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This book summarizes my journey in this Gift of the Divine 'Unicorn' and perhaps exposes or confirms your own innate capabilities, as happened to Moses when God gave him the SOHAM power. Enjoy!

True to the biblical exhortation in Proverbs 23:23 KJV, this book is FREE. We rely on reader donations to support our children's foundation; please peruse the card below and consider a donation as the need is perpetual. Thank you!

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The Great Unicorn™

by
VivikaQi

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(Note: VivikaQi is the esoteric name for LadyJaye)

Dedicated to my adorable, astute, and amazing granddaughters as they draw ever closer to their individual emancipation and face the world's daunting abyss.

*"Happy hearts come and broken hearts go,
It's the natural process of life's steady flow.*

*Just keep your mind steady as each take their turn,
Each will soon pass and you'll find what you'd yearn.*

*SOHAM embedded, It's God's very Breath
will guide and protect you from birth until death.*

*Stay in God-gratitude for the experience in this livin'
And remember 'The Great Unicorn' is the TRUE love you were given!"*

Grami Jaye © 8/7/2024

FORWARD

I have come through the fires of lifetimes to the understanding that we are all connected, no matter what it 'looks' like or seems. So I view all as family and love you deeply, intelligently, by choice. I am not a guru, and I am most certainly not perfect, but I DO wish to share what I've come to know through diligent study and practice, in the hope it will make your journey a little easier. I, too, learn much in this process, so please accept my gratitude for your part in this, my personal podvig, spiritual journey.

This book is written with the understanding that our very presence on this physical planet is the result of an agreement with God that to take on the adventure of the physical form would mean leaving the cosmic bliss of His Presence. Earth, being the planet of atonement, allows the 'working out our own salvation'¹ – per the biblical exhortation and the supremely vital purpose of our existence – through as many lifetimes as it takes to refine the inevitable corrupted spirit of that physical entity unto its perfection, *ultimately choosing to return* as His cherished companion once again. Or perhaps it is 'completed' through His delight in experiencing the physical through each of us? Learning how to be in harmony with the Divine Will is man's highest obligation, as Jesus tried to show us as the man who over many lifetimes became victorious and granted the anointed position of Christ in the Divine Hierarchy.

Being the true loving Father He is, the planet was prepared, adorned with perfection and divine Principles to help His Children work through those lifetimes, and making all facets of His Creation available equally to every entity in existence. Therefore, the progress of each is purely by the choice to use and follow those Principles – or not . . . the consequences and results align accordingly. There is no favoritism from God; we are all 'favored' alike, exhibited through our 'free will' options!

After three-quarters of a century, I finally came to understand the simplicity of getting through the miasmas of each lifetime when the Principles of God are followed. And I discovered the 'results' of that choice brought out deeply imbedded blessings, like tucked-away treasures to delight His Child when least expected! In only a year since my epiphany of the SOHAM supremacy and my resulting commitment, I could write of hundreds of those treasures, of which I share a few of my favorite in this writing; the 'urgency,' however, is to focus on this, SOHAM, my most absolute favorite, sharing it with any reader who can grasp the Principle and Truth of it and quickly put it to use.

It IS what Jesus had come to show us, but in mankind's spiritual infancy were too desperately focused on divine 'rescue' to recognize, like the drowning one clawing at the rescuer in panic! As the Son of God, Jesus had His Panoply^{A1}, divine 'toolbox' of spiritual weaponry, assuring victory at every turn as He showed us our Divinity within, imparting the entire armada if we would just believe – SOHAM is the entire armament in its one Word!

Mankind was initially imbued with God's Panoply of manifesting powers because we are part of God and have His abilities through His Grace. But we of mankind have removed ourselves so far from that intuitive toolbox that now we have to break it down into pieces, retrain, and spoon feed ourselves! But the encouraging thing is, we CAN come full circle and be right back to where He intended us to be . . . 'meet for the Master's work!'²

Wanting to share my collection of favorite discourses from my spiritual journey and sensing the biblical call to 'meditate and share the knowledge' – Psalm 145 – I have kept the collected information limited to what's most important to immediately make known this great ally. I recognize the importance of making this information, endearingly dubbed 'The Great Unicorn,' an easy read to work conveniently into readers schedules, this being a society of speed. Links at the end will provide perpetual and more in-depth SOHAM knowledge, as well as a list of many of my study books, much from the same teachings as Jesus and the Essenes.

Hang in there, hang on tight, the best thing to ever happen to your podvig, spiritual journey, is here!

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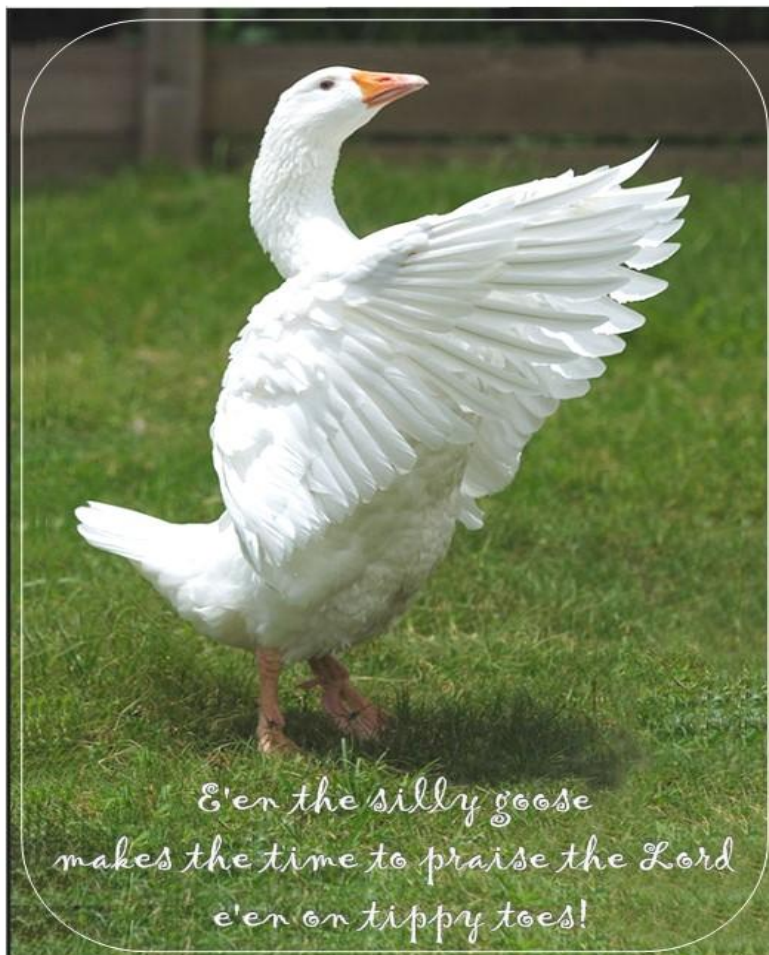
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EPILOGUE



PROLOGUE

When my little granddaughter was learning to ride her bike without training wheels, she said she couldn't do it because she was scared she would fall. I told her not to think about falling but to think of something else . . . something she loved. She thought for a minute and then said, 'I choose a unicorn!' So, I instructed her to repeat 'unicorn-unicorn' while she was peddling the bike and to just let her body do what it already knew how to do. She literally just flew down the road and even maneuvered the u-turn at the end. As she got back, she dropped the bike and came running to me, throwing her arms around my waist and excitedly shouting, 'I did it, Grami, I did it!' There was no stopping her after that; she employed the strategy in all her other activities and became quickly adept in all she attempted!

Years later, as I was enroute from a west coast state to the State of Louisiana, having chosen to return and live closer to the family again, I contemplated the wisdom of the move, remembering the perpetual debilitating heat, humidity, and hurricanes! As I expressed my concern to God, I clearly got the instruction to *"Just keep your attention on your posture and your body will not register any temperature discomforts at all."*

Thinking it was a Principle of esoteric nature, and after a few minutes of contemplation, I suddenly burst into gales of laughter as I realized my Loving Father had just handed me the same Principle I had handed my granddaughter so many years ago: 'a UNICORN'! (Lo and behold, it worked just as well for me!)

Many years, still, have passed and my diligence in following the divine exhortation that we are to strive daily to evolve spiritually, intelligently, and physically – the 'tripod of a balanced life' - had opened so many doors for me, mostly that of my mind and heart. Retired from punching a time clock, my focused and fascinating in-depth spiritual studies each day brought me closer to the desired liberation from the scars of this and previous lifetimes. The practice of 'Selah, Be Still and Know I Am God' brought to me a quality one-on-one meditative time with God . . . which became even more personal as I learned to obey His Guidance and trust the outcomes no matter what people may think or say. *"Thank you for holding my hand and always being there, Father Dear,"* I told Him one day. *"Thank YOU for trusting Me!"* came His reply. Now it was MY turn to be 'locked on' – no stopping me after that!

Being only one of eight billion such possible testimonies on this planet, what I am sharing with you through this book is simply my own experience of that delightful relationship and not meant to evangelize or convert or even debate . . . I'm just sayin'; it is simply to inspire, encourage, and confirm to the spirits of those seekers in the spiritual realm who are likewise riding the fence on TRUST. . . those who are held in shackles by the mythical fear of satan, hell, and all it has implied and imposed while robbing of all freedom to peacefully 'dwell in the high places'⁴ with God. The ensuing liberation, for those so inclined to step out and give it a try, is THE core enigma for us all.

* * *

CHAPTER ONE

SOHAM – *Bringing the ‘Moses Code’ Home!*

SOHAM (pronounced ‘So-hum’), is the natural vibration of the Higher Self – the very Breath of God. Translated most basically as “I am that I am,” the Hebrew Bible (Exodus 3:14 KJV) portrays it as the personal name of God, incorporating His entire unlimited Being, as revealed directly to Moses.

It actually reads: “I am that I am.” and it has long confused and frustrated the grammar critics, always thinking it was a misprint, needing a comma or period. However, I contend it is exactly as it is; WHY? When God was instructing Moses and was asked who should he say sent him, God – BEING GOD – plainly and simply, almost defiantly at the possibility of the Pharaoh’s ignorant question, said, “I am that I am,” meaning ‘Tell him I am God, the Creator of all, you exist at My pleasure only, there is none above Me and none to dispute Me . . . if I SAY it, it gets done just because I say so!’

It’s almost on the border of disdain for any who would question Him; you can almost see His Eyes indignantly flashing fire at even the thought of anyone who would DARE doubt it! Picture the scene: Moses in his insecurity at God’s request, and GOD in all His Power; one can almost feel His frustration with Moses when he obviously stalls by asking who’s name to drop on the Pharaoh if he asks and God probably would have been slightly aghast at him and wanting to just bellow out ‘Tell it like is, son, just tell it like it is!’ Being the Father and Creator of emotions, perhaps He *would* harbor such powerful emotions Himself.

Likewise, in SOHAM ‘I am that, I am’ should remain as ‘I am that I am’ for the same reason: ‘GOD-POWER, IT IS WHAT IT IS . . . without debate!’ Trust me, with POWER like that on your side, you can count on it getting done . . . that’s the ‘power’ of SOHAM!

It matters not which interpretation is chosen; success comes with the level of FAITH behind the practice. Be of great courage, dear ones, embrace It quickly without guilt, shame, or fear, for your ‘someday’ unhampered liberty is upon you at this very moment.

There is within every atom of everything in existence, a stream of divine energy connecting us each to the cosmos – God – through its perpetual hum and through it we perpetually evolve, ever so slowly over hundreds or thousands of lifetimes. As permanently present as our physical stream of DNA, likewise, none – and no-thing – in existence are without the Creator’s DNA. Yet, when one grasps this awareness and commits to live in its ways, complete liberation from this world’s woes can happen in this very lifetime!

Consciously plugging into that infinite energy stream of the Creator’s DNA, much like one recharges their weak phone battery, the silent repetitious Word of Adoration SOHAM expeditiously enhances and unleashes that Power straight from God; weak or enhanced, we cannot be separated from it. The biblical exhortation for meditation – ‘Selah, be still and know I am God’ – is an extraordinary method for entering the practice of SOHAM. The Christian practice of meditation is, at its core, ruminating on the word of God . . . meditation creates space for the Spirit to speak directly to our hearts and apply God’s Word to our lives. *Have you learned to TRUST it, yet?*

SOHAM (pronounced ‘So-hum’) means: ‘I Am That I Am.’ It is the natural vibration of the Higher Self, which occurs spontaneously with each incoming and outgoing breath through the nose. Through becoming consciously aware of it by mentally repeating it in time with the softened breath (So when inhaling and Hum when exhaling, without a break at either end – like the eternity symbol), the user experiences the identity between his individual Self and the Supreme Self, God.

NOTE: Correct and silent pronunciation is a MUST; nothing at all happens without it, so don’t be afraid and don’t waste your time doing it wrong; experiment with it and be watchful of subtle changes in

thought processes, attitudes perhaps, and even dogmas . . . each soul's journey is unique and you must leave the cleansing process completely up to the SOHAM power freeing it's pathway.

It is a deeply and divinely endowed Word, you'll soon discover. God's first Words, as He looked over the void that would be our universe, was "I Am That" - 'the Word . . .' spoken of in the scripture "In the beginning was the Word . . ." and is also 'the Moses Code,' given Moses at the burning bush⁵: "I Am That I Am." SOHAM is that Word in Sanskrit, the language of young Jesus from his childhood with the Essenes . . . It IS the enabler of your 'laser-clear focus' as the noise and subliminal goal deterrents are removed! Moses, Job, Jonah, and Jesus knew it; will you?

It is also very important that you understand it is not a mantra or chant or prayer to acquire things; it is for the specific purpose of eliminating those deep-rooted anomalies - like 'back-burner grudges' - that have kept you from this life plan's true intention. When the desire for 'things' is renounced, they either eventually find their own way in the natural process, or the desire is completely dissipated. Remember, at your permission and faith commitment, the SOHAM Power (God, in His Grace) is returning your intended blissful life and knows best what 'desires' would inhibit or enhance it; let go of ALL desires, TRUSTING, and watch what happens as it arrives in steady subtle changes . . . until it's not so subtle any longer! Don't be hard on yourself, just let it flow naturally for you, giving yourself all the time it takes to get used to the new changes in thoughts, attitudes, and other adjustments that follow; patience with those who don't understand your new journey chapter is often the greatest hurdle. What progress you make in this lifetime will stay with you to the next.^F

BE ON ALERT: There are six enemies warring against the view from your 'eyes of understanding'¹² (spirit eyes): desire, anger, greed, arrogance, delusive attachment, and jealousy. They are overcome only by the diligent practice of yoga* as your portion of the partnership with SOHAM, which empowers you to commit to the lifestyle changes. All the philosophizing in the world and resolving to "be good" in the future accomplish absolutely nothing in relation to these six, for they are delusions of the mind, not weaknesses and failings as our Western religions suppose. To be present on this planet of atonement is to be infected with one, some, or all; therefore, only a change in consciousness will overcome them and render them ineffectual. SOHAM is the only means to that change in consciousness . . . strive to comprehend that SOHAM IS the very Essence of God and Its practice will bring you to that incontrovertible Truth!

*Yoga: A disciplined and diligent spiritual practice aiding the spiritual journey, a devoted way of life incorporating meditation, diet^I, spiritual devotion and study, and harmlessness; 'Yogi' is simply an adjective used to describe a practitioner of this unique and sensible lifestyle technique meant for the dedicated; name it what you wish.

Both the spiritual science of yoga and the philosophy upon which it is based, which stimulated the discovery and development of yoga, emanate from Truth in the purest form, exactly like mathematics; facts that imply a world of Principles which a human being needs to know in order to realize the potential that is a living seed within every sentient being.

The KEY to the repetitious SOHAM effectiveness is in getting out of Its way and letting the SOHAM Power do its work within you; otherwise, it is like trying to micro-manage God! It takes practice to bring your thoughts captive and allow access only to the SOHAM thought, to do its work . . . and all the while It is also helping you give up that control. There is no one-upmanship in this process.

Can you even imagine what power lies dormant within the soul able to actually eliminate the perpetual noise of unsolicited and unnecessary thought, bringing the worthy focused thought into laser-clear focus with God's . . . the healing, the miracles – albeit, really God's intended 'natural' – and the kingdom cohesiveness; could it have been intended as 'heaven on earth'?

The best way to 'get out of its way' is to listen intently for the SOUND of the SOHAM breath while you are doing it. Listen as intently as you would to hear a good friend speak in a room of raucous noise, ignoring all the other thoughts around you! SOHAM is the sound of the Breath of God, never-ending . . . listen for its two syllables in the inhale-exhale! AS His Breath goes on, likewise is the evolutionary process, inevitable within each of us, with or without individual permissions. We are GOD's Dream, each of us dreaming within it, but it is always HIS Dream, HIS Rules.

Another method to distract you from your wayward thoughts and help you focus on SOHAM is to picture your brain exposed to the divine energies upward, knowing that you are being cleansed and rewired for your intended potential. It is good for the practitioner to occasionally deliberately put his awareness in the whole brain and hear and feel his intonations of SOHAM vibrating there. Be prepared for glorious glimpses of Eternity in this process!

As you start out practicing the SOHAM mantra for just a few minutes a day, gradually you will come to recognize the subtle consciousness changes – or maybe huge changes – and you will know from where those changes come, thus, inspiring you to do it longer and more often. If liberation from the world's fetters and a closer more cognitive walk with God is your aspiration, the more time you spend in training your mind to effortlessly maintain SOHAM, the clearer and more expedited will be that goal. Grab onto every minuscule and momentary recognition with abundant gratitude and faith, it'll grow – and remember, your practice of SOHAM is NOT for the 'getting' of 'things,' but only for the cleansing . . . if 'things' are meant to be they will come as your true nature and attitude about them arise! *TRUST THE JOURNEY!*

Ideally, practicing it never-ending, 'speaking' it silently into every moment of your day while taking care of the details of your life, knowing in the back of your mind that you are being cleansed, assisted, and rewired lovingly all the while and not doing it for the sake of 'getting' something, every task and issue upon which you embark will be successful and with ease – 'sweatless victory.'

~ THAT, BTW, IS HOW 'THE GREAT UNICORN' WORKS! LOL ~

Let me also assure you that the biblical promise that God gives us 'the desires of the heart,' actually happens through the SOHAM Power; It sees and knows everything even before you do. Commonly believing He 'gives to us' – materially, as in 'Santa Claus' – consider it is the desire FOR something that He gives us, as a rightful part of His participation in the physical experience. Likewise, for the 'desires of the heart' that involve spiritual evolution. That's why it is so breathlessly amazing when those little tucked away treasures show up materially or even through revelations and epiphanies.

Because my entire being is committed to God, most of mine have been as a light being shone upon something that had been buried so deeply that I had forgotten about them completely. But when they were brought to my attention during meditation or even throughout the day in a flash, I knew they must have been diseased somewhere in my core self – as subtle rotting obstacles ruining my intended life plan - and SOHAM Power found them and discarded them forever! So many times, something like that would happen and I would burst into tears, acutely aware of what it had robbed me of in this lifetime . . . and each time bringing more confidence in the Power of SOHAM.

I came to understand that I was being given *a new start* with new and endearing experiences that should have been happening throughout my otherwise tormented life. After the first few, I realized that was the intent and result of my dedication to SOHAM, which also enabled me to allow myself to accept and embrace it without the underlying fear of a smackdown, as always had happened in the past. I kept it forefront in my mind that its purpose is to clear out the unintended inhibiting refuse of all past lifetimes, clearing the path before me for my true intended potential to shine; my only job is to LET it. Now, every day is like the essence of an excited child at Christmas!

Let me tell you of my most treasured treasure – if there had to be a favorite: My childhood was an extremely difficult and abusive one from birth; born to a mother* to whom I must have been assigned for karma's sake. I grew to hate that person and thought of her as ugly to look at. She even believed smiling and joy was of the devil, while I was born a bubble of sunshine which she thought was her duty to beat down. After too many people had commented over the years – thinking I'd be honored – that I looked just like my mother, I started wearing wigs to change the illusion. I wore them for years and by my 70th birthday could not even look at myself in the mirror without them, lest seeing my mother's unpleasant face instead.

In my passion to be genuine to others and myself, I prayed constantly and fervently to be released of that vanity grip. Upon discovering the SOHAM Power, I stopped being desirous of anything at all and committed to let It do what It knew I needed most. I had quit praying for that issue for several months and had actually forgotten about it. One day, I woke up and obliviously just went about my old routine from several years ago, of fixing my hair – here's where I'd usually just throw on a wig! – as though no time had passed. I glanced in the mirror on my way out, as usual, to make sure I was properly prepared, and finally saw that I had no wig on and it was just ME again! I tried several times throughout the day to see what I was afraid I'd see, but that vision of my mother's face never again showed up. It had become an abandoned desire turned treasure!

**For those of you who may be concerned: I had long ago forgiven my mother, yet she was still not any kind of likeable person, to me, and I had no compulsion to be 'best buds,' as the issues had not been trivial. I write often of her only as matter-of-fact.*

This SOHAM practice is not for the feeble minded; it will get that one nowhere. However, those whose Spirit has been tapped for more of God and make the quality commitment to put It into practice for their spiritual evolution's sake, may readily recognize how unpleasant memories and feelings seem to come out of nowhere. You'll see the occasional discard for the simple purpose of making you aware that SOHAM is on the job! It is the soul-cleansing process; leave them alone, wave 'good riddance,' and get gratefully back to SOHAM immediately . . . It's busy as a beaver clearing out your inner closet! Comprehend the deep-rooted cleansing requiring a farrier to dig and wrench the impacted matter from a crippled horse's hoof; as purposefully, the SOHAM Power deftly cleanses our impacted lifetimes debris! They were those cluttered items, from this and previous lifetimes, hiding on the darkest shelves and keeping you from your intended blissful life.

The Power of SOHAM knows you best and what to deal with first, in what order, and how. Be ever grateful that reaching the highest potential of yourself has become *so simple* for you to be cleansed of the restraints they represented; DARE TO HOPE AGAIN! In this vital partnership to which you've committed, do your part by living harmlessly in thought, word, and action and let the SOHAM Power work *for* you; it is our 'portion' and 'reasonable service' to make that effort. The only way you'll know this is *your* long-hidden treasure from your Loving Father is to try it. Jesus did it and promised 'these things you shall do and more. . .'⁶

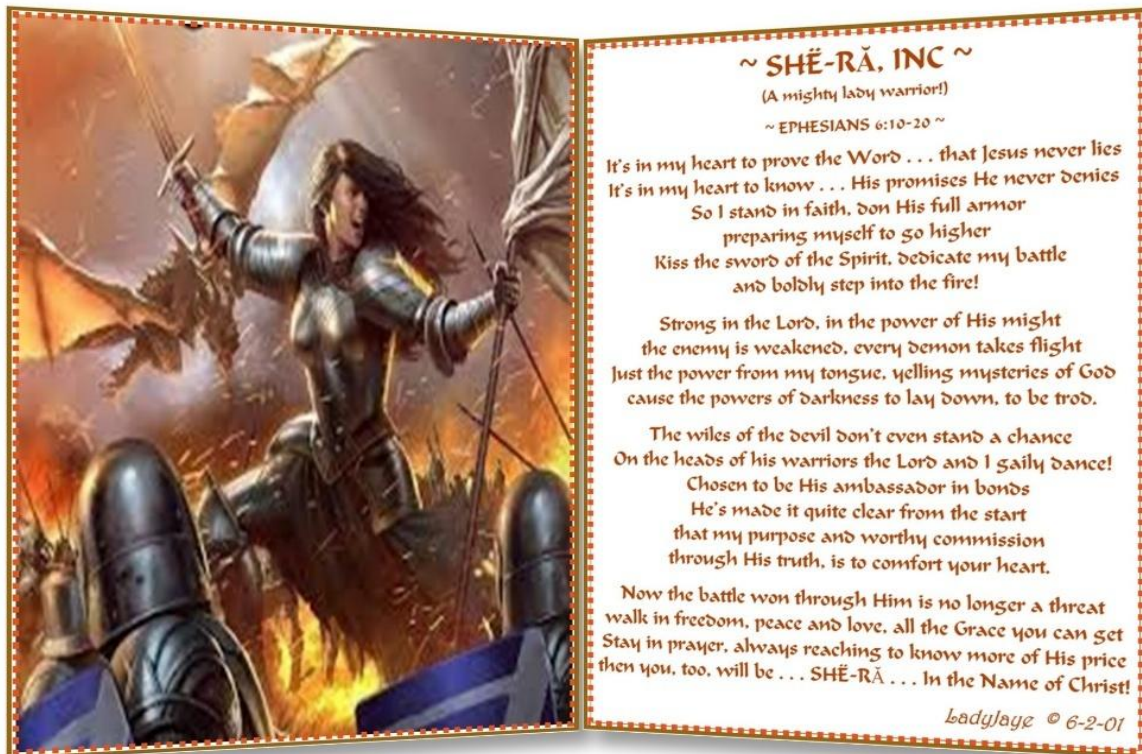
We each are perpetually endowed with a tonnage of blessings but too steeped in the miasmas of the material world to realize it! The diligent practice of SOHAM, that most powerful tool in the Panoply of God divinely and strategically shared *for the reverse purpose* of distracting the Seeker from the material world, then accommodates room for the Fullness of God to work in that one's life. Thus does the Power Word SOHAM become the epitome of II Corinthians 10:5 KJV to 'bring your thoughts into subjection.' It IS the Gift of Grace from God, guiding you back into your intended potential . . . *with Understanding and without Condemnation!*

The ultimately achieved disciplined consciousness, intricately trained by SOHAM to be guided by the superconscious - the Self, never experiences pain when the body is ill, nor fear or anger when it encounters opposition, nor devastation over failure or loss of any kind. If you've already noticed, it

seems the closer one feels to God, the less worthy and more unclean they feel. It is an expected and natural phenomena on the soul perfection process as the dark forces attempt to derail your trajectory!

Instead, we must strive always to see ourselves as God's children: ever perfect, calm, happy, and unaffected by anything that happens to us. Do not let yourself become discouraged and disheartened; leap to SOHAM and try to remember that God within you is also experiencing this physical malady, confident in your knowing the Grace you can count on. Such a state of mental detachment can be achieved by understanding the true meaning of life; that, indeed, is Wisdom, giving a deep sense of inner purpose to one's own life and is achieved more quickly through SOHAM. (Do yourself a delightful favor and cognitively contemplate what life would actually be like as a 'God's child.')

NOTE: While I understand the implication of that exhortation, which is also a promise, I realize it initially comes across as unrealistic, even like a mental 'bah-humbug,' and potentially encouraging the deprecating persona of premature pragmatism – in a nutshell, promises that crash! And, of course, in the physical world such a 'perfect' characterization has a tendency to alienate those around us, truly 'sets us apart' and invites persecution, as we've all seen at one time or another. Yet, understand, as the true ideal is met, the antagonized ones react so as due to the scientifically and spiritually maintained Principles of the effect of 'light' upon 'darkness'²⁰ as their subtle clash of energies cannot be avoided. However, the attitude of such a learned blessed and pious one makes all the difference in that reaction; perceptible empathy and compassion toward others and circumstances of the world are a necessary component of the well-balanced practitioner. It is a delicate balancing act to be both spiritually confident and worldly present. The by-now-subconscious SOHAM Breath will astoundingly carry you through – TRUST IT! The cleansing power of SOHAM, It's rooting out of all past and present refuse inhibiting our rightful potentials, indeed clears the way for the dedicated one to recognize and learn to utilize the powers of God, our very own panoply – the complete 'toolbox' of protection for spiritual warfare.⁷ Use it courageously, wisely, responsibly, often . . . actually, ALWAYS.



~ SHĚ-RĀ, INC ~

(A mighty lady warrior!)

~ EPHESIANS 6:10-20 ~

It's in my heart to prove the Word . . . that Jesus never lies
It's in my heart to know . . . His promises He never denies
So I stand in faith, don His full armor
preparing myself to go higher
Kiss the sword of the Spirit, dedicate my battle
and boldly step into the fire!

Strong in the Lord, in the power of His might
the enemy is weakened, every demon takes flight
Just the power from my tongue, yelling mysteries of God
cause the powers of darkness to lay down, to be trod.

The wiles of the devil don't even stand a chance
On the heads of his warriors the Lord and I gaily dance!
Chosen to be His ambassador in bonds
He's made it quite clear from the start
that my purpose and worthy commission
through His truth, is to comfort your heart.

Now the battle won through Him is no longer a threat
walk in freedom, peace and love, all the Grace you can get
Stay in prayer, always reaching to know more of His price
then you, too, will be . . . SHĚ-RĀ . . . In the Name of Christ!

ladyjaye © 6-2-01

CHAPTER TWO

Benefits of Obstacles

Without obstacles, 'good feelings' would become an addiction . . . inhibiting spiritual growth. Those on the sincere spiritual path to right living will come to know the benefit of obstacles. Indeed, providing a refreshing perspective of life's bombardment of difficult circumstances, this treasure proved to be a valuable spur in my psyche turn-around. Not for the faint-hearted, obstacles become a vital tool – in the panoply, divine toolbox – in their approach to soul perfection, no longer just 'gales of circumstances' to bemoan and meant to deter, but a welcomed friend!

Much is spoken about obstacles, but very little use is made of them. This is an area of great practice for the SOHAM process; incorporate it in your obstacles and you will rapidly build your 'victory resume'! Understanding their purpose and now using the SOHAM application will infuse JOY into your work! As soon as an obstacle appears people begin to think of their sensations, forgetting the advantage which has been created for them; they prefer that everything be done in the usual way, by old and common means.

As we encounter difficulties our power prowess is strengthened, just as when a large ship increases its speed, the power of resistance of the waves increases. The mere striving to soul perfection can invoke obstacles for the strengthening of our character and 'testing' via the 'prowess barometer.' Indeed, when one recognizes the truth in this, they welcome the obstacles as they arrive, seeing them with 'spirit eyes' - eyes of understanding - as worthy and necessary milestones on their path. These encountered currents, or obstacles, should be strong because then the flame of devotion and persistence is evoked and much progress gained.

When someone is said to be depressed by circumstances, be assured it's because he was walking in life with an unignited soul and at any specific encounter his consciousness became confused. Sometimes it is difficult to discern the moment of confusion, yet it poisons all further actions. But when the step is confidently firm, the counterforces – obstacles – are beneficial. It shakes the dust from that one's life, as one freshens a rug by shaking. From inertia – nothingness and worthlessness – then comes a future constructed of lightnings of realization and a vibrant life force . . . **THUS** is the power of SOHAM!

Getting in the habit of jumping to SOHAM when negative thoughts or depressions start to rear their ugly head, will immediately get you into a better frame of mind and eventually trains the mind not to be depressed. Only the cleaning out by SOHAM will permanently remove addictions, depression, and their triggers! God made this tool from His Great Panoply available to Moses and meant as an example for us all.



Often, we observe the great obstacles and overlook the multitude of small ones on the horizon. But a small scorpion, if unnoticed, strikes just like a large one. An eagle eye is needed, not to discern the mountain, but the small grain of sand. Let us learn to rejoice at obstacles, knowing that the welcomed obstacle turns into a speedy success . . . and this success will be like a net overfilled with its catch . . . ‘sweatless victory!’ comes through SOHAM!

When the sincere spiritual student is exhorted to ‘Swim!’ it means he must try the ocean . . . its huge waves will exhilarate! Is not the test of strength simply the growth of forces? Boldness is merely the knowledge of the way and without the occasional battle, how will a warrior know his strength and weaknesses?

To the common man, only if a person or circumstance is unencumbered is it assumed to be ‘of God’s doing.’ And that which makes us anxious or uncomfortable is considered ‘of the devil.’ Often, indeed it is so; however, it must be remembered that the Divine always rules and that which seems of the ‘devil’ was allowed, even intended, for the Path of Betterment in the evolution of mankind. It is written ‘There are always resistances in daily spiritual practices; it is because the world is full of forces that don’t want men to find the Divine. Even the Sages of old times always use to be obstructed and disturbed until they conquered desire, anger and all else and became full of the Divine.’

Be assured that what seems like an obstacle can multiply your resourcefulness tenfold! Adopt the motto that ‘It’s not a problem, because now, with SOHAM, it excitedly becomes a new project’ . . . only a few will learn to rejoice at the need to face and conquer obstacles. Many more years to return to the bygone days of half-developed consciousness.

If you must, consider obstacles your enemy and, in doing so, learn to understand its ways. The ‘enemy’ is an unknown quantity in a mathematical problem. But this unknown can be determined using already known facts. Hence, it is possible to take the measure of each detected enemy – obstacle – and find a solution. Consider precisely your previous experience and the training received from it. The ‘unknown’ must be recognized, conquered, and turned into something familiar – a friend. Fearlessness is not needed against a ‘friend.’

During this process, observe yourself approaching the quarry fearlessly, calculating carefully each action, like the tiger in stealth. The ‘Great Unknown’ – like an enemy – lures you to victory. Let us even recognize each other as an ‘obstacle’ we agreed to experience – FOR God and AS God¹⁷.

I rejoice if you now understand that obstacles really are prized opportunities; adopt the attitude that an obstacle is no longer a ‘problem’ but merely a ‘project’ seeking to be added to your ‘victory list.’

Blessed be the obstacles, which teach unity and resistance and prove SOHAM - God, in His Grace.

In the meantime, diligently build your faith with SOHAM
and let that faith be your ‘finger in the dam’!

CHAPTER THREE

More Treasures!

I think I must now humble myself and share with you a few more of the ‘treasures’ that have been unearthed through my diligence and confidence in SOHAM. The following is of my own experience and not a promise it will happen that way to readers, but you can trust that you will be ‘convinced’ in your own special way and find too many treasures to speak of, not wanting to degrade them by vocalizing them. For me, those numerous treasures of which I cannot speak wrap around me like a tangible hug from God. . . a TRUE bear-hug! Through your own collection, you’ll soon understand what I am saying.

‘Spirit Eyes’ - Eyes of Understanding – Ephesians 1:18 KJV:

Already deeply enveloped in the holy scriptures of the King James Bible, of which I wore my first one out beyond repair, I had taken them all at face value. Nothing wrong with that, of course, as it’s a necessary part of one’s spiritual growth. However, as they came into the light of my ‘eyes of understanding’ one day, I realized it as a treasure for the TRUST I had maintained throughout My Father’s Tutelage – now even more through SOHAM - and as a result of that trust came more and more absolute glorious light into other scriptures I thought I had understood . . . my promise of ‘spirit eyes’ in Ephesians 1:18 KJV had opened up!

The parables – a story form as for a child to understand - which Jesus had taught in mankind’s spiritual infancy were being opened to ‘the moral of the story’ and became as powerful curriculum for the spiritual adult! I came to understand that through my deep meditative time with God, the Holy Bible - grossly edited of the most valuable instructions, leaving only childlike guidance - was being filled in by God Himself. I also came to understand it was not a form of favoritism toward me at all, but that individual spiritual adulthood experience He awaits with bated breath for us ALL to reach. Mankind has distorted so much of the knowledge of God, since the birth of this universe, and SOHAM is the most powerful of all the ‘tools’ in His Panoply made available for those who would ‘seek’ . . . ‘find’ . . . and TRUST!

Cause and Effect - ‘Karma’ - Galatians 6:7 KJV:

After sharing the previous profound ‘wig’ experience, next came the revelation of Cause and Effect, ‘karma’ it’s most commonly called. I was shown how each entity on this planet has around it their own energy field in which all actions, good and bad, are stored lifetime after lifetime. Those actions and their results - called ‘cause and effect’ - float around within that personal ‘bubble’ until such a time as it connects perfectly with the timing of the Universe’s energy and the ‘consequence’ presents its opportunity. This is what is meant by the adages ‘It’ll come back and bite you!’ and ‘What goes around comes around’ because our individual bubble goes everywhere with the little atom that is us, returning with every rebirth - reincarnation. It would be wise to start immediately on cleaning up any unsavory acts, for even at the most miniscule bits of evolution that happen to the skeptic or rebellious one it will inevitably reach a point that your ‘eyes of understanding’ are opened and you will see the truth of your past behaviors; the agony which results in that new awareness can simulate ‘hell on earth’ for the ensuing deep regret!

I had read somewhere in my studies that just a pinhead of DNA could hold all those cause-and-effect actions from each individual soul in books that would reach to the moon and 500 times beyond, with each lifetime adding more and more. Of course, the Holy Bible does state that the human spiritual path, individual and corporate, would get to its darkest before it would ‘see the light’ – that is, understand it’s all their own doing, repent, and properly accept the atonement, moving forward with sincere actions that now begin to lessen or cancel the negative consequences.

Most people do not realize they are living in their karma. Just by being on this planet, the planet of atonement, is to be expected to bring oneself back into alignment with the Divine Hierarchy – the Creator of this Plan – through the experiences of life assigned each lifetime. There are none excluded from the efforts and there are equally as many ‘issues’ to work through for those in the karmic WEALTH experience as in the poverty and middle of the road classes, contrary to the general materialistic, consumeristic, illusionistic mindset of our kingdom. Standing side-by-side with our TRUE character, our Spirit, clothed in the material evidence of those classes, eight billion karmic issues - around this single planet - are being worked out spontaneously at any given moment. No wonder it’s become like bumper cars in the flow of daily living . . . without the gift of discernment making it easier to see the true spirit of what we are dealing with at each encounter it’s like ‘shooting from the hip’ responses. SOHAM, the Gift through God’s Grace, is the only tool that will bring back our intuitive traits of discernment and other valuable characteristics from the panoply intended for that blissful life ‘on earth as it is in heaven.’

Free Will – Galatians 6:7-8 KJV:

There is no action that goes on without being ‘recorded’ in those individual energy fields and consequences reaped! For some, they reap their rewards in delight, believing God has found favor with them, not understanding it was their own actions AS a willing participant in His earthly accompaniment. Likewise, for those seemingly always in a struggle of some kind, believing God has heaped judgement upon them unfairly; yet it is always our own ‘Free Will’ which has been fodder for the ‘bubble.’ The unlearned call it ‘God’s Will’ and continue their unwise ways in ignorance, and so it will be until they finally come to recognize God’s GIFT of ‘Free Will’ eliminates His participation in their actions; His part being only the Creator of that very Principle of free choice.

When Jesus in the Garden said to God, "Thy Will be done." He was giving Himself confirmation of His mutually agreed upon Sacrifice, while yet His physical body shivered at being quite aware of the pain He would soon endure. He could have called in the entire armament of Heaven to remove Him from the impending pain; it was HIS Free Will to do so . . . or not. So many believers still ignorantly say, "Your will be done, God" and then wait until the request happens . . . or not, believing then that if it didn't happen it's because God didn't want it to happen, forgetting He had exhorted ‘Faith without works gets you nothing.’ They don't realize each time they nobly proclaim "Your will be done, God" they're giving back His Gift of Free Will. Why would God give us Free Will and not let us use it? Let us strive not to insult God but consider that He anticipates the physical experience through YOUR choices, as you ‘work out your own salvation’ back to Him.

I borrowed this wise Teacher’s quote to share with you, unable to say it any better:

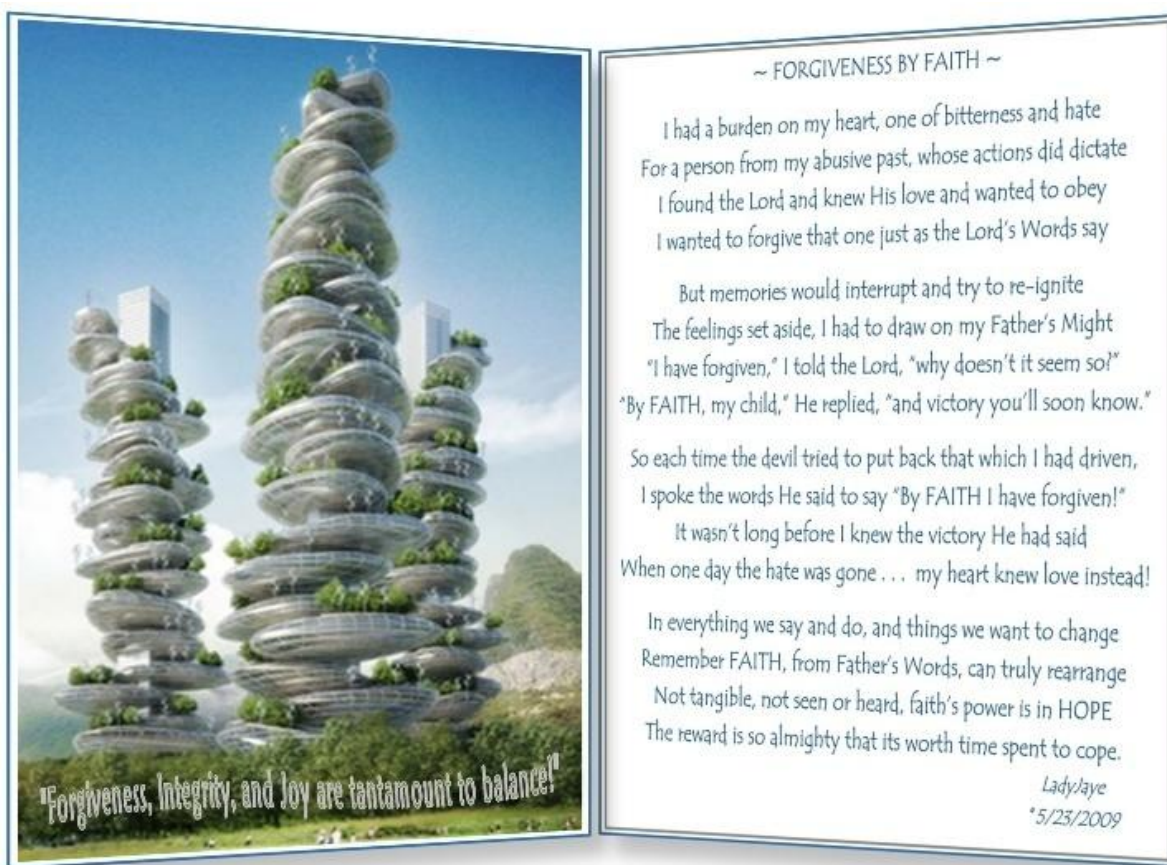
“To allot God a secondary place in life was, to me, inconceivable. Though He is the sole Owner of the cosmos, silently showering us with gifts from lifetime to lifetime, one thing yet remains which He does not own, and which each human heart is empowered to withhold or bestow – man’s love. The Creator, in taking infinite pains to shroud with mystery His presence in every atom of creation, could have had but one motive – a sensitive desire that men seek Him only through Free Will. With what velvet glove of every humility has He not covered the iron hand of omnipotence!” Paramahansa Yogananda, Autobiography of a Yogi

Forgiveness - Ephesians 4:31 KJV:

There were many other just as profound treasures throughout my SOHAM training, including understanding and healing my bruised Spirit from a lifetime of severe physical and mental abuse and heartbreaking betrayals, as well as the rueful bitter chagrin of now acknowledging my part in it all from this and previous lifetimes. I consider those racked up during this lifetime as blatant opportunities to atone and move forward, albeit my behavior was vengefully chiseled out from birth through my errant mother, unaware of the building of her own karma all along. I have forgiven and in time will learn to love her, it is a feeble but sincere request, and she played her part well in the consequences and atonements of my personal podvig. I have written before about what my behavior must have been to

her in previous lifetimes, causing me to reap the whirlwind from her in this lifetime; it helps me to get to a 'love' for her.

Through the loyal practice of SOHAM, I am also now able to forgive myself for those I have betrayed and hurt, as I comprehend they came from my own lifetime of the same, heartaches from self-centered loved ones ignorant of the karmic damage they do, before the nudge of the soul to become a quality being. Seventy years lived habitually surrounded by heartbreak and betrayal, and the fractured choices elicited from them, have dimmed or been removed and my spirit almost feels a bit naked. I realize that means my true uninhibited spirit is being exposed! I now often feel 'stopped' - not just 'stuck' - as I learn to live in the new me, raptly watching as an onlooker as I get out of the way and let God do His transforming work, blessedly and easily through His Gift of SOHAM. Seeing who I was and why and now seeing who I am becoming . . . I have been deeply humbled - as both its adjective and verb!



Thought – II Corinthians 10:5 KJV:

This slightly esteemed scripture has long grieved me at the lack of greater exhortation of that practice, by our 'shepherds' who lack understanding of its resultant power. The entire purpose of the Holy Bible and 'Christ-like behavior' could be summed up in heeding this one scripture.

I had intuitively always known that 'what you have the most of in your head, wins!' and as I matured, tried to put it more devotedly into play. Early on, through my diligent spiritual studies, I became convinced that the most important verse in the Bible was 'bring your thoughts under control'³ because absolutely everything begins with the mind, as God so displayed at Creation!

In all thought building, men have several things to do which might be enumerated as follows: >To purify their lower desires⁸ so that they are enabled to see clearly in the occult (hidden, subtle) sense >An ability to lose sight of self-interest to that of group-interest and thus co-operate with the plan

>To secure control over the mind, an ability gradually developed once the mind is brought under control through concentration . . . >To meditate in the occult (hidden, subtle) sense and thus bring through the Plan from higher levels and ascertain his individual share in the Plan, and . . . >Finally, having constructed a thought-form, the next thing the servant of humanity has to learn is how to *send it on its mission*. The average man is often the victim of his own thought-forms. He constructs them but is neither strong enough to send them out to do their work, nor wise enough to dissipate them when required.

A thought-form can also act as a poisoning agent, and poison all the springs of life; a violent dislike, a gnawing worry, a jealousy, a constant anxiety, and a longing for something or someone, may act so potently as an irritant or poison that the entire life is spoilt, and service is rendered futile. The entire life is embittered and devitalized by the embodied worry, hatred and desire. All relationships with other people are rendered equally futile or even definitely harmful, for the worried or suspicious aspirant spoils the home circle or his group of friends, by his inner poisonous attitude, governed by an idea. His relation to his own soul and the strength of the contact with the world of spiritual ideas is at a standstill, for he cannot progress onward, and is held back by the poison in his mental system. His vision becomes distorted, his nature corroded, and all his relationships impeded by the wearing, nagging thoughts which he has himself embodied in form and which have a life so powerful that they can poison him.

There is no life so circumscribed and no person so situated who cannot begin to work intelligently and to build thought-forms under law and with understanding. There is no day in any man's life, particularly if he is an aspirant or a disciple, when a man cannot work in mental matter, control his use of thought, watch the effect of his mental processes on those he contacts, and so handle his . . . mind stuff . . . that he becomes more and more useful. WATCH how your practice of SOHAM 'cleanses' your habitual thought patterns and the changes that follow!

Just as vitally urgent is to know that what words come out of your mouth expose what's in your heart and comes to exactness the degree of its grip. Because we are one in this existence, unfathomable thoughts are perpetually bombarding us; *be ever diligent* on what thoughts to which you permit entry!

Before a thought-form is constructed by the sincere aspirant:

- 1) envision its purpose
- 2) ascertain its goal
- 3) verify the motive

Join me in this commitment: *"Act as a thinker and learn that it is not right to prostitute our thoughts to the base use of separative desire. The energy of THOUGHT is for the good of all and to the furtherance of God's Plan. Use it not selfishly."* A.A. Bailey^c

Aspire to these changes in your thought process; it is the only way to receive the totality of God's Plan for you and mankind as a whole. What you THINK sets up what you SAY, thus creating to exactness . . . it can no longer be a 'Russian roulette' type of creation for those sincerely on the Path. Practice of this powerful Principle will automatically slide you into a life of HARMLESSNESS in thought, word, and deed AIDING the power of SOHAM in expediting your spiritual goal.

"See to thy aura, oh traveler on the way." A.A. Bailey

SUICIDE – Exodus 20:13 KJV:

“We all have a purpose on this planet, in the fulfillment of the Creator’s Plan; to remove oneself is like losing a piece of a jigsaw puzzle!” Vivika-Qi

If you have been contemplating even the idea of suicide, this information is specifically for you . . . because *what if* this ‘theory’ is the right one? Our Forefather-Teachers of Ageless Wisdom speak:

“Suicide is a profanation against the heart, and the extreme limit of ignorance. The despair that drives them to commit this act of madness causes the complete ebbing of the psychic energy (which is our protection on the spiritual plane) body, and thus they are left in the power of earthly attraction. Their anguish and sufferings will last until the very date of their natural death.”

One website summed up most others with this erroneous statement:

“The Bible claims that existence is not an endless cycle of life and death and reincarnation to another form of life. The Bible reveals one cycle: mortal human life, then death, then a resurrection to judgment.”

Yet, in the Teachings of Life, Ageless Wisdom Teachers^D know that life IS an endless cycle of lifetimes until the soul is perfected and learned what was necessary. Every planet has its purpose and Earth is the planet for souls to ‘work out’ their individual agonies, karma, and character traits. You are not alone; we each just handle things differently individually. To ‘work’ our way through the difficulties and hard-life lessons lifetime after lifetime gradually brings the ultimately enlightened one to a cognitive awareness of Wisdom, even the possibility of actually becoming that ‘god’ spoken of in Psalm 82:6 KJV, for the well-rounded training through the physical experience. Read on and absorb Their claims great possibility and let your own Spirit bear witness to that Truth.

From the beginning of our lessons in Humanity 101, it was known that the world was without end for the purpose of as many lifetimes – as many ‘His Mercies are new every morning’ – it would take for the entirety of mankind to ‘work out it’s salvation’ through physical experiences of all kinds.

REINCARNATION was as understood and assumed as surely as all our autonomic senses; we are not just sloughed off at the first death, like a dead skin cell.

As well, out of great concern, much has been written by the fundamentalist Christians and well-doers about causes and scriptures and beliefs that are hoped to change the mind of the one in emotional agony. But ‘escape’ is that one’s only focus and reason can seldom penetrate such a dastardly wall, no matter how kindly it is presented or how brutal the attempted enforcement.

As of yet, however, little or nothing has been written or spoken of what the greatly edited Bible use to say and what the Ageless Wisdom Teachers still declare adamantly as Truth and Their desperation to get the knowledge once again to the masses in misery!



Most urgently, make a definite attempt to recognize that if you go forward with your self-destruction and find it to be the TRUTH, there is absolutely no chance to click the UNDO button and take it back! THIS is the Truth the Ageless Wisdom Teachers would want you to know:

'The agony which causes a person to destroy themselves (murder themselves/suicide) is the perpetual agony in which they will abide on another plane of existence until the time which would have been their natural death on the physical plane. Only then are they freed up to continue the soul perfection process and return upon the Master's bidding to try once again. In suicide, nothing at all is gained and so much time is lost to that one, not to mention the karmic debt accrued for the grief imposed upon those left behind.'

Many times throughout my youth and until my 'big AHA!' (spiritual enlightenment like a flash of lightening) in 1994, I suffered from depression and fear. This led to suicide ideation and several unsuccessful attempts. Though never again has that dark spirit shown its head, as it has been replaced by Infinite Joy, I will never forget what it was like and my heart aches deeply for those embroiled in such seemingly hopeless emotions. The darkness presses down upon the soul with such fervor as to become physically painful in its crushing and relentless waves. I know.

Don't misunderstand, I do still have heart-breaking moments in my life, yet how I perceive them has changed, through my spiritual evolution and most spectacularly with the immediate rescue from painful memories, in my practice of SOHAM . . . I often find Its faith is my 'finger in the dam'!

In a nutshell, killing oneself in order to escape the pain of physical existence is fruitless. The SPIRIT - for it was never the physical body, your costume - remains in that final state of agony on a special plane of spiritual existence until the date of what would have been the natural death of that person. The physical death does absolutely nothing to absolve the matter. The purpose of the physical body is spiritual evolution; to destroy the body in its intended function is to hinder our evolution, forcing that one into a quicker reincarnation with the unresolved issue lifetime after lifetime. You see there simply is no 'escape'!

I implore you to start the SOHAM process immediately; it is your most immediate, most transforming, most hopeful tool in your panoply, Gift from God and His very Essence at your beckon. I promise you, sincere diligence in the SOHAM practice will quickly expose to you the complete separate entities of your spirit and your physical costume and help you understand that YOU AS SPIRIT are the boss of the physical costume, which has absolutely nothing to say or do with your choices and behaviors any more than would a raggedy old coat! Then, remember that your Spirit is where God catches the ride within you and His Power is your power . . . by His Grace; like Moses learned to rely and draw on, SOHAM is that connection, that 'battery charger' that enables and empowers you.

So, if considering suicide, consider this: at least while you are physically alive you have a chance that such a debilitating cloud will lift and the light will shine fully in your face and life; if suicide is successful, you've only admitted yourself into a prison of continued soulful agony without chance of relief! I can promise JOY will return to you, as it did me, as so many endearing and joyful experiences now fill the broken places in my heart!

There are links below for your continued research; do your research and fill your life with the Joy of understanding and Hope that will come to fill the scars of your heart as you are freed up from the prison of mental and emotional torment. SOHAM Knowledge is POWER and with it comes peace and direction!

Peace to you, beloveds.

Need help? United States: 1 (800) 273-8255 National Suicide Prevention Lifeline

Hours: 24 hours, 7 days a week Languages: English, Spanish

Website: www.suicidepreventionlifeline.org

A Ready Help – Psalm 46:1 KJV:

I found many years ago that when striving to live my life Rightly, the entire Universe throws its weight upon our efforts . . . even just the sincerity of our attempts elicits the prowess of Its panoply! Knowing even before I did, what was about to happen or what I would be needing, situations would remedy themselves even before they were exposed and often as I discovered it. An unexpected check in the mail from an unknown source and for the exact amount needed to fix the exploded tire that would be happening later that day! Seven half-gallon mason jars of stew, pressure cooked for safety to enjoy throughout the winter, lined beautifully across the top of my refrigerator; days later, as enjoying my devotion time, my spirit was urged to rise and look at them. Alas, their lids had not sealed and they were mere moments from overflowing the spoiled stew! Again, while traveling and taking an exit off the freeway, my car STOPPED as my time to enter the new route arrived and following the flow of traffic before me, as an errant car sped erratically past in front of me, rocking my car and causing the startled drivers ahead of me to pull aside and stop out of concern for my safety! There are pages and pages in my journal documenting such powerful experiences, yet it is the abundance of smaller less phenomenal circumstances that secure my absolute confidence in my Creator's Promise of Protection, of 'holding my hand' every second of my life. SOHAM has brought about in me that cognitive awareness and commitment, which was so abstract until Its Gift was revealed to me.

Even with that enduring confidence, there was always the human element of kismet and its fragility. SOHAM removed that bit of weakness, allowing unhampered liberty in all my moments left on this planet; my time and chosen projects are now fields of practice in the retraining of my physical brain in this, my second chance! Far from 'perfect,' I at least know I am on the Right – and Assisted – Path, blessedly, diligently, and delightfully.

More on PRAYER – Matthew 5:44 KJV:

I wrote this some time before SOHAM was brought to me and now I understand even more the power of prayer as we PRAY FOR EACH OTHER not in pleadings, beggings, and panic but from the panoply of our own divine tools, inherent in us through the very DNA of Our Creator Father who art in heaven!

For those who have 'comprehended' the Oneness of us all, that we truly are 'One' in God; that He truly does have 'every detail covered' and yet have contemplated often on 'so, why, then, the purpose of prayer'? It often felt like, by praying, I was being disrespectful through trying to micro-manage God, trying to get Him to change His mind about something of which little me knew absolutely nothing about, or maybe assuming He wasn't on the job, watching the person or situation at play. It has been a personal bane for many years, finding myself simply going through the motions of how I was taught to pray. As a child in Christ, it was a fervent practice, but it became ever more redundant as I became ever closer in the embrace of our 'Oneness.'

I suppose it became a more sensitive inquisition for me as I became a grandmother, embroiled in the welfare of my grandchildren, their health, present lives, and their contemplated futures. True to the practice of deep meditation on such perplexing subjects as this, I spent and ended the day on that contemplation and requested an answer. My last cognitive thought for the day was of that request added to my usual ritual of 'Teach me while I sleep, God, please teach me while I sleep'¹⁹ and knew I would be blessed with what I should know about it upon rising in the morning. I say 'what I should know about it' because I had long ago learned that I had to get out of my own way of trying to impress my own futile rationalization upon the subject, so the REAL truth could be impressed upon my seeking mind.

Just as Jesus taught through parables, stories the simple human mind could understand at that time of humanity's young physical and spiritual evolution and yet promised they would be laid wide open to the 'moral of the story' for those who came to 'abide in the high places' with God, revelations are part

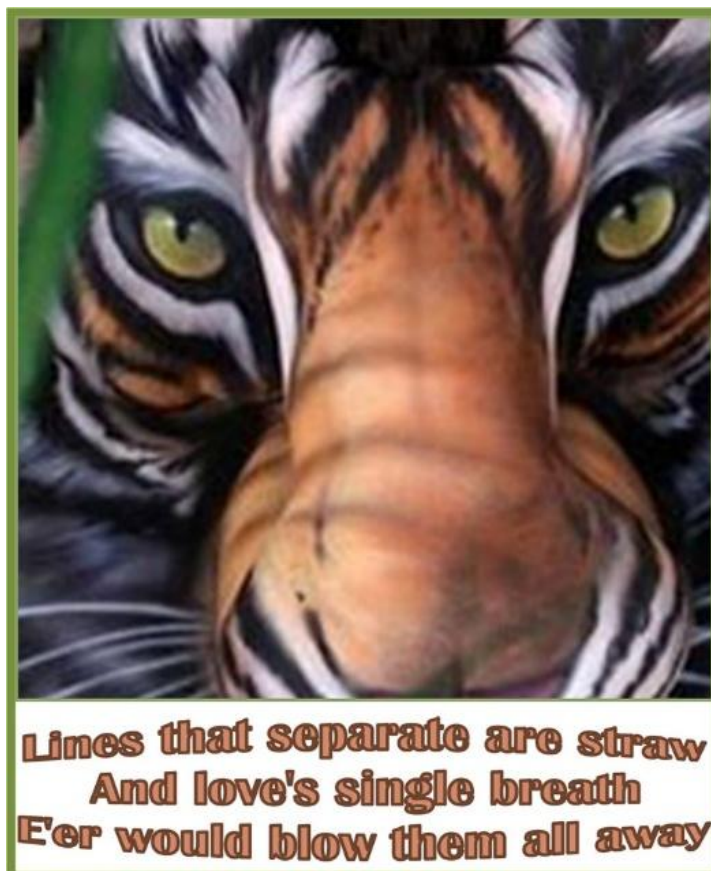
of the delectables afforded to such as those ‘residents.’ So perhaps you have already been blessed with the same understanding; your spirit will ring true as you read on:

When a prayer is sent out in sincerity and faith, its energy zips like a razor right through the very Divinity of God – which IS ‘existence’ itself – and gathers its energies to impale the recipient or situation intended. The ‘faith’ part of that process is the knowing ‘it is done’ even as it is sent out. There is no way to know all the factors involved in the matter, and so that is the ‘getting out of our own way’ of expecting a specific result and letting ‘what should be done’ get done. Timing and all. It need only be as simple as ‘help that one’ or ‘be well’ or ‘keep them safe’ or even ‘you got this, girl’ – it all carries your sincere intent, coming from your own panoply, while gathering in flight the Omniscient Power of God! My personal favorite is, in an attitude of gratitude and often urgency: “Thank You for Your Hand on this!”
Dear ones, comprehend ‘Omnipresent’!

Another important thing to know about prayer is its potent energy; that when a prayer is sent out and no issue is found in the recipient or circumstance, those energies are stored in their spiritual caches for a future time . . . and they can compound in power, making it a worthy gift of its assistance at any given time needed, with or without your awareness. Such a perfectly loving investment to the future of our loved ones!

Now we know the purpose of Jesus’ exhortation to *PRAY FOR EACH OTHER* – now understanding it is the sending of help from our own panoply which knows and carries the perfect ‘tool’ . . . It is the epitome of being “meet for the Master’s Work”! For me, it opened the door to slather away with prayer all day long for anyone or anything that came into my heart or mind. It is another proof positive that when Jesus – the man – came to us as Christ – the Divinely Anointed – we focused on HIS Divinity, while not understanding that He came to show us OUR Divinity.

Pray away, my dear ones, pray away – you have all the Panoply of God! Psalm 82:6 KJV



CHAPTER FOUR

Moving Forward

Since you cannot escape the Creator's DNA and its steady process of evolution, albeit ever so slowly without committing to the SOHAM process, you may as well just step up to the plate and play! Even through just the experimenting, 'toe in the water,' your Spirit will recognize the attempt and leap in delight at its awakening . . . TRUST its skippity-do and cartwheels and keep going with it; you have nothing but time and same-ol' to lose and unimaginable Joy to gain!

This is also the perfect time to spend on your vision of what you feel is your ideal lifetime, no matter your age, for it was written on your heart before this birth⁶. Write the vision⁸ in detail and let the excitement permeate every cell as you contemplate and write it as though it already IS. As that excitement grows and peaks, pause and express that much gratitude to God for the renewed hope and then lovingly practice the SOHAM mantra as though caressing that mountain of gratitude . . . wallow in it, go ahead and say it occasionally out loud to yourself "I am That. I AM that!" Because you know of God's majesty, you now *know* finally with confidence your 'expected end.'⁹ When the calmness settles in with the essence of permanence or maybe just 'feeling different,' – your first 'change,' BTW – promise yourself to never tear that vision apart or doubt it at all . . . cherish it and leave it alone in the safety of your heart again for the SOHAM power to bring it about in It's perfect way . . . being careful not to dwell on it as a renewed or newborn 'desire.'

Do not expect it to happen overnight! The changes MUST come about in a pace unique to each of us because of the mental fragility of the physical brain; the sudden onslaught of the divine energies, were the change to take place immediately – like the flip-side of a card – is far too dangerous. Be patient, go about your normal tasks, and learn to be the observer of your own vision unfolding as you dwell and adjust in each revelation of its pieces. In this way, you will be able to maintain it wisely at its completion. What doesn't get finished in this lifetime carries over to the next, so don't let old age cause anxiety or depression if it seems unfinished; relish the progress - remember, it will never be lost - and consider it your legacy to your future Self.

Know, too, that some will notice as this is all taking place and you will have inadvertently become a light-bearer planting seeds of altruism and hope in your wake (be very cautious about the destructive self-egoism!). You owe absolutely no explanations to anyone for any changes or concerns some might occasionally question or mention in the process of these new quality life choices and indeed are best not to discuss with anyone, as you'd soon see. How you live your life will speak a hundred times more than if you think you must become a zealot, talk 'god-talk,' or show your piety in a public performance in some way; just be true to yourself and let your quality behavior do your talking. Put away the tribal-ingrained tradition of putting on the show of praying in public places, praying out loud; be ever so cautious even mingling prayers in groups, understanding the greater POWER of the silent fervent unadulterated prayer being sent out by all.

PRAYER is personal and its true intention can only be sent heavenward through the mental faculty, your skull being an ultra-sensitive transmitter-receiver; PRAYER is personal and meant for the purpose of sincere introspection – 'pray for yourself' since only you and your Self are privy to the integrity of your prayer words; PRAYER is personal and your personal panoply can be 'sent' to any person, place, thing, or circumstance at any moment of need with perfect clarity when diligent to focus.

If you have discovered your passion for this SOHAM process, already recognizing a new closeness with God, it stands to reason that you are now 'dwelling in the high places' with Him . . . to bring your prayers down to the worldly level is distracting from its intention while focusing on impressive choices of words, is fruitless, and like a professor reciting the kindergarten ABC's. Get yourself use to the reality that *you are never separate from God* and your now-controlled thoughts are a perpetual 'prayer' and your

walk among the planet's inhabitants is your perpetual 'church' just by being your quality self, allowing God to experience the physical life through you, all the while you and humanity are subtly learning to experience GOD in the same process; only damage can be done by trying to 'act' like your interpretation of God. "Let go and let God" by faith, and trust! It may feel like baby-steps but it will prove itself quickly, through your steadfast diligence and faith, if you shut off each anxiety and onslaught by the immediate switch to SOHAM. Make it a mental habit.

Start here:

1: Stop long enough in your day, early or late, and soul-search for a characteristic or trait of which you are not proud and you know it keeps you from being that quality person you know you would be without it and wish it could magically be taken away.

2: AS you recognize it, speak to the SOHAM Power – that Guru within¹⁰ – as though It's sitting inside your head having a cup of tea while It awaits your sincere disdainful discovery, and point to that revelation (yes, most likely sheepishly), while looking right at your teatime Guest to make sure it is properly noted, and say, 'See, there it is, that's it, it's gotta go!' (LOL . . . as if It didn't already know it!)

3: Then, take a couple minutes (or more) mentally speaking the SOHAM mantra as earlier instructed, in an attitude of gratitude, and go on with your daily tasks, thinking no more about it. OR, do it often, if you're so inclined; although to revisit such a powerful vision can lead to slowly negating parts of it. Stay alert to your intuition as the change you'd hoped for arises victorious. It usually is noticed within a day or so, but don't give up, it happens uniquely to each person according to their spiritual fervor. . . it will happen!

Once I knew without a doubt that it works, I was constantly pointing to one of my unsavory or undesirable thoughts or behaviors and stating, 'Put that on the list!' throughout the day. If it was something that had momentarily overtaken me that I was ashamed of, an attitude or snide remark or such, I would also say out loudly to myself, 'That's the last time THAT happens!' because I knew it had already made the list and 'SWEATLESS VICTORY'¹¹ was now my new life motto!

I feel a sense of urgency to insert this disclaimer to all inclined to begin the practice. There eventually comes a moment of intense realization that your life is changing, indeed you are changing, and it will never be the same again. For some, that can be a daunting experience. Simply take the time to 'Selah - be still and know God' is working on your restoration! Keep in the practice of SOHAM, as diligently and lovingly and gratefully as though It were your greatest lover. Your greatest changes will come as you do it often while remembering to listen intently to the sound of God's Breath – 'So-Hum' – for it is that very distraction that allows 'The Great Unicorn' to do its deepest work!

Be prepared, also, as you learn to live in that moment of realization, the changes made within you will include the restoration of the 'Third Eye' – restoring your ability to 'see with spirit eyes, eyes of understanding'¹²- and you will recognize the illusion and vanity of this world! Again, do not let yourself become disheartened by it, but realize all of the changes are a vital part of your podvig, spiritual journey, and your presence on this planet as you evolve raises the evolution of the entirety of mankind. Keep in the SOHAM practice and you will be held in mental, physical, and spiritual health; as well, it is promised that no force in the universe can harm the dedicated SOHAM practitioner and light-bearer – *live wisely, live fearlessly!*

Thought mastery is a positive necessity for those who would truly live, evolve, and attain the destiny of all sentient beings. For awhile – alas, sometimes a very long while – we just coast or mosey along, developing in a kind of hit-or-miss, even abstract manner, letting lifetimes slip out of our grasp through not just centuries or millennia, but even for creation cycles.^A Inevitably, we must take ourselves in hand literally and stop all delays, impelling ourselves forward and upward through sincere yoga-style living. No longer the pseudo-faith of Sunday TV sermons to suage your sense of 'religious' responsibility; in the

final countdown of each soul's journey, spiritual adulthood must be assumed and maintained. Few things are more deadly to the individual than the attitude of having all the time in the world with no need to stop wasting entire lifetimes. In this way, we silence the inner voice that urges us onward and upward and become no more than driftwood on the sea of life . . . sleeping the deadly sleep of heedlessness and indifference is one of the most dangerous states we can lapse into, keeping us on that fruitless merry-go-round of birth and death!

Mortal man seldom or never realizes that his body is a kingdom, governed by the Emperor Soul on the throne of the cranium, reigning with subsidiary delegates in the six spinal centers - spheres of consciousness. This governing regency extends over a realm of obedient subjects: twenty-seven thousand billion cells, each of which are endowed acute autonomic intelligence by which they perform all duties of bodily growths, transformations, and dissolutions; and fifty million substratal thoughts, emotions, and variations of alternating phases in man's consciousness in an average life of sixty years.

Spiritual science upholds that the 'yoga technique' overcomes the tug-of-war between the mind and the matter-entangled senses and frees the devotee to reinherit his eternal kingdom. He comes to know then that his real being is bound neither by physical encasement nor by breath – that symbol of mortal man's enslavement to air – to Nature's elemental compulsions, those miasmas of worldly temptations and ignorant choices.

Attachments and addictions, likewise, for various things can be suppressed and seemingly eliminated, *but they always return* if they are not dissolved in the awakening of enlightened consciousness through meditation. Only the 'yoga technique' can free us from addictions we formed long before we ever reached the human form; using SOHAM from our personal panoply can empower the transition and expedite the goal. That does not imply that the practitioner of such a specific beneficial lifestyle need not put forth any effort to order his life according to 'yogic' principles, but that those who do choose to so order their lives will find any potential obstacles will be eliminated through their SOHAM meditation.

Mankind does not comprehend how much their consciousness is really tied down to the body. It is this mistake we must avoid. Those who have led the way in the yoga technique insisted that yoga students, sincere aspirants, must care for the body, especially its diet,¹ but only in a sensible, practical way. The diligent practitioner, withholding his thoughts, Will, and feelings from false identification with bodily desires, uniting his mind with superconscious forces in the spinal shrines, thus lives in the world as God hath planned; he is impelled neither by impulses from the past nor by fresh motivations of human witlessness.

Through proper food, sunlight, and harmonious thoughts, men who are led only by Nature and Her divine plan will evolve to Self-realization in a million years; twelve years of normal healthful living are required to effect even slight refinements in brain structure; a million solar returns are exacted to purify the cerebral tenement sufficiently for manifestation of cosmic consciousness. A sincere spiritual practitioner, however, by use of a spiritual science, i.e., the 'yoga technique,' removes himself from the necessity of a long period of careful observance of natural laws, expediting the evolution of that one. SOHAM makes all this knowledge perfectly clear - while empowering - through its faithful practice.

Those who yearn for spirituality, who sincerely strive to become completely disciplined in the practice of restraint and a positive lifestyle, who have conquered the inner enemies such as desire, *can* achieve real spirituality. If a seeker truly yearns for a genuine spiritual life and observes the Principles of a pure life – which includes a pure diet (complete absence of any animal substances) and observance of total abstinence from alcohol, nicotine and mind-altering substances, and lives a life of strict moral purity^B– he can, through just such a diligent practice, attain true spiritual consciousness and life.

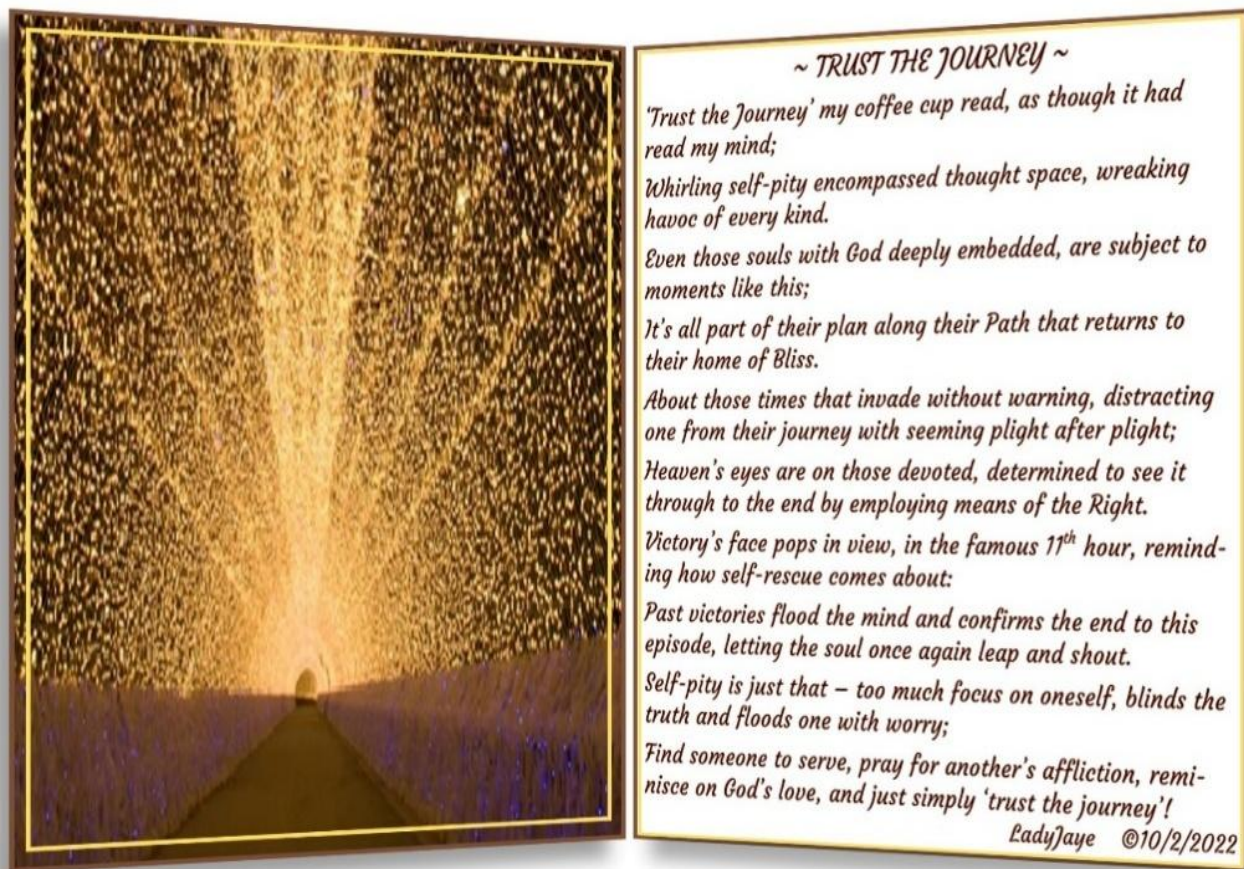
I put you on notice here for reassurance that, while aspiring to such 'perfection' sounds like a very dull lifestyle, SOHAM transforms those worldly 'expectations' and perceived 'losses' into those keeping in alignment with your deepest spiritual desire. You'll gradually come to see they are clearly two sides of

the coin and the resultant 'lifestyle' beyond ANY expectations, flowing in proportion with faithfulness and diligence; what a glorious way to 'occupy' to your goal's fruition.¹³ Let's give up waiting for Christ to come again, and get on with being who we want to be when that time comes, no longer expecting Christ to just transform us upon His arrival.

As pure drinking water^H is always filtered, similarly search for a peaceful, loving, unaspiring (unemotional and stolidly calm) and compassionate spiritual Teacher. For such a qualified Teacher as this, you will have to search. And it may be a long, hard search but it is necessary . . . SOHAM will help! Meanwhile, never forget, you have your own 'Teacher' within you, the Keeper of your personal panoply!¹⁴ SIMPLY TRUST!

Saint Teresa of Avila said, *"Worldly people want to go to God the way a chicken walks. In case you have not seen a chicken walk, I will describe it to you. They meander around, never in a straight line, scratching and pecking at the dirt, often lifting one foot and then standing still as if they are in a coma. They literally veer to the side frequently and often walk backwards a bit. If they run, it is only for a few feet and then they stop and wonder what they are doing. Everything they do is "in a bit," in little spurts and stops. As I said, they meander, they do not really walk. It is purely a matter of lack of intelligence and therefore lack of good sense. Further, as they walk they often croon to themselves in an aimless and patternless manner, as if trying to figure out if they are even alive, much less where they are – and why. Yet people prefer to live in just such a way and are proud of it. As Yogananda said: 'People are so skillful in their ignorance.'"*

As Jesus said, grieving for such people, while not condemning them: *"If thou hadst known, even thou, at least in this thy day the things which belong unto thy peace! But now they are hid from thine eyes."*¹⁵



EPILOGUE

While the specific intent for this little booklet was for exposing to all seekers this vital spiritual ally, more writings can be found for the devotees on [this author's website: SpiritWinePub.org](http://thisauthor'swebsite: SpiritWinePub.org). They all come together eventually; yet please remember most of those books and articles were written before my discovery of SOHAM. You can now simply read each more confidently, knowing how to add the SOHAM Power to the information.

The otherwise unfathomable factors in this vital Power Word SOHAM have been strategically scattered within all the knowledge of all universes as His Gift to us, one of those delightfully 'tucked away treasures' I wrote about previously, intended for the sincere seeker to come across in their search for deeper Union with God, ultimate understanding, and acquisition of Its resultant unhampered liberty. Indeed, you may come to comprehend that all efforts toward finding the spiritual Self will *also* eventually be seen through your experienced 'spirit eyes' as entrapments, even as you came to see those 'worldly' entrapments, and 'liberty' comes so simply as just being you, harmlessly in thought, word, and deed . . . and an 'others first' mindset. The rest just falls blessedly into place, as programmed by God's Principles.

Some will recognize their Spirit's leap of remembrance in this booklet's words but, I promise you, if you cannot wrap your head around this SOHAM concept at this moment in your lifetime, do not bury this book but keep it easily attainable, for the moment will come that this seed now planted in you will burst forth reminding you of its available lifeline, eventually so desperately sought; such 'moments' are a Principle within humanity's subtle and perpetual spiritual evolution . . . for 'evolution' IS God . . . and every soul's very purpose for existing!¹⁶

In ending this writing, I attest to you that my diligence and faith in 'the Moses Code' – SOHAM – has brought me to an oasis in my spiritual journey, clearly marking a second chance at the person I was meant to be, no longer kicking and screaming against the difficulties in the beginning.^F It is no longer an abstract or kismet type of living, but a definite separation from the entity I was in the first three-quarters of this lifetime. It is as though my old Self is watching quietly and enrapt at the differences in this making of my true persona. I speak of this at the risk of sounding looney, but it should be noted for those who will undoubtedly come to such a powerful experience will appreciate the reassurance and confirmation of being on the right track. *NEVER GIVE UP!* Turning back at this point would be the epitome of Hebrews 10:35+ KJV and set all your efforts back by lifetimes again! Personally, I eagerly await the next nudge up 'Jacob's Ladder,' for that is what it really is: spiritual evolution. We can come full circle and be right back to where He intended us to be . . . 'meet for the Master's work!'

Blessings, dear ones. as you share this writing widely to all who are even remotely curious about their own spirituality. VivikaQi

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|-------------------------|--------------------------|----------------------------|-----------------------------|
| 1) Philippians 2:12 KJV | 2) II Timothy 2:21 KJV | 3) II Corinthians 10:5 KJV | 4) Isaiah 58:14 KJV |
| 5) Exodus 3:14 KJV | 6) John 14:12 KJV | 7) Ephesians 6:11, 13 KJV | 8) Habakkuk 2:2 KJV |
| 9) Jeremiah 29:11 KJV | 10) I John 2:27 KJV | 11) Deuteronomy 6:11 KJV | 12) Ephesians 1:18 KJV |
| 13) Luke 19:13 KJV | 14) I John 2:20 & 27 KJV | 15) Luke 19:42 KJV | 16) Jeremiah 1:5+ KJV |
| 17) Psalm 82:6 KJV | 18) II Timothy 2:15 KJV | 19) Psalm 16:7 KJV | 20) II Corinthians 6:14 KJV |

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H Read 'The Sovereignty of Water' on TIPS, SpiritWinePub.org

I Read 'Which Are You . . .' on TIPS, SpiritWinePub.org

Books used in research and inspiration:

Kings James Version Bible; The Inspired Wisdom of Sri Gajanana Maharaj; The SOHAM Yoga Collection; Law of Success by Abbot George Burke; Spiritual Benefits of a Vegetarian Diet by Abbot George Burke; SOHAM Yoga: The Yoga of the Self; An In-Depth Guide to Effective Meditation; Light of the Spirit Press.com, Power vs Force by Dr. David R Hawkins and many more that will come into your own sphere as you 'study to show yourself approved'¹⁸ and thirst for MORE.

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