

# The Global Spiritual **Revolution**

Our Inner Power to Heal Our World



Swati Prakash

# A New Positive Spirituality for the New World

In this pioneering text Swati Prakash presents a spirituality centred around a guidance to be as harmless as possible while exercising our free-will as self-realized beings.. You will learn how the five elements of nature, God and Goddess are within you and how to transform everything, especially your psyche from negative to positive, with the ultimate aim of earth-healing. Includes explanation of the Law Of Three, scientifically framed and original explanation with diagrams of the power of Five Elements in creating our life, and detailed explanation of how to banish negative energy and how to manifest positive situations in life using meditation, thoughts, intentions, emotions and behaviors that align us with peace and love.



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The Global Spiritual Revolution

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## *Dedication*

*This book is for all of us.*

*It is dedicated to our collective evolution and residents of earth.*

*Today we witness a modern movement of positive and timeless spiritual wisdom. Whether you are new to spirituality or already initiated, it is recommended that you clarify some of the most misunderstood basic concepts through this book, so that we all have a common and clear foundation to build our future together. Most of all, this book is dedicated to the overall application of spiritual concepts in our everyday life and not just in occult rituals and ceremonies. Our aim is to integrate spiritual awareness with our mundane existence. If you want to know how to love, grow and improve our life as individuals and as one world, the time to begin is now. Let's get started!*

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## Preface

The whole idea of writing this book stemmed from one question – what does the world need the most today? Peace, happiness, love, prosperity, clean environment, greenery, freedom with responsibility, positive applications of science and technology, better management of resources, safety and non-violence, not just for humans but for everyone on earth. And to achieve these goals no amount of charity or monetary progress will suffice, unless we evolve spiritually first. Spirituality is that magical essence that if infused in the world will bring about all the change we truly need. Everything outer in the world has an inner cause and every change we want in the outer world can only be truly effective and lasting if driven from within.

In every aspect of life humans have evolved, and progressed greatly through the ages and this includes religion and spirituality. As a result of this we now have a new age spirituality that suits even those of us who are not religious but scientific. A unified spiritual movement is indeed sweeping the world all over and transforming and guiding us deeply with increasing success. **A shared understanding of our inner spiritual oneness is indeed here for good.**

The simple core concept of *Harming None* when simply followed is one code of conduct that leads to tolerance, peace and kindness everywhere. This is with focus on all of *nature* and not just on human beings in the way we behave as earthlings. We need to now take greater care of our environment. A scientific approach to *spirituality as a tool for transforming our life is the key*. There is not a single

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thing in the world that we cannot improve with our inner power. If we start teaching these simple and beautiful techniques to our children and practice the right spiritual power and spirituality in every household we will surely see a happier world. Finally a focus on *equality* in gender, in sexual orientation, in all ways of living and being, including in spiritual leadership, as long as we harm none is the core philosophy in our new world.

This means that we can refer to the spiritual power or powers in the universe as God or Goddess or as gods and goddesses, or as the universe, to have the freedom to relate to divine by any names or forms we choose, from any religion or culture, as long as we harm none and understand these to be various depictions of the divine power of **love** which is the true God and Goddess, and is always within us. As such even an atheist or agnostic would find some meaning and benefit in the modern spiritual path of love and happiness. This also means that any divine power or powers people believe in must not be regarded as harmful or punishing in their energy. Most importantly that we must not kill, harm or hurt one another due to any differences in our spiritual or religious beliefs, and no matter what we may have read in our holy books or heard in sermons, we must let go of all our negative social and religious conditioning that made us or our ancestors harm or impose limited beliefs on any person or group with the aim of political and geographic domination. If we are truly on the right path there is absolutely no need to convert or subdue anyone into any rigid or bookish ways of thinking or living. Today we see a dynamically evolving shared spirituality and religion, not limited by rigid or confined views. Rather, it is an amalgamation of all that is good and



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useful among all the spiritual systems of the world right from time immemorial and until infinity. This book is also an introduction to some of the basic concepts and techniques from my own spiritual path and I want to share them with you just because they helped me so much. There is a lot more to learn and as you go along you will find innumerable helpers and guides who will all lead you to a deeper and more intimate relationship with your inner truth. At one point of time personal spirituality was practiced in secret, almost like a cult of the occult with focus on hidden rites, riddles, secret initiations and mystery rituals. Those were the days when personal spirituality was just emerging from the dark shadows of witchcraft persecution, blasphemy and heresy. Today our society is open minded and people are proudly declaring their allegiance to the spiritual movement both as members of spiritual communities, groups, traditions or temples and personally as solitary practitioners. Personal spirituality is constantly growing, evolving and transforming day by day to become a Global Re-Evolution or a revolution for all of us to witness and participate in. There is no better time than now and no better person than us to lead this wave of transformation. Let us be the change we need. I appeal to all of you to join in and unite as one, once again in love and light.

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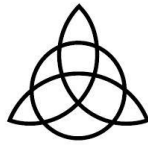
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# In-Vocation



Whenever there is Sorrow or Strife  
Due to Harmful Beliefs, I Manifest  
Within Us

To elevate **Wisdom** and Destroy  
Evil, With a Mission to Establish  
**Positive Beliefs**, I Manifest in  
Each Age of Time

❖ Krishna

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Chapter 1:  
Inner Spiritual  
power

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## What is Spiritual Power?

Is our life ruled by mysterious forces of destiny that are beyond our control? Is there a higher power or God who creates and controls all life, or do we have the power to change our life as per our will? It is amazing how much confusion and ignorance has been around for centuries with regards to the above! There are people who have always believed that destiny is beyond our control, those who may believe that it can be partially controlled thorough our efforts, and perhaps a few with belief in free will. The word 'God' is perhaps the most misunderstood word on earth.

Spiritual powers are magical. The word magic has been used to refer to illusion and performances of astonishing tricks. It has also been erroneously used to refer to 'black magic' or harmful spells in many societies. The number of people who are aware of real has been slowly increasing through the years, yet most people have sadly thought of real spiritual magic as something unbelievable, unscientific or irrational.

Lack of spiritual awareness had people confused with superstitious god-men and fake tantrics who mislead people and perform unethical or even gory folk practices involving sacrifices in communities and villages. Spiritual powers have even been glammed up and represented in the media as

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supernatural blitzkrieg. Fairy tales and folklore have added to the misrepresentation of spiritual power with a prevalence of the ghastly 'evil witch' stereotype inducing fear in every child's heart while good witches who believe in positive magic try branding themselves as 'white witches' to indicate they are different from the 'evil witches' of those fairy-tale worlds.

In contrast to the myths of our past, we now have begin to realize the following concepts through our inner self:

- ✓ God is within. We can have a hundred percentage of free will with the right spiritual effort or dedication
- ✓ Spiritual powers are real and completely scientific as well as totally rational
- ✓ Spiritual power and has absolutely nothing to do with superstition or evil
- ✓ We can be muti-religious and share spiritual faith with countless others who identify with the simple and positive principle of Harming None

Yes, you can have absolute free will. Destiny is just a name for those choices that you have made unconsciously or consciously in your past. These choices unfold in your life as part of your divine life plan. There is no one else but you to write the story of your life. You just do not remember it that very well and have created a character called 'God' to blame or thank for your

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own choices and creations. If you still disagree, keep reading, you will soon begin to see the point I am making.

Real magic or magick is a spiritual practice. It is simple, practically useful and essential for all of us to learn. Sometimes it is also called spiritual power, spelt with a 'k' to distinguish it from illusory stage magic. By definition it refers to practical and conscious application of an invisible psychic power or inner power to effect change of any kind in the visible or outer life. With the help of magick or spiritual power, we can see some difference between the way things were going so far and the way they turn out in the future after the magic or spiritual power spells take effect. Spells are techniques used in spiritual power to help us focus on and manifest a goal. Desirable changes to be made through spiritual power usually include transformation in one's life situations or experiences for the better. Real magic or spiritual power normally does not include changing people into toads, or making objects fly or disappear or any other kind of entertainment as expected by stage magicians, illusionists or fairy tale witches. All those amazing powers of psychokinesis or levitation that we see in movies or television make for fabulous viewership figures, but seldom do we use these powers in the real world of spiritual work.

Most spiritual practitioners of real magic are rarely interested in making objects or themselves float in thin air. While the

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temptation to possess miraculous powers of turning ordinary metals to gold, glass to diamond, water to wine, or pulling out flesh with bare hands in psychic surgery has misled many alchemists and aspirants who want to show off their 'Godly' powers, these tricks even if possible, would serve no real purpose than to impress others, and therefore are not used by real spiritual healers. In spiritual power the focus is on creating meaningful or useful changes that improve life without disrupting the balance or laws of nature. The spiritual nature of spiritual power ensures we only create those changes that matter.

Spiritual power is not about going against nature or bending the laws of the universe. It is not about manipulating the rules that keep the world in balance. Instead it helps us align with nature and the universe through a better and more beneficial way to focus upon and apply natural or universal energy that is all around us. Miracle healing or quick results are also not the usual way spiritual magic works. The change you create through spiritual power is not generally instantaneous or with dramatic supernatural special effects. Spiritual power works subtly on the energy field around us, on the inner vibration, or the astral or subtle imprints of everything. Yes there is an astral or subtle vibrational pattern within everything, every situation and everyone, unseen to the untrained human eye, but as real as the physical world. And if enough spiritual energy is given to

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heal or improve the inner vibrations, the outer effects will manifest as and when it is appropriate and in a way that seems to obey scientific or natural laws. This means the effects of spiritual power are often achieved in their own time and in ordinary, natural and everyday ways that merge with our daily life. If you make a wish for money it is less likely to rain from the sky and more likely to manifest as improved returns from career or investments. Similarly if your goal is health, it is inappropriate to expect someone to rise from their deathbed through magical resurrection. Rather healing takes place in the soul or spirit to reflect later in the body, including future lifetimes in case the body is beyond physical repair.

Change is a continuous state of existence. We are always creating changes in our experiences and situations everyday through our mind and actions, whether consciously or unconsciously. Everything you say, do, think, feel, believe or even imagine is creating your life right now, right from your early childhood or even your previous births. Those things you do not remember creating within you seem to occur from the outside and you thought that outer forces, planets or gods are at it, while all this while it was just you. Spiritual power means that we can now become conscious of how we all are constantly affecting our life. Without spiritual power you would go through ups and downs of life and be at the mercy of your forgotten past energy that was so far active in forming your life.

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By learning spiritual power you are back in charge of the energy sent by you, and knowing that this energy is creating your destiny even for future lives, you are careful to only send good energy. Now you can learn how to create meaningful changes to improve life situations with harm to none and for the best of all concerned. Isn't that wonderful?

**Exercise:**

*Prepare a journal for this book in which you can introspect and make notes. An e-journal is a good idea. Ask yourself: What kind of changes would you like to create in your life? What sorts of efforts, both inner and outer, are needed in your view? Write your notes in the journal after introspecting.*

## Science and Spirituality

What is the world ultimately composed of? How was the universe created? Who guides its functioning? Who are we and what is our role in the universe? These are some of the questions that have baffled humanity leading to some wonderful scientific and spiritual theories and debates.

Science is all about unravelling the mysteries of the natural universe through observation and experimentation. This is exactly what spiritual seekers are also trying to achieve. The only difference is in the method of observation. While scientists have so far relied solely on the limited human senses to observe the world, spiritualists have worked on developing their nature's given sixth sense or intuition which is within us all. Through inner awareness spiritual experts are able to receive plenty of information and insight directly instead of going about the logical steps of accumulating data through outer research.

For instance spiritual masters normally speak of 'energy' when they refer to any event, person or thing. By sensing the energy of something, we are able to get a psychic vision or prediction about the past, present or future which can be fairly accurate if we are adequately connected to the inner self. This way we may

not require us to spend as long a time to learn something as observation through 'outer' scientific method or actual experience would normally entail.

Energy is flowing all around and inside us at all times. The recent string and super-string theories have started to come close to this fact. Upon outer scientific investigation we are bound to discover that the entire universe, including matter is composed of invisible energy or vibrations. Through science we also know that energy cannot be created or destroyed but it changes form. Could matter be a form of energy? Perhaps energy does exist in a finer, invisible state and shifts or shapes itself into various things in the world including various dimensions both known and hidden. Spiritual masters normally agree upon this. Who knows the universe may have always existed in subtle forms that transformed into the expanding physical world around us with a big-bang? Instead of a single point of creation, we might want to consider that the physical universe could be formed and reformed infinite times through expansion and contraction of energy which is eternal and everlasting. Spiritual philosophy can provide much food for further scientific thought and observation thereby helping science in its quest for the ultimate discovery. It is essential for spirituality and science to work together. Spirituality can provide the intuitive, philosophical feed to scientific discovery.



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Energy is omnipresent in universe or nature. Be it light, sound, electricity or heat, we are constantly using energy. There may be several forms of energy that have not yet been discovered by the human world, yet we might be already connecting with those energies in unconscious ways. Nature has designed us marvellously and not just as physical bodies. We have a mind that is quite distinct from our brain. Our mind can be limited or closed to spiritual awareness, or open and receptive. When we do allow our mind to expand and connect with the universe, we open up the doors to intuition and spiritual power, both to observe and to influence the energy around and within.

Spirituality and science are never at loggerheads. While science wishes to prove and establish what is observed by testing hypothesis and then converting it to theory upon substantiation, spiritualists have been more self-focused without attempting to prove anything. Just because something has not been scientifically proven yet it does not mean it is unscientific or unnatural. As proving or establishing the truth of nature, requires experimentation and observation, it can sometimes be difficult when you are trying to observe something invisible to the limited five human senses. This is why scientific evidence of spiritual power has not always been easy to obtain. For example some animals have sensory powers much greater than humans and can see or feel those frequencies that are outside the range of human perception, but the human senses do not normally

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work the same way, and all scientific equipment or researches are and need to be tailor-made for human use. Just like how infrared cameras can help us see heat energy, perhaps new equipment such as advanced alternate frequency cameras will be invented, that someday helps scientists in understanding the hidden secrets of the astral or subtle energy vibrations in nature.

Perhaps science can someday also understand how our hidden vibrations help create different experiences of life. Yes, I am talking of real spiritual power – such as waving a wand or making a wish and getting what you want in real and practical life.

In-fact through several such experiments science has found some clues that a person's intentions can influence reality, for example an observer's intention influences the observation results during experimentation.

One example: The popular Young's double-slit experiment is meant to observe phenomena that indicate whether light has a particle nature or a wave nature. Another experiment called Wheeler's delayed choice experiment had found that the result of the Young's double slit experiment actually depends on whether the experiment is set up to detect waves or particles. Waves are detected when you want to discover waves, particles when you wish to discover particles.

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Another example - Austrian physicist Erwin Schrödinger in 1935 illustrated experimentally that a cat may be simultaneously alive or dead until the box used in the experiment is opened. It seemed as if there are two simultaneous parallel realities existing together at one time. In 1957 Hugh Everett formulated that while opening the box, the observer becomes entangled with the cat, so "observer states" corresponding to the cat's being alive and dead are formed. Each observer state is entangled or linked with the cat so that the "observation of the cat's state" and the "cat's state" correspond with each other. Therefore what the observer ultimately expects can become the fate of the cat. Personally I love cats and I have always found that my cats have always been cured wonderfully by applying spiritual healing through my own positive state. At times my cat has survived miraculously in-spite of the Vet declaring my cat to be on the verge of death. Hugh Everett's formula has worked for me so far.

Our beliefs impact the way we perceive and interact with the universe. We may regard the universe as solid and fixed and it will be so for those of us who are more engrossed in the mundane aspects of life. Or, we may begin to believe that there is something energetic and changeable about this world that is directly linked with our mind and beliefs. In other words, not only is the universe composed solely of vibrations of energy, these vibrations are constantly shifting with our mind. Those

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who practice spiritual power know that our intentions can and do create our reality. Those who do not believe have to merely learn the skills and then practice spiritual power on their own to see it for themselves instead of asking for verbal or visual proof from others. I have been a sceptic and a rationalist for most of my life and all that I believe about spiritual power is through actual personal experience. And trust me there is no better proof.

At the same time it is important for us to encourage the growth of science and technology and to be scientific in our approach to spiritual power. Let us welcome scientific experimentation and observation of spiritual concepts. What is science fiction and spiritual power today can well be the science of tomorrow. Modern science can establish the illusory nature of things and demonstrate how our own perceptions create and influence our perceived reality. Science can finally accept that we do see what we want to see and experience what we deeply want to experience.

Perhaps the future is composed of infinite probabilities that all simultaneously exist in the form of parallel universes or multi-verse. What's more, our will power can help determine what possibility will ultimately manifest in our life. The wave of reality will turn the way we make it turn through our mind. We can imagine, will, believe and create almost anything. Whether we use it or not, we have the power to shape our life. This is

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Spiritual power. And it is not very different from the science of tomorrow.

### Exercise:

*Any examine any object or subject in a room or outside area, with permission if it is a person, and try to sense the vibrations in and around the object or subject using intuition. Imagine you have the scientific equipment to see the inner or hidden vibrations of energy. If you were able to draw the vibrations in the form of colours or waves how will it appear? Use your imagination and intuition to draw the same in your journal. In case you find the scientific equipment to check the inner energy vibrations in future, such as an aura camera or infrared colour recording device, compare your notes in your journal with the equipment's recording. It may be similar or different depending on many factors but this exercise may give you a very rough idea or vision of what hidden energy may look like if we could see it. As you grow spiritually your perception of energy may become more and more clear or clairvoyant.*

## Spirituality and Inner Power

Some people have been living their life engrossed in daily routine. Their focus is on earning a living, having fun, flaunting a status, enjoying human relationships and perhaps leaving behind a legacy, reputation or wealth for their kin. Seldom have they introspected about the nature of the universe or the purpose of life. They accept the concept of an external 'God' and related concepts of heaven, hell, apocalypse, judgement, sin and resurrection simply because it is convenient for them to keep on following what others have passed on to them. It also gives some comfort to imagine they are not in-charge of their destiny because they are too lazy to actually learn and practice spiritual power. Meditation for them has been nothing more than a relaxation technique to escape from their problems and get some temporary peace of mind, and they have probably never practiced real meditation. Just like a child who does not wish to grow up and take their own responsibility, they could go on with their entire life never realizing that what they are dealing with all the time is pure energy and it is self-created. And when the going gets tough and life begins to shatter, these are the very folk who start approaching either religious institutions, priests or various 'spiritual healers' for help, prayer, predictions, spells and remedies hoping they can donate, pay and either escape from their predicaments by ignoring their

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problems, or get a quick fix miracle cure or salvation without working too hard to change their own luck. Unfortunately they may fall prey to baseless superstitions, or religious rigmaroles instead of real spiritual power, or even try harmful practices to end up in an even more horrid mess than they started out with, just because they were either in a hurry to fix their life through outer help or passively praying for respite from an outer entity without really going within.

Real spiritual healing is about inner work. It is all about learning and understanding yourself and transforming your inner energy vibrations through deep meditation.

Real spiritual healers or guides will always teach you the ways to go deeper in your inner journey. Any spiritual help or support you take from them will be a facilitation of your inner healing, based on an activation of your own inner wisdom and awareness. You too can be a spiritual master and learn the deeper inner mysteries to gain inner light. But what after enlightenment – chopping wood and fetching water? Provided that the right spiritual techniques including the right ways of meditation are used, spiritual seekers discover universal truths which can possibly be validated by science in future. Most spiritual seekers have had common spiritual experiences leading them to conclude that everything is energy. If you go on the right inner path you will find yourself joining the growing tribe of enlightened masters who share a deep inner knowing

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among each other. There will be less debate and more agreement and harmony within such circles. You will find others who can also observe, interact and influence or shape our energy through meditation and energy work just like you can. After enlightenment you start living consciously. You become a master of energy. You know that you are energy and you become a master of yourself. You know how every thought, movement and action is creating a vibration change in the visible world. You start seeing the world less as people and things, and more as energy waves all around you and inside you. You see the world as an expanded awareness of yourself. You love yourself and the world, recognising it as one singular energy matrix. Most importantly you start healing and improving life and the world around you starts getting healed.

**Exercise:**

*Find a peaceful place and time to meditate by closing your eyes, withdrawing your outer senses and clearing your mind of all thoughts for as long you can. If you perform this exercise daily you will be able to maintain this thoughtless state for longer.*



## **Spiritual Power versus Superstition**

The most common confusion spread around the last few decades is concerning spiritual power and superstition. Sometimes the two get clubbed together along with native astrology, witchcraft, folk practices and any kind of religious belief that does not 'fit in' with the commonly held ones.

The important thing to understand is that superstition is an irrational belief that is blindly accepted without actual understanding or awareness. Not all magical beliefs or spiritual practices are superstitious. Yes there are some folk practices and religious beliefs that are sometimes accepted without any rational or scientific understanding at face value. Those beliefs and practices that have no basis in any inner wisdom or spiritual consciousness are indeed superstitious. At times some superstitious practices can be harmful as well. This includes beliefs and practices in popular religions and not just folk magic. Millions of people cut and kill healthy living trees to decorate their homes at winter, millions immerse harmfully constructed idols in the sea to celebrate festivals generating serious threat to marine life, millions of people sacrifice innocent animals right on the streets in the name of religion. Such practices are also superstitious. Of course false magical rituals that involve sacrificial killing of animals or children are totally superstitious and deplorable. All these superstitious

practices and rites are born of spiritual ignorance and lack of the right kind of spiritual education. Yet sacrificial or ritual killing is less prevalent and more marginal than some other widely popular harmful superstitions in common culture. These have primarily bred through quiet submission to religious beliefs and a failure to question and test these beliefs due to fears regarding hurting religious sentiments and religious persecution. Anti-superstition activists have seldom talked about the harmful superstitious beliefs of popular religions and instead focused all their energy on generalising spiritual folk magic as harmful and superstitious.

Real spiritual power is all about spiritual awareness and consciousness and as such it has no relation to any kind of superstition.

At the other extreme we had people who falsely believed that only physical science is real and any kind of belief in spirit, soul, astral energy or inner healing was hogwash. These were people who are stuck in medieval and out-dated scientific theories that have no semblance to the fast evolving science of today which is on its way to converging with the spiritual truth. In-fact, disbelief or outright rejection of spiritual truth based on medieval science is as irrational and superstitious as a false belief stemming from medieval religion or folklore. Rationality is not the same as a mental blockage. There may be certain

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spiritual beliefs in our ancient folklore or culture that are actually based on some spiritual truth or rational logic. These should not be mistaken for superstition.

Owing to a spiritual and scientific awakening people have started questioning their age old senseless beliefs and superstitions while trying to discover the truth about the universe using the right ways of meditation and science. This is a great victory for spiritual power and spirituality when people reject dogma and superstition and start looking for the true nature of the world around and within them through both scientific and spiritual ways.

### **Exercise:**

*What are some of the folklore, religious beliefs and superstitions that you have heard of? Try to meditate and sense the energies around and inside you and then examine these beliefs again. Can you classify which ones are irrational superstitions and which beliefs seem to make sense either scientifically or spiritually? Note your observations in your journal.*

## Spiritual Applications of Energy

Is meditation the be all and end all of spirituality? Is it worthless and illusory to practice spiritual power? Is it necessary to be okay with negativity in order to let there be balance in the world? Is it necessary for good and bad to coexist? These are some other questions that have shadowed spiritual minds. I have seen plenty of people who have believed that we all should ignore negativity or make peace with it through meditation instead of attempting to transform energy in any way. According to them meditation is sufficient in itself and we need not do anything beyond it in spirituality.

The truth is that being aware of energy or spiritual reality through meditation is not enough. The primary benefit of spiritual awareness is in the way we utilise it for in our life as individuals and as a human civilisation. Unless the bridge between spiritual and material realm is crossed we will be unable to access higher consciousness through meditation. Similarly once we do, we need to bring this higher consciousness into our lower or material world through spiritual power else all the awareness or positive energy gained in meditation remains unutilised and unharnessed. Using consciousness for one's own peace and happiness is good but even better is when we can use it for others beyond our personal benefit. Our spirit will only rest once we manage of fill

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our lower or material world with higher spiritual awareness and transform everything to positive. Until then there is a lot of work to be done.

There are also a lot of people who might imagine that good and bad are both required in the world for balance and therefore it is necessary for negativity to be around or within us to some extent. It is very important to understand that the above is totally untrue. The universe is composed of positive energy alone and negative energy in any form exists only when this positive energy is blocked leading to unhappiness for self or others. Peace and bliss are our natural states of existence. Life, death, rebirth, all seasons, natural processes of birth, growth, ageing, differences in climates, the varieties of creatures, different states of energy, all are positive in the overall scheme or grand design of the world. Unhappiness and therefore negativity is created in our mind when we block it from the appreciation and joy of nature. It is the positive application of energy that keeps the world in order or balance. If energy is used in unwise or ignorant ways to disrupt the balance and peace by harming someone, it disrupts the positive and peaceful state of nature thereby becoming negative energy and polluting our life or environment with unnatural or harmful vibrations.

The energy flowing everywhere is a positive energy taking various forms and the way we work with this energy can be

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either negative (harmful and ignorant blockage of natural energy flow) or neutral and positive (harms none with useful and wise use of energy to align with nature and the universe). This also means that we may no longer justify any evil magical work by stating that we are helping in keeping the world in balance by adding negative vibrations. Practitioners of any evil craft would find they are no longer acceptable in the world, and they will do well to cross over and come to the positive side now by accepting higher positive consciousness as their own inner truth.

Being positive in our behaviour is a natural extension of being spiritually conscious. We can all co-create a positive world through consciousness. All negative energy including presence of negative entities such as demons, devil or evil beings of any kind is due to ignorance or blockage of spiritual awareness. They shall no longer exist in a positive world because we all are now being freed of ignorance and transformed by the light of higher consciousness.

In spiritual circles we would have seen those who are very afraid of negativity or evil. In truth all our fears regarding harmful negative energy or evil magic are unfounded. In case anyone starts using their psychic power irresponsibly or unwisely to harm others or self their spiritual level would automatically reduce. The reason for this is that all spiritual

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power is essentially positive in nature while evil is the extent to our ignorance or blockage in spiritual power. Consequently as negative energy or evil is based on lower spiritual awareness, its power is always lesser than that of positive energy which is linked with higher awareness. For this very reason we must never be afraid of negative energy and instead of worrying about the negative, release all fear and keep on going ahead on your positive path. The more spiritually aware we are, the greater is our magical power and the lesser is the power of evil over us.

### Exercise:

*Have you ever been attracted to negative energy, or attracted it, either consciously or unconsciously? Have you ever been afraid of negative energy at any point of time? Introspect on how both this attraction and fear could be linked with your own spiritual ignorance and dedicate yourself to your higher spiritual growth. Note in your journal how you can grow spiritually.*

## Psychic Power

The word 'psychic' has been misunderstood by several people until now. 'Psychic' has nothing to do with 'psycho', a slang sometimes used to refer to the mentally disturbed. The word psychic refers to our inner power used in working with energy. Psychic power is an ability to tap into or channel universal spiritual energy through enhanced awareness also called the 'third eye'. Psychic power connects our higher or spiritual vibrations with our lower material life. Psychic power or inner power is present in everyone either in latent, subconscious form or in an active, conscious form, depending on the awareness levels of an individual.

There are two types of psychic power - receptive and projective. Psychic readers, clairvoyants, seers, oracles or soothsayers are those people who use their receptive psychic power. Receptive psychic power is applied in extra sensory or extended sensory perceptions (ESP) such as intuition, foresight and precognition where the focus is on receiving information or increasing awareness about things, people or situations. It is commonly applied in making forecasts or predictions about the future, but can also be used to clarify unknown aspects of the past, or to see something over distance in the present. A relaxed state such as dreaming, meditation, hypnosis or trance helps us access our psychic power.



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Projective psychic power on the other hand involves the active use of inner energy to focus on something outside in order to change it. Whether to manifest something new or to transform any existing situation, projective psychic power is what we use in effecting spiritual change.

Receptive psychic power is equally important in spiritual power. The application of spiritual or psychic power should be ideally based on the information gained through receptive psychic power. Being aware of what energies are at play is important before attempting any spiritual change or transformation of energy so that only the right kind of change is brought about. Only after studying and learning about all aspects of the situation can we make a clear analysis of energy and plan our spiritual intervention or spell.

Psychic and spiritual power are sometimes termed as paranormal or supernatural, but in-fact these are a purely natural phenomena abundant all over the universe. Unscientific fears regarding nature and intuition led people to believe such inner powers are either of the 'devil' or impossible and fraudulent resulting in capture or execution of those people and animals who displayed any such gifts.

Animals and plants have a lot of psychic and spiritual skills gifted by nature to help them survive, grow, find food,

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propagate self-heal from ailments or injuries and protect themselves from any forthcoming troubles. It is common knowledge that dogs instinctively bark at criminals or threatening individuals and simply know when their owners are returning home. They can even be seen barking at unseen energies or entities at times. Cats too can telepathically connect with each other and with their masters. Birds can predict changes in weather and migrate over extremely long distances to find the right place for themselves using phenomenal navigation abilities. Dolphins and bats are known to sense sound energy beyond human perceptions. Salmon and pigeons can detect earth's magnetic fields, sharks can detect electric fields, snakes hear through their skin and some see infrared waves through their pits. Almost all animals have an uncanny knowing of danger such as seismic and climatic turmoil many days before we do. Psychic powers of Paul the octopus who could predict soccer winners of some of the world cups has been just one of the several psychic animals to be in the limelight. Plants too have various perception powers that make them sensitive to light, touch, sound and gravity to help them shift and grow in the right directions or even defend themselves at times from perceived harm, in spite of not having a central nervous system such as that of animals. Plants can feel and sense threats, injury, temperature and touch. The sensations and perceptions of plants work in very different ways than ours. It is known that

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the best gardeners try talking and singing to plants to improve their growth with beneficial results.

The perceptions and sensations of plants tell us that perceptions are not limited to or dependent on the five gross senses and our nervous system. Perception, feeling and thinking are part of the mind and not the body or brain. The mind that perceives is far beyond the body.

All of nature is capable of perceiving and receiving information, not just through their outer senses but through an inner sense. Humans too being part of nature are capable of extending their sensory perceptions to use all their senses including the inner sixth sense more efficiently at times of need. Experiments designed to prove or disprove theories around plant, animal or human intuition have sometimes been unsuccessful. This does not mean that intuition is unscientific. It just means that scientists have to find better ways to establish facts about intuition, ESP and psychic power without letting human limitation, observer expectation or design flaws preventing our discovery.

Not only do we get information and wisdom from our intuition, we also use the information and wisdom gained this way to help ourselves survive, grow and evolve with time. Research has found that even frozen water particles respond to positive

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words and harmonious music by transforming into beautiful and symmetrical shapes as observed under microscopes. It's as if all of nature has a magical sense of perception and behaviour. All of evolution in nature owes to the fact that everything and everyone learns through our outer and inner senses including receptive psychic power. Also everyone and everything responds, adapts and changes their behaviour including physiology and psychology to have a better relationship with their environment through our inner and outer efforts including projective psychic power.

Projective psychic power such as healing, wish granting, blessing and protection are also real. Spiritual powers have been attributed to spirit beings such as higher guides and ascended masters, fairies and angels, energetic entities who exist even though they do not have a physical body. Evil entities are not attracted to positive spiritual individuals; however spirits who need healing such as ghosts of the deceased can often ask for help in moving on. The proof of astral entities or beings may be hard to find through our limited physical apparatus, but inner senses in psychically inclined or meditative individuals are often geared to perceive and interact with them.

Natural stones, meteorites, celestial bodies such as stars and planets have all been attributed with spiritual powers. As a part of nature all these bodies have their own energy, and by

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understanding their symbolisms and correspondences we can integrate their powers with our intentions to create spiritual power in our life.

Most commonly gods or goddesses across various religions are assumed with spiritual power to answer prayers and fulfil wishes. These are all created through our combined beliefs and mythologies. The astral world is fed through our thoughts, visions, emotions, desires and imagination. Our own created characters with personalities and visions are energised through our love or devotion to become gods and goddesses over the years of belief. In the astral world these entities and deities are very real and so are their powers. Through our mind we can connect with them at will or through our subconscious to have our divine experiences and interactions. Their influence over our lives can also be very real if we choose to accept and work with the energy they represent.

Humans are also sometimes credited with spiritual powers, for example healing, blessing, clairvoyance and wish fulfilment with or without the aid of prayers, spells, rituals or tools. Priestly persons from all religions have been using spiritual power to heal and bless others. Though they have authority, they are not the only ones to have powers. All humans have psychic and spiritual powers at birth though unaware of how to use them actively due to the centuries of strongly negative

socio-religious conditioning which has muted or dumbbed down our psychic perceptions and spiritual awareness over several lifetimes. Thanks to strong negative associations most people have been unaware, fearful or condemning of spiritual power thereby giving all authority to the popular religious priesthood who solely held the tool of spiritual power in their hands. Just like a muscle that has not been exercised, our psychic capabilities reduced and eroded through the years not only as individuals but as a civilisation. Those of us who had psychic or spiritual experiences were asked to repress them even as children. As we lost our connection with the universal energy of nature we took to the wrong path leading to destruction and harm. Without inner wisdom we were easily misguided. Through meditation it is necessary for us to reconnect with the natural universal energy and activate our latent inner psychic and spiritual power.

**Exercise:**

*After meditating you will find that your psychic powers are enhanced through time and practice. At the same time you might remember having any psychic or spiritual experiences in childhood. Note all your psychic experiences in your journal both of the past and in future.*

## Demystifying Witchcraft and Paganism

Witchcraft has been a common word for spiritually powerful humans through the centuries. Humans who have retained or awakened spiritual powers have been known by different names across cultures including witches, wizards, sorcerers, healers, shamans, magi, medicine men or women, tantric priests, witch doctors and psychics. As religious priests of popular religions too perform spiritual work and ceremonies they are no different, than the spiritual village folk or witches they once persecuted. Witchcraft is rooted in the words wit and wisdom and is therefore an application of spiritual awareness or wisdom to craft or create our life.

A lot of people who claim to practice or believe in witchcraft have erroneously thought that witchcraft could be either good or evil. This goes against the very meaning of the word witch because evil can never be associated with wisdom. Witches being wise are supposed to be aware that only good deeds and intentions are worth pursuing and that evil will only return the way of the sender. The correct term for the use of energy for either good or evil purposes including harmful magic is sorcery not witchcraft. However we all know how the world starts mimicking common beliefs even if unsound. Some negative sorcerers might have been erroneously projecting themselves as

witches or wizards leading to a widespread abuse and misunderstanding of the term witchcraft.

A confusion of witchcraft with what people have called 'black magic' has also existed. First of all harmful sorcery, evil craft, or negative magic should have no linkage with the words black and dark, simply because black and dark are not negative words. Black is a natural colour of the night, outer space and also of the skin or hair of many individuals. We surely do not need to extend apartheid to spiritual terms. Spiritual power and witchcraft are not to be distinguished as black, white or any other colour as such. Simply put witch-craft or wise-craft is based in positive spiritual practices while evil-craft or harmful sorcery is a totally different and unwise or ignorant practice of negative magic.

Paganism is a word used for native cultural and religious beliefs and practices that have pre-existed book based religions. The word pagan means rustic or from the country. All of us around the globe have common roots and origin. The sanskrit term for this common ancient root of all of us is 'sanatan dharma' or 'eternal cosmic truth.' The fact that life is constantly created by our inner self, is a well-known part of ancient spirituality from as far off as the vedic world thousands of years ago. Ancient civilisations from India, Greece, Egypt, Celtic and Nordic faiths in ancient Europe, China, Australian Aboriginals, Native



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America and Africa all practiced spiritual healing and nature worship as a way of life. There was spiritual freedom instead of a strict adherence to a book based religious belief system. Spiritual leadership was often shared between men and women both in many ancient cultures. Through polytheism or pantheons of multiple deities, ancient wise folk created personifications of nature's energies in the form of several deities to help them focus and channel specific positive energies. Over time several names and characteristics were created through myths and stories around each deity thereby increasing the variety of powers and energies one could spiritual work with and the common linkages between them were all forgotten by most people.

In most pantheons the creative and transformational power or powers of the universe can be imagined as the Goddess or God or Almighty in its various forms. The Great Goddess is often seen as the highest power of the universe, with a triple form as the creator (maiden) who begins, the nourisher (mother) who sustains and the transformational power (old crone) who rules over change or death. Her consort is God who has four main forms - her Lover or partner, a Hero who protects her creation, the Father or King who cares for creation and the Sage or Sorcerer who helps in transformation. Most Goddesses and Gods across cultures usually will fit into one of the above forms of the main Goddess and God duo. They are also classified as

Stellar, Solar, Planetary, Lunar, Earthly or Chthonic based on their correspondences with stars, sun, planets, moon, earth and its elements or the sub-terrestrial underworld. A few examples of the various gods and goddesses over the world are mentioned below, though the actual numbers of deities and pantheons are too many to enlist. These all represent various spiritual powers of nature as well as our inner virtues that people have been invoking through deity.



*Icons for God(l) as horned one and Goddess(r) as the three phases of moon*

*Paleolithic and Mesolithic deities*

- ❖ Venus of Willendorf, an earthly Mother goddess figurine carved over 24000 years ago found in Austria
- ❖ Horned Sorcerer hunter God from Mesolithic era painted in caves over 14000 years ago in France

*Mesopotamian pantheon:*

- ❖ Ereshkigal the Crone goddess of underworld
- ❖ Ishtar the Maiden goddess of beauty
- ❖ Nanshe the Mother goddess of prophecy and fertility
- ❖ Sin the Sorcerer moon god of wisdom
- ❖ Anu the Father god of heaven

*Iranian pantheon:*

- ❖ Asman the Father god of Sky
- ❖ Zam the Mother goddess of earth
- ❖ Ahura Mazda the King god of wisdom

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- ❖ Allatum the Crone goddess of underworld
- ❖ Daena the Maiden of religious revelation

### *Indian pantheon:*

- ❖ Gauri the austere Maiden goddess
- ❖ Durga the protective Mother goddess of Power
- ❖ Kali the dark Crone of death
- ❖ Shiva the Sorcerer god who meditates and elevates inner power
- ❖ Ganesha is the earthy Hero protector god
- ❖ Laxmi the earth goddess in Mother form ruling over abundance
- ❖ Vishnu the Hero god in Krishna, Rama and other forms
- ❖ Aditi is the solar Maiden goddess of Dawn
- ❖ Dyayus is the father god of sky
- ❖ Saraswati is the Maiden of education and art

### *Roman pantheon:*

- ❖ Juno the great queen Mother of all gods
- ❖ Jupiter the planetary god King and Father
- ❖ Aurora the Maiden goddess of dawn
- ❖ Apollo the solar Hero god of poetry and prophecy
- ❖ Minerva is the Maiden ruling over crafts and intellect
- ❖ Venus is the planetary Mother goddess of beauty
- ❖ Mars the planetary Hero God of war and victory
- ❖ Diana the lunar Maiden goddess of hunting
- ❖ Lupa the wolf Mother goddess who nursed the founders of Rome
- ❖ Ceres the Mother goddess of crops
- ❖ Libera the Maiden goddess of wine and freedom

### *Celtic pantheon:*

- ❖ Madron the Mother goddess
- ❖ Cerrunos the horned God as the Sorcerer
- ❖ Brighid the Maiden goddess of light and warmth

- ❖ Eostara the Maiden goddess of spring
- ❖ Morrighan the Crone goddess of endings
- ❖ Dagda the god of plenty
- ❖ Lugh the Hero god of light
- ❖ Danu the Mother goddess of fertility

*Norse pantheon:*

- ❖ Freja the Mother goddess of fertility and magic
- ❖ Hel the Crone goddess of the hidden world of death
- ❖ Gefjun the Maiden goddess of love
- ❖ Odin the Sorcerer god of magic and divination
- ❖ Thor the Hero god of thunder
- ❖ Baldr the solar Hero god of light
- ❖ Tyr the planetary Hero god of victory

*Greek pantheon:*

- ❖ Hermes the young Hero of mind and communication who travelled across the various planes of existence
- ❖ Athena the Maiden goddess of strategy and craft
- ❖ Gaia the Mother goddess of earth and nature
- ❖ Hades the Sorcerer god of underworld or death
- ❖ Aphrodite the Maiden goddess of love and beauty
- ❖ Hermaphrodite the transsexual god-goddess amalgamation
- ❖ Adoni the young solar Lover god of rebirth
- ❖ Zeus the sky god King of heaven and thunder

*Egyptian pantheon:*

- ❖ Hathor the Mother goddess of creation
- ❖ Nuit the Maiden of the night sky
- ❖ Isis the Mother of love and resurrection
- ❖ Horus the Hero god of protection
- ❖ Set the Sorcerer god of chaos

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- ❖ Osiris the Lover god of resurrection
- ❖ Maat the wise Crone of divine order
- ❖ Ra the solar King or lord
- ❖ Shekhmet the Mother lion goddess of power and destroyer of evil
- ❖ Bastet the cat goddess of auspiciousness and protection

### *Arabic pantheon:*

- ❖ Allat the Maiden goddess of wisdom
- ❖ Al-Uzza the Mother goddess of beauty
- ❖ Mannat the Crone goddess of fate
- ❖ Allah the Father god of creation
- ❖ Hubal the Sorcerer god of divination
- ❖ Wadd the lunar god of love and friendship
- ❖ Shamash the solar god of justice and law

### *Hebrew pantheon:*

- ❖ Elat or Ashera the mother goddess and queen of heavens
- ❖ Anat the maiden goddess of war
- ❖ Ea or Yah the Father god also called El
- ❖ Jehovah (YHVH) or Yeshua (Joshua) as the King god
- ❖ Shekinah the Maiden goddess of divine energy
- ❖ Dagon the Lover fertility god of the land
- ❖ Baal the Hero god of heaven, rain and thunder
- ❖ Ashtoreth the Maiden goddess of sex and fertility

### *Oceanic pantheon:*

- ❖ Eingana the mother of all
- ❖ Wala the maiden sun goddess
- ❖ Yhi crone goddess of wishing
- ❖ Papa the Mother earth goddess
- ❖ Pele the Maiden goddess of volcanoes

*Aztec pantheon:*

- ❖ Xantico the Maiden goddess of fire
- ❖ Meztli the Crone goddess of moon
- ❖ Citlalicue the Mother goddess of the milky way
- ❖ Tlaloc the Father god of rain
- ❖ Cihuacoatl the snake Mother goddess of soul selection
- ❖ Toci the Crone grandmother goddess of healing

*Mayan Pantheon*

- ❖ Ixchel the Crone wolf goddess of midwifery and healing
- ❖ Yum Kaax the Sorcerer of wild forests and animals
- ❖ Kucumatz the Sorcerer dragon god of creation
- ❖ Awlix the Crone moon goddess of mystery
- ❖ Tohil the solar King god of nature
- ❖ Ekchuah the Father god of trade and cocoa

*East Asian pantheon:*

- ❖ Amaterasu the great goddess and queen Mother of heaven
- ❖ Chang'e the Maiden goddess of beauty
- ❖ Yakushi or the Sorcerer buddha god of medicine
- ❖ Caishen the Father god of wealth
- ❖ Mazu the Mother goddess of sea
- ❖ Zhong Qui the Sorcerer god of protection

*African pantheon:*

- ❖ Oya the Maiden goddess of rivers
- ❖ Yemoja the Mother goddess of creation
- ❖ Chango the Hero god of victory
- ❖ Oshun the Maiden goddess of love
- ❖ Mwari the King god of spirits
- ❖ Damballa the sky Father god of creation

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### *Eastern Europe and Russian pantheon:*

- ❖ Baba Yaga the Crone goddess of death and regeneration
- ❖ Medeina the Maiden goddess of hunting
- ❖ Svarog the Father creator god of fire and forge
- ❖ Lada the Maiden goddess of Love
- ❖ Morana the Crone goddess of winter
- ❖ Veles the Sorcerer chthonic god of magic and mystery

As civilisation spread the ancient gods and goddesses took various forms each distinct, though interrelated to other cultures. For instance the god Dyayus of Vedas and Zeus of Greek mythology, Ishtar of Mesopotamia and Ashtoreth of Syria, the Hebrew Yeshua and the Hindu Shiva, Hebrew Shekinah and Indian Shakti along with Egyptian Shekhmet, there is similarity in the names and their meanings in many cases. While the earliest of gods and goddesses were most likely to be personifications of natural powers, as time went by there were distinctions such as good and evil reflecting in several deities finally leading to the good vs evil of Zoroastrian religion. At a later point the focus became the duo of God vs Devil of book religions, with them having more to do with obedience vs rebellion of the monotheistic book-based faiths than with actual positive or negative energy.

The wise folk of each culture used divination, astrology, tarot, natural healing with herbs, crystals, chanting spells, using psychic power or ESP, meditation or intuition to guide and help

others. They were respected and honoured in most cultures. With the advent of book religions we saw the persecution of spiritual individuals who were pagan or unauthorised by the leaders of book religions.

With people being lured through charity or forced through terror into religious conversions into book based religions, an attempt was made to replace all old gods and goddesses with the new singular deity who shall rule everyone with love to the followers and terror or wrath to the rest. This enabled the new faith to help in bringing most of the world united under the new power of the western world intent into occupying new territories. Slowly faith in the new paternal ruler God and his messengers, messiahs, prophets, angels and priests replaced most pagan faiths, and along with this peaceful co-existence of most ancient pantheons, respect for various wise folk and pagan practices faded away. Ancient temples and sacred sites and idols or symbols were destroyed or replaced with new ones of the monotheistic faiths. Nature based folk festivals of the ancient folk were also replaced by new ones based on the new God and messiahs, often with some subtle retention of pagan elements in order to make the conversion easier for the masses. Religious and political forces together succeeded in establishing and maintaining their regimen over a major of portion of the globe by justifying many wars and crusades. Religious conversions through various missions helped in maintaining a



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stronghold mentally and not just superficially over the masses of natives that were converted.

In some areas of the east, such as India the practice of ancient spirituality continued to be a part and parcel of daily life. The west however almost forgot most of its pagan heritage, and where it was remembered or followed, it attracted severe persecutions. In the medieval times or the dark ages, feminine intuitive power and nature based spirituality was termed witchcraft and banned in the western world and its depiction was deliberately projected in a grotesque fashion. Paintings and writings portrayed magical women as horrible hags who conducted evil magic, conjured demons and worked with ghouls. Such images were proliferated in harmless looking fairy tales thereby building fear even amongst children. The idea was to stop the masses from the practice of any kind of personal spirituality or spiritual power by encouraging them to follow the preaching of the book faiths. Popular images of a witch included a warty old woman with pointy chin and a crooked hat flying over the moon on a broomstick with a black cat, or a similar female adding spiders and lizards into a cauldron. Both these have been used as a tool to demean spiritual or magical power and spread unscientific ideas about the divine feminine. A false belief that women who were magical had astonishing superpowers given by 'the Devil' helped to establish the supremacy of the masculine God as the only legitimate power.

Superstitious books such as *Malleus Maleficarum* were authored and backed by clergy and kings who succeeded in the gruesome torture and murders of countless innocent women and in some cases men and children accused of heresy and witchcraft.

Persecution of women also helped keep womenfolk in their place as the 'weaker' gender as propagated by the holy books. Religious texts and holy books have been replete with instructions to kill women of power and destroy ancient spirituality or paganism and a reading of such popular holy books will help in elucidating the anti-pagan and anti-feminine agendas that led to the repression of feminine gender both as goddesses and as spiritually powerful witches. While the word wizard continued to be given some respect and usage when referring to clever computer programs or genius individuals, the word witch was successfully tarnished as if it were an insult. Witch-hunting and mass killing of accused women spread across Western Europe executed in order to wipe out the family line. Slowly such witch killings made way into the east with harmless women accused as witches being killed for ulterior motives at times.

Ancient religious beliefs and paganism have been misrepresented in order to justify their extinction in the west, with a false projection of pagans as murderous devil

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worshippers who sacrificed children. This image has been fuelled by wrongly highlighting odd instances of sacrificial rituals conducted by ignorant and unspiritual folk as 'pagan' rites. If you see the overall rituals and rites of pagans you might find that majority are peaceful and simple folk and considering that Hindus being the single largest surviving pagans are largely vegetarian and do not kill even animals for food, it is quite unlikely that pagans with all the similarities in their customs and beliefs all over the world were constantly sacrificing children or animals for mysterious rites. Due to lack of awareness there were sacrificial rituals in many areas of the ancient world however the practice is rare now. The few remote regions and stray instances where sacrificial rituals have been reported are largely stricken by poverty and ignorance due to ages of repression and poverty of natives. While these few anomalies concerning ritual killings performed by poor and illiterate tribal folk were given more media attention, the more gruesome facts pertaining to several large-scale and heinous killing of pagans by well-educated and prosperous colonists across the world has been largely kept in the shadows. In truth most spiritual practitioners and pagans have given no real importance to devil or demons in their philosophy and have focused on nature worship instead.

As pagans and their communities emerge from darkness of the past, pagan religions and customs will have a chance to evolve

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and improve with the times. Pagan religions and beliefs are never static or regressive, they are shaped by the moral fabric of society and progress with times to take better forms, provided they are allowed to exist and proliferate. By wiping out or enslaving pagans en-masse to occupy their lands, the natural growth and evolution of pagan culture was abruptly halted. Negative images of uneducated or illiterate folk with regressive practices stuck around in the psyche of the public at large as a gross misrepresentation of the term 'pagan'. Pagan deities were also tainted by highlighting them as negative beings. Several ancient deities including Kali, Shiva, Baal, Yama, Ashtoreth and Hecate were added to the list of evil beings or 'demons' to dissuade their worship.

The word demon itself seems to be taken from the older word daemon meaning deity, gods or familiar spirits that were actually benevolent and protective in many ancient cultures, while the word 'devi' or female deity and 'diabolo' or rebellious slanderer contorted to devil. This helped in sending a message that all those who refuse to follow a sole patriarchal God are to be regarded as 'evil' abominations to be killed.

Pagans all over the world believed in astral entities called Faeries or Fairies in the western cultures, but with many other names globally including Voudon Loas, Hindu Suras, Buddhist Dakinis, Persian Peris, Etruscan Lasas and mythic creatures the

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world over including dragons, elves and angels who served as intermediaries between human and spiritual realm. It is quite likely that they were all nature spirits representing neither good nor evil but a symbol of the hidden or other-worldly energies of the universe. A representation of faeries or nature spirits as miscreants or harmful beings was spread through folklore and superstition. Dragons who originally represented the earth's magnetic currents or leys began to be feared as destructive beings to be slain by angels and saints and with this, the old sites of natural dragon power over the ley lines or routes that connected ancient pagan sites such as stone circles, mounds, barrows and hilltops were all conquered and new structures of book religions established in their place. Consequently faith in fairies or faery folk who represented the helpers of Goddess and gods of nature was replaced by faith in human-like and wrathful angels. These new angels were the messengers of the paternal God of book religions who could help or harm depending on whether you believed or disbelieved in the book faiths with a pleasurable heaven awaiting the believers and a painful hell for disbelievers. All this reward or punishment had less to do with positive or negative deeds and more to do with belief or disbelief in the book based faiths.

With westernisation of most cultures fear and paranoia regarding spirituality and paganism made way into folklore, fairy tales and myths not only in the west but all over the world.

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Presumably the intention was to block personal individual spirituality and wipe out ancient religions perceived as a threat to the worldwide hold of the new power. Slowly an attempt was made to ensure all people get religiously converted to a faith focused on an 'outer supreme God' who cannot be realised within. Ancient people and their beliefs were terminated or evicted from the lands which were all taken over.

As the craze to hunt down and kill blasphemers and pagans slowed down over the next few decades, people were more and more inclined towards science and rationality which led to an improved open minded attitude towards learning about the world around us instead of following religious books alone. With the development of psychology people realised the importance of mind, emotions and thoughts in our life. Similarly with meditation and yoga spreading all over the world from the east to the west led to a re-awakening of people and an awareness of the energetic or spiritual nature of the universe. Science has contributed to an attitude of reasoning, questioning and awareness in place of a silent submission to religious laws. Most nations became more tolerant to diverse religious and spiritual beliefs and laws against witchcraft were repealed in many countries. With the advent of spiritual science and meditation, today more and more individuals are realising the spiritual power within and turning to new age spirituality which is a rebirth of the ancient spiritual practices.

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### Exercise:

*What is your religion? Or what religion were you born into? Do you feel that religions have divided us or do you feel that the base of all religions is one but the divisions are manmade. How do you feel we can return to nature and our true self which is beyond religion?*

*Note your observations and thoughts in your journal.*

## **A Rebirth of Ancient Spirituality**

We all may have noticed restlessness or disillusionment spreading in the recent past as people try to find some common ground between the natural sciences and the external God-centric religions that have dominated the world so far. Stress and strain created as a result of lack of spiritual awareness made life more of a struggle than a celebration of natural free flowing abundance of divine energy. As a result people have gravitated towards learning meditation and yoga of the ancient east which has retained its original pagan spirituality, in order to find some inner peace and in the case of some seekers, the answers to the riddles of life.

Through meditation spiritual awareness is heightened which ultimately opens up our inner repressed spiritual power or positive energy. Spirituality is a personal awareness of the universal energy or power within us. Similarly spiritual power is the use our spiritual power for improving life. As more and more people raise their inner energy and gain awareness they begin to agree upon some common truths and laws of nature or universe. In the global spirituality of today, nature, science and spiritual power converge to become one religion or shared spirituality for all who believe in the universal principle of 'Harm None'.

For several centuries the world has been dominated by religious beliefs and practices that were not grounded on the higher



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awareness or true spirituality and therefore sometimes harmful than helpful to the growth of our human consciousness. There has been a general rejection of religion among those who are more inclined to scientific understanding and self-discovery of the higher truth, leading to a trend of calling oneself spiritual and not religious. But what happens when spirituality itself gains wider acceptance and more and more people realise the higher truth, gain self-awareness and awaken their inner spiritual power? The result is the formation of a new religion or shared belief system based on spiritual truth and spiritual intention. This is an active spirituality and not just passive meditation, with the aim of applying inner energy in outer life.

The new age movements of today began with the formation of smaller groups of believers and practitioners who would meditate and perform spiritual work together and now is gaining the form of a global spirituality that unites all of us together as one. The potential of this is vast and enormous with our combined power being a force of global peace and happiness to all beings on earth.

We all grew up in varied religious backgrounds. Many of us robotically accepted our parental religions as our own to live with them throughout our life. A few choose an alternate path, whether atheistic, agnostic or an alternate belief system based

on whatever we felt truly drawn towards. A Global Spirituality is for you if:

- ✓ You are looking for a simple, rational and positive way that connects with your inner spiritual power
- ✓ You believe in harming no-one, being free to live your life as you choose and believe in your own ethically made choices instead of following a list of externally imposed morality
- ✓ You do not wish to blindly follow rituals and festivals celebrated around you. Instead you prefer to understand the rationale behind these and ensure that your celebration is meaningful and harmless.
- ✓ You are seeking answers from within instead of searching only outwards in books and spiritual texts. You prefer to use intuition and meditation.
- ✓ You believe in Deity as beyond gender and do not hesitate to use the word Goddess to refer to the highest power. You can say 'O Goddess' just as frequently and with as much faith as you say 'O God' in your day to day life.
- ✓ You regard deity, God, Goddess as universal positive energy to be felt and invoked within us all and not as an outer entity to be worshipped or feared
- ✓ You want to feel connected with your spiritual or inner self with faith in your personal power as a normal,

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necessary and scientific tool to help heal and improve our life

- ✓ You wish to learn about various diverse paths, without wanting to convert yourself. You are allowing yourself to remain a free thinker or to adhere to any religion, follow any philosophy that seems intuitively correct

### Exercise:

*Consider joining various events and groups that focus on modern spirituality and healing work*

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# Chapter 2: Harming None

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## What is The Meaning of Harming None

Ancient pagan or native religions of the world were not based on strict adherence to any specific book or person's teachings. While differing in their specific beliefs, customs and rituals, they co-existed in harmony until the time humanity started dividing into various organised religions that competed against each other as the only true faith, even at times leading to harming each other through war, punishment against non-believers and fundamentalism including terrorism.

The concept of Ahimsa or Non-harming is well known all over the world. But what does the word harm mean here, and is it possible to harm none, or is it a wishful utopian fantasy? As you read on you will find it is possible to follow the principle of Harm None in our daily life. In-fact if you meditate and awaken your inner self you will surely find that following this guideline is your innate nature.

The word 'harm' implies not only physical but also financial, emotional, mental and psychic harm, while the word 'none' implies other people, nature and ourselves We can try our best that not just our actions but also our intentions are as harmless as possible. Both the means and the ends matter and must be attuned to the divine energy of love.

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A Rede or guideline simplified as Harm None, As You Will, was publically mentioned by Doreen Valiente, a high priestess of the Gardenerian Tradition in 1964. It is closely related to the ancient Latin maxim 'Primum Non Nocere' meaning 'first of all, do not harm' and to the ancient Indian principle of 'Ahimsa' meaning 'not to hurt anyone'. It is also sometimes related to Aleister Crowley's statements, 'Do As Thou Wilt Shall be the Whole of Law' and 'Love is the Law, Love under Will'. The core meaning of Harming None is love and regard for nature including others and self, a responsibility in our use of spiritual power, and a respect for the freedom or free will of everyone in the world regardless of their specific beliefs, gender or any other distinction as long as no one is harmed. Any kind of harmful work, such as manipulation of others for personal gain, love attraction of any specific person for personal lust or satisfaction, acquiring something not deserved by us or meant for us, or harming others in any way in hate, revenge, wrath or anger, whether by outer actions or by intentions, spells or prayers are not endorsed by this guideline. Instead one must focus on discarding negative energy or negative attachments while allowing love, happiness, health, prosperity and success to manifest from any source and in any form or way that harms none and is good for all concerned.

**Exercise:** *To what extent do you feel you can Harm None? Introspect and note in your journal.*



## **The Three Fold Law of Nature**

Why Harm None in our actions and intentions? The reason is the well-known principle of 'karma' elaborated as the Law of Three.

Karma is an oft misunderstood topic. So far many people thought it refers to only outer deeds or actions, while some believed that karma refers to only those energies that chase us from previous births and not to our present actions. Karma is a Sanskrit word referring to work or deeds. Karma is not just outer deeds or physical actions, but also our thoughts, emotions and intentions that we project through our mind and aura. Both inner and outer work form part of our karma. As per natural laws we create everything in our life through our personal work or effort, in other words karma is the creative energy of our life.

The principle or law of karmic return is a natural law of the universe according to which we reap in accordance with what we sow, or in other words what we get is linked to what we give. This law maintains the divine cosmic balance or equilibrium of nature. This karmic return might arrive within the same lifetime or in other lifetimes.

We can have many lifetimes depending on how long we take to fulfil our soul-purpose. Our consciousness or soul incarnates in several forms across different lifetimes as we evolve and expand

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our consciousness life after life. All negative or positive luck experienced within this lifetime could be a result of karmas of past lives and not just of present life in case we have carried forward some karmic returns into our present birth. As our karma returns to us we learn the lesson of spiritual oneness. If a person blocks himself or herself from learning the lesson in this lifetime, the lesson will be carried forward to the next life and the energy return will be even greater in proportion.

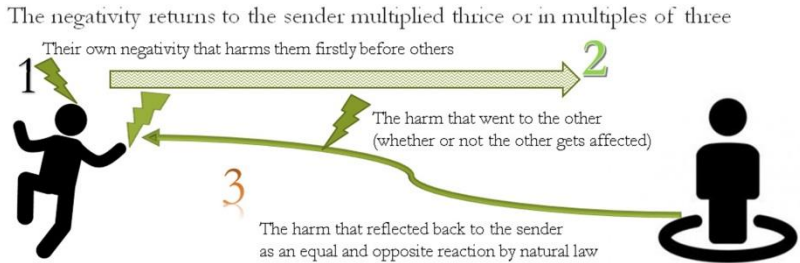
*'Ever mind the rule of three, what you give comes back to thee'* is often stated as the law of threefold return. This 'rule of three' is sometimes misunderstood even among experts. While some believe that our energy returns to us multiplied exactly three times and no more, some believe it returns multiplied though not necessarily by three. In truth the energy we send outside returns in increasing multiples of three depending on the extent to which we defer our lesson.



*The Triquetra is a symbol of the threefold law*

Why multiples of three and not another number? We can appreciate the relevance of number three if we consider that our actions create energy first for us, then equally for the other to whom it was sent, and finally an equal amount reflects back to us as an opposite reaction thereby creating thrice the amount of energy that we began with as it finds a way back to us.

## Three Fold Return – Karmic Return



Any negative energy someone creates starts poisoning themselves first and foremost, whether or not he directs it to someone. By directing the energy to someone the perpetrator doubles this energy effectively. The person to whom the negative energy was sent may be protected against harm and not really receive the negative energy. Even if they do become a victim and feel the effects, the negativity sent to them would still rebound sooner or later to the perpetrator due to the natural law that states every action has an equal and opposite reaction, thereby triplicating the effect that returns to the sender.

If the perpetrator would learn the lesson well in time and stop sending harmful energy, the cycle would end with three and he will be liberated from the repetitive energy pattern or karmic cycle. In case he defers the lesson by refusing to change his energy patterns, the energy sent will keep returning to him in multiples of three until he accepts and learns the lesson.

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The word uni-verse itself reveals that we are all interconnected and we are all one. Nevertheless we experience duality or multiplicity in our mundane life as we see so many beings and events outside. All these are the infinite forms taken by the universe which is one vibration. Everything we do to others is actually happening to the self in a very deep sense. However in day to day interactions we sometimes forget our unity and engage in the duality or 'maya' leading to a perceived gap between the giver and a receiver. We regard others as distinct individuals who are unrelated to us and some of us falsely imagine we can get away with harming others. This is our delusion. In the process of sending and receiving energy from one to another if we are not careful of our inherent unity and harm someone, we will sooner or later need to learn the lesson and slowly remember that all is one and to love our-self is indeed to love all of creation equally.

At the same time if we try to give good energy or good karma to others with the hope or expectation of receiving some good in return from the universe, this would also be unwise. Expectation and greed are negative energies that block the flow of unconditional love from us. This is the law of karmic detachment that states we must do our best without any expectation of fruit. Our right is on our deeds and not on the result or fruit of our deeds. The result of our karma is determined by the law of nature and is nothing to worry about. The fruits can be immediate or delayed based on how content or

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expectant you are. We carry the universe and the creative force of life within us and there is no need to feel any lack or want. We must try to be in a state of perfect love and perfect trust as we follow the law of nature, free of expectation, totally self-content and sending unconditional positive energy of love regardless of when and how it will return to us. The real reason for being good and doing good to others is that whatever is good for everyone is also good for our-self simultaneously. There is no need to accumulate good karma for future or future lifetimes as we learn all our lessons right now and expand our inner consciousness infinitely.

A sign that we have learnt the lesson is that we stop sending harmful energy and be conscious of our karma. This also means peace and forgiveness will be accepted by us in place of pain or anger. All aspects of life will benefit as a result. As we stop carrying the poison of negativity within us we will experience real healing. We really need to let go of any negative energy of the past and start feeling nothing but happy and positive right now, full of love and light.

Being spiritual is all about being conscious and aware of energy. It is far more likely that we are positive or at least harmless in our karma when we are conscious or spiritually aware. This is why it is very important to spread the right awareness of spiritual reality and spiritual power all around us if we wish to create a better world. By following the Law to the best extent we

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can, we do our bit in taking the world closer to the golden age of truth or 'satva-yuga'. By spreading the message of peace and helping each other learn about good karma, we are amplifying and accelerating the overall evolution of the world to bring about a turn in the wheel of the yugas.

**Exercise:**

*Can you identify any repetitive patterns in your life? Meditate as explained in the first chapter and then introspect on lessons to learn and changes to make in your actions. Note these in your journal.*

## **Harming None vs. Self Defence**

Some people misunderstand the do-gooder attitude of spiritual practitioners to be a sign of weakness or meekness. In reality we are not timid 'fluffy bunnies' who avoid any negative energy by running away. Instead we learn that all events and situations have an inner cause and we need to create an inner change if things ever go wrong, instead of blaming someone outside, and this can be a much braver thing to do. We are less likely to indulge in outer fights and psychic attacks, yet also quite capable of handling and neutralising negative energy coming their way through self-defence, in case someone else has sent any negative energy. Defence is an act of self-preservation where the motive is not to attack or harm another but to prevent harm to oneself. In any outer or psychic attack, the act of harm was undertaken by the attacker and not the defender, so if the attacker is harmed in the process of attacking, it is likely to be their own energy bouncing back to them by the law of nature. The attacker thereby learns his own lessons naturally, without any need for us to get engrossed in their karmic cycle. At the same time it may be necessary to ensure that we are adequately protected from any harm ourselves by creating and maintaining as much positive energy within and around us as needed for protection.

However it must be remembered that to intentionally harm the attacker in return is revenge and not self-defence. If you feel that offense is the best defence then you may need to rethink. A new negative karma chain might be created in case the defender turns into the next offender. The focus on self-defence is stopping or neutralising the negative energy or the harm coming towards you instead of creating more negative energy. If we become negative ourselves our own inner peace and balance would be disrupted leading to a victory of negativity and a failure of self-defence. In self-defence the focus should always be to try not to get affected or infected by the negativity that you are dealing with by maintaining a peaceful inner state. Acts of aggression and revenge are fear based responses to threats, whereas self-defence is better when one is fearless and positive. At no time should the defender be weak or powerless in the face of an attack. Being calm, composed and positive is one sign that you are dealing with negativity or harm in a strong way.

It is also necessary to understand that we attract positive and good energies towards us quite naturally by being spiritually positive ourselves. Those of us who keep complaining of negativity all the time need to look within. Being too vulnerable, easily being victimised or falling prey to attacks is a sign that there are inner fears to be transformed. If you are constantly reeling under, fighting or defending against harm or attack, it might be useful to examine which of your inner fears are



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attracting these negative energies. Try and find ways to deal with the root cause of fear within, including those from past lives so that you can have more peace and positivity in your life situations from now on. Ideally if you work enough on your spiritual growth there will be more positive and peaceful situations in your life than negative and harmful ones.

When defending oneself energetically one usually creates a psychic shield around in some form using spiritual skills by combining intention and focus. A psychic shield is a barrier that protects you and all concerned from harm. In this way you are not attacking anyone or manipulating others in any way, but simply strengthening your energy field to remain unaffected in the face of a negative energy attack.

### Exercise:

*After meditation, practice creating a psychic shield or energy shield around you by strongly visualising a protective light around you in the form of a sphere or any other construct. Choose a colour and shape you feel is most suited for your defence. You will find that it works better when you are in a peaceful and settled state than if you are upset or restless. You can be shielded anytime and everyday if you like, just be aware of the energy protecting you at any time leading to less chances of being affected by harm.*

## Harming None and Global Rights

Respect for human rights as well as nature is essential to following the Law. Everyone is allowed to have their own thoughts, beliefs and practices as long as they are not essentially harming anyone. In case anyone refuses to follow the law of nature, religion cannot prosecute them as it is the legal system and not religion ought to be in-charge of enforcement of any law. The natural rule of three or law of karma will take over and help people learn their lessons in case human law is unable to control harm. The role of religion is to provide the right wisdom to public for the common good and not to rule society through punishment.

**Freedom of mind and expression:** Modern global spirituality is based on the tenet that as long as one harms none its perfectly good to have and propagate any beliefs and practices freely. This is in contrast to some book religions that were focused on eliminating freedom of beliefs and expression through harmful means including death penalty, wars, witch-hunting or terror attacks. Hurting religious sentiments should never be a justification of oppression, killing or any kind of attacks in retaliation to free speech or expression which is a basic human right. In a balanced world everyone must be allowed to understand, learn and decide what to believe in. As followers of the law of karma, we envision a world where there is peace and tolerance, one in which people can live without fear of terrorism

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or any religious or fundamentalist attack. At the same time we are also responsible for ensuring that our self-expression is harmless to others as much as possible and take care that only good energies are spread by us in a wise way, with awareness that whatever we say or project can manifest in reality.

**Women's rights:** The rights of women and men are equal and neither gender must dominate over the other. Women have as much freedom of living life their way as men do as respect is deserved by all equally. As long as they harm none, men and women must have complete freedom in every aspect of their life, including the way they appear, what they do, how they dress or behave, in their choices concerning marriage, sex, childbirth or divorce, employment and income, status and power in every field and area of life. Any restriction imposed exclusively upon women is obviously unjust. Our inner power and not just physical strength matters, and thereby we cannot regard women as the weaker gender. Modern spirituality allows the depiction and worship of feminine divine as the highest power in the universe. Women are allowed to hold the highest positions in the religious hierarchies as heads of spiritual traditions and temples thereby setting an example for other world religions.

**Children's rights:** As children are more vulnerable and less capable of protecting themselves we have to specially take care not to harm them in any way if we are to keep our energy

positive. Crimes against children such as child abuse, infanticide, child sacrifice, child marriage and child labour are all social evils that must always be kept at bay. Children must have the right to a healthy and stress-free childhood and a comprehensive education to allow their natural inner power to develop well along with their physical and mental growth. No attempt must be made to impose narrow religious beliefs or practices on children and they should be allowed to choose their own ideals and faith as they grow into adulthood by being exposed to various views and practices that are harmless.

**Animal Rights and Ecology:** Humans are just one part of nature and we have no right to harm other parts of nature just because we have the power. Unlike some religious texts that declare that animals and plants are created merely for the consumption of humans, spiritual believers today hold that earth belongs to all its inhabitants equally. The divine energy of the universe is often depicted in the forms of natural resources, animals, plants and spirits of nature, to allow us to feel the positive energy in everything. Care for all forms of nature is part of spiritual practices including religious rituals during festivities which are all focused on the cycles of nature. Careful disposal and recycling of waste, respect for the life of plants as well as animals and the health and cleanliness of surroundings is paramount in the global way of life. While spirituality does not impose vegetarianism or fruitarian food choices there are plenty of new age believers who themselves see the merits in

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being vegetarian, vegan or fruitarian by observing that consuming regenerative vegetable parts, unlike animals, requires no killing and therefore helps us be much more aligned with the law of karma. Similarly plants have life too making tree felling or deforestation a harmful act that must be curtailed as much as possible. While it may be nearly impossible to follow the Law very strictly considering the numerous little organisms that we may be harming unintentionally, Karma is our guide to being aware of our actions. We can try to come as close as we can to the guideline of Harm None, if only for the sake of our own karmic positivity.

***Exercise:** Consider the choices you have in your lifestyle, diet or practices and note in your journal a few ideas of how you can choose to be in greater alignment with the Law of Karma.*

## Harming None in Our Inner Psyche

In the past there may have been people who misused their mental and psychic power to harm others out of ignorance of natural karmic laws. Praying to any higher power, whether you call it God, Goddess or gods and goddesses of any religion and asking for anyone to be harmed is as bad as casting an evil spell or curse through negative sorcery. At a more practical level, the thoughts and words we use daily are also equally important with respect to spiritual purity. The use of abusive or harmful vocabulary also affects our aura and increases negative energy within and around us. The principle of Harm None helps us realise the wisdom within to carefully chooses and select each thought, word and action, being aware that there is a great power within us all, whether or not we realise it. And along with great power comes a great responsibility.

### Exercise:

*Which words, thoughts and actions would you like to eliminate moving forward? After meditation and introspection note how you can transform these into more positive words, thoughts and actions.*

Chapter 3:  
The Global Spiritual  
Philosophy

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## Creation Myths

All over the world there have been several beliefs and myths concerning the creation of the universe. Each religion formed its own opinions on the same and each book religions claimed their version to be true arguing that they have received information straight from a certain God whom they promoted as the head of all creation. Unfortunately some spiritual traditions too at times end up justifying their own specific or pet mythologies or favourite deities including their version of creation.

While each spiritual tradition differs in their philosophy of Creation, today's global spirituality has a more scientific focus and upholds that we are all still learning and discovering the truths of nature through newer scientific discoveries taking place every day. Through meditation and inner awareness we can sometimes get visions and knowledge so far not available to our limited outer means. However the same cannot be proven to the outer world without science. Everyone needs to find their own inner truth instead of taking any specific myth as the complete and absolute truth. We need not impose any specific or narrow religious beliefs onto others while continuing to discover and learn both within and outside using both spirituality and science.

At best our inner awareness can help us present a hypothesis to the world which may be open for spiritual introspection and

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perhaps even tested scientifically in future to be proven or disproven. Under no circumstance can we impose that our inner views as the ultimate truth to be accepted by all others as final or definite as doing so will be superstitious. Any similar realisation in others will be their own choice through their own study and meditation.

Our inner awareness has led us to understand how energy is at the centre of everything and everyone, thereby hypothesising that perhaps the universe is created out of very subtle energy that has condensed and formed into various things. Therefore we feel that the creator, God or Goddess is not likely to be an entity or personality sitting somewhere out there, but a name for a positive power or energy within one and all.

The current generation feels that the primary energy that creates and composes everything is likely to be pure consciousness or Spirit which is formless or no-thing. It can only be experienced through no-mind, which is inner stillness, silence, peace and thoughtless awareness of meditation. It is our inner consciousness that guides thoughts. Thoughts in any form, whether visions, ideas, concepts, opinions or beliefs are all instrumental in bringing in our inner or mental vibrations to form. Intentions and will power further focus energy into more visible states. Emotions and feelings further condense the vibrations created by thoughts into fluid forms that finally solidify through physical actions. Today we have experienced

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how wisely guided thoughts, intentions, emotions and physical actions can create a positive reality starting from the state of pure consciousness or spiritual awareness. In the world of spirit there is no duality and everything is one consciousness. In the world of thoughts, intentions, emotions and physical actions there is duality thereby creating an infinite variety of things, people and experiences all around. This duality and difference can sometimes create stress or conflict if we are unaware of our inherent unity within duality. Healing is all about re-joining and coming together into the true state of unity.

### Exercise:

*If you have been practicing the meditation exercise from the first chapter, you will be able to now meditate and reach a state of inner silence. Have you been able to take a break from daily actions, thoughts, emotions and intentions to spend some time with your inner spirit self for at least a few minutes? Keep trying to reach the inner state of consciousness daily.*

## Spiritual Belief Systems

While religion is usually a shared belief system, modern spiritual traditions guide us to hold a belief only with self-awareness and proper reasoning. Global spirituality does not promote superstition which is belief without rationality or proper understanding. We aim to help people question their deep seated beliefs to figure out which of those beliefs are truly useful and worth holding as you go forward. Beliefs are a choice and you are fully in-charge of choosing your beliefs. However as a spiritual tradition our duty is to explain you how you beliefs contribute to your life and to help you meditate and choose only those beliefs that truly help in improving life without causing harm to anyone/

As global citizens we are aware that being politically correct and respecting religious sentiments is a norm, we also feel that people accept widely propagated false and irrational beliefs out of fear, even though many of these beliefs are quite harmful and must be transformed. For instance there are widely popular holy books that have prescribed death to those who worship pagan gods, keep idols, who practice witchcraft, with mention of killing of women, infants and destruction of pagan communities, temples and nations. Similarly there have been holy books that proclaim that men should have power over women and treat them like their owned fields for sexual exploitation at any time the man desires, including little girls of

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prepubescent age. One wonders what could be more harmful than killing, rape and paedophilia, and yet such religions based on holy books have dominated and spread all over the world through conversion and declaring their word as the word of God. In global spirituality, we choose only positive beliefs and refuse to endorse, follow or accept harmful ones.

At the same time alleged ancient practices such as sacrificing animals, people or harmful spells, whether pagan or non-pagan in origin are also not supported any longer as they contradicted the guidance of Harming None. Polluting of natural water bodies, land or air, or cutting of trees in the name of religious celebration, is also not in alignment with guidance of Harming None. Such beliefs and practices need to be replaced with less harmful ones.

It must be noted that spiritual believers today do not punish those who disobey the guidelines of Harm None, but only focus on educating and enlightening each other and public about their own energy or karma. When religion starts talking law into their hands or takes the shade of political bullying it starts to become harmful. Today's spirituality of love and light is in sharp contrast to fear based belief systems.

The only reason why people have been quite afraid of speaking their mind or rejecting several harmful ideologies spread all over the world over the past was the fear of retaliation and

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vengeful attacks by fundamentalists or radical groups. Often people were converted through death threats and fear and then had no way of escaping the trap as this fear was further strengthened through death sentences on those who speak their mind, execution of those who leave the religion, and terror acts on nations to prove religious dominance. Submitting to these fears is in turn a way to give power to the forces you are afraid of. Global spirituality upholds the basic right of each person to reject any beliefs, practices or ideologies that seem harmful or negative in any way even if they have been imbibed and imposed in families, communities and religious groups.

At the same time a global spiritual path does not encourage us to literally go up in arms against harmful belief systems. We are not a retaliatory faith born to rebel against book religions, but a rebirth of ancient positive spirituality. Being angry, frustrated and reactionary is far from the right attitude to harmful religious beliefs. Looking down upon those who follow those religious beliefs is also not helpful. Being angry and vengeful towards book religions will make us no different than those misguided fundamentalists who attack others due to differences in belief. Instead what is required is to help people develop a self-understanding and inner awareness through the right way of meditation so that they may be attracted to more positive and harmless beliefs and practices at their own will. Any change externally imposed can never be a true change.

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The monetary and financial power of spiritual traditions and temples might be far lesser than that enjoyed by the institutions of some other dominant faiths who gained power by force, yet, spiritual power lies in rational and spiritual wisdom. Most spiritual temples and traditions are not always keen on asking for charity, and have not built their institutions over past treasures either. Most of the time spiritual organisations collect funds by charging fees for tangible services, memberships, events, courses, books and products to the public which helps them pay their bills and rents. Many do not seek tax exemption either. This is quite unlike large historic churches, mosques and temples of popular faiths that have a large base of supporters and contributors to fund their activities, large lands and resources acquired in various ways since history. Spiritual institutions are usually much newer and smaller and they survive and grow with their own efforts with time and with little charity. Yet they are beacons of light in darkness.

At no point does modern spirituality block anyone from embracing it or require any conversion. The global spiritual path is absolutely open and accepting of anyone from any background of belief or culture as long as they are in tune with the universal laws of nature. We sincerely envision a world free of fear or harm, where each person's rights are protected and where people are truly peaceful, spiritual, kind and happy.

**Exercise:**

*After meditation, deeply examine the various beliefs you had imbibed through outer belief systems. Which of those seem to be truly useful and positive and which of these are better rejected. Note your observations in your journal.*



## **Spiritual Sexuality**

Sexuality has been an issue for most religions over the centuries. Today's world of spiritual light would place no special emphasis on sexual mores. According to most spiritual believers sexual choices are personal in nature and must not be confused with spiritual beliefs. The only guideline being that one must harm none, and try to make choices that are healthy and positive.

We feel that while it is necessary not to have unnecessary shame, taboos and guilt regarding body or sexuality, there is no need to go to the other extreme and practice polygamous, open or poly-amorous relationships that are sometimes popularised by certain religions or some new age spiritualists. The guideline to harm none applies to others as well as ourselves which is why sexual health and hygiene as well as the right emotional and spiritual connection with a stable partner is suggested for a successful romantic and family life.

Most spiritual traditions are suitable for all ages and free of any sexual content or nudity. There may be a few traditions that consider it important to be 'skyclad' or naked or involve sacred sexuality as a part of their rituals or initiation, and thus closed to minors. Today most spiritual work would rather focus on inner spiritual work and on offering clear-cut spiritual guidance

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to others from the public who need assistance, without being shady or seductive in their activities.

As the focus is on harming none, modern spirituality is accepting of all genders and sexual orientations. Global spirituality considers any harmful sexual act such as rape, sexual assault or sexual domination over any person or creature as a negative act. According to us all genders must have equal rights and responsibilities and must be respectful to each other while specially protecting children and the less abled from any harm.

Modern spiritual traditions do not usually require any celibacy vows or austerity from our priesthood or followers. Most are supportive of marriage as an institution believing happy, monogamous and committed relationships to be foundation for the upbringing of our future generations. Most couples choose their terms of engagement or marriage instead of following religious strictures.

While ancient pagan customs considered fertility to be the most important aspect of society and earth, due to both a focus on propagating our specie as well as agriculture, today as neo-pagan religions are not as focused on sexual and fertility rituals as pagan folk religions once were. Most are supportive of family planning and adoption so that we can look after the needs of our existing population instead of merely increasing the population of humans on earth.

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### Exercise:

*Examine your own beliefs regarding the body, sexuality and romantic relationships to identify what beliefs if any require healing. You can choose to journal it if comfortable.*

## **Spiritual Mission and Vision**

Most spiritual traditions aim to spread the right spiritual awareness and knowledge among the public. Our global mission is that everyone chooses and finds their specific spiritual path or belief while Harming None.

Anyone can choose their personal spiritual path and include the universe as a part of it. As a common a spiritual belief system based on inner freedom, peace and love, global spirituality can be instrumental in improving the way humans live and behave on earth. An eco-friendly spirituality can help us be in balance with the rest of nature while enhancing the quality of our life. A lot of healing and happiness can be spread all over the world as spiritual power is basically all about choosing hope over fear and believing that no matter how bad things were in the past, the future is indeed in our own hands right now.

While some spiritual traditions or religions believe in a final judgement day, apocalypse or end of the world as the ultimate destiny, modern spiritual believers feel that the destiny of the world is a greatly positive one. Unlike other traditions who feel that this destiny is achieved at a set pace based on a fixed time frame such as the number of years calculated as per 'yugas', astrological or celestial cycles, modern spiritualist believe that through consciousness we can accelerate and achieve our vision of utopia right now.

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Imagine a world where people are all happy and positive, a world in which there is unlimited abundance and joy, a world which is peaceful and free of fear or harm, a world where there is great harmony among all creatures, imagine a world full of natural beauty and celebration, spirituality and spiritual power, imagine a world where infinite diversity is respected while our inherent unity is accepted. This is the vision of a global spirituality and we can see it being transformed into reality right now.

### Exercise:

*Imagine if you could change the world for the better, exactly what all would you transform? How similar or different is it from the Global vision of a new world? Do you see yourself taking the vision and mission forward and if yes mediate and then think of ideas through which you can join forces with us and note the same in your journal.*

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Chapter 4:  
Working With the  
Five Elements

## The Five Elements

The ancients all over the globe believed that the world is composed of five basic elements. Whether with Greek philosophers such as Pythagoras or with Vedic seers from ancient India, the theory of five elements of nature has been timelessly popular.

Note that the word 'elements' here does not refer to the elemental table of chemistry. The five elements discussed here are more comparable to the five broad states of matter known in science, than the numerous elements of chemistry still being discovered. The spiritual meaning of the five elements and the five spiritual powers of creation is outlined below.

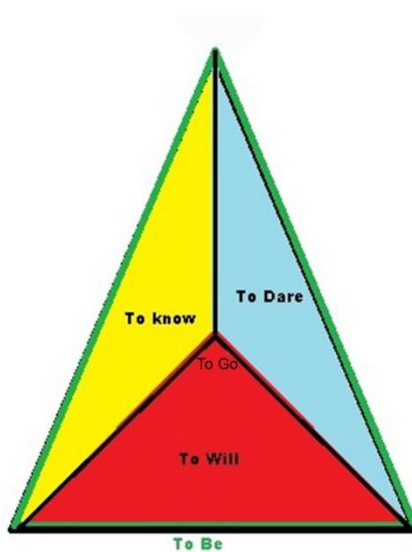
BASIC ELEMENT	Chemical correspondence	Spiritual correspondence	Spiritual power
Spirit	Dark (unknown)	Wisdom	To Be (nothing)/ To Go
Air	Gaseous	Thought	To Know
Fire	Plasma	Intention	To Will
Water	Liquid	Emotion	To Dare
Earth	Solid	Physical acts or things	To Be (something)



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The Pentagram or five pointed star is a spiritual symbol that represents each of the five elements of nature - spirit, air, fire, water and earth at each of its points.



The Elemental Pyramid represents each of the spiritual powers at each of its four surfaces - 'to know', 'to will', 'to dare' at the three sides and 'to be' is both at the base as the solid reality and at the apex as the silent unknown also called 'to go'.

Though we try to connect the five elements of nature with the five states of substances around us in the outer world, their usage in spiritual power is based on their connections with our inner powers and not on outer things. The spirit element or the ethereal state of substance represents the spiritual power of pure thought-free consciousness or the power to be nothing or 'go'. The air element or the gaseous state represents the spiritual power of thoughts, or the power to know. The fire element or the plasma state represents the spiritual power of intention or the power to will. The water element or the liquid state represents the spiritual power of emotion or the power to dare. Finally the earth element or the solid state of matter represents the spiritual power of physical actions or the power to be something.

Working with the five elements is therefore all about working with our inner forces in order to transform our energy patterns from within thereby leading to improvements outside.

**Exercise:**

*Look outside and classify things you see into the five elements model based on the states of matter? Next look within and classify what is going on within you based on the five spiritual states. Finally note which of the five spiritual powers are at work within you right now in your journal.*

## **Working With the Spirit Element**

Spirit is the name given to the inner subtle power that creates and evolves our existence. Ancient civilisations called this unknown world Akasha, Ether, Spirit or Astral world.

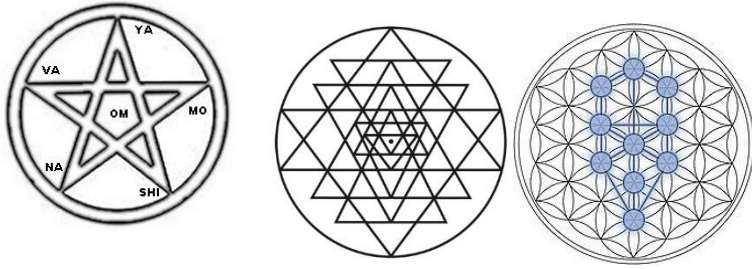
Majority of our universe has been hidden from our active awareness. As per science more than 95 percent of the universe seems to be composed of a yet unknown substance or energy, termed as dark matter and dark energy. It is said that while dark matter may account for the force of gravity or attraction that holds or binds the world together, while dark energy might account for the expansion or repelling force that keeps the space or universe infinitely large. Clearly the term dark here has nothing to do with evil but represents hidden or subtle energies that create and maintain the universe. Similarly over 95 percent of our mental activity could be unconsciously driven. In spiritual terms, the hidden universe is also spiritually termed the collective unconscious or the 'higher mind' which is linked to us through our mind. The Spirit element or unknown universe is also called the 'higher realm' in spiritual terminology. As the ancients believed that the universe is within us, the 'higher Self' is also a term given to the Spirit element. Through meditation and awakened intuition ancient spiritualists have conceptualised the universal forces ages before these scientific discoveries and provided some amazing insights. The totality of all visible and subtle aspects of the

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universe can be called the Self, in line with the ancient sanskrit maxim 'Aham Brahmasmi' to denote our expanded consciousness of the Self as the universe within us. Negative energy or evil is the result of ignorance or a blockage in this creative force or energy called universe or Self while spreading awareness of Self helps in healing the world and transforming all evil to good.

In modern spirituality we connect the spiritual forces that science is still discovering to the ancient concepts of God and Goddess respectively, with God representing the force of consciousness, gravity or love (oneness or being) that creates and solidifies our world while the Goddess representing the infinite and unlimitedly expansive energy or love that exists forever regardless of anything while being present even in the form of nothing (zero or non-being). Ancient cultures called this Purusha and Prakriti, Shiva and Shakti to represent consciousness and energy that together create the world. Throughout the world countless names and images are used to refer to God and Goddess and to their combined power as the great Spirit or universe. Both ultimately are words to denote the good or positive forces of love. By choosing to use both masculine and feminine terms for this is a way to maintain gender equality in spiritual terminology.

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*The pentagram or five pointed star is also an ancient shiva yantra, symbolic of gravity that binds together all five elements of Na (earth), Mo (water), Shi (fire), Va (air) and Ya (spirit) through the mantra Om NaMoShiVaYa (syllables often depicted in a different order over the pentagram that also correspond to the Jewish name of God El YHVH). The expansive infinite Goddess as the supreme universal being is symbolically depicted through the nine interlocking triangles of the shri yantra (often correlated with the tree of life and the flower of life model of jewish kabbalah), to visualise the creative life force that is spread throughout the multidimensional reality emanating from the central dot*

Energy also called the great Goddess is the ultimate and infinite being which has taken all forms of nature, through its own power of higher Consciousness or God. God as the consciousness of Goddess is a part of herself. Both God and Goddess act in unison as the one omnipresent Divine.

Whether you call the highest power God or Goddess, the Spirit element, or the Self they represent the love or unity that is constantly around and within us in its endless forms.

The great Goddess is also referred to as the triple goddess who takes the form of maiden, mother and crone that denote,

beginning, expansion and transformation respectively as the three stages of life.



*The three interconnected spirals of the Triskele denote the great Goddess as in her triple form as maiden, mother and crone or the trinity of the universal power that creates, nourishes and transforms all life through the help of God, her consciousness*

As the nature of Deity is infinite, and it permeates everyone and everything, we carry the essence of Spirit within us. The hidden energy of Spirit can be sensed through inner sight or inner senses which are awakened in meditative states. Spirit element is connected with our inner wisdom of higher consciousness and infinite energy which can guide and improve all aspects of our lives. The spiritual power connected with the spirit element is 'To Be' implying the meditative state of nothing accessible in thought-free consciousness, also called 'to Go'.

In our day to day life, when people are engrossed with various things and situations in the outer world and with their own numerous emotions, desires and thoughts, they are likely to be experiencing life passively and going through events which

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they like or dislike. In this case their life is essentially un-spiritual in that they are not consciously choosing their life situations.

As spiritual power is all about consciously creating desired change, a spiritual person would be able to choose his or her own life experiences on a day to day basis. In order to do this one has to detach from the situations being experienced so far in one's life and also from one's own thoughts, desires and emotions regarding the same. This process of detachment is necessary if one has to create a change in the way things are going. Only by stepping aside and observing something is it possible to intervene and change the event by detached observation of one's inner state. This self-observation is called witnessing or witness consciousness.

Spiritual manifestation of your chosen life can begin by connecting first with the Spirit element through meditation which is all about entering a state of witness consciousness by detaching from everything including one's own thoughts, actions, emotions, feelings and desires.

Meditation begins by withdrawing one's senses from outer events by looking within. At first it may be difficult to stop focusing on outer things or tasks but if one enters a mode of observation it becomes easier. Simply try to observe what is going on outside instead of getting involved in those things.

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Then slowly begin to observe what is going on inside you, your thoughts, your breath and your inner silence. As you observe your inner world you will be aware that you are not your thoughts, your body, your emotions or your desires. At this stage try to observe yourself to realise who you are. It is necessary not to enter an inner dialogue or conversation. Keep mind free of any visions, words or thoughts for as long as you can by just observing yourself as a witness. With practice one reaches a state of pure consciousness.

Any technique can be used to self-induce into meditation, whether it is focusing on breath or listening to relaxing music. It is necessary not to continue to chant, sing, visualise or focus on breath or listen to music all the way through the meditation. These are only to be sparingly used as induction tools to get you to observe the inner world and yourself. Whatever you do to reach an inner state of peace, it is necessary to detach from that until there are no thoughts, words or ideas going on inside your head. Simply observe your true inner state of absolute peace as you stop thinking.

Some people start channelling visions, thoughts or words soon after induction of trance but this is not meditation. During meditation one must be in absolute inner silence. Channelling of any wisdom or ideas, if any can sometimes take place after meditation when inner wisdom is activated. Also any such channelling is not the same as spirit mediumship or speaking to



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any entities, but is simply one's own inner consciousness or insight.

The entire focus in meditation is on staying in a state of 'no mind' or inner silence. It is recommended that one tries to stay in a state of pure consciousness and thought-free awareness for at least thirty minutes each day and increase it slowly over years of practice, in order to gain contact with one's true self also known as higher self, inner self or Spirit.



Also once your inner self is awakened, realised or 'enlightened', it is necessary not to stop your practice of meditating or spending time with the inner self. The more you work with the Spirit the more likely you are to stay spiritually awakened and to improve your spiritual prowess as it is the Spirit element that gives us the entire energy of manifestation or spiritual change. Some people feel drained or tired during spiritual work or healing and the reason for this is lack of meditation. Through

meditation one gains and maintains a connection with the limitless and unbound Spirit which is infinite energy. This is also greatly protective and nourishing, making one less threatened or dependent on anything from the outside. If you were constantly seeking energy, support, approval, love, attachment, wealth, power or anything else in the outer world, meditation is an important practice you must take up daily in order to free yourself of limiting beliefs, desires and attachments. It is with meditation that healing truly begins.

**Exercise:**

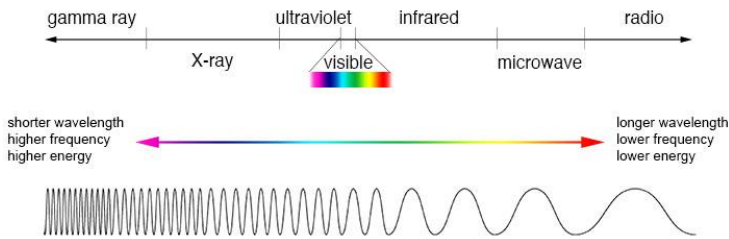
*If you have been practicing meditation everyday as advised in the first chapter, note how your experience has changed over the days of practice and continue until you are able to reach a state of witness consciousness to observe your true self. After meditating ask yourself, 'Who am I' and note the answer in your journal? Does your answer differ after a practice of meditation from the way you perceived yourself so far? Also note your answer to the question, 'Who is the creator or the ultimate Deity'. Finally note your insights about your life purpose and soul purpose by asking 'Why am I here'?*

*Notice if there is a change in your understanding of yourself and the universe as well as your purpose of existence as you continue your practice of meditation over a period of time.*

## Working With the Air Element

From the unknown or hidden world of spirit to the known world of mind, the divine energy changes form into thoughts. On the activation of higher wisdom in mediation the right thoughts flow into our mind as the energy of the higher realm of Spirit flows through vacuum and space and transforms its frequency from higher to lower dimensions.

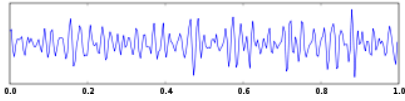
Energy is transmuted and transferred from one form to another through waves that help transfer energy across time and space.



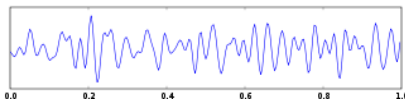
At higher levels of Air element we can exchange thoughts telepathically just like electromagnetic waves that can flow from mind to mind directly and often invisibly without any medium allowing us to communicate with the Spirit realm and also with each other. Frequency of energy waves reduces from higher to lower dimensions, from Spirit to the Air realm. The waves within our brain are much lower in frequency and power than the higher electromagnetic rays such as the spectrum between

gamma and radio waves. The frequency of our brain waves is higher in heightened states of focus and perception.

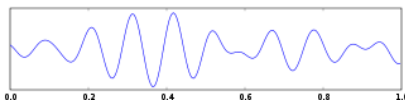
*Reducing hought waves in human brain through meditation*



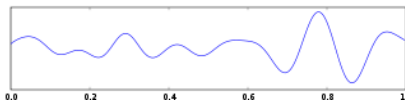
*Gamma Brain Waves (heightened brain activity)*



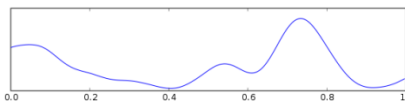
*Beta Brain Waves (ordinary brain activity)*



*Alpha Brain Waves (lightly relaxed brain activity)*



*Theta Brain Waves (deeply relaxed brain activity)*



*Delta Brain Waves (very deeply relaxed brain activity during dream and sleep)*

In working with air element it is necessary to first reduce ones thoughts through meditation so that our brain waves do not interfere with the positive cosmic energy flowing into us from

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the higher Spirit realm. On receiving higher guidance and intuition from Spirit, we then actively choose right thoughts post meditation in order to send a clear focused vibration of our desired intention out of our mind into manifestation.



At lower levels we convert thoughts to sound and communicate through sound which propagates in the medium of air. We also communicate through images that propagate through visible electromagnetism or light.

The air element corresponds to thinking and communication, with the spiritual power of 'know' implying that our thoughts and speech can help us manifest things. Through this element wisdom is transformed into knowledge that helps us in our day to day decisions and interactions.

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In the higher world of Spirit element there is unity, however in the lower world of material realm duality is created, beginning with our thoughts or mind through the transfer of energy in the form of knowledge flowing from one point to another. Knowledge is required to materialise something because first and foremost we must know what we are manifesting. This splitting of consciousness between our-Self and the object of our manifestation creates duality and therefore helps us in materialisation. The manifestation of what is required takes place faster in a crystal clear mind after meditation. Thought waves flow far more smoothly through our mind into the outer world once we reach a state of mental purity. The more clear and focused our thoughts are the more they are likely to reach outwards into solidification. Any and every thought has the potential to manifest into reality as its energy condenses into formation. The guideline of 'Harm None' becomes an important factor in deciding which thoughts should be chosen to manifest and which of them should be banished or transformed. The practice of evaluating our thoughts and deciding which ones to carry further in our mind and life is also known as 'Gnosis' linked to the word 'know'. We must be aware of what we are manifesting through our minds, taking care to think only those things that are truly positive or at least harmless.

In daily life we are subject to various ideas, images, thoughts, beliefs, situations and events, especially through media, news and gossip. Everything we encounter can make an impression

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in our mind thereby transferring its energy onto us. It is necessary that we protect ourselves from negative vibrations that may enter our mind. This protection or shielding can be done by imagining that an invisible filter exists all around you as if cocooning us you and ensuring that only good energy passes through it. While imagining or visualising this be as clear as possible giving this filter cocoon a clear colour and texture in your mind according to whatever feels powerful to you. This way if any negative text or image is encountered by you, it will not affect your vibrations or pull you down. Only by remaining positive can you have any power to transform the negative.

We must be aware that not only our conscious thoughts but also you subconscious thoughts are playing a part in manifesting our life. You can sense these through your dreams. You can try to note your dreams in your journal to get a sense of what all is going on at the back of your mind. In case a lot of negative content is observed in your dreams you will need to meditate more often and silence your inner mind. If you meditate well you might find that the quality of your dreams is much better or you might be more lucid in your dream. In lucid dreaming you may be able to create and alter your dream as if awake within. Lucid dreaming is an indication that your unconscious thought vibrations are now becoming more conscious and you are gaining more awareness and control over your inner mind or subconscious self. This can also lead you into astral dreaming or

journeying which is a dream-working exercise of exploring alternate worlds through your inner mind.

Simultaneously your conscious mind is also a good tool in manifesting with the element of air. You can carefully choose your thoughts to match only those things that you really intend to manifest. Again, the more adept you are in your meditation exercises the better you will be in exercising control over your subconscious and conscious thoughts.

Use of positive words and images in our day to day life is vitally linked with the element air. Verbalising your thoughts, whether done aloud or silently in your mind, is a great way of channelling your inner thought energy into the outer world for manifestation through the power of sound. First of all try to ensure that only positive statements emerge from your mind and voice, especially in the present continuous or future tense. If you must state any negative situation, you can frame any negative or unwanted statements in the past tense using the words such as 'was', 'has been', 'had', 'seemed', 'so far', 'up-to now' to indicate that those things no longer affect you from now onwards. Next speak the alternate reality you want to manifest in the present and continuous tense using words such as, 'from now on', 'is', 'has now manifested', 'I have', 'I now create'. For example, 'I am divinely guided right now.', 'My highest good has now manifested'. 'I have unlimited abundance', 'From now on only my best is manifest in each moment.' If speaking aloud



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your intonation must be clear, confident and calm to have the best effect. Meditation, focus on your breath and relaxing yourself help you achieve the right state to begin verbalising. It is best to carry out verbal exercises on your own without interference of others, unless they are your trusted guides or mentors, so that any incongruent thoughts of others do not cancel out the intention that you are verbalising.

While stating something very specific try to keep it open ended by adding that you are open to receiving something even better than what you specifically stated, or that it can happen more efficiently or in a better way than you even imagined. You can always add that your intention must harm none and work for the best of all concerned.

Eg 1: I now have an endless supply of money and wealth flowing into my life constantly. With harm to none and for the best of all, I deserve and accept this.

Eg 2: I am right now in a deeply positive and fulfilling relationship with someone wonderful. We have a fabulous life together. I allow this to manifest with whoever is right.

Sometimes witches use rhymes to weave or bind the words together in a harmonious flow, believing it to help the chosen vibration in manifesting better. Eg: To find something you had lost the following rhyme would help you draw the required object closer to your perception.

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Bound and binding, binding bound, I see the sight and hear the sound

What was lost is now found, Bound and binding, binding bound

You might get an intuition of where to look through these words of power. The idea behind the words bound and binding assert that you are bound to find what you seek.

Sometimes the words 'So be it!', 'As I Will So Mote it Be!', or 'So It Is' are spoken in the end to indicate the finality of what you have intended.

Eg: At this very moment of time, I am super healthy, fit and fine

I am perfectly hale and hearty, As I will so mote it be!

Uplifting music, sounds, mantras, guided audios, prayers, hymns, songs and chants or incantations are also wonderfully helpful in activating and directing the power of the air element in your manifestation with the energy of sound waves. You can use one or more of these as aids or tools while working with the element of air.

Finally pictures, visions and images created and visualised in your mind are extremely powerful and bring alive the power of the air element in your day to day life through light. You can begin with simple shapes and colours based on whatever feels right, and with practice progress to highly animated and realistic visualisations to aid your day to day manifestation. Simply choose the image or vision that closely relates with your

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intention and imagine it strongly in your mind as if it is alive and happening right now. Once again the more you meditate the easier it gets to clearly visualise and create your life as the Spirit element precedes the Air element in the cycle of creation.

### **Exercise:**

*After meditation write down in present tense, crystal clear intentions that can help manifest something good. It is best that they are congruent with your life and soul purpose you discovered earlier through meditation. Also try to visualise them as clearly as you can as if what you desire is happening right now and note your words and visuals in your journal. Can you now see how you are projecting your thoughts in the form of visions and words through your mind clearly as per the guidance of the higher Self or Spirit?*

## **Working With the Fire Element**

Our mind waves become much more powerful when we add force of intention to it. This force of intention corresponds with fire element or the plasma state of matter as it adds fuel to our thoughts and propels them into manifestation. This is why fire element is linked with the spiritual power of 'will' implying that we are more likely to manifest what we think of if we invoke it into existence.

In spiritual power our aim is to send specific intentions of healing and improvement into our lower or material reality from the higher self or Spirit. Just like heat transmits through absorption, healing energy from higher to lower world flows through our thoughts and gets absorbed into the lower world to effect healing. Often we find that those healers who are effective have more heat energy emitting from their palms during healing session than those who do not channel healing intentions.

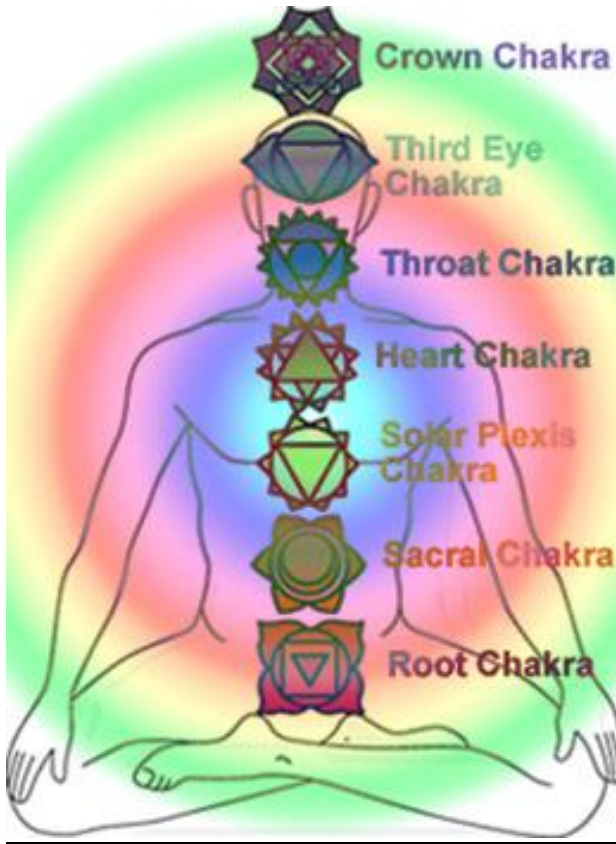
Basically healing of the lower or material world will be far more effective if you send your higher intentions powerfully into the lower world so that healing is absorbed and conducted through the lower self. Cold thoughts are much less capable of manifestation than powerful energetically driven intentions. Without the fire of our positive will to heal and improve our reality we are spiritually ineffective in creating change.

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Sometimes people who are spiritually minded avoid passion, ambition and desire and this is not recommended. The aim of spirituality should not be to become cold, aloof and withdrawn from the lower world. Instead spirituality is useful only when its energy can be channelled and absorbed into the lower world for healing our reality through love. The key is to have the right and positive desires that fill our life with a strong sense of higher purpose. This way we can not only transform our own day to day life for the better, but also be of help to others.

To channel the higher energy of Spirit through the clear thoughts of Air and then into the warm healing waves of Fire we need to amplify our thoughts by feeling the change in every cell of our existence.

During spiritual healing our physical as well as spiritual vibrations (aura or astral self) are improved through the amplified energy of our positive intentions. As our intentions are energised or focused into creating a better reality, our aura expands after absorbing positive energy. Our aura is formed of astral or spiritual vibrations flowing through invisible energy centres and cords called chakras and meridians all around and within us. All our chakras and our aura feel the positive effects of our focused intentions during spiritual healing. The positive energy flowing through our chakras and meridians is also called 'kundalini energy', inner fire or serpent power.



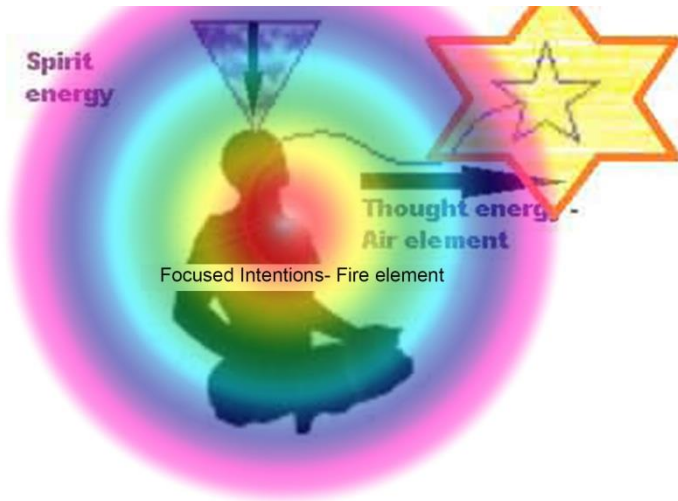
Astral body - Aura and Chakras

Our spirit body, astral body or aura is linked to our physical body and all areas of our life. Spiritual healing can impact all spheres of our life that require improvement by conducting energy all throughout. These areas of our life are broadly divided into seven all linked to the seven chakras or spiritual energy centres that are connected to our physical body as well. The highest chakra called crown or *sahasrara* connects with spiritual wisdom, the next *agya* chakra with psychic power or third eye, the throat chakra or *vishuddha* with communication,

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the heart chakra or *anhata* with love, the solar plexus or *manipura* with self-esteem, the sacral plexus or *swadhishtana* with creativity and the base or *muladhara* with physical existence.

Working with fire element helps us energise and improve all areas of our life by adding power to all our chakras that together form our aura or spiritual energy field. Through our aura we can project more energy into our goals on a day to day basis.



Just like heat travels through radiation, conduction and convection from space through plasma and matter, spiritual energy travels from Spirit to matter through focused intentions. Imagine that your thoughts, words and visualisations are activating every aspect of your life, feeling them pulsating

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through every cell of your body and all around you and radiating into your visualised goal. Imagine each thing you wish to improve glowing and vibrating with positive energy. Visualise this glow of healing in the form of a vibrant colour that suits your intentions as a sign that your healing spiritual power is now taking effect in the desired areas of your life. Feel a warm glow of success energising our spell.

**Exercise:**

*After saying your chosen words and visualising your thoughts in the previous exercise, feel them powerfully activating your life by imagining a warm wave of energy flowing all through your aura and into the vision. Imagine everything shine and glow powerfully as a result of your intention as a sign that your spiritual power is taking effect more powerfully. Note your observations in your journal.*



## **Working With the Water Element**

Just as the wisdom of the Spirit or higher Self guides our thoughts, and our thoughts amplify and gain power to become intentions and desires, our strong intentions gain more energy and come closer to manifestation when we add an emotional charge to them.

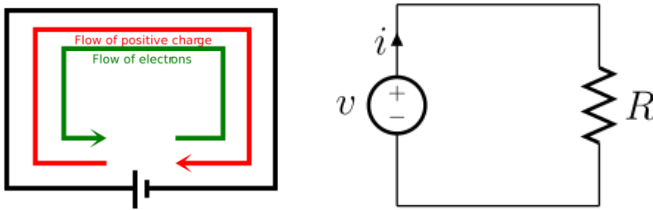
Emotions are linked with the water element and correspond to the liquid state of physical world. We are more likely to manifest something if we connect more deeply to it. We can feel the energy of it flowing through our heart and soul, just like electric currents flow through water or metals. Working with the water element requires us to delve deeper into our feelings and this increases our commitment to our goals. When we truly feel strongly for something we desire and think of, we are much more likely to manifest it.

The element of water is for the strong of heart, those who are capable to face and feel powerful emotions. This is why water element is also linked with the spiritual power 'dare'. Facing ones fears and releasing them is often the most difficult aspect of spiritual realization. Truly accepting and receiving our best is sometimes hard for us too, because we are attached to those things that are not right for us or meant to be. It takes courage to let go of the un-useful and to gratefully accept what is indeed good for us. A sense of gratitude and receptivity is built on the

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virtues of humility and trust knowing that our lower self or ego is much smaller than the higher divine Self which is infinitely vast and powerful. Working with water element helps us accept and manifest our higher potential regardless of the difficulties or limitations in the past.

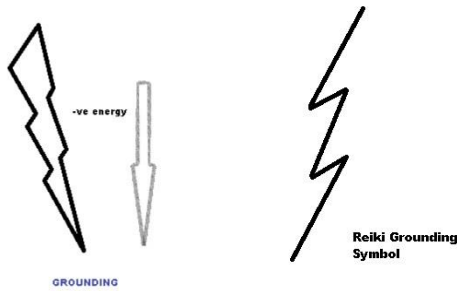
Just like electric current flows in the direction of positive charge from lower to higher potential, our emotional energy flows into the potential reality we desire to manifest when we feel positive about the future being created right now and release the negative emotions in the past.



Positive charge flows towards higher potential while negatively charged electrons move in the opposite direction. Lesser the resistance better the voltage or flow of positive charge

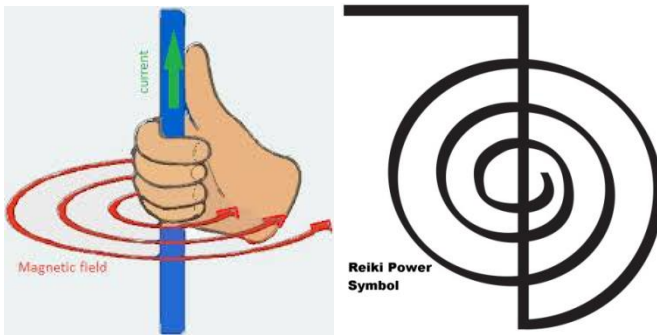
The less our resistance or blockage towards our goal, the better our energy will flow in the direction of our goal. The resistance is our fears or insecurities due to which we stay in the unwanted situations of our past instead of flowing into the desired future.

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Spiritual grounding helps us release negativity so that positive energy can flow better with least resistance. Healers often visualise Reiki symbols to facilitate healing.

Similarly just as an electric current produces a magnetic field, our emotional charge helps us magnetically attract our chosen reality into our present.



Just as the flow of current produces magnetic field, flow of emotional current helps us attract our goal. Healers often visualise Reiki symbols to facilitate healing.

By working with the water element we can release negative emotional charge, allow positive energy to flow into the future with least resistance, and help ourselves magnetically attract our chosen reality towards us.



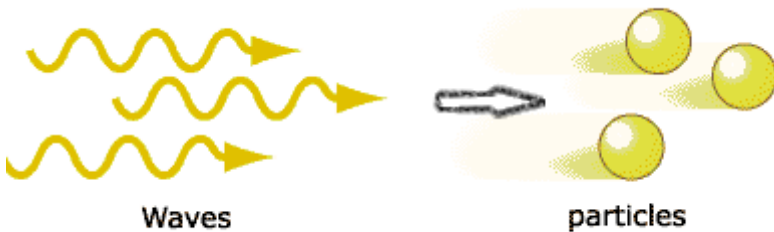
As we release negative emotions or blockages and feel positive emotions flowing into us, we magnetically attract our goal to us.

**Exercise:**

*In continuation to the previous exercise, you can sense all negative charge or unwanted energy including all blockages or resistances, flowing out of your body, mind and aura and into the earth as if you are grounded and earthed securely. Truly feel relaxed and relieved of all burdens or stress. Next feel a sensation of positive energy flowing like a current from you right into the future you were visualising and feel the entire vision of the goal simultaneously pulled towards you as if magnetically attracted into you. Absorb the goal into yourself and feel it melting and merging within you as a sensation of happiness and contentment. Truly feel the emotional waves flowing all over like a current that fills you with joy. This way you are integrated with your goal and it becomes part of you. Record your experiences in your journal.*

## Working With the Earth Element

Our wisely guided thoughts transform into strong intentions and then we magnetise them to us by feeling and sensing them into manifestation. Soon our intentions will get focused into physical form by the power of the earth element that solidifies our reality.



The element of earth stands for all those things and situations that are part of our physical world. Just like subtle energy waves form particles our inner energy vibrations are constantly creating our reality. In the process of spiritual healing or spiritual power we work on the inner vibrations that are always there at the core of everything including ourselves. Once there is inner change, outer change follows suit. By the process of sending positive energy through all five elements we craft a new reality that starts to take shape and form depending on the strength of our belief in the change created by us. Working with the earth element is all about grounding and rooting ourselves into our new reality created by our spiritual power. This is done

by believing and behaving as if we have already attained our goal. Our physical actions must be congruent with our goal if we wish to indeed manifest something of our choice. In case we are visualising, energising and attracting prosperity to us, we need to behave as if we are prosperous already, else the manifestation will be incomplete. Similarly if we are visualising, energising and attracting the goal of emotional fulfilment, we must not behave like unhappy or dissatisfied beings if we are to truly manifest our goal. We have to be the change that we desire in our world. This is why the element of earth corresponds with the solid world of matter. The spiritual power linked with the element of earth is 'To be' indicating the ultimate physical manifestation of our goal by 'being it'.

Physical objects are often used in spiritual power to ground ourselves more solidly in our new and improved reality. By placing positive things that symbolise our goal we help in completing our manifestation. Removing negative clutter or un-useful objects is also important in our daily life if we are to manifest our good. Beautiful and spiritually meaningful objects such as stones and crystals, spiritual artefacts, symbolic jewellery, wearing specific colours or lighting candles that symbolise our goals are all linked to the success of our manifestation for centuries.

Similarly our lifestyle, diet, house, belongings, our natural environment, where and how we spend our time, all must be

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chosen carefully as they all help us in grounding ourselves in our chosen goals. Our career, business, relationships and all aspects of life are linked to these. When we choose to have only the best and most positive ways of living in our day to day life, it is much more likely that our highest good will start manifesting in our daily life situations. The magical words 'As Above So Below' refer to the process of spiritual power where the lower reality of our physical world is improved and healed in alignment with the higher divine Self. Similarly 'As Within So With-out' refers to the fact that our inner vibrations determine the outer world experienced by us. Once we bring the inner vibrations of our lower world into alignment with the higher Spirit we start manifesting our very best.

### Exercise:

*You have meditated to connect with the higher wisdom of Spirit element, chosen the right thoughts, words and visuals to symbolise a goal with the element of Air, focused and amplified the power of your goal through your aura with Fire and magnetically attracted and absorbed your goal through the emotional current of Water. You now need to work on your outer life with the element Earth. What around you must be changed and how? Note your plan of action in your journal and follow through it.*

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Chapter 5:  
Know Thyself  
Through Intuition

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## **Intuition and Psychic Power**

Intuition is the inner power through which we all can know the truth about something instinctively without having to go through the routine steps of knowing something. A hunch about something before it actually occurs, a dream that proves to be somewhat true or even pre-cognitive, an eerie sense of just knowing how a certain situation could turn out, knowing someone would call just before the phone rings...there are numerous ways in which intuition helps us every-day. Through intuition we are guided in the right direction, protected from harm and made aware of something we should know.

Intuition involves accessing the unconscious world of energy where all information is stored. This hidden world is our own inner unconscious or sub-conscious mind that is linked to the collective universal subconscious. We are always connected to each other and the universe through the matrix of energy or vibration that runs through us all. This also means that the hidden universe or our collective unconscious or higher Self is equally connected to every individual too. Yet we see that some of us are more 'gifted' than others in having intuitive prowess. This merely means that some of us are more practiced in the ways of accessing the universal energy vibrations or have learnt it through our past lives and were therefore 'born with it'. However it is quite possible for anyone to start working on

developing their intuition with a bit of effort and the right training.

The right way to develop intuition is to relax one's mind or quieten it so that there is less interference of our brain waves and higher energy or information can flow into our mind from the higher self. Meditation with or without guided induction can help in this.

Psychic power is similar to intuition, except that it involves receiving or sending specific information or energy telepathically to or from someone or something, while intuition is the way of receiving overall guidance from the higher Self. The way to develop psychic power is to practice psychic exercises involving heightening or extending our sensory perceptions or ESP to help us connect with events and people across distance or time.

**Exercise:**

*Have you ever had any specific or general sense of knowing something about the past, present or future? This could be a hunch, a dream or a specific psychic insight. Did you follow your intuitive guidance and if yes with what result? Note your experiences in your journal and identify any patterns in them. For example are you more gifted in seeing through dreams, or in hearing a message inside, or in seeing visions, or are you yet to experience intuition?*

## **Intuitive and Psychic Skills Training**

Animals and plants have great intuition and can follow their instincts with great precision. There are animals that can see, hear and feel much beyond human range and can often predict the weather, the location of food, or the energy of people or places, even to help catch criminals or check security. Plants too have an inner way of knowing where to grow and their entire biology can transform based on the cycles of nature in order to help in their survival and propagation. Nature has gifted intuition and psychic powers to every creature to some extent or the others. Humans however lost a lot of our natural intuition by falling prey to stress, worrying, limited beliefs and unnatural lifestyle that numbed our intuitive senses and reduced the intuitive faculties of our entire specie. As a result most humans face plenty of struggle and misfortune as well as face crisis in the form of health issues, depletion of natural resources and destruction of our eco-system that ultimately affects all humans at a global level. By reclaiming our inner power we can not only create more success and happiness on our life path but also grow and evolve in a more positive direction overall. Sometimes children display a lot of intuitive calibre as they are less conditioned with negative energy than adults. Also some of us are born with greater intuitive power than others as a result of past life efforts. The amount of training and practice each person requires will vary from person to person. Some of the

techniques focused on the passive psychic skill of receptivity are described below.

For each of these intuitive or psychic-receptive techniques it is necessary to first meditate in order to connect with the higher Self of unlimited positive energy and to cast a protective filter shield so that the psychic is not affected harmfully in the process of taking the reading as discussed in previous chapters.

**Claircognizance:** The meaning of this word is clear-cognition or an inner knowing about things. This is one of the most direct ways of gaining knowledge. Claircognizance requires us to reduce our own thinking or thought waves and allow knowledge to flow into us from the universe. Meditation is the best way to develop this faculty as it helps us in reducing the amount of thoughts or stress that blocks us, the technique for which was explained in previous chapters.

**Clairvoyance:** This is perhaps the best known of all psychic gifts and requires our brain to help us translate the knowledge received into visions. The most common way of receiving knowledge about our life is our dreams in which we receive visions or even travel astrally or spiritually to events in our past or future. The best way to improve this is to sleep well and note our dreams or astral journeys daily in a dream diary. Other ways of using this gift is to be open to visions

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while awake either with eyes shut or open. Normally a dream-like or daydream-like trance is self-induced that helps us see the images that are required. If the eyes are open we might prefer using an aid such as a plain surface, a reflective mirror, sometimes a black mirror, or a crystal ball which could be clear or black. We need to gaze into such a surface with eyes open and gaze steady but a bit out of focus or not directly focused on the surface. Or we can simply close our eyes and try to perceive our inner visions. The visions received can be symbolic which may require further interpretation based on what the symbol means to you or literal showing clear details of the future, past or present. As with everything this normally gets better with practice.

**Clairaudience:** This is the way we can hear messages regarding what we need to know from within us as if someone is talking to us. This technique requires our brain to interpret the knowledge gained from the universe into sound like signals. This technique is similar to clairvoyance except that this time the focus is not on seeing but on hearing and therefore a reflective surface may not be needed. Hearing something that is taking place far away outside our normal range can sometimes happen, or we could listen to voices or music from other dimensions or planes, spirits, or from past or future.

**Clairsentience:** This gift helps us physically sense energy in the form of bodily sensations. The technique is similar except that the focus this time is on perceiving sensations. Feelings of warmth or cold, sensing our hair standing on the skin, sensing pain or discomfort of others in our body are some ways in which intuitives and psychics are able to help understand the situations around. The negative energy of others or the situation being sensed is not absorbed. Rather one just feels the same momentarily for the purpose of knowing and the psychic who is sensing it is usually shielded or protected from any ill effects of any negativity sensed. This gift is sometimes confused with clairpathy which as we shall see is a different phenomenon.

**Clairpathy:** With this power we can sense emotions and feelings of others or of a situation, such as happiness or sorrow, fear or confidence, anger or compassion. Once again it requires us to focus on the emotional energy of a situation or person under examination and as the receiver you are shielded and protected from being directly affected by any harmful energy or emotion. With practice one learns to focus or tune into the emotional content of the subject more deeply and accurately while remaining detached at a personal level.

**Clairallience:** This power is much more developed in animals as compared with humans, and though some humans are more skilled in this, it is a relatively rarer skill. This skill requires us



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to focus or tune into the smell of the situation, object or person that is being examined over time and space. With this skill many animals including prehistoric humans were made capable of finding food. However it may have other uses in the psychic field especially in connecting with the past or future more deeply and firmly by involving all our senses especially while astral travelling into past or future. You may also be able to smell success or the presence of spirits with this extended sensory perception.

**Clairgustance:** This power is also rare compared to other psychic powers as it involves the skill of tasting over extended sense, across time or space. Examples are being able to taste whether a situation or energy is foul or sweet. Similar to clairallience this skill can be used in conjunction with other clair-senses in order to make a psychic reading or astral travel richer and deeper.

### **Exercise:**

*After meditation and shielding, focus on any person (with their consent) or situation in past or future and induce yourself into a trance like state to activate and practice the above techniques one by one. After a few exercises you can see the patterns of which power comes more easily to you and which need more practice. Also note how accurate your reading was by trying to validate your observations.*

# Application of Intuition and Psychic Skills

The seven psychic-receptive or intuitive powers described above can all be used with great benefits for ourselves and others, especially as they can give vital information and connect us with the energy vibrations which we can attempt to heal through spiritual power.

- ✓ Premonition or pre-cognition is when we sense events that are yet to happen in future so that we are better prepared to handle the same when it happens or to affect a change in the future outcome through our conscious karmic intervention or spells.
- ✓ Retro-cognition is being able to see something that has happened in the near or distant past or past life to help understand what has led to the present energy patterns which is also useful in healing.
- ✓ Remote viewing is useful in sensing what is going on over distance or space with the benefit of effecting remote healing.
- ✓ Scrying tools such as crystal ball or glazed surfaces can be sometimes used to aid in remote viewing or pre-cognition of literal situations or their associated energy.
- ✓ Telepathy is when we can read thoughts or sense energies of others with the benefit that we can help understand the situation of others better in order to help them or heal them more effectively and with lesser outer efforts or words. Transfer of healing energy or positive messages or symbols can also happen this way.

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- ✓ Psychometry is when we use our inner or extended senses by focusing on an object belonging to a person or associated with the situation under examination. This can also be used in understanding the past or future as well as in healing the energy associated with the object or the owner.
- ✓ Dowsing with the help of pendulums or dowsing rods is also used as an aid at times to validate the reading of objects or places or to read their inner energy in order to help in understanding what sort of energetic change is needed.
- ✓ Astral projection and astral travelling or journeying is when we leave our present physical reality in spirit form, though still connected to the present and travel to the past, future or over distance, including past or future lives to get required information and for affecting the healing of the situation or self. An example is past life regression or future life projection.
- ✓ Aura reading is the application of our clear senses to sense the aura or spiritual energy of any person, space, object or situation with the benefit that we can heal the same in more specific ways. This is often combined with psychic or aura surgery or various spiritual healing techniques that work on the energy field under examination. Aura cameras based on Kirlean photography or biofeedback based aura visualisation devices can also be used to validate the aura reading.
- ✓ Automatic writing, or auto-drawing is when we channel the knowledge obtained through our psychic powers into words or images that are not coming out of the thoughts generated by the writer but connect with the situation or person for whom the exercise is undertaken. It can also help connect with

spirits, astral beings or other dimensions of the universe to receive their messages that may help their family or loved ones.

- ✓ Mediumship is the practice of connecting with the deceased spirits or ancestors to receive information or messages from them and also for healing as and when required either for the spirit itself or the grieving family to help them move on. Sometimes tools such as spirit boards or Ouija are used to help the psychic read out the messages more clearly.
- ✓ Channelling is to receive information or awareness from the higher Self or various higher entities of the universe that deliver prophecies and guidance often to benefit multiple people at once.
- ✓ Divination Tools such as oracle cards, angel card, tarot cards and other types of divination tools including board, stones, charts are also used to help channel higher messages in conjunction with our psychic powers, often to validate our intuition and can also help in effecting energy healing through spells.

**Exercise:**

*After you have practiced the psychic and intuitive skills discussed in the previous lesson, try to select any one of the applications mentioned above and practice the same. Select something that you feel will be easy for you to begin with. As usual take requisite permissions and also meditate and shield yourself adequately before attempting any exercise. It is advised to take the help and supervision of an expert for many of these exercises in case you find yourself confused or unnerved, for*

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*example if you plan to work on mediumship skills but are unsure of yourself or worried about the kind of spirit you might attract, try the exercise later when you have expert help instead of attempting it on your own when you are not quite ready. Even if you are part of a group that tries to dabble in psychic work, it is always better to take precaution and to seek one to one training by an established teacher.*

## Ethics in Psychic Reading

Whether you are vaguely interested or serious about developing your natural inner powers and psychic skills, it is wise to move ahead with precaution and common sense instead of dabbling in the unknown without proper guidance.

First of all you must only claim expertise over those skills that you are fairly confident about. Pretending to know something you actually do not will risk in exposing you as a fraudulent practitioner and there are at times legal acts that can be used against you if you attempt to fake your expertise. Promote yourself as a psychic expert or professional only after a few years of proper training and diligent practice under someone who is fairly established and renowned in the field.

No kind of guarantees or far-fetched claims are to be used in attracting others to go for your services as the effectiveness and accuracy of any psychic work varies from case to case and time to time even with the most skilled practitioner. Psychic services and skills should not be used as a quick way of earning a buck by those fly-by-night psychics who are not quite qualified to be professionals. Once you are established and well known yourself your work will speak for you and good reputation will attract long term success.

Chapter 6:  
Banishing the  
Negative

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## **Eliminating Sources of Negativity**

Negative energy is the one thing that bothers most people, yet not everyone seems to understand its source or how to deal with it effectively. Harmful or un-useful energy can be stressful to handle, manifesting at times in the form of difficulties, roadblocks, failures or health issues, both inner and outer.

While it is easy to blame others for the negativity encountered in our life, it is much wiser to look within. While it is good to have reasonable amount of challenges in life, if there is a consistent pattern of running into problems or facing stress repeatedly then it may be a sign that a self-created karmic pattern been chasing you in this life or even from previous lifetimes. This means that some of your inner or outer behaviours, based on your own limiting beliefs, fears or unhappiness may have led to the manifestation of the difficulties encountered. The answer to dealing with these is in deep inner work and inner transformation involving your own learning or lessons.

A common complaint of some people is 'black magic' or evil energy sent their way by others. The most important thing to understand regarding evil or harmful intentions sent by others is that these are ineffective in the long run even if they seem to fluster you temporarily. In case you protect yourself from harm using shielding or meditation, it is even less likely that you will

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be victimised. In the event that someone has indeed targeted you as a part of their evil plan, you should have very less to fear as the law of nature ensures that the sender of negative energy will face the return of their bad karma sooner or later. The most important thing for you is to remain calm and grounded in a positive inner state and not to get affected easily. If evil energy is constantly attracted by you, there may be a karmic lesson for you here as well.

A third kind of negative energy is sometimes encountered through places, objects, events, news and happenings around us. Once again these are unlikely to have any lasting effects on you if you remain intuitive, stay shielded and choose to interact with your surroundings with awareness. At the same time if you find that you are consistently attracting negative things into your perception, perhaps there is some inner negativity at work here that has led you to attract those scenarios.

Finally those of us who choose to be healers are professionally meant to deal with negativity outside us in order to help and guide others who have problems. Here being well trained is of paramount importance. It is essential that as a healer you are capable of handling negative energy without much fear or worry.

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### Exercise:

*Through your self-introspection try to note down any negative situations, objects or events encountered by you so far and use intuition try to sense the energies of the same. Have you encountered a lot of negativity in your life or do you feel it has been generally positive? Do you see any repetitive patterns or are these all unrelated? Remember to stay shielded and detached in your observation and analysis and note them in your journal.*

## Spiritual Cleansing and Purification

Just like our physical bodies, homes and belongings need care and cleansing on a daily basis, so do our mental, spiritual and astral bodies. We need to not only physically but also energetically stay clean and pure. It is necessary to cleanse and purify your aura and that of your surroundings in one or more of the following ways regularly:

- Anytime there is any heaviness or worry, just feel all the stress and negativity leaving you and going into the ground to be transformed into positive energy, just like described in the previous chapters.
- Natural salt baths with sea salt or rock salt in water are known for their effectiveness in keeping your aura cleansed. Soak yourself and your jewellery or stones in the same for a few minutes every few days. This can also be used as a floor-wash for surfaces.
- Burning of incense and dried herbs is extremely effective when you smudge the smoke around your body and your space. There is a tremendous variety of herbs that are appropriate for smudging such as frankincense, lavender, sage, cinnamon and hundreds of other herbs in dried loose, bundles, sticks, cones, powders or resin forms.
- Vaporising aromatic oils made of essential or herbal extracts in the space that needs cleansing is also

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beneficial. Diffusers and oil anointed candles can be used for the same.

- Visualisation of a cleansing vibration or light flowing all through you and your space can help instantly in cleaning and purification. You can use colours and forms of your choice based on what feels right to you from time to time.
- Black is an effective colour in absorbing unrequired energy. You can use black stones or candles for this purpose combined with your techniques explained in previous chapters and ground the candle remains in earth while cleansing stone in salt water.
- Consuming water or healthy substances known to suit you, charged with the intention of cleansing can also help at times.
- Playing of calming instrumental music or harmony inducing chants can be quite effective in purifying the environment.
- Natural stones, crystals and living plants of appropriate size if intuitively placed around you can help in keeping the vibrations cleansed and bright
- Children, pets and animals often absorb negative vibrations and you need to specially take care to cleanse their aura regularly to prevent them from illness.

- Natural light and outdoor places of natural beauty are both extremely powerful in cleansing and banishing negativity.
- Symbolically meaningful artefacts and décor can help in cleansing and purification too, for instance dream-catchers, evil eye prevention charms, water fountains, wind-chimes and bells.
- Spiritual and magical rituals performed by learned experts can be beneficial from time to time

**Exercise:**

*Try one or more of the above exercises daily and see how you feel later. Note your intuitive observations about how the energy of your aura and environment has shifted or changed. After a few days note if there is any visible outer sign of peace and calmness in and around you and add these notes to your journal.*

## **Mental Cleansing and Purification**

The first important thing as usual is to keep your mind cleansed and purified through meditation. There is no need to have a very strict time limit or schedule, yet an effort to be consistent in your practice goes a long way. The whole idea is to reduce the inner clutter and pollution of thoughts in your mind. Without meditation and especially if you are a chronic thinker, you might attract negativity in your life due to the persistent presence of thought pollution and stress. However with meditation you can have a greater control over the quantity and quality of your thoughts.

Without thought awareness it can be quite easy for most people to fall prey to negative thinking. Repetitive thoughts transform to deeply held beliefs that are much harder to transform. To transform deep seated negative beliefs more inner work may be needed. It is necessary not to give up on your inner and spiritual work too soon and to keep it up until you achieve the desired results. Yet sometimes people can fall prey to negative thinking or beliefs in spite of efforts.

Some people say negative things very often in the present tense and even use words such as 'always', 'is happening' or other words that make their experience even more long lasting. While talking to yourself and also while speaking with others, describing your problems as less as possible is the right thing to

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do. The less prominence you will give to your problems the sooner they will reduce. Your inner self is more powerful than problems and you can heal yourself with a bit of guidance and effort if you open up to inner healing.

As you describe your problems to yourself, you can frame your sentences carefully in the past tense with as less emotion as possible and feel as detached as you can as if it is not happening to you anymore. It is a good idea to mentally imagine crossing out the negative thought or statement with big bold strokes. Imagine you are cancelling it out and say the word 'cancel' in your mind firmly or out loud. Or visualise you are pressing the delete button in your mind and evaporating the unwanted thought. Then immediately replace it with a corresponding positive thought or statement with a good visualisation that feels right.

You can also write the negativity in past tense in black colour on paper or on a black candle, cross and burn it and then dispose the remains into earth to symbolise that it is all over now.

If any negative news, story, movie or image is in your environment, try not to absorb it or be affected by it too much. If you must pay attention shield yourself using the methods explained earlier and stay mentally detached by entering observation mode. Try not to share negative visions, news, stories and thoughts with others as well. The more you indulge in negative talk or discussions the more energy you give to



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those things and this is harmful for both yourself and others as it makes the negativity more solid and lasting. Instead, you can ground and cleanse the negativity observed by you and visualise something better to transform and heal the situation.

### Exercise:

*Practice the banishing technique given above using words on paper and candle burning to banish negativities you identified earlier. Follow with any one or more of the spiritual cleansing techniques mentioned earlier.*

## **Aura Cleansing and Purification**

Through focus and repetitions thoughts can gain power to become intentions or desires that can cause positive or negative effects both knowingly and unknowingly. Negative energy can sometimes stick inside your astral body and even radiate in your aura or energy field. Some people might even have carried negative energy from previous lifetimes or past life karma right into their current energy field or astral body. These reflect as blockages in chakras and aura and therefore start affecting our physical reality in present life and in future if not cleansed from the deeper karmic or causal levels. In addition to the techniques mentioned in the previous lessons, you will need to also work on identifying and releasing long term and past life negativity carried through your soul into your astral body from life to life. The very reason for incarnation is our desires that we seek to fulfil through our physical existence. Positive desires that harm none and are for the best of all concerned help us manifest a positive physical existence, whereas negative or harmful desires can manifest only negatively thereby creating negative karma for the soul who reincarnates from life to life. Our souls go through karmic cleansing and purification as we start to align our lower will to the higher or divine Will based on our higher awareness of Spirit within. A soul graduates from lower to higher levels of awareness in the process of soul evolution as a result, from a limited soul to an unlimited Soul connected with

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the eternal Spirit. Those souls who are highly evolved are focused on intentions to help, improve, guide, bless and enhance the universe. Other souls may be interested in fulfilling lower needs based on their ego based desires or cravings. A lot of souls used to be attracted to witchcraft and spiritual power to fulfil their lower needs or desires as mortals. Some evil souls might even have chosen harmful magic or sorcery to fulfil harmful desires. However by choosing the path of Harming None you have chosen to fulfil only those wishes that are truly harmless at the least and as wise ones you may even connect with nature and the Spirit to manifest higher intentions for healing and improving the world around you. As such you are in the process of evolution where your soul is being made more powerful and expansive to reach out to the universe. In being guided by the divine Will of the Spirit, you shall find that the entire universe including higher guides and masters are connecting with you and converging in the fulfilment of the divine plan through you when you are truly ready. Before you reach that state it is necessary to identify your desires and wishes, choose those that truly serve your life and soul purpose as identified in earlier chapters, and banish the harmful ones. In banishing harmful desires you will also be able to release those negative energies that you carried from previous lifetimes and get rid of several karmic blocks in your present life.

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Just as you can review your thoughts in your mind after meditation, you can review your desires in your aura too. After meditation focus on your aura which can be seen as light projecting from your astral body outwards through your physical body. You can keep your eyes closed to see an impression of this in a meditative state, or you can even try to see your aura by examining the area from a few centimetres to a few inches around your body with open eyes. You can try confirming your vision through Kirlean cameras and bio-feedback based aura cameras available with experts and at spiritual stores or centres, and see which one seems to convey the right message to you.

The main thing to look out for is the primary or overall colour of your aura that will tell you the basic focus of your desires and intentions. Red denotes physical and material needs such as security and safety, orange denotes creative and sexual needs such as enjoyment and pleasure, yellow denotes mental and ego needs such as power and status, green indicates emotional needs such as love and acceptance, blue denotes needs of expression and communication, indigo stands for psychic and intuitive or spiritual focus and purple or violet is a sign of spiritual peace. These colours also correspond to the seven chakras discussed briefly in the previous chapters and indicate which of the chakras is more active inside your astral body. Now that you know which colour are the primary intentions and desires you carry in your aura, you can identify and enlist

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the various needs and wishes you have in your present life. Be as authentic as possible in listing these wishes out in detail. Remember that many of these may have been carried forward from previous lifetimes as something blocked their fulfilment. Identify those wishes and desires that are not quite positive based on the karmic laws of nature. Any self-harming intention including those that might harm others can be written in a separate sheet of paper for banishing in black ink. Light black candles for each of these energies to be banished and imagine that the negative energy is flowing out of your aura into the paper as strongly as you can. Then burn it in the candle flame and into a fire proof dish and keep releasing negative energy into the black candles as much as you can until you feel cleansed and relieved. Note that this will not drain you out; rather it will unblock you and make you feel lighter.

Also note the harmless desires on a separate sheet or sheets of paper and write them in the present tense as if they are already fulfilled in the colours corresponding to the aura colours described earlier. With the help of another black candle imagine all the blockages that were preventing the manifestation of these wishes leaving you and entering the candle. As you visualise unwanted energy in any form leaving your aura, you will feel relaxed and cleansed in the process. Place the paper containing your positive statements in a safe place for future reference.

**Exercise:**

*Try examining your aura in a meditative state and confirming your vision through aura photography from one or more source. What are the similarities or differences in various visions? Over a period of time note the changes in your aura if any, and see if it feels better and brighter as a result of releasing your blockages as per the above instructions.*

## **Emotional Cleansing and Purification**

Those wishes and desires that you feel strongly about are more likely to manifest in reality. Therefore emotions are closely linked to the materialisation of our energy in the physical world of matter. Feeling bad about something that has happened is sometimes natural, but what is necessary is to reduce the vibration than to amplify it to a more gigantic level by constant unhappiness. It may be easy to indulge in self-pity at times but it will be harder to get rid of the pitiable and pathetic person you are projecting and designing your-self as in the process. Letting go of complaints or grumpiness is also necessary. Guilt is another emotion that is self-destructive and harmful as it makes you feel bad not only for what has happened but for yourself. Remember that no matter what you may have been guilty of in the past, it is totally possible to forgive yourself now as you are someone who is constantly reborn and reformed from within. Everyday new lessons are learned that change and refine the quality of our soul. While it is okay to find your own faults, it is necessary to remember that you are totally capable of inner change and there is no need to carry even an ounce of guilt. Anger is when you feel bad at what happened or at the person whom you are blaming for what happened. This could be yourself or someone else. Once again this self-destructive force requires cleansing and grounding. While it is lofty to expect that one should never be angry at all, it is necessary to

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ensure that if you begin to feel upset at a situation, you express yourself in a way that helps to solve the problem instead of harming someone or yourself.

Allow your focus to be on what needs to change in the energy of the situation, and not on the person who is associated. You will be able to attract the right persons and the right situations needed to achieve your goals if you keep your eye on your positive goal instead of wasting time in un-useful blames or fights. Both expressed as well as hidden anger are destructive. Pretending you are okay with whatever is happening even if something feels wrong is worse than expressing yourself forcefully as this will only strengthen blockages and negativity in the situation at hand while you try to please others and play along. Be authentic while focusing on transforming the energy of the situation at hand to something positive.

Being overly attached to people and things that are not right for us can sometimes prevent us in manifesting our best. Emotional attachments to those who are not meant for us or do not feel the same way requires banishing so that we can free up our emotional energy for those who we can form real relationships with.



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### **Exercise:**

*Grounding is one of the best ways to let go of unrequired emotions. Visualise all unwanted energy entering earth like a wave of current flowing out of you into the ground. Black natural stones such as tourmaline can be fantastic in helping in grounding you when held close in your hands. Let the emotions to fully emerge out of you whether as pain, sorrow, tears, anger or any other way feeling the power of earth grounding you safely and preventing any harm to anyone. Allow the stone to absorb all un-useful energy or emotions away from you, leaving you feel much better. Use a stone of appropriate size depending on how heavy the emotional content is. Cleanse the stone later.*

## Outer Cleansing and Purification

Cleansing your body and reducing pollution, clutter and confusions around your home and workplace are very important from a spiritual point of view and inner and outer world are always linked. Any positive change you make on the inside or outside sends the right vibrations to the universe to clear the way towards manifestation of something better. You will be surprised at how much energy is freed when you clear your wardrobe or let go of junk of any kind from your home or office. The effects on your success and fortune are usually striking. Also you need to examine your lifestyle. If you are used to eating more junk, high sugar or meat based diets, you need to cleanse yourself physically by saying no to what is not for your best. Letting go of unhealthy addictions is paramount to your healing as it helps you exercise your inner will power effectively towards your betterment. Any amount of alcohol, tobacco or drugs is harmful for both the outer and inner self. Addiction to tea or coffee, fizzy drinks, food, sex, shopping, internet, television, movies or mobile phones is also harmful. In excess most things can do more harm than good.

Un-useful behaviours especially those that are repetitive or habitual need banishing too. Steer clear of dishonest dealings or harmful activities of any kind. Some spiritual seekers forget about these and focus only on positive thinking while having

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the wrong lifestyle or behaviours, which is not quite a sign of real wisdom. True spirituality is something that can be seen both on the inside and the outside. You can always try the preceding exercises and techniques to give yourself a thrust in the right direction to create changes in the outer world. As regards harmful energies sent intentionally by others, often given the term 'black magic' or 'psychic attack', the right way to handle such events is to firstly be shielded effectively and strongly using the techniques discussed earlier to ensure you do not absorb the unwanted energy, and secondly its necessary to cleanse and release any negativity that you may have absorbed in the process through the banishing techniques enlisted earlier and to remain grounded and shielded in the future.

Also remember that in case negativity has a way of repeating in your life there may be karmic lessons that you need to learn, whether such negativity seem to be sent by others to you or generated by your inner fears and worries. Using a combination of meditation and intuition as discussed in the previous chapters you need to get to the lesson you must learn right now in order to end the cycle. These may be linked to past lives or to the present life alone. To realise the root cause of the negative pattern goes a really long way in healing you and banishing the negative energy, else if you just heal it at a surface level the negativity might return in future or in future lifetimes due to incomplete healing. Always be ready to look deeper within and

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to work more on your own inner energy when it comes to negative energy and take expert advise and support whenever required.

In case negativity has already condensed into major physical health issues, mental health problems, financial or legal hassles and so on, you need to involve specialists from those fields such as medical doctors, psychologists and legal or financial experts too in order to deal with the issue in a complete manner, while at the same time healing the inner spiritual energy framework that is at the core of it.

**Exercise:**

*Try to clear all clutter around you and then sense or observe the difference it has made in your manifestation of life. Also note in your journal what lifestyle changes are needed to clear negative energy away for good.*

Chapter 7:  
Manifesting the  
Positive

## **The Source of Positive Energy**

As stated before, the universe is essentially composed of a positive energy that flows and shapes itself through our consciousness and composes everything and us. While it is fanciful to imagine someone outside giving you blessings, guidance and luck or taking charge of your life, truth is that there is no single person out there who is managing the world and writing out our destinies. Your belief that your destiny and success are largely controlled by forces outside you will keep your own power limited. Beliefs of an outer God dominated over majority of humanity for centuries. Claiming that nature has no power over itself and that some person is the ultimate creator and controller of nature kept most of the world in gross darkness where all kinds of negativity bred and people felt helpless over their own life and surroundings.

Another common misconception is that planets are controlling destinies of each individual and there is nothing that can be done about our own fate which is largely dependent on our birth-charts. Truth is that all celestial bodies, tarot cards, rune stones, oracle decks, or any system of foretelling or predictions you may use, will always be at best a way to read the energies, probabilities and potential within you based on your past karmas or patterns. These are best used as divinatory tools combined with strong intuition in order to learn past lessons and move on with the help of inner work. As soon as past

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lessons are learnt you are free of the associated limitations and can create your future more easily and wisely.

Thirdly as you meditate and realise the inner truth you shall find that the entire universe including everything in nature, be it a stone, candle or herb or something else, is an extension of your inner self. An expansion of consciousness will help you discover that you are much more than your limited body or mind and that everything and everyone is ultimately here to help you in fulfilling your highest destiny. However if you start believing that the stone, candle, herb or any other charm or amulet is the only source of the positive energy, then that is also very self-limiting and unhealthy. The idea is not to depend on these things for your success and happiness or to seek your energy solely from them. The energy is within you and all these symbols are just a means to connect with and improve your relationship with your inner self and nature. You need to select, energise and program your tools with your own energy to work your spiritual power instead of wanting to draw out energy from them.

While it is great to seek inspiration and teaching from your spiritual gurus, traditions, leaders or masters, it is necessary not to get fixated on them as the source of your power or energy. The ideal spiritual teachers will always help you find your own inner power source instead of making you dependent or obsessed with them.

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Initiation into any spiritual tradition, system or group is also not to be regarded as a way of absorbing power or energy. Initiation is a symbolic rite of passage, marking your graduation or promotion in the ranks of the tradition and while it does confer more power and responsibility, it is not the rite of initiation but your own studies, dedicated service and experience that helps you gain expertise and win a well-deserved initiation and certification.

One of the most important things in your spiritual development is to stop trying to drain energy from others and to be your own source. If you know the right ways of meditation you will find your own connection to the higher self and will not need to depend on anyone else.

Stealing, sucking or absorbing energy or favours from other people or their belongings, whether subtly or by hypnotising or charming them is called energy vampirism and this can never be the right way to gain power or success. If you have learnt any such techniques from anywhere or if you are a natural at this, it is nothing to be proud of and you must drop this practice at the earliest. What you seek is within you.

Depending on any drug or substance to put you in a state of trance or altered consciousness or to make you feel powerful is another practice to steer clear of. Not only can it harm you physically and mentally, it can also make you highly dependent



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or addicted. It is quite easy to alter your state of consciousness at your own will with the right practice of meditation itself.

If you are really interested in finding a true source of power and energy, try not to overly depend on anything external, be it any kind of music, chant, group, friends, job, teacher, relationship, object, drug, social media or ritual to help you in your inner peace, your life path and spiritual growth. Rather let your life be a manifestation of your inner power.

### Exercise:

*Have you overly leaned on or sought energy from anything or person? After meditation and inner work have you activated your inner power and to what extent? How different do you feel? Note in your journal.*

## Spiritual Positivity

The manifestation of good luck, positive situations and experiences in your life begins from inside out. Here are a few ways you can enhance the spiritual vibrations in your life:

- Meditate daily for as long as you must with the method described in earlier chapters. Recognise the source of infinite power within as you realise who you are.
- Sense your inner power radiating all around your body as you allow yourself to experience your inner truth as something much beyond your limited or lower physical, mental or emotional self, your personality, your astral body, aura or even your individual soul. The true Self is unlimited and you will recognise this in everyone and everything and not just in yourself.
- Enjoy connecting with the universe as your expanded or higher Self. Feel everything in your surroundings energised with the unlimited Self using your extended perceptions.
- Feel great love and unconditional acceptance for yourself and everyone and everything as you allow the highest good of all concerned to manifest now.
- You can generously and effortlessly give infinite positive energy to all including your limited self without feeling drained or exhausted as you connect with your true unlimited inner source.

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- Do not carry a lofty spiritual ego or 'holier than thou' attitude with an aim to show off your power or greatness to others. Use of any titles, robes or vestments is a mark of your level of service and responsibility and must not be used to impress others or subdue them under you. Recognise everything and everyone you encounter daily as a form of the higher Self as your spiritual awareness expands and you see everyone as an equal.
- Using the exercises in the previous chapters stay true to your life purpose and keep the focus on serving, helping and learning daily in everything you do. See how your lower self and the physical universe is being served and guided by the higher self.
- Any fame, fortune or wealth earned by you is all there to help support your higher Self in serving the universe. Stay detached while gaining greater levels of success daily.
- Stay grounded in your inner realisation through spiritual symbols, various divine images, spiritual tools and objects such as beautiful crystals or natural stones, amulets, yantras or talismans, candles, incense, herbs and symbolic décor. These help you infuse your awareness in the physical world and your environment on a day to day basis.

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- Music, art, dance, poetry and literature related to spiritual truth and higher wisdom will help you stay connected with the concepts mentally and emotionally
- Rituals and rites to connect with nature, the universe, healing of self and others as well as earth healing are especially helpful in spreading and sharing higher awareness and positive energy for the benefit of all thereby expanding your power greatly. Focus on giving to connect with your inner infinite power.

**Exercise:**

*After meditation enlist in your journal some of your visions and goals for the universe that will benefit everyone including your lower self.*

## Positive Thinking

Positive thinking is not the only but definitely one of the key practices to help you manifest positive things with focus on creating through your mind. Before you focus on a positive thought it will be useful to banish all negativity and fears surrounding the goal in question else your manifestation will be weak or blocked. As long as your mind is full of negative as well as positive thoughts your life will remain a mixed bag of good and bad events that happen to you with or without your conscious will.

For instance some people complain that positive thinking does not work for them, or even that the exact opposite happens whenever they try to think positive. The explanation for this is found in the subconscious mind where they store all their fears and worries right from past lives to the present life. For every positive thought they have, their fears and worries outweigh the same and ensure that either the positive energy cancels out or that something negative eventually manifests. Therefore performing banishing exercises as explained in the previous chapter is extremely important. When you have dealt with most of the negativity in your mind then you will find it relatively easier to manifest things through positive thinking. Until then deeper inner work is required to release negativity.

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Also it is necessary you meditate and achieve a neutral and detached state before attempting to manifest something. Being attached to the outcome is self-defeating. The only thing to focus on is your karma or effort and to give yourself fully without any worry about when or how you will achieve the result of your work. Any worrying about the result of your manifestation is negative energy and this can effectively block your positive vibrations.

The goals you manifest through your mind must always be guided by the higher life purpose and spiritual wisdom you gain through meditation. See how your higher purpose is fulfilled by the smaller personal goals that you are creating in your mind. For every thought that you think, it helps if you can see that it harms none and is for the best of all concerned. Everything that you are thinking has the potential of manifesting out in the universe, in some way or the other, through someone or the other.

Positive affirmations are useful in this process and may require you to repeat positive statements in your mind or verbally until they become a part of you. In this it is important that you take care of your thoughts for those moments when you are not repeating those positive affirmations. Negative statements and thoughts emerging from you in your day to day chatter or talk whether with yourself or others can make your positive affirmations ineffective.

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### Exercise:

*Write down positive statements or affirmations that contain your most important personal goals. See how these connect with the higher goals you stated in the earlier exercise. Using the visualisation exercises of the previous chapters, imagine and believe that positive things are happening right now as you are thinking and speaking. Be grounded in the present moment which is the spiritual or magical moment. Trust that anything and everything can change anytime including right now to any extent. The only limitations are in your mind and if your mind is unlimited then there is nothing that can block you.*

## Energising Your Intentions

Your intentions can be energised with the help of positive spiritual tools such as crystals, aromas and candles to enhance the energy of love and happiness in your heart and soul. You can choose the colours, shapes and smells based on what feels right for your chosen intention and based on the chakra colours that correspond to intention. The colour red is for the root chakra and relates with your physical vitality, passion, and overall success. Red stones and candles will help you energise your intentions related to these life areas. Orange is the colour of sacral chakra and will help you enhance creativity, sensuality, fun and enjoyment of life. The colour yellow corresponds with the solar chakra which corresponds to positive self-esteem, self-worth and recognition. Green helps in manifesting abundance, prosperity and improved health, blue in self-expression and education, indigo enhances focus and concentration, while violet or purple stand for higher awareness or spiritual wisdom. White is all purpose as it contains all colours of the spectrum within and also relates with intentions of harmony and peace.

There are also herbs, incense and oils that focus on specific intentions. Herbs can be used by way of sprinkling, carrying in a cloth pouch along with stones and other chosen symbols,



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burnt on charcoal, added to bath salts, or even consumed with care after studying the properties. Oils made of herbs can be used to anoint candles. Incense adds to the effects of your spells and is also available in a variety of fragrances and types. Several kinds of charms, amulets and talismans are available in metaphysical stores to add power and focus to your healing spells depending on their symbolic meanings. Spiritual power is a fascinating field of study and there is no limit to the knowledge available that you can apply with inner wisdom and intuition to improve the power of your spells.

### Exercise:

*Most of your intentions will correspond to one or more of the chakras. Select the right colours for your intentions and choose stones and candles to resonate with the same. Connect with the higher Self through meditation and energise these tools with your inner power while strongly visualising and stating your intention in your mind.*

## Positive Emotions

There is so much importance given to positive thinking and thought-power or mind-power that emotional energy can sometimes be ignored. If you truly want your manifestation to be effective it is quite necessary to start feeling positive as much as you are thinking positive.

Begin by improving the way you feel about yourself. How much do you love yourself? It is necessary to understand that you are not at all the limited being who existed in your past. Your energy is not static but dynamic and ever changing and it can shift at your will. You can take on a new form and personality just like an actor takes on a new role. The only difference is that you are performing on a stage called life where you write and direct your own show and choose your own cast and crew. No matter how much you loathed, pitied or despised yourself in the past, forgive yourself right now and be ready for a total change from inside out, this time in a positive direction at your will and guided by your true or higher Self which is working in unison with you and the universe. Feel nothing but total and complete love for yourself right now as someone who is living and serving the highest divinity from now on. Your life and experiences truly matter and the divine Self wants you to

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live a truly positive and happy life as you spread your inner joy universally.

Self-love is never limited to our lower personal self, but is something that you share with the rest of existence every single day. Feel truly happy for the success and betterment of others, for their joys and achievements no matter how big or small. There is enough for everyone at all times and there is no competition between you and anyone else regarding who can or should be more successful or blessed.

Strong negative emotions are as magnetic as strong positive emotions, just as strong negative thoughts are as powerful as strong positive thoughts. Be emotionally as neutral and detached to things you do not wish to manifest in your life and around you. Feel excited and joyous for all those positive things that you indeed wish to see happen both to yourself and to others all around.

Celebrations and fun should be a consistent part of your daily life. Do not wait for something grand to be able to celebrate. Rather be thankful in advance for whatever you are manifesting as if you have already received the greatest of your wishes. Artificial displays of happiness are not suggested as it masks the real feelings within. Allow your laughter and smiles to be authentic and genuine instead of pretentious. If you work on letting go of unhappy emotions as explained in the previous

chapter, it will be much easier for you to find and share real happiness.

Program yourself with emotionally uplifting words, music, films, discussions, art and décor that enrich and inspire you positively. Allow your inner happiness to suffuse your environment and reflect in all that you choose to surround yourself with. Give and share only those things that have positive emotional content and share only good emotions with people around you instead of loading others with negativity. In case you need emotional healing take expert guidance and therapy instead of draining those who may not be well equipped to handle it.

**Exercise:**

*As you energise your intentions as stated in the previous exercise and light the candle while holding the crystal, feel your aura beaming with positive emotions as if your intentions have manifested already.*

## Positive Actions

In order to complete your manifestation you need to ground yourself in the new reality of your choice in a firm and secure way.

Using physical objects in your spell helps in grounding you and sealing the new energy into your life. You can wear your energised jewellery or amulets for sealing in the energy in your aura. Or decorate your space with spiritual symbols and artefacts such as crystals and charms. These symbols keep you in the energy of your goal. You do not have to be excessive in this as excess of anything can be draining, while too little may be ineffective. Take expert guidance wherever possible in your selection and application of these symbols and use them with love and trust. You can also create a simple and beautiful altar or sacred space at home or work to place special spiritual symbols, natural crystals and art and to perform your spells. Use symbolic cloths as altar cloths made of natural fabrics, and place spiritual tools to add energy to your altar, for instance a crystal for symbolising Earth, a bowl of salt-water to symbolise Water element, a healing Wand to symbolise Fire, a sage or incense stick to symbolise Air, and any spiritual icons or images to symbolise Spirit.



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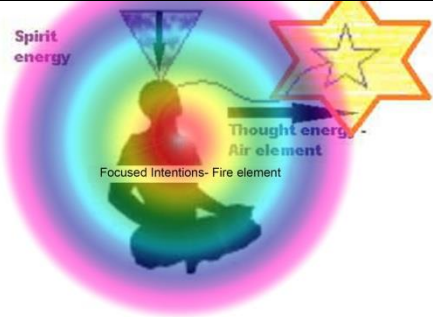
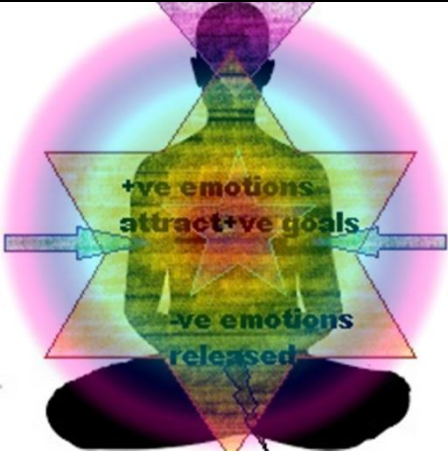

Your deeds are part of your positive karma that grounds you in your beliefs that you have now attained what you sought. If your intentions revolved around wealth you need to feel wealthy and act generously as much as possible while remaining practical and level headed instead of wasteful. Apply in ways that fulfil your higher purpose and bring about happiness and contentment for all concerned. If your intentions related to health, you must be fully committed to a super healthy lifestyle including a balanced vegetarian diet, healthy physical activity, fresh air, sunlight and water. For relationship success and healing you must stop acting in ways that are needy, fearful or insecure. Instead of being fixated on specific persons or expecting more from others you need to be focused on feeling and behaving like you are already complete and self-content. To manifest career success it is necessary you feel confident, secure and worthy as a professional, boldly express your life purpose through your career and act as if you are an established success magnate. This way you will bring the endless energy and power of your inner Self outwards into manifestation of your very best.

***Exercise:** Once you have completed the previous exercise ground yourself in your new reality by placing the crystal somewhere you can see it as a symbol that your intention has manifested. Allow all your actions to reflect this belief and note the results in your journal as and when things progress.*

## RECAP: The Five Step Manifestation Technique

### (Basic Spell)

<p>STEP 1: SPIRIT ELEMENT - TO BE NOTHING/ TO GO</p> <p>Connect with the Spirit through meditation</p> <p>Stop thoughts and be in inner silence</p> <p>Receive and channel higher guidance</p> <p>Expand consciousness and spiritual awareness</p>	 <p>The diagram shows a purple inverted triangle at the top with the text 'Spiritual energy' inside. A white arrow points downwards from the center of the triangle towards a black silhouette of a person sitting in a meditative pose (lotus position).</p>
<p>STEP 2: AIR ELEMENT - TO KNOW</p> <p>Clarify goal guided by higher wisdom of Spirit</p> <p>Create a clear wave of thought</p> <p>Send thought energy outwards</p> <p>Use right words and visions for clarity</p>	 <p>The diagram shows a black silhouette of a person in a meditative pose. Above the head is a purple inverted triangle labeled 'Spirit energy'. A blue wavy line labeled 'Thought energy - Air element' extends from the head to a blue star.</p>

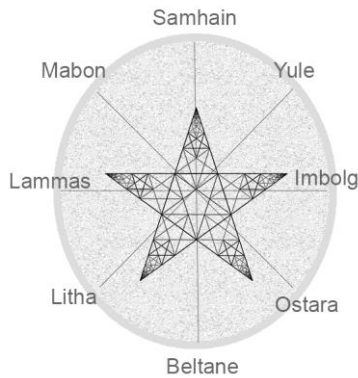
<p>STEP 3: FIRE ELEMENT - TO WILL</p> <p><b>Energise thought into focused intention</b></p> <p><b>Brighten your aura and send energy</b></p> <p><b>Let the vision gain power</b></p>	
<p>STEP 4: WATER ELEMENT - TO DARE</p> <p><b>Release negative charge by grounding</b></p> <p><b>Feel a current of positive emotion flow into your energised vision</b></p> <p><b>Absorb your magnetised vision into yourself</b></p> <p><b>Feel as if you have already achieved your desired reality</b></p>	
<p>STEP 5: EARTH ELEMENT - TO BE SOMETHING</p> <p><b>Physical actions to be congruent with goals</b></p> <p><b>Ground yourself in the new reality</b></p> <p><b>Use spiritual objects and ingredients to complete the spell</b></p> <p><b>Do not worry about when and how it will manifest, believe it is already your reality</b></p>	



# Global Spiritual Celebrations: Earth Healing Festivals

It is necessary to fill our life with constant celebrations and to see the positive in every change in the seasons and cycles of nature so that we are attuned with our inner natural self and intuition as well as our powers to manifest and create our life. All festivals and celebrations over earth are somewhere connected to cycles of nature and seasons, however the ancient nature of all human celebrations was forgotten through centuries when new stories and symbols replaced or blended with the ancient symbols of our pagan root. Described below are some of the primary points of celebration based on earth's energy. You can also focus on banishing the negative and manifesting of positive around these points, especially for all of earth and not just personally.

## SABBATS - Wheel of the Year for Celebrating and Attuning to the Seasonal changes of the earth



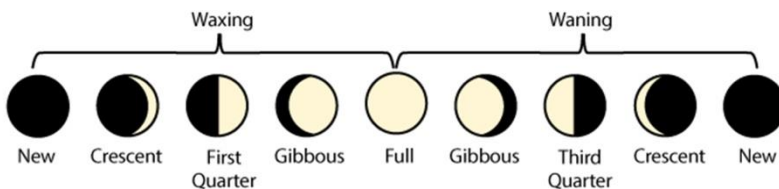
The Wheel of the Year

- 1) Samhain/ Halloween/ All Hallows Eve/ Farmer's New Year - To Celebrate the summer's end with the final harvest - Around 1 Nov in northern hemisphere and 1 May in southern hemisphere: *Symbolises the time for inner work and spiritual focus as winter is the time to go within rather than outside*
- 2) Yule/ Midwinter Solstice - To celebrate the peak of winter and the longest night of the year after which days start to lengthen - Around 21 Dec in

northern hemisphere and 21 June in southern hemisphere: *Symbolises the time for renewal as it is the annual rebirth of the sun*

- 3) Imbolg/ Candlemas – To celebrate the receding of winter and a preparation for warmer days – Around 1 Feb in northern hemisphere and 1 August in southern hemisphere: *Symbolises the quickening of earth when life begins to stir again inside her*
- 4) Ostara/ Eostera/ Spring or Vernal equinox – To celebrate the start of spring and return of life and fertility to earth – Around 21 March in northern hemisphere and 21 September in southern hemisphere: *Symbolises new beginnings and new growth*
- 5) Beltane – To celebrate the start of summer – Around 1 May in northern hemisphere and 1 November in southern hemisphere: *Symbolises outer work and physical life*
- 6) Litha/ Midsummer solstice – To celebrate the peak of summer – Around 21 June in northern hemisphere and 21 December in southern hemisphere: *Symbolises the time to enjoy with natural powers or faery energy outdoors*
- 7) Lammas/ Lughnasad – To celebrate the receding of summer and the first harvest – Around 1 August in northern hemisphere and 1 February in northern hemisphere: *Symbolises the reaping of the fruits of our karma*
- 8) Mabon/ Autumnal equinox – To celebrate the fall or harvest – Around 21 September in the northern hemisphere and 21 March in southern hemisphere: *Symbolises the time to thank the earth and nature for all we are given*

ESBATS – Lunar cycles as seen by the phases of the moon with the new moon as a symbol of new beginnings, waxing moon as the time for growth, full moon as symbolic of wish fulfilment, waning moon as a symbol of cleansing and release. Full moons near the sabbats are called *wishing moons* and are extra special, and so is the *blue moon* which is a 13<sup>th</sup> moon in a solar calendar year or an extra full moon.



## AN EXAMPLE OF EARTH HEALING

1. Meditate and free your mind of thoughts and be one in the flow of the universal life energy...feel deep peace and bliss and stay in it for as long as you can...in this state we create the best for all with harm to none.

2. Powerfully visualize a great violet cone of light descending from the vast universe upon earth covering the whole globe with everyone on earth including you covered in its calming halo. Imagine that all anger, hatred, fear, sorrow, pain, worry, frustration....all unhelpful energies are now leaving us all to be pulled into and merge into this light where they are transformed into something better. Truly feel our earth heave a sigh of great relief.

3. Now say the spell for everyone including you on earth - *'We are all strong within, Now a better time begins, We have let go of the pain of the past, Into the light of love at last, Now only good is manifest, To bring about our very best, By earth, and fire, wind and sea, by inner Spirit, So It Be!'*

4. Now think only on positive things for all of earth, love, harmony, peace, equal rights, abundance, health, ecological balance....as many things as we really need in this world....and with each of these thoughts imagine shining silver stars of energy falling upon earth and merging with earth. Visualize earth shining with a great silver halo that expands all over the universe infinitely as the violet cone vanishes.

You can invoke the healing light anytime you need. Stay in the energy of the above healing and see our world transform each day for the better. Do not doubt it - we have the power and the wisdom. Spread the light!

# GLOSSARY OF IMPORTANT TERMS

Science: To learn more about nature through outer observation and experimentation intended at prove facts to others

Religion: Shared belief systems and practices based on faith in divinity

Superstition: Blindly accepted irrational belief without any proper understanding or awareness

Spirituality: To learn through inner observation and understanding of nature without the need to prove anything

Energy: The vibrations or waves that compose everything in the world including physical matter

Positive Energy: The spiritual energy that creates the world and keeps it in balance

Negative Energy: Any blockage, resistance or opposition to the natural flow of positive energy, owing to spiritual ignorance or lack of wisdom

Consciousness: The awareness that 'I am' or the ability to feel present

God or Goddess: The highest universal power or love which is omnipresent as positive energy and depicted or visualised in infinite ways as gods and goddesses, divinity or deities across cultures

Stage Magic: The use of illusion or sleigh of hand to show off miracles for entertainment or impressing others

Harmful Magic: The use of negative energy in unwise or harmful ways and/ or for harmful purposes. Sometimes called black magic, however the use of the word black is a misnomer.

Sorcery: Use of power for either good or evil purposes and with either wise or unwise means.

Spiritual Magic: Use of higher spiritual power to create meaningful change in alignment with natural laws. Spiritual magic or Magick can be practiced by humans as well as other conscious or spiritual beings.

Psychic Power: Our natural ability to receive information or send energy through intuition and spiritual power respectively

Intuition: Inner awareness of energetic vibrations and their manifestations in past, present or future

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ESP: Extended sensory perceptions or receptive psychic powers such as the 7 psychic powers of clairvoyance (seeing), clairaudience (hearing), clairsentience (touch), clairalliance (smell), clairgustance (taste), clairempathy (emotion) and claircognisance (knowing)

Spells: Techniques of spiritual power involving the 8<sup>th</sup> psychic power or the projective power of focused intentions, both verbal and non-verbal

Witchcraft: Folk magic of ancient or pagan wise men and women who were meant to use spiritual power for healing. As it is unwise to use spiritual power for harm, true witchcraft is not to be confused with evil sorcery or harmful superstitious practices.

Five elements: The five spiritual powers of spirit, air, fire, water and earth corresponding with wisdom, thought, intention, emotion and physical actions to bring about spiritual change

Solitary magic: Personal practice of spiritual healing and use of personal psychic power

Magical Covens: Magical and shamanic work practiced in circles for group healing

Paganism: Ancient spiritual and religious practices from the world over based on recognition of divinity in various forces of nature

Neo-paganism: Revival of ancient nature based spirituality

Spiritual tradition: A body of knowledge to help, guide and train others on a clear and focused path within global spirituality

Dedication: Committing yourself to formal training, choosing a career of spiritual nature and signing up for formal training

Initiation: A rite of passage upon completion of a degree marking your graduation and progress as a healer or practitioner

Spiritual Center: An online or physical place where initiated healers provide healing service

Spiritual Healing: Use of spiritual power towards improvement in any situation or area of life

Soul: Our inner spirit which is beyond our physical self and with various degrees of awareness of the self

Self: Our unlimited and eternal self as the universe, also called the Spirit, the higher Self, inner Self or true Self.

Meditation: The practice of focusing on our Self in a thought free state called pure consciousness

Astral body: Our spiritual or vibrational body composed of energy flowing through several energy channels and connected with our physical body through astral cords

Spirit: Astral or light body that can exist as consciousness within our body and without

Chakras: The energy centres in our astral or spirit body where spiritual power is focused. There are seven major chakras and several other minor chakras.

Aura: The projected energy field that radiates from our astral or spirit body

Karma: Our inner or outer actions, including our intentions, thoughts and energy

Shielding: Protecting ourselves from negative energy from others by creating an energy barrier or filter around our aura

Karmic return: The natural law that ensures that we receive in return energy similar and proportionate to our karma, within this life or after

Threefold law: The three-fold karmic pattern demonstrated that our energy returns to us in multiples of three to help us learn about our connection to others and self

Karmic detachment: The practice of focusing on our positive karma without worrying of how and when we will receive the result. This is necessary for spiritual success.

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### Additional Useful Resources:

You can learn further techniques and concepts related to modern global spirituality from several sources, a few of which are outlined below:

Author Links

[www.thepositivemedia.com](http://www.thepositivemedia.com) is where you can read more articles on spiritual realization

[www.earthhealingnetwork.com](http://www.earthhealingnetwork.com) is a forum for lightworkers for earth healing

[www.aumnow.com](http://www.aumnow.com) is a forum for ascension with FAQs and links

Other Links:

<http://www.religioustolerance.org> has a lot of information on religious issues and ethics

<http://www.sacred-texts.com> has plenty of details about various religions and spiritual paths

<http://thequietplaceproject.com> will help you learn how to quieten your mind to meditate

<http://www.ashtarcommandcrew.net/> is a spiritual awakening community

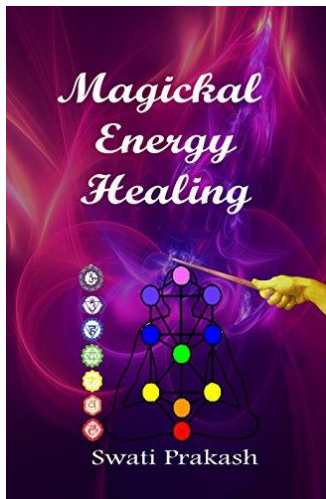
If you found this book helpful kindly review it on amazon

<https://www.amazon.com/dp/1542300703>

### Suggested Next Step:

To learn many more holistic techniques of spiritual healing read

<https://www.amazon.com/dp/1541173031/>



About the Author:



Swati Prakash has written, designed and taught numerous courses on spiritual power, intuition, tarot, astrology, healing and spirituality based on many years of professional experience.

Profile: [www.swatiprakash.com](http://www.swatiprakash.com)

Blog: [www.thepositivemedia.com](http://www.thepositivemedia.com)

Community: [www.earthhealingnetwork.com](http://www.earthhealingnetwork.com)

Ascension Forum: [www.aumnow.com](http://www.aumnow.com)

Titles by the Author:

You Are The Magick

The Goddess Speaks

The Present Un-tensed

Global Spiritual Revolution

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Songs of The Self

Angels Tarot

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