of the importance of not judging others, as “the one whom we may be tempted to judge is merely an instrument of the divine law.”<sup>103</sup> Hence the importance of recognising that my father and Josef also had their own ‘contractual requirements’ to fulfil. Although the earth plane is the place of “confusion and darkness”,<sup>104</sup> we are here in a physical body on this plane to learn to live in obedience to the Law of God in every detail of our lives,

---

[\*On four separate occasions I was informed by four highly spiritual people that my first born son is a very highly evolved soul who chose to incarnate on the earth plane of existence to serve humanity. It would appear that he was also guided to protect me from very powerful debilitating negative energy from the time when he was a child.]



“to establish the kingdom of God upon earth.....a state of life where humanity has fully learnt the law of brotherhood.”<sup>105</sup> For this reason White Eagle makes clear that all people serve as pupils and teachers to one another.

As a consequence of the revelation of the Father, I became the instrument which was used to help fulfil my father’s ‘contract’ through the manifestation of Divine Consciousness. This manifestation came to pass through a physical battle that took place one evening between Josef and me shortly after my revelation through the Fire Initiation. At that time I felt as if I was being driven into another state of consciousness, by a Higher Force, without my having any idea of what to do, nor what this would lead to. However, my earlier sense of vulnerability, fear and darkness was replaced with a sense of unreal bewilderment.

This sense of unreal bewilderment was charged with an underlying powerful, liberating energy which I was unable to fully understand and control. It felt as if I was on a very high spiritual plane of existence which freed me from the shackles of restriction that comes with the power of social expectation. “When we achieve something great, we get joy”, states Sri Chinmoy, “at that time our negative qualities disappear. Joy has tremendous strength, and when we are flooded with strength, negative forces cannot attack us. Inside joy is a divine force, and this divine force can easily silence the undivine forces.”<sup>106</sup> With Josef appearing to take control of the situation, the physical battle that eventuated between Josef and me was the outward manifestation of a ‘spirit battle’ in which Josef and I were simply

instruments of the Divine Consciousness. That evening, after the battle was over, I could feel the presence of my father's spirit in my home. Although by that time Josef had also returned to his home, I could see the 'electrical activity' of his astral body which was also present in my home.

The spiritual energy that emanated from my father in my home at that time manifested itself as an aggressive physical attachment that came from the impurity of his lower vital. This impurity, which is located around the navel, holds destructive power. To purify the vital, Sri Chinmoy makes the point that one needs to bring "the power of the heart into the navel"<sup>107</sup> because the emotion inside the heart "which is filled with the soul's light is pure emotion of boundless strength."<sup>108</sup> The illumination that came from the soul through my heart as a result of the earlier 'spirit battle', then, released my father from the controlling, destructive power of that attachment which came from his lower vital. It also released me from the 'contractual obligation' that I had to my father.

When Josef and I met the following day, we showed each other the bruises we had inflicted on one another. While Josef showed me the considerable bruising inflicted on his arm, I felt a sharp pain on my breast directly in front of my heart. It was at this point that Josef offered his apology to me for being so "blind" for not having realised the significance of some of the experiences I was having. Josef explained to me that the bruises on our bodies served the purpose of confirming that the physical battle of the previous night actually took place. Upon reflection it would appear that the 'testing' force of the

Mother Power\* also served as a catalyst to more fully open my heart chakra. Hence the sharp pain on my breast above my heart. I had no idea of the significance of what took place on the evening of the 'spirit battle' until it was explained to me by Josef some days later.

While Josef had revealed himself to be an 'instrument' of the then Soviet Union, my father was committed to the liberation of Poland which could only come about by re-establishing its sovereignty by breaking away from the Soviet Union. Indeed, during the German-Soviet occupation of Poland during World War II, my father was an active member of the Polish Home Army. Hence the very deep seated spiritual conflict which existed between my father and Josef. For while the Soviet Union was politically upheld by Marxist principles, the Polish push for sovereignty through the Solidarity Movement was primarily politically driven by the Roman Catholic Church which had a Polish pope at the time.

It was through the manifestation of the Divine Consciousness that the decision to quell the ongoing civil unrest in Poland came to pass in 1981. This was done by imposing martial law. The timing was crucial for at that time, on both the Russian and East German borders, there were Russian tanks ready to be mobilised into action. By restoring civil order the threat of civil

---

[\* Poland is ruled by the Black Madonna which is the female aspect of Divine Consciousness. By agreeing to help fulfil my father's 'contract' I was an instrument of the female aspect of Divine Consciousness. Hence the Mother Power which was manifesting through me not only during the 'spirit battle', but also the events which preceded it and those that followed.]

war through external intervention was averted. Through Josef's intervention as an instrument of the Divine Consciousness, stability in Poland was preserved. However, it would also appear that this 'spirit battle' was representative of the spiritual separation which was taking place between Josef and me.

For me, one of the great outcomes of this 'spirit battle' was the demonstration of how world events are publicly understood and reported on by people who are living in a state of illusion. Ideas and thoughts come to us, not from us. So in this instance, the thought that came to General Jaruzelski to impose martial law in Poland at that time was a consequence of the Will of the Divine Consciousness. This was brought about through the physical manifestation of the reality of the 'spirit battle' which took place between Josef and me. As was mentioned earlier, this world is ruled by the Supreme, and we are but mere instruments living in the world of illusion.

Upon reflection, I suspect that the members of the 'astral travel group' that my father was in were given many opportunities to observe the power of Divine Will through the physical manifestation of Divine Consciousness in order to better understand what the Laws of Life are and how they work.

During this 'spirit battle' also came the shape of a triangular based pyramid on the cracked glass face of the digital watch that I was wearing. Beneath the cracked glass face of the watch was a blank sheet. There were no digits to indicate any time. The blank sheet simply represented 'no time' or timelessness. The triangular based pyramid is the basis for the seven pointed star that White Eagle makes reference to in the path of spiritual

unfoldment (as was mentioned earlier in Chapter Seven, pages 74 & 75). While the six outer points of the six pointed star represent the mental and spiritual bodies of each individual, the seventh (central) point is the awakening light within the human soul. As mentioned earlier, the seventh point lies behind the spiritual heart within the heart chakra, the point where I was struck during the spirit battle. For White Eagle the seven pointed star “corresponds to the seven great rays of life, the seven rays which come from the seven angels round the throne of God.... seven sacred centres in his own body, and to draw in the seven sacred planetary forces which work through the signs of the zodiac.”<sup>109</sup> The great secret of the triangular based pyramid is also referred to in considerable detail by Josef in *Where to from Here? (Chapter Ten)*.

Amongst many other things, the shape of the triangular based pyramid on the cracked glass face of my watch was a statement of the sacredness of family as a fundamental institution which needs to be preserved and maintained in order that the well being of future generations may continue. Father, mother and child are the aspects of Divine Consciousness which represent the principles that need to be harmoniously maintained and carried forward into future generations.

For many individuals neither the male energy aspect on its own nor the female energy aspect on its own can function with a sense of completeness. Neither can one aspect completely dominate the other aspect within a relationship without causing unhappiness and powerlessness to either one or both parties. Hence the need for an appropriate match whereby a measure

of mutual respect, balance and harmony within the relationship has the opportunity to manifest.

To have attained a state of Oneness with Divine Consciousness means that one has neither attained the consciousness of the male nor the consciousness of the female. ONE means having attained the union of both the male and female consciousness. White Eagle often uses Mother-Father God when referring to Divine Consciousness.

While the female aspect of Divine Consciousness represents love, wisdom and intuition, the male aspect of Divine Consciousness represents power, energy and will. Through unity and balance of both aspects, the Christ Spirit will emerge enabling a return “to sanity, to harmony, to happiness.”<sup>110</sup> For White Eagle, every woman’s true mission “is to express divine motherhood through love, gentleness and wisdom”<sup>111</sup> while every man’s true mission is to help progress the evolution of humanity through the expression of “divine fatherhood through divine energy.”<sup>112</sup> By working in harmony with “spiritual and physical law,” the evolution of the soul of humanity is thus promoted.

Shortly after the ‘spirit battle’ I presented an elderly Polish couple with a sword which commemorated one thousand years of Christendom in Poland and a small photo of a painting of the Polish Black Madonna. I gave the sword to the male who was an ex officer in the Polish army during World War II and the photo to his wife who was an ex school teacher during pre - World War II Poland. While the sword was given to me by an ex- Polish soldier who fought with the Russian army during

World War II,\* the photo of the Madonna was given to me by my father when I was experiencing great darkness and powerlessness. My father obtained the photo in Czestochowa a sacred pilgrimage place of the Black Madonna in Poland. While Poland is ruled by the Black Madonna or the female aspect of Divine Consciousness, it is represented by a golden crowned white eagle set against a white and red coloured background, the colours of the Polish flag.

The Spirit behind the sun is identical with that spirit which is called love. "Love", states White Eagle, "is the first cause of all life. Love is light and heat and life itself."<sup>113</sup> The revelation

---

[\* As a footnote, it is interesting to note that while many historians and people of Russia see Mikhail Gorbachev as a 'tragic aside' in Russian history, Sri Chinmoy regarded Gorbachev as one of the great leaders of the twentieth century because he oversaw the eventual collapse of the Soviet Union without the region being plunged into civil war. Both he and his wife Raisa were close to Sri Chinmoy who regarded them both as very spiritually evolved people. This is in contrast to what Sri Chinmoy said about Josef Stalin (1878-1953) who was brought into human incarnation to help eliminate the negative karma that existed in Russia at that time. Hence the many mass human exterminations that were being carried out on the soil of Russia at that time. Stalin was brought into incarnation at the request of the gods or lords of Russia to the Lord Supreme in order to fulfil this purpose. While Gorbachev may be seen as having fulfilled the role of the Vishnu (or Law of Dharma) aspect of Brahman, then, Stalin may be seen as having fulfilled the role of the Shiva (or Law of Karma) aspect of Brahman. Both aspects make up the ONE whereby one aspect cannot come into existence without ITS opposite. However, both aspects need to be brought into balance or equilibrium to establish a measure of harmony with spiritual and physical law within the nation in order that the soul of the nation may evolve.]

of this “supreme secret” to the soul is the Fire Initiation. The three qualities of faith, hope and love, points out White Eagle, must govern the soul when about to undergo the Fire Initiation.

The Fire Initiation confers upon the individual “a measure of divine consciousness”<sup>114</sup> whereby the individual becomes an initiate of the fire element once this is attained. “The transmuting power of love”, states White Eagle, “is the magical secret of the initiate’s life. When this love fills the heart, the heart centre glows with divine fire and radiates like the Sun, and can be seen in the breast of all who have passed the Fire Initiation.”<sup>115</sup>

The lesson of the fire element, is learning to use the “white magical power” of love. By this is meant that such initiates “must endeavour to use this magical principle to give light and comfort and joy, to their brothers and sisters on earth.”<sup>116</sup> This magical principle must be allied to wisdom or else the love can become a destructive force.

While for each individual it is karma that is the great teacher of the soul, White Eagle also makes clear that one must not try to take away the karma that is designated to any person as it may deprive the person from growing nearer to that Greater. Equally, one should not indulge the person in things which are only going to satisfy the person in the moment. Although karma provides the blueprint of lessons to be learned for each individual’s soul for each incarnation, as was mentioned earlier, it is Time which is the Master and Teacher while in the physical body.

For a very short time after my ‘spirit battle’ with Josef I felt a very profound sense of being in a heightened state of awareness which came with an accompanying sense of inner peace. In this



temporary state of peaceful awareness, I was enabled to move freely amongst people, easily crossing social barriers while at the same time becoming aware of the interconnectivity of some geographical landmarks which were significant energy centres.

My being able to identify with vastness and my being able to feel a great sense of peaceful awareness was a result of my higher dynamic vital having conquered the desires of my lower vital in that moment. While the higher vital identifies itself with vastness, it is the vastness which takes away temptation. “Vastness”, states Sri Chinmoy, “will immediately purify you, illumine you and engulf your impurity.”<sup>117</sup> This purity has the power to protect the individual against ruthless attacks from the physical, lower vital and mental world. While purity protects the body, joy shields the vital, clarity shelters the mind and love shelters the heart. For Sri Chinmoy, the great temptations consist of excessive pleasure - in the lower vital, ‘lording it over others’ through a sense of self-importance - in the aggressive vital, thinking that we know everything while everyone else is a fool - in the mental world and thinking that we are the only true pure persons – in the more subtle mental world.

To become a fully enlightened person however, Sri Chinmoy makes the point that the individual must undergo the stages of revelation, realisation and manifestation. When an individual becomes one with the Consciousness of the Supreme, then one experiences a permanent state of Light, Bliss, Joy, Peace and Power.

On the morning I was anointed by Josef, I was instructed to come to his place at a specific time. I felt that I was somehow

guided to arrive at the exact time which was specified. For when I did make my appearance, Josef received the confirmation of my exact time of arrival from a bird; a willy wagtail with whom he outwardly communicated regularly. In this instance the willy wagtail was the messenger bird. It was only then that he received the required permission or instruction from the spirit world to anoint me. For as was mentioned earlier, Josef was acutely aware of the conditions and instructions which were his to abide by. Shortly after I had been anointed by him, to my great surprise, I found myself spontaneously verbally abusing him. To my great and instant shame I saw him keel over in great pain. It was as if my words of abuse had pierced his soul. In all the years that I had known Josef, that was the first and only time that I had verbally (or otherwise) abused him. The question I asked myself after that moment had passed was; Was it me who had abused him out of deep resentment and anger in that very significant moment or was I simply an instrument of Divine Consciousness delivering a message to him? It wasn't until many years after this moment that I was informed that it was my soul 'talking' to Josef shortly after I was anointed by him.

Two very spiritually evolved mediums told me, on separate occasions, how Josef had revealed to them (many years after his departure) how he wanted to destroy me. When it was revealed to Josef by that Greater that I was at a higher stage of spiritual evolution than he and that I was 'given' a particular task that he wanted to carry out rather than me, that then was the moment when Josef had become very jealous of me. In that moment he was unable to control the immense power of his ego which

nearly succeeded in destroying me. Hence the many debilitating obstacles that were put in front of me before his departure and also after his departure.

I was also told that when I had recounted my earlier revelation of the Christ Power in the form of the cross to him, that was the moment when he was meant to have anointed me. He was unable to do so on account of his overpowering jealousy towards me.

In spite of this disappointing message I was extremely grateful for the great material help Josef had given me, the ongoing support that he had given my family and the knowledge that he was willing to share with me. He had also made it possible for me to obtain a teaching position, pay off my first home at a very early age and become independent of any financial debt. In my first home which Josef helped me find were the symbols of the cross and a six pointed star. Four diamonds made up the four arms of the cross. Both symbols were embedded in the passageway floor (of the house) which was made of terrazzo.

Viewed in another way, an individual's overpowering ego may simply be seen as the cause of the darkness of uncontrolled desire. The resultant force of the prevailing energy may simply overwhelm the individual. That is to say, the individual is in a mental state of powerlessness to manage such a force. Sri Chinmoy describes the destructive power which may arise from the lower chakras as unrelenting and ruthless.

I was not born with any apparent psychic gifts or abilities and certainly found myself needing constant support when dealing with the many day to day challenges. However, the

fact still remained that Josef was a custodian of the land in which I was born and lived. He was a Lawman. To be allowed to make spiritual progress in the physical body on any tract of land means that permission must be given by the upholder of the appropriate Law which rules that particular territory.

One of the above mentioned mediums also let me know that Josef had informed her that he had been able to progress to a very high level on the 'other side' and that if it wasn't for me, he would not have been able to reach the level that he had. This made clear to me how we all take turns in playing the role of teacher and pupil to a wide variety of people. It also brought into focus how, many of the people with whom we come in contact, however temporal, has a purpose. In this instance, the immense jealousy that Josef felt towards me may have had the purpose of revealing to him one of the obstacles he needed to learn to manage. For me, it had the purpose of my having to be severely tested to bring this learning about.

However, as mentioned earlier, the particular issue in this instance was the power of the spiritual spear which Josef was unable to manage but which was in his possession and which had to be returned to the spirit world. Hence my having been informed by both Aboriginal women that I was sent to reclaim the spear as an instrument of the spiritual agency. The divine forces "do not destroy the undivine forces; they only illumine them."<sup>118</sup> It is this illumination that brings about the transformation. It would appear then, that the 'spirit battle' which had taken place between Josef and me was an important part of the transformation which needed to eventuate as it had

an awakening impact on both of us. It provided an awareness of the need for Josef to become released from the power of the spiritual spear which controlled him rather than him thinking that he was able to manage its power.

How we approach the various obstacles and difficulties that are put before us by those others is also part of the learning. This is equally true for the way in which we respond to our successes and achievements. In this instance, while I came to Josef as a pupil who was seeking his guidance as my mentor and teacher, it wasn't until after I had published my first edition of *Beyond the Mirror* (nearly thirty years after Josef's departure) that I was informed how, at times, the roles which were played out were reversed.

For White Eagle, the people we come in contact with are determined by one's karma or the Law of Cause and Effect. "This is the Law", states White Eagle, "that is exact and perfect and all works for the good."<sup>119</sup> He also makes the point that the process of so called good and evil should be considered as growth for each human soul. It is the Law of Karma that is behind the will that urges each soul into a particular path of experience from which ultimate purification and growth may be attained. For White Eagle, "all that the law of life is concerned with is growth."<sup>120</sup> Hence the importance of learning to withdraw all condemnation and judgement of others.

That same evolved medium was also asked by Josef to pass on the message to me to "stop throwing away my power." She told me that Josef was unable to get through to me directly which is why he asked her to deliver that message to me for him. What

I understood from the message was for me to begin reclaiming my own power rather than referring to him as my teacher. In short I was given permission to reclaim my own power and learn to become my own master. When I came to realise the significance of that message, I asked the medium to say “thank you” from me to Josef next time she was in communication with him. She understood and said that she would do so.

As it turned out, the power which was being referred to in this instance was the return of the spiritual spear which, Josef had stolen from me in a previous incarnation many thousands of years ago. Under the instruction, guidance and protection of White Eagle, Sri Chinmoy and many Aboriginal Elders from the ‘unseen world’, the two highly evolved Aboriginal women (Crow Woman and Black Swan Woman), arranged for me to visit four significant spiritual locations. Each of those locations was visited in a particular order over a number of weeks. In each location was the ‘energy awakening consciousness’ in the form of many ruling spirits and Aboriginal elders who arranged to have the spiritual spear returned through me as their instrument back to the spirit world. This was done through the ‘awakening consciousness’ of the light, knowledge and love that was needed to accompany the power of the spear. When my wife and I arrived to the second location, a number of spears revealed themselves to me against the sky in cloud formation. When we returned home after having visited the fourth location some weeks later, a spear was revealed to me in cloud formation once again.

On my return from the designated locations I was told by the two Aboriginal women that the spear had followed me during

my journey to provide me with protection from any unforeseen harmful or even destructive obstacles. This was in addition to a number of other protective measures which were given to me through the agency of Spirit. For example on our journey to the fourth designated location I was told by two separate sources that my wife and I were being followed by a dragon who was providing protection for us from any destructive forces that may manifest from the 'unseen world'.

If the four locations are joined on a map with straight lines, the shape of a spearhead is the result. On my journey to the fourth and final designated location to complete the spearhead, I was instructed to take a particular route to get there in order to collect the energy of the spear's tip. In doing so, the power of the spiritual spear would not only have an awakening impact on my consciousness, but also on the land itself, on the life on the land and on the world. This awakening impact was to come from the release of a water flow which lies within an underground river system that connects two of the four locations which represent the shape of the spearhead and which I needed to visit.

There is a prayer known as the Gayatri that embodies the spirit of Sowelu. Sowelu is the runic symbol of wholeness and life force of the Spiritual Sun. The words to the Gayatri are as follows:

*You, who are the source of all power,  
Whose rays illuminate the whole world,  
Illuminate also my heart  
So that it too can do your work.*

It would appear that the purpose of the spiritual spear is to

enable the designated holder or representative of it to bring into manifestation the *Gayatri*.\*

Prior to this journey both Aboriginal women provided me with protection for my back through Turtle Man. A well maintained spinal column is very important for any significant level of spiritual unfoldment to occur. Hence the importance of Turtle Man's protection who provides protection for the back. As it turned out, I had already been given Turtle Man's protection at an earlier time when I had visited the area of my birthplace in the Adelaide Hills. When the Aboriginal women arranged for me to be given healing through the sacred invocation that came with the sound of the didgeridoo, I was given added protection from harm or obstruction by the Kangaroo Spirit which embodies the Spirit of Australia.

---

[\*The *Gayatri* is taken from *The Book of Runes*; p. 104 (see pages 135 & 139)]





## Chapter 9

*Be universal in your love.*

*You will see the universe*

*To be the picture*

*Of your own being.*

*~Sri Chinmoy~*

Some weeks after the 'spirit battle', Josef told me that many people had to pay a much higher price than I had to pay for such a state of awareness to be granted or attained. The awareness which he was referring to was the one which came about through the Fire Initiation. In Josef's particular case, the Masters laid out the condition that he had to accept in order for him to attain an even higher level of consciousness to that level which he was already in. In this instance, the choice was left to Josef himself. His condition was that he would be involved in a motor vehicle collision that would leave him in a paraplegic state due to a serious spinal injury. From this very serious injury he would then be given support and taught how to walk and manage his physical condition through mastering his breathing.

My father recounted to me how Josef was extremely upset when those conditions for furthering his spiritual progress were revealed to him. Josef agreed to the price he was required to

pay knowing that he would also be condemned to experiencing ongoing physical pain until the time of his departure. On one occasion when I came to visit him, I found him lying on his bed in considerable pain and finding it very difficult to move. Hence the reason for the statement that Josef had made to me about the sacrifice that many people needed to make in order to advance their spiritual progress. Josef was born with many psychic abilities and, from early childhood, had already undergone many severe trials, initiations and experiences. This included his being rejected by his parents at a very young age at the time when Europe was in the midst of great upheaval during World War II.

It wasn't until after I had published the first edition of my book *Beyond the Mirror*, some thirty years after Josef's departure, that I was informed why he had to pay such a high price for his spiritual advancement. I was informed that he had broken the Law. While a very spiritually evolved medium was reading my first edition of *Beyond the Mirror*, she informed me that Josef had come to her in spirit and explained to her that he had to accept the difficult conditions that were given to him to continue with his progress because he had broken the Law. He had broken the Law because he was unable to master his overwhelming desire to attain the particular knowledge, power and abilities which he had wanted so much.

It would appear that the law which was broken was an outcome of Josef's earlier commandeering of the spiritual spear in a previous incarnation. It would also appear that it was the Timeless Time which had brought into manifestation

the consequences of that action at the time of my father's 'astral travel group'. As was mentioned earlier, it is the Law of Karma that is the reason for bringing people together; nothing is by chance.

When Josef had shown me the formal accident report which described the serious accident that he had agreed to go through with, in part it had stated that he had landed on his knees facing the east. This was particularly significant, as in that moment Josef was facing Lord in the east. It was as if he was being reminded that spiritual progress is not possible without 'permission.' By 'permission' is meant having to pass the appropriate level of initiation which is always determined by that Greater.

Many years after Josef's departure I became acquainted with the writings of White Eagle. With respect to judging other people, White Eagle makes the point that unless one knows about another person's experiences from previous incarnations, then one cannot be in a position to judge that person's seemingly good fortune or misfortune, for this is the likely result of good or bad individual karma that may have been accumulated over many incarnations. Great pain, sacrifice and suffering in previous incarnations in order to make progress in this lifetime may have been undertaken by that person who is being judged by others. Sri Chinmoy, also, points out that many highly evolved souls often choose to incarnate as humans to give service to all that which is around them. As was mentioned earlier, my first born son is one of those highly evolved souls.

As it turned out, I was still destined to continue to undergo

some very difficult, long lasting, painful and debilitating experiences. Following Josef's departure, I was allowed to have some limited contact with him in both the physical realm and through dream. However, I was not allowed to know why he was struck down through cancer of the stomach. When I asked Josef "What happened to you?", when in a dream with him, a heavy curtain fell down between us making it very clear to me that I was not allowed to know the answer to the question at that time. In that dream Josef appeared in a wheelchair looking extremely pale and clearly very ill. \*

Some years after that dream it was revealed to me through spirit that Josef was speared from the north of Adelaide in South Australia. The spear, which came from Central Australia, had brought about Josef's departure. Again, many more years had passed before I was informed of the spiritual spear that Josef had stolen from my custody and then claimed for himself during a previous incarnation many thousands of years ago. As was mentioned earlier, the people we come in contact with are determined by one's karma and that this is the law that "is exact and perfect and all works for the good."<sup>121</sup> It would appear then, that it was the 'Timeless Time' which decided when the Law of Karma would be activated or brought into effect from that place of Timelessness onto this earth plane. It would also appear that Josef was unable or not allowed to

---

[\*Almost immediately following Josef's departure, there was a ferocious electrical storm over Kangaroo Island and the area surrounding the island. So much so that the power servicing the island was cut off for several hours.]

appropriately manage the power of the light, knowledge and spiritual law which was embedded within the consciousness of the spiritual spear.

Immense ego brought about by one's attachment to excessive desire and self-importance is an expression of great darkness. As a consequence of this Josef turned the power of the spiritual spear onto himself because of his lack of readiness in being able to use the spear for its intended purpose which is to illumine the darkness on earth by bringing a greater understanding of the laws of life to humanity through the power of love, light and service. However for this to happen the spiritual spear needs to be returned to the spirit world first because the way in which its intended purpose becomes manifest can only be determined by that Greater. The designated holder or representative of the spiritual spear is merely the instrument of that Greater.

Hence the importance of receiving the appropriate permission to manage certain tasks or responsibilities. Permission which can only be given by that Greater after having passed the appropriate initiations. However, as was mentioned earlier, any action which is taken should be seen as a catalyst for learning, regardless of whether it brings personal joy or sorrow. It should be considered as growth for each human soul because "all that the Law of Life is concerned with is growth."<sup>122</sup>

On another occasion Josef came to me in dream and told me to "go for truth" but to "stay away from Aborigines" as we were having a very short discussion in his kitchen. At that time I had mentioned to him that I had considered writing a thesis for a doctorate, in an area that explored the impact of cross cultural

tensions in a multi-cultural society. However my memories of my earlier ‘academic imprisonment’ prompted me to not pursue that idea. Many years later I came to understand that by ‘truth’, he was referring to the revelation of Brahman that I had experienced when I was witnessing the birth of my fourth child. I was able to identify that revelation by name many years later after I was guided to the book titled; *The Realisation Of The Absolute (Yoga – Vedanta Forest Academy Press; Third Edition 1972)* written by Swami Krishnananda. In this book Swami Krishnananda refers to the many aspects of Brahman through the revelation of illusion, truth, reality and existence.

Some fourteen years after Josef’s departure, my lower chakras opened, leaving me in an extremely weakened and obsessive state of mind due to the impact of the impurities which were awakened. In the writings of Sri Chinmoy, he makes very clear that, when such negativities are awakened, the attacks on the mind are relentless, merciless and debilitating, leaving the individual isolated, consumed with obsessive behaviour and very little peace. On many occasions I felt as if my brain was being constantly pierced with a red hot blade. Unless support or help is given by a highly evolved teacher or master, any individual under such relentless attack can expect to become seriously worn down and significantly retarded. Perhaps even eliminated.

This was not the first time I had experienced such difficulties. However, I intuitively felt that I was being protected while having to overcome certain obstacles which were before me. For example, when driving on my way for a medical appointment,

I was at the centre of a very serious motor vehicle ‘accident’ which involved a number of cars. Several people were instantly killed while others were seriously injured. I emerged completely unscathed. Although feeling shocked, I realised how fortunate I was. During the collision of vehicles which took place around me, a flying ‘brick missile’ moving at very high speed was heading towards the back of my head as it smashed through the rear window of my vehicle. A protective metal mesh barrier in my vehicle shielded me from almost certain death. At that time I was a member of a Sri Chinmoy meditation group located in Adelaide. In that moment I was feeling protected and guided by Sri Chinmoy.

As the powerful impact of the awakened impurities slowly abated, a gradual purification of my lower chakras was starting to take place. It wasn’t until many years later, well after I had retired from teaching, that I was informed by the two very evolved Aboriginal women, mentioned previously, of the extremely powerful sexual relationship that existed between a particular female and me from a previous incarnation. I was informed that (unbeknown to me at the time) she had “followed” me into this present incarnation and appeared as a fellow staff member in the school where I was teaching. The sexual attraction which had ‘carried over’ from that previous incarnation was all-consuming and extremely difficult and painful for me to resist. While the pain of having my lower chakras ‘sliced open’ rendered me sexually powerless, I also understood that this was for my protection and served as an aid to learn detachment. I also felt that my painful state of being

was a continuation of the relentless attacks on me brought about through the negative karma of certain individuals that I was required to take.

Amongst those individuals was Josef, who at that time was unable to let go of the spiritual spear. Instead, as was mentioned earlier, it was the darkness of his immense ego that was invoking the many difficult obstacles that were put before me. As a result of those obstacles I was, in effect, an ongoing candidate for elimination.

The awakened impurities of the lower chakras that Sri Chinmoy refers to are simply a manifestation of this very powerful negative force. However by identifying ourselves with pure thoughts such as peace, maintaining poise and tranquillity instead of identifying ourselves with impure thoughts such as jealousy and envy, the impure thoughts simply dissolve away. It was around this time that I was informed that my father had asked for my forgiveness from the ‘other side.’ I had no hesitation in giving it.

The pain that I was experiencing was exacerbated by the highly toxic workplace environment to which I was sent. Again, being sent to that particular workplace was a part of the negative karma that I was required to take. I felt that Sri Chinmoy’s protection and guidance had extended to my having the capacity to intuitively read people’s minds and anticipate their intentions. In so doing I was able to protect myself from constant attack by bringing sharply into focus how, when and what obstacles needed to be overcome.

It wasn’t until I had left that workplace that I was informed



that it was built on an Aboriginal burial site. The burial site was occupied by Aboriginal spirits from the past who were separated from their people. They are the spirits of Aboriginal women and children who were murdered by white settlers. The white settlers carried out their attack on the women and children when their Aboriginal men were away from the campsite hunting for food. My office and work space was in the centre of this burial site. This, then, helped to explain the darkness of the negative energy of that particular location which was caused by the white settlers. The prevailing negative energy within that workplace manifested in the highly divisive, vindictive and destructive behaviour of many individuals who worked there.

When I was in the process of considering retirement from teaching while taking long service leave, I was informed that I should not return to that particular workplace as there was still a lot of anger and volatility amongst the people who were working there. I had been sent there to do a certain job, undergo certain very testing experiences and it was time now for me to let go and move on. While working there, I was able to observe the grief and serious reduction in self esteem that was impacting on many of my colleagues.

To 'destroy' any individual's sense of well being, one simply needs to surreptitiously and systematically undermine that person's credibility, self-confidence and reputation. The consequent sense of social exclusion can cause that person to feel bitter, powerless and under constant attack by those significant others.

The issue of power and control over individuals in all situations

then, can be reduced to the politics of inclusion and exclusion or to the politics of finding acceptance or rejection from those significant others. Being aware of one's surroundings in order to 'fit in' was the fundamental life skill which Josef wanted those people whom he helped to acquire. This need to become aware through observation applies to all levels of spirituality which also includes one's immediate physical environment as it too is a manifestation of consciousness.

Prior to the earlier mentioned workplace, I was sent to another school which was also built on an Aboriginal burial site. On that other site were the remains of Aboriginal women who were brutally smashed, raped and killed by the earlier white people who settled there. As a consequence of those past actions the school which was built on that ground attracted or drew many damaged female students. I was told by the two Aboriginal women that I was sent to that school to give light to the souls of the perpetrators who were still located there. By taking or extracting 'spiritual energy' from me, the resultant light which entered their souls helped them to dissolve the great bitterness and self-hatred that resided in their being. In so doing, those souls would be given the opportunity to begin the process of rectification in their next incarnation.

Although I was a teacher in that school for only one year, the negative impact that this experience had on my lower chakras was immense. It had the effect of significantly decreasing my sexual power. It also left me in a very weakened position when I arrived to my next challenging workplace.

All of this was revealed to me by the two very spiritually

evolved Aboriginal women after I had retired from teaching. They also told me that this was a part of Josef's attempt to destroy me and that, had I not retired when I did, I would have been worn down and destroyed. This destructive power was brought about by the controlling darkness of Josef's immense ego which he was unable to break free from or manage. The misguided power of the spiritual spear which Josef claimed to be his own prevented him from doing so. As was mentioned earlier, great expansion of consciousness and increased power can be destructive unless it is attained with the corresponding wisdom and love.

The crucifixion of the lower self is a symbol of the earth initiation. "The lower nature, the self which is full of pride" states White Eagle, "resents having to surrender to the will of the Father; and so long as it resents it suffers."<sup>123</sup> In this sense then, we are crucified in matter. However, as soon as the individual surrenders to the will of the Father, the suffering ceases.

Learning to 'love oneself' and learning to 'forgive oneself' will enhance greater receptivity to one's 'Inner Voice'. The greater receptivity to one's 'inner voice' through the cultivation of 'self love' also enhances the necessary behavioural adjustments which need to be made as one stumbles in the dark making an eventual return to ONESELF. This is in contrast to the obstacles which are created for oneself through the cultivation of fear and guilt which exacerbate darkness, self recrimination and self hatred.

Before union with ONESELF takes place, however, White Eagle states that "every soul will come to know the meaning of

betrayal – of being cruelly and unjustly treated.”<sup>124</sup> Rather than allowing the lower self to demand justice or revenge, the Earth Initiation teaches that the only way forward or release from this ‘prison’ is to learn to forgive. By learning to forgive others one is also learning to forgive oneself because those others are an outward visible manifestation of the individual’s Inner Self. Hence the importance of the lessons that need to be learned from the Divine Consciousness of one’s Inner Self through those others who are also the manifestation of ONESELF that is the Christ Consciousness.

It is only through the Divine Fire of love that detachment is possible whereby the individual may learn to forgive. By detachment is meant that we as individuals come to learn that each soul has agreed to a particular undertaking before incarnation. As a result of this mosaic of undertakings which have been agreed to be played out by the many people with whom we come into contact, each individual becomes both pupil and teacher to any number of people at any given time.

From this evolving awareness of detachment comes the growing realisation that we are instruments of that GREATER. We do not even own our breath. The breath comes to us and departs from us when Time decides. To evolve from the imprisonment of desire to unfolding detachment, White Eagle points out that one must learn to distinguish between the promptings of the personal ‘I’ which is of the Earth; and the divine ‘I AM’ which is the voice of Divine Consciousness. “It is the voice of the ‘I AM’ in every heart” states White Eagle, “that leads the soul through the pain and crucifixion

of earth into the eventual inheritance of a body of light in a world of pure light.”<sup>125</sup> White Eagle further points out that humanity must always “suffer in darkness and blindness”<sup>126</sup> until of its own desire it learns to identify with the Will of Divine Consciousness.

The Will of Divine Consciousness manifests as love, goodwill, brotherhood, justice, truth and peace. Hence the importance of learning to become increasingly receptive to all of that which is around us, from which comes the gradual evolution of understanding that all of that which is perceived to be ‘outside’ of us is illusion. That it is the ‘Inner Voice’ communicating to us from the ‘beyond’ which reveals to us what we truly are, and what we need to know, in order to fulfil our contract.

While this ‘reality of knowledge’ unfoldment by the individual is referred to by White Eagle in the form of the six outer points of the six pointed star, the individual is also simultaneously undertaking the Four Initiations or the path of the cross. As the individual spiritually unfolds ‘within’, so too does that unfoldment reveal ITSELF outwardly to the individual. The unfoldment of the six points of the six pointed star and the Four Initiations, then, may be seen as different aspects of Divine Consciousness which manifest in unity and harmony within each individual’s spiritual unfoldment.

When I went to visit Sri Chinmoy at the Aspiration Ground in New York one evening during a trip to the United States, I could physically feel the power of being meditated on by Sri Chinmoy as I stood before him while receiving

‘prasad’.\* I could feel the very powerful healing energy that was being focused on my heart chakra. Such was the outward power of spiritual manifestation that had unfolded ‘within’ Sri Chinmoy.

When it was time for me to make my way back to my hotel that evening, I was feeling a little anxious as it was getting very late. As it turned out, I needn’t have worried, for when I boarded an empty subway train from an empty station, two policemen and a security guard sat alongside me all the way to my destination. It was as if Sri Chinmoy had provided an escort for my safety.

It was through Sri Chinmoy’s help and guidance that I began his meditation program which focused on the heart chakra in order to help purify the higher and lower chakras.

---

[\* Food offered by Sri Chinmoy for physical and spiritual sustenance.]



## Chapter 10

*If we believe in our own  
Self-transcendence task,  
Then there can be  
No unreachable goal.  
~Sri Chinmoy~*

**A**fter I had retired a little prematurely from teaching, I still needed some four to five years to expunge the repressed anger and disappointment that came with the toxicity that I had accumulated and internalised from my last workplace. Teaching was a job that I had really enjoyed doing for many years. However I felt that the warning signs for me to go were quite clear. By that time Sri Chinmoy had made his departure (2007) and it was soon made clear to me that it was time for me to leave the meditation group that I was in. It was time for me to let go and move on as the door to the ‘prison cell’ that I had been locked in for many years was opened, thus allowing me to continue my spiritual journey. Upon reflection, I had undergone a painful process of becoming detached from my strongly internalised identification of being a teacher as defined by the broader institution within which I was working. This process of detachment was a necessary step to clear away the ‘old’ in order to make way for the ‘new’.

The opening of the door to the ‘prison cell’ that I had been locked in was made known to me through a flower reading message that was passed on to me. The ‘gatekeeper’ or policeman who was referred to in the message not only unlocked the door to let me out, but also made sure that the road was cleared and safe for me to continue my journey. When this message was being delivered, I felt that the policeman who was being referred to was Josef who I knew to be a custodian or caretaker of the territory I was living in.

I was then led to a tarot card reader who was able to read my circumstances through cards extremely accurately. He explained to me why I was in the situation that I was in at that time and that it was time for me to leave the Sri Chinmoy meditation group as it had served its purpose. He also provided me with an opportunity to lift the ‘lid’ which was holding me down. He did this by inviting me to participate in a meditation course that he was about to start. When I looked into this person’s eyes, I thought it was Josef whom I was looking at and who was guiding me.

The meditation course that I agreed to undertake took around seven years for me to complete. It was primarily concerned with the gradual elimination of obstructive ‘thought’ through the gradual purification of my chakras. This had the effect of ‘dissolving’ the toxins that I had internalised which in turn had the further effect of releasing me from my ‘prison cell’. It also provided me with a great sense of personal space that was being protected from all forms of negative influence. In short, a fairly lengthy healing process was being undertaken.



During my time spent with this person, he alluded to the many previous lessons that I still remembered and suggested that I should write about them. Although I immediately dismissed any thought of writing about such matters, the seeds for engaging in such a venture had been sown. He also said that I had the knowledge already awakened 'inside' of me and that, when the time came for me to 'depart', I would not have to 'return' to the earth plane unless I chose to. After a fairly short association with this person, he moved interstate, leaving me to continue with the meditation program on my own.

When I had my cards read by another tarot card reader, I was again told that I should write a book about some of my spiritual experiences and insights as there were people who stood to gain from such writings. Again, my immediate response was a negative one as I knew there were many people who had already written many books about such matters. I was certain that yet another addition to the existing collection of material about such matters was not needed. However, I did have in my possession the full collection of lectures that Josef had delivered at the St. Johns Spiritualist Church in Port Adelaide (from 1976-1983). I thought that these lectures could be made available to the public as an alternative. As these lectures did not come from me, I felt that I needed permission from 'spirit world' to have them compiled, published and distributed as a book to the general public. With this question in mind I came back to the same tarot card reader to find out if permission to do this would be given from 'spirit world'. It was. And so I compiled the

book of Josef's lectures\*. I have distributed many copies of this book to theological colleges, bible colleges, multi-faith organisations, spiritual discussion groups, prominent religious leaders, libraries around the whole of Australia, bookshops, and a wide range of churches representing many Christian denominations.

Amongst the many people to whom I have given a copy of this book is Sogyal Rinpoche\*\*, a spiritually highly evolved Tibetan Master. I did this immediately after he had delivered a lecture on what happens to our altering state of consciousness as we make our transition from this life to the 'other side'. He very happily accepted a copy of this book *Where to from Here?* which I presented to him as "a gift from Australia." Immediately after having presented the book to this Tibetan Master it dawned on me that his acceptance of this book was a 'passport' or permission for him to continue to carry out his spiritual work in Australia. At the same time it had also dawned on me that by having accepted this book Sogyal Rinpoche had given his permission for Josef to continue his spiritual evolution in Tibet. I was simply the 'carrier' or messenger of the permission. I was later informed that Sogyal Rinpoche was expecting somebody to deliver this "gift from

---

[\*I was inspired to give the book the title *Where to from Here?*, because it offers the reader many different starting points for considering how life in this world works: how to look at and understand what really happens, not what we are told to believe.]

[\*\* Sogyal Rinpoche is the author of the book; *The Tibetan Book Of Living And Dying*; Rigpa Fellowship 1992]

Australia” to him. I was also informed that this book needed to be delivered by me.

While I was compiling the lectures that had been delivered by Josef, I was reminded of the time when he looked me in the eye and said “This all has to be paid back one day you know?” With this thought in mind, I saw the resultant book which I had published and distributed as part of the repayment of the debt that Josef had referred to. The other part of the repayment was my having helped to clear the path for Josef in Tibet in order for him to be allowed to continue making progress in his spiritual journey there. Unbeknown to me at the time, this was done by my having to undergo a transition when I was visiting Tibet. During this transition I was ill and lost around 5-6 kg in weight as I was undergoing a significant purification process. In doing so, I was taking away or ‘dissolving’ much of Josef’s negative karma. It took me many weeks to recover from my weakened physical state.

The final act which freed Josef from the controlling darkness of his immense ego was to enable him to return the spiritual spear to the spirit world. Under the guidance of the Divine Consciousness in the form of Sri Chinmoy, White Eagle and many Aboriginal Elders, the controlling darkness of Josef’s ego underwent transformation through illumination. This then enabled him to let go of or give back to the spirit world this very powerful spiritual spear. Shortly after the spiritual spear was returned to the spiritual world I was required to burn a copy of Josef’s book *Where to from Here?*, one page at a time, over a coal fire with granules of resin and wood incenses.

The point of burning this book was not only to acknowledge the spirit world from where the thoughts and ideas that composed the ‘talks’ came, but also, to invoke a purification or cleansing process for Josef by sending back the power of those thoughts and ideas to the spirit world. White Eagle states that “All that has been learned of spiritual truth, all that has been gained, must be surrendered, given back”.<sup>127</sup> In this way the ‘parting of the waters’ completed the spiritual separation between Josef and me. Permission and guidance for me to write this book *Light, Love & Law* were also invoked.

About two years after I had distributed many copies of the book *Where to from Here?*, I was informed by Crow Woman that her forefathers were happy with the way in which the book was published and distributed. I had first met this Aboriginal woman at a psychic fair which was being held in Adelaide where I was promoting this book. My ‘Inner Voice’ had prompted me to approach this woman by saying; “I think the Lawman has a message for me.” She simply informed me that her forefathers were present and that they were happy. Amongst the forefathers whom the Aboriginal medium was in communication with was Josef. Her forefathers called her by her real name, a name which no one previously had called her by on this plane of existence.

At a follow up meeting with her I was also told that I simply had no idea of the profoundly enlightening impact that the insights provided in the book *Where to from Here?* were having on many people and institutions around the world. She said that the timing was right. That the world was in great need of those insights. Hence the resultant readiness by many spiritual

workers to receive, take note of and positively respond to the spiritual insights provided. The spiritual energy contained in the book *Where to from Here?* was brought to my attention when, on another occasion, a psychically gifted person told me how he could see and feel the considerable spiritual power which was emanating from the book itself. I had placed a copy of the book amongst many other books which were held in a bookshelf located in a local community centre. When this psychically gifted person happened to walk past the bookshelf he found himself being drawn to the spiritual energy contained in the book.

Although very few members of the general public had attended the psychic fair, I was told that the 'real work' which needed to be done was carried out before the psychic fair had officially opened. The 'real work' was carried out at a ceremony between the Aboriginal forefathers and Tibetan masters from the spirit world. The combined positive energy that was invoked acted as a protective shield which prevented any negative energy entering the space in which the fair was held. Present at the fair were the Gayatu Tibetan Buddhist monks who created a partial mandala to invoke peace in the world.

It was also during that second meeting when I was told that my first edition of *Beyond the Mirror* was not finished and that the Aboriginal forefathers wanted me to complete it and follow it up with the publication of two more books, making it four books in total. After more follow up meetings I was introduced to another spiritually highly evolved Aboriginal woman in *Black Swan Woman*. It soon became clear to me that both women were the representatives of the permission

which was needed for me to write my second book, which was the completed version of my first unfinished attempt. With the permission came the necessary thoughts and ideas that enabled me to do it. However, I also felt that both Aboriginal women were ‘sent’ to inform me of the need for me to continue writing about my spiritual journey because of the earlier permission which was given to me by Josef, after his departure.

It was during that second meeting that the Aboriginal women thought that I was missing Josef. I simply told them that I was not really keen to write about Josef and that my spiritual journey to that point had not been a happy one. I also said that the issue was Truth, that Learning must be the ‘winner’ and that everyone must be given the opportunity to be a ‘winner.’ For any story of spiritual unfoldment must aim to give all seekers an opportunity to locate themselves within the pathways of their own spiritual evolution. Light, peace, power and love was being manifested through the writing of that second book. I was simply the instrument.

Both Aboriginal women had ‘tracked me down’ within the unseen world or within that place of Timelessness that is the Dreaming to my place of birth and actual moment of birth to meet with the spirits who were there, waiting for them, at that time. The point of this meeting with the spirits who were waiting for the Aboriginal women was for them to find out and then to inform me of the spiritual work which had been set out for me to carry out.

It wasn’t very long before both Aboriginal women let me know that they were in regular communication with White

Eagle, Sri Chinmoy and many of their forebears. They were also very interested in many of the things that Josef had told me and the places that he had introduced me to. It seemed to me that they needed to follow the tracks which had been left behind by me by 'shifting time' in order to witness for themselves the events which had unfolded during those moments in the past.

When my second edition of *Beyond the Mirror* was ready to be published, Crow Woman and Black Swan Woman took a copy of the manuscript to have it 'sung'. To have it 'sung' simply means that the Aboriginal women invoked a process within the 'unseen world' whereby the book would find its way to those souls who were ready or waiting to receive it. It was a respectful acknowledgement that the spiritual energy contained within the thoughts and ideas in the book which came from the spirit world, needed to be returned to the spirit world and then released and distributed according to the Will of the spirit world. That evening when the book was being 'sung', something made me look up to the sky when I needed to go outside for a moment. There up in the sky I saw an eagle with its huge open wingspan in cloud formation. Prior to the publication of that second book, the Aboriginal women conveyed to me White Eagle's message that there were three more things that I needed to include in the book – but that I would know what those three points are. The following morning the three missing points 'just came to me' and were included in the book.

The numerous meetings that I had with both women mainly consisted of their wanting me to realise that I am an initiated lawman from a past incarnation who has been designated with

the task of bringing light and love on the earth plane in this incarnation. Hence the importance of having had the spiritual spear made available to me through the spiritual agency as it provides the necessary power and protection that is needed to fulfil the designated task which has been given to me. They did this by arranging for us to meet in various locations that displayed certain indicators and markers which I needed to observe, learn to accept and begin to internalise. Each one of those meetings was carried out under the instruction of their forefathers, Sri Chinmoy and White Eagle from the ‘unseen world.’ Being an ‘instrument’ of the ‘unseen world’ simply means that the power of the thought which brings about the change comes through the ‘instrument’ from the ‘unseen world’ but not from the ‘instrument’ itself.

The task of the instrument is to learn to become increasingly aware that one does not possess or own this spiritual energy but, rather, is an instrument of an awakening transformation that is taking place. On many occasions White Eagle and Sri Chinmoy were present at our meetings and conveyed to both Aboriginal women certain things which I needed to know and was required to do. For example, I was required to deliver copies of Josef’s book *Where to from Here?* and copies of my second book *Beyond the Mirror* to New York city. A copy of each book needed to be delivered to the Meditation Room at the United Nations and to Sri Chinmoy’s devotees in Queens New York where his devotees manage three vegetarian restaurants and meet regularly for meditation sessions at the Sri Chinmoy Aspiration Ground. I delivered a copy of each book to Sri Chinmoy’s devotees at the



Anam Brahma vegetarian restaurant. I also delivered copies of both books to a Buddhist Meditation Centre which is located near the United Nations building, a bookshop that is located near Union Square and which specialised in spiritual topics (Namaste Bookshop) and a street library which is located in Bryant Park near Times Square. When I made a stop-over in Portugal at that time, I also presented a copy of each book to a Polish priest (who also spoke in English) at the pilgrimage site of the Black Madonna in Fatima. He was very pleased to have been presented with those books. These books were delivered by me after the spiritual spear was returned to the spirit world (See pages 100 - 101).

Of particular significance was the order in which the books were delivered. When I arrived in New York, it was not possible for me to enter the United Nations meditation room because of the very extensive security measures being taken because the General Assembly was in session at the time. Instead I proceeded to deliver copies of the books to the above mentioned locations in New York. This was followed by a short tour of Portugal during which time I delivered the books in Fatima to the Polish priest. When I returned to New York for a few more days, I was able to access the meditation room because the earlier stringent security measures had been removed as the General Assembly was no longer in session. When I was inside the meditation room, my 'Inner Voice' directed me to place both books in the middle of an iron altar which is located in the centre of the room. Directly above the middle of the altar is a light which shone on the spot where I was guided to place the books.

By having delivered the books in the way that I had before entering the meditation room, the Aboriginal women told me that I had in effect gathered the approval and endorsement of the major spiritual powers to support Sri Chinmoy's goal of manifesting world peace. Through the awakening of the ONENESS of Divine Consciousness comes the revelation and manifestation of the Christ Consciousness. For Sri Chinmoy, while the Eastern heart needs the Western mind, equally, the Western mind needs the Eastern heart. By activating the spiritual heart and the psychic mind on an international and individual level (within and through the energy centre of the United Nations) the enhancement of world peace through the awakening Christ Consciousness was being promoted.

When I returned from my trip, I was told that the intended transitional impact for certain people was immense. A powerful cleansing or purification process for those certain people had taken effect. For example, the Rise Water Movement in South Dakota which is concerned with the protection of and free access to clean water by the indigenous people of North America was reactivated. This reactivation was brought about by White Eagle through the spiritual spear which was used to invoke the spiritual energy contained in both books. In so doing, the awakening power of the spiritual light illumines and transforms the darkness of the personal 'I' through a change of heart and accompanying greater compassion. Both Crow Woman and Black Swan Woman had told me that they had also been greatly affected by the powerful cleansing process that had been activated. I gave them each a photo of Sri Chinmoy

which was taken when he was in a very high state of meditative consciousness. The healing energy and guiding light which emanates from the photo when meditating on it is immense.

When I was writing my second book, I was informed that the content was intended for both 'this side' and the 'other side.' I was also told that many of the spirits who enabled the return of the spiritual spear would accompany me on my trip. It was the 'other side' which brought into effect the transition by invoking the power of the spiritual spear. As was mentioned earlier, I was simply given the task of 'holding' the spiritual spear at certain times and in certain locations on this earth plane of existence.

On another occasion the Aboriginal women conveyed to me that Sri Chinmoy wanted me to 'stand up' by making myself available to lead a meditation group. He also wanted me to mention the significant role that Mikhail Gorbachev had played in his role as General Secretary during the collapse of the Soviet Union in my second book.

On a number of other occasions I was asked to provide protection from negative energy to the Aboriginal women when they were transitioning to the 'other side' when doing their 'clearance work' by removing negative energy from the 'other side.' By bringing 'healing energy' to those souls who needed help on the 'other side' in various geographical locations, they were helping to clear those particular locations from negativity or darkness. However, when they were informed that Turtle Man would provide them with the necessary protection when they were doing their clearance work, it was decided by them that my assistance was no longer needed.

For White Eagle, the fundamental lesson of the Earth Initiation is that of service and sacrifice with humility. White Eagle thus states that “All that has been learned of spiritual truth, all that has been gained, must be surrendered, given back”.<sup>128</sup> As instruments of Divine Consciousness, then, all that which has been given to us is to fulfil a particular purpose in life. When that purpose has been fulfilled, all that which was given to us must be returned from where it originally came from. However, the ultimate purpose of the individual’s many incarnations is to eventually manifest Divine Consciousness through physical matter. At that time the individual will have also become free from the bondage of matter.

In my case it would appear that one of my primary tasks has been to share my experiences and understanding of spiritual matters with others through writing and offering to conduct a number of meditation-spiritual discussion groups.

With respect to my own reflections, these are simply to serve as a reminder to the reader that Truth or the ‘Forces of Higher Consciousness’ are absolutely real. While the various religious institutions can offer a sense of belonging, material support and a comforting framework of belief to their membership, the ‘Forces of Higher Consciousness’ cannot be formally institutionalised as they are constantly manifesting in any number of unexpected and hidden ways.

Not to have the appropriate guidance to awaken the Divine Consciousness of one’s Inner Light may mean having to undertake one’s search in darkness. For Sri Chinmoy this state of self unawareness is akin to having both hands tied to

an upright post which is behind one's back, having both legs tied together at the ankles, having both eyes blindfolded and then given the task of finding the appropriate path amongst the many, many paths radiating from the upright post to which one is tied.

In one's search for guidance from an appropriate teacher, master or Guru, Sri Chinmoy states that "The Guru is not the body. The Guru is the revelation and manifestation of a divine Power here on earth".<sup>129</sup> However, Sri Chinmoy also points out that while the "man – Guru shows you the Throne of the Infinite,"<sup>130</sup> the fully enlightened master or "God – Guru makes you sit at the Throne."<sup>131</sup>

Within the framework of this understanding then, it is for each individual to work towards finding his or her own Truth through the constant manifestation of those unexpected and hidden ways by which the revelation of the six outer points of the six pointed star and the Four Initiations come to pass.



## (Endnotes)

- 1 Sri Chinmoy; *Protection*; Aum Publications 2009; p.206
- 2 Ibid p.207
- 3 White Eagle; *The Path of the Soul*; White Eagle Publishing Trust 1997; p. 51
- 4 Ibid p. 69
- 5 Ibid p. 77
- 6 Ibid p. 78
- 7 White Eagle; *Spiritual Unfoldment 4*; White Eagle Publishing Trust 1994; p. 60
- 8 Ibid p. 60
- 9 Ibid p. 60
- 10 Ibid p. 45
- 11 Ibid p. 45
- 12 Sri Chinmoy; *Protection*; Aum Publications 2009; p. 205
- 13 White Eagle; *The Path of the Soul*; White Eagle Publishing Trust 1997; p. 68
- 14 White Eagle; *Spiritual Unfoldment 4*; White Eagle Publishing Trust 1994; p. 6
- 15 White Eagle; *Sunrise*; White Eagle Publishing Trust 1981; p. 58
- 16 White Eagle; *The Path of the Soul*; White Eagle Publishing Trust 1997; p. 68
- 17 White Eagle; *On Reincarnation*; White Eagle Publishing Trust

*Endnotes*

- 1994; p. 60
- 18 White Eagle; *The Way of the Sun*; White Eagle Publishing Trust 1982; p. 14
- 19 Sri Chinmoy; *Protection*; Aum Publications 2009; p. 206
- 20 Ibid p. 160
- 21 White Eagle; *On Living in Harmony with the Spirit*; White Eagle Publishing Trust 2005; p. 59
- 22 Ibid p. 66
- 23 Sri Chinmoy; *Protection*; Aum Publications 2009; p. 118
- 24 White Eagle; *The Way of the Sun*; White Eagle Publishing Trust 1982; p. 7
- 25 Ibid p. 7
- 26 White Eagle; *On Living in Harmony with the Spirit*; White Eagle Publishing Trust 2005; p. 84
- 27 White Eagle; *The Way of the Sun*; White Eagle Publishing Trust 1982; p. 4
- 28 White Eagle; *On Living in Harmony with the Spirit*; White Eagle Publishing Trust 2005; p. 98
- 29 Blum Ralph; *The Book of Runes*; Angus and Robertson 1985; p. 60
- 30 Sri Chinmoy; *Protection*; Aum Publications 2009; p. 213
- 31 Ibid p. 185
- 32 White Eagle; *On Living in Harmony with the Spirit*; White Eagle Publishing Trust 2005; p. 105
- 33 Ibid p. 103
- 34 Sri Chinmoy; *Protection*; Aum Publications 2009; p. 205
- 35 White Eagle; *Spiritual Unfoldment 4*; White Eagle Publishing Trust 1994; p. 50

*Light, Love & Law – Spiritual Insights*

- 36 White Eagle; *The Way of the Sun*; White Eagle Publishing Trust 1982; p. 14
- 37 Ibid p. 14
- 38 Ibid p. 21
- 39 Ibid p. 8
- 40 Milne Carolynn; *Listen! The Angels Speak*; Publicious 2015; p. 65
- 41 White Eagle; *The Way of the Sun*; White Eagle Publishing Trust 1982; p. 11
- 42 Josef; *Where to from Here?*; Starburst Publishing 2014; p. 18
- 43 Ibid p. 18
- 44 Sri Chinmoy; *Protection*; Aum Publications 2009; p. 91
- 45 Josef; *Where to from Here?*; Starburst Publishing 2014; ch. 3
- 46 Ibid ch. 5,6
- 47 White Eagle; *Spiritual Unfoldment 4*; White Eagle Publishing Trust 1994; p. 50
- 48 Ibid p. 57
- 49 Ibid p. 57
- 50 Sri Chinmoy; *Kundalini: The Mother Power*; Agni Press 1974; p. iv
- 51 Ibid p. 5
- 52 Ibid p. 8
- 53 Ibid p. 9
- 54 White Eagle; *On Reincarnation*; White Eagle Publishing Trust 1994; ch. 5
- 55 The Aetherius Society; <http://www.aetherius.org.nz>
- 56 Josef; *Where to from Here?*; Starburst Publishing 2014; p. 21
- 57 Ibid p. 23



*Endnotes*

- 58 White Eagle; *On Living in Harmony with the Spirit*; White Eagle Publishing Trust 2005; p. 127
- 59 Sri Chinmoy; *Protection*; Aum Publications 2009; p. 91
- 60 Ibid p. 90
- 61 Ibid p. 187
- 62 Ibid p. 183/184
- 63 Ibid p. 184
- 64 White Eagle; *The Way of the Sun*; White Eagle Publishing Trust 1982; p. 36
- 65 Sri Chinmoy; *Protection*; Aum Publications 2009; p. 181
- 66 Josef; *Where to from Here?*; Starburst Publishing 2014; p. 6
- 67 White Eagle; *Spiritual Unfoldment 4*; White Eagle Publishing Trust 1994; p. 7
- 68 Ibid p. 56
- 69 Ibid p. 43
- 70 The Burning Bush is referred to in the Bible when Moses encountered the Lord. Exodus: ch.3, v.1-6
- 71 White Eagle; *On Reincarnation*; White Eagle Publishing Trust 1994; p. 63
- 72 Josef; *Where to from Here?*; Starburst Publishing 2014; p. 47
- 73 Blum Ralph; *The Book of Runes*; Angus and Robertson 1985; p. 89
- 74 Sri Chinmoy; *Protection*; Aum Publications 2009; p. 64-65
- 75 Ibid p. 64-65
- 76 Ibid p. 328
- 77 Ibid p. 328
- 78 Ibid p. 329
- 79 White Eagle; *Spiritual Unfoldment 4*; White Eagle Publishing

- Trust 1994; p. 46
- 80 Ibid p. 49
- 81 Ibid p. 39
- 82 White Eagle; *On Living in Harmony with the Spirit*; White Eagle Publishing Trust 2005; p. 106
- 83 White Eagle; *The Way of the Sun*; White Eagle Publishing Trust 1982; p. 11
- 84 Ibid p. 11
- 85 Sri Chinmoy; *Protection*; Aum Publications 2009; p. 181
- 86 White Eagle; *Spiritual Unfoldment 4*; White Eagle Publishing Trust 1994; p. 40
- 87 Ibid p. 49
- 88 White Eagle; *The Way of the Sun*; White Eagle Publishing Trust 1982; p. 11
- 89 Josef; *Where to from Here?*; Starburst Publishing 2014; p. 49
- 90 Sri Chinmoy; *Protection*; Aum Publications 2009; p. 221
- 91 Ibid p. 221
- 92 Ibid p. 150
- 93 Ibid p. 144
- 94 Ibid p. 144
- 95 White Eagle; *Spiritual Unfoldment 4*; White Eagle Publishing Trust 1994; p. 15
- 96 Sri Chinmoy; *Protection*; Aum Publications 2009; p. 34
- 97 White Eagle; *The Path of the Soul*; White Eagle Publishing Trust 1997; p. 34
- 98 White Eagle; *The Path of the Soul*; White Eagle Publishing Trust 1997; p. 30
- 99 White Eagle; *The Way of the Sun*; White Eagle Publishing

*Endnotes*

- Trust 1982; p. 32
- 100 Ibid p. 31
- 101 White Eagle; *Spiritual Unfoldment 4*; White Eagle Publishing Trust 1994; p. 17
- 102 Josef; *Where to from Here?*; Starburst Publishing 2014; p. 154
- 103 White Eagle; *Spiritual Unfoldment 4*; White Eagle Publishing Trust 1994; p. 18
- 104 White Eagle; *The Way of the Sun*; White Eagle Publishing Trust 1982; p. 15
- 105 Ibid p. 11
- 106 Sri Chinmoy; *Protection*; Aum Publications 2009; p. 228
- 107 Ibid p. 242
- 108 Ibid p. 242
- 109 White Eagle; *Spiritual Unfoldment 4*; White Eagle Publishing Trust 1994; p. 60
- 110 Ibid p. 86
- 111 Ibid p. 87
- 112 Ibid p. 87
- 113 White Eagle; *The Path of the Soul*; White Eagle Publishing Trust 1997; p. 68
- 114 Ibid p. 69
- 115 Ibid p. 75
- 116 White Eagle; *Spiritual Unfoldment 4*; White Eagle Publishing Trust 1994; p. 57
- 117 Sri Chinmoy; *Protection*; Aum Publications 2009; p. 237
- 118 Ibid p. 248
- 119 White Eagle; *On Living in Harmony with the Spirit*; White Eagle Publishing Trust 2005; p. 28

*Light, Love & Law – Spiritual Insights*

- 120 Ibid p. 84-85
- 121 Ibid p. 28
- 122 Ibid p. 84-85
- 123 White Eagle; *The Way of the Sun*; White Eagle Publishing Trust  
1982; p. 23-24
- 124 White Eagle; *The Path of the Soul*; White Eagle Publishing Trust  
1997 p. 83
- 125 Ibid p. 80
- 126 Ibid p. 82
- 127 White Eagle; *Spiritual Unfoldment 4*; White Eagle Publishing  
Trust 1994; p. 59
- 128 Ibid p. 59
- 129 Sri Chinmoy; *Beyond Within*; Agni Press 1988; p. 472
- 130 Ibid p. 471
- 131 Ibid p. 471



## REFERENCES WHICH I HAVE FOUND USEFUL

1. The Aetherius Society; <http://www.aetherius.org.nz>
2. Blum Ralph; *The Book of Runes*; Angus & Robertson 1985
3. Josef; *Where to from Here?*; Starburst Publishing 2014
4. Mascaro Juan; *The Upanishads*; Penguin Classics 1970
5. Mascaro Juan; *The Bhagavad Gita*; Penguin Classics 1970
6. Milne Carolynn; *Listen! The Angels Speak*; Publicious 2015
7. Rinpoche Sogyal; *The Tibetan Book of Living and Dying*; Rigpa Fellowship 1992
8. Sri Chinmoy; *Kundalini: The Mother Power*; Agni Press 1974

*Beyond Within*; Agni Press 1988

*Death & Reincarnation*; Aum Publications 1977

*The Summits of God Life*; Aum Publications 1999

*The Divine Hero*; Watkins Publishing 2002

*Protection*; Aum Publications 2009

9. Swami Krishnananda; *The Realisation of the Absolute*; Forest Academy Press 1972

10. White Eagle; *Spiritual Unfoldment 1*; White Eagle Publishing Trust 2003  
  
*Spiritual Unfoldment 2*; White Eagle Publishing Trust 2001  
  
*Spiritual Unfoldment 3*; White Eagle Publishing Trust 2001  
  
*Spiritual Unfoldment 4*; White Eagle Publishing Trust 1994  
  
*On Living in Harmony with the Spirit*; White Eagle Publishing Trust 2005  
  
*On Reincarnation*; White Eagle Publishing Trust 2006  
  
*The Path of the Soul*; White Eagle Publishing Trust 1997  
  
*The Way of the Sun*; White Eagle Publishing Trust 1982  
  
*Sunrise*; White Eagle Publishing Trust 1981
11. Yogananda; *Autobiography of a Yogi*; Self Realization Fellowship Publishers 1971

Notes:

Once the Christ Spirit quickens within us the world can no longer touch us.

“This” states White Eagle, “is what salvation means - not through belief in one particular man, but salvation by reason of the Christ love within man himself.”

The Christ Spirit lies within each one of us, but we do not and cannot come to the realisation of IT- even though we are IT.

Our realisation of the Divine Consciousness, of the Self, that is the Christ Spirit takes place when IT comes to us. For, in the teaching of Sri Chinmoy, it is always the Supreme having an experience through us.

---