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*"I teach Kriya Yoga and Meditation for the World Peace Mission, which I founded as requested by My Master, Maha Avatar Babaji, in 2003. This mission is to nourish and awaken people to peace so that their souls rejoice in the world."*

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# Preface

If you want to know how you personally can build your spiritual wealth and make a difference for the better in the world, this little book is for you.

It avoids dogma and theory and, with a disarming simplicity and directness, it tells you important things like the purposes of life, meditation, and Kriya Yoga.

It gives you insights to some of the deeper issues of life; and it answers many of the questions often asked but never satisfactorily answered.

It actually tells you everything you need to know.

Savour this book as you read it. You will become aware of a feeling you may or may not have had before; perhaps it will be a tingling, or a feeling of warmth, or a quiet sense of joy, or an awareness of being at peace.

Whatever it is, it will be special to you. It may come at once or it may take several readings but if it is the latter be patient and just let it surface, for it will, when the moment is right. That moment is worth waiting for!

You will find yourself reading and re-reading this wonderful book. It simply radiates love and may it fill you with the peace of God, which transcends all understanding.

~ Alan Flockhart (August 2013)

# Introduction

Swami Aliananda Paramahansa is a disciple of Maha Avatar Babaji, whom she met in 1997 after searching over a 12-year period.

Babaji taught Swami Aliananda Kriya Yoga and guided her in her spiritual journey to Self-Realisation.

Babaji's mission was to teach Kriya Yoga and oversee the World Peace Mission, which he did with love, healing and compassion for all mankind. His wish was for me to continue the World Peace Mission for him and to seed as many people as possible with the light.

My beloved Master blessed this book before he departed and it is my wish to dedicate it to him and all that he gave – the love, compassion and most of all the teachings and the blessing of the Kriya Yoga meditation technique.

This book is a gift from heaven and is given to us at a time of global insecurity. This small book is a personal guide to find your inner security and help support you through these difficult times. It will help you realise your strength, beauty and wisdom, which is within each one of you and will sustain you. The Masters and Babaji have sent this to help you at this time and their energy blesses you from within these pages.

*“The more people in the world who can open up to unlimited God Consciousness and light, the more this will change the vibration of mankind to lift the hearts and minds of men.”*

# Prologue

I have journeyed to a higher plane and I alight in a beautiful crystal sacred valley. Each mountain glistens around this valley in the colours of the chakras: ruby, carnelian, citrine, emerald, turquoise, deepest sapphire and a magical magenta-tinted diamond. The lake is like a pure jewel; the blades of grass are like green diamonds, with prisms of colour reflecting from each one.

At the side of the lake there is an exquisite octagonal pergola. I feel deeply moved by the energy emanating from the beings inside and am drawn towards them. I walk up the eight steps into the pergola and in the centre there is a low table with ornate writing engraved on it. At seven of the eight points sits a Master, and behind each Master stands a great Angel who, like the mountains, glistens with a different colour, representing each chakra.

The Masters are sitting cross-legged on cushions of jewelled velvet brocade, which have tassels of the same colour as their Angels, and represent a different level of the chakras going into the heavens. I take my seat on a cushion of red velvet with rich brocade, the red representing the earth plane to which I am bringing this book.

We all link hands and as we do so, with the energy that we are feeling, we all rise up and go into the next plane, which is the lower mental. The lower mental is in God's chakra system and this corresponds to our bodies on the earth. We rise again to the higher mental plane. The resonance of this plane is of complete peace.

A book is brought forward by two angels and laid at the centre of the table. It is swathed in gossamer material and tied with a wonderful bow. The angels untie the bow and draw back the material to reveal a pearl-like cover.

# Chapter One

## *The World Peace Mission is Nothing Without Love*

Love in this day and age is a difficult expression to understand. We are contrary and often bestial towards our fellow man. At the beginning of creation, man came into the world from Adam and Eve. Humanity grew and the lower senses were allowed to rip each other apart.

God sent forth prophets and messengers to raise the consciousness of mankind. We read and hear about this and think it cannot be so. But it is so. It was true then and it is true now. There are prophetesses walking the lands, helping humanity realise its true beauty and loving nature.

When a cow has a calf, nature is in its abundance. The cow becomes fertilised in natural accordance with her nature, and the nature of the Earth. She has seasons to give birth, as the Earth has seasons. When the calf is born, she tends to her calf, licks it, cleans it, and nurtures it.

The calf is fed from the milk of her udder. This is pure natural birth. Where have the Mothers gone? Where have we wandered in our own wanton stupidity? The world is nothing without love.

When we enter this Kingdom of Earth, so we enter a sacred realm. God made this earth in the likeness of him/her, because God is an energy of love. So, to define whether it is masculine or feminine is

pointless. It is the energy of creation. It is beyond the duality of him or her. It is sublime. Humanity for eons has been created and cradled in this energy.

Unfortunately, with our free will, we have not understood the fulfilling note of surrendering to our original energy. We have shut ourselves off and thrown ourselves into an abyss of complete surrender to Maya; and exhibit excitements, which kill love, such as wildness, bestiality, greed and killing.

What is the essential aspect of creating human life? It is divine union between man and woman to create a vehicle for a soul on earth. A soul is born from God consciousness. The journey we have is to remember our consciousness. How do we remember our consciousness? We don't remember being born, we don't remember being conceived, but God made us in the likeness of the creative force and all these gifts of remembrance are there.

So, with diligence, time and care, each person can remember and connect with the God force within. The purpose of this book is to return you from the outer world of distractions to the inner world of Cosmic Consciousness and Self-Realisation.

### *How do we do this?*

Religions have been a tool for contemplation, prayer; a place to retreat from the world. Here in these great cathedrals, mosques, temples and holy shrines, are places for people to congregate and find their true identity. However, with human nature, once again vanity, anger and power have conspired to hold people captive in ignorance.

Now, once again, the Masters have come to the earth to show you the way, the truth and the light. Great Masters came like the Lord Jesus Christ, Buddha, the Prophets and so on. We have a living testimony in this age of the Dalai Lama, Gandhi, and great human

beings around the world that have come forth to show us love in action. Yes, there has been violence around some, like Jesus Christ and Mohammed, but the violence was not of their choosing.

The world is nothing without love. When we say this, what do we mean? What is this word love?

Love is breath, love is an energy. It is the energy of creation. It is the one word amongst all languages of the earth that you can never change into hatred, anger or lust. Love is a word of sublime intention.

Unfortunately, humanity has misunderstood love as a selfish intention. I love cake, I will eat more. I love hamburgers – I will eat ten. I love chocolate – I will eat a box. I love drugs so I will take more. I love wine so I will drink two bottles. I love money so I will forget the family. I love power, so I will shout at people.

We have come into a society where love has become a selfish, undignified, chaotic and uninspired act. As Jesus said, “Love thy neighbour as thy Self”. This doesn’t mean go and have an affair with the neighbour. These great words mean love thy neighbor as thy Self, we have all come from that great consciousness.

We were born as one, a speck of divine consciousness of our soul in each body. As we travel inward to our soul and God consciousness, we open to the essential essence that we were born from and, having entered that Kingdom of Heaven within us, we find the whole of creation there. We find the world there, the universe, the sun, the moon and the stars, every living being and we are one energy of love. Therefore, your neighbour truly is, in the world, part of you.

In our human form, we appear to be separate but that mighty consciousness of God that breathed us into existence is never separate, because the breath that breathed us is in the whole of everything.

It is in the leaves of the trees, the flowers that bloom, the grass that is grown, the skin that holds our bones, the bones that are our skeleton, the organs of your body and mine.

The same breath is in the animals in the fields, the stones, the mountains, the rivers and the seas. All are created from that breath.

How do we as human beings get back to the consciousness of realising our loving nature, our kind nature within us, our beauty, our peacefulness?

How do we enter the kingdom within and the light of our souls?

The Holy Spirit is the breath and fire in all life.

# *Chapter Two*

## *The Kriya Yoga Technique*

One of the great teachings of the use of the breath is Kriya Yoga. The Kriya Yoga technique is of a sublime nature. This nature is holy. In the world, there are degrees of holiness. We are split asunder and we need to become whole, holy.

We have many sacred teachings within the world, the Quran, the Bible and so on and, just as these sacred instruments have come forth, so Kriya Yoga has come forth and is sacred. This has been handed down as an instrument for YOUR SELF-REALISATION and God Consciousness.

As I have said in the previous chapter, humanity is forgetting itself in the delusions of its wild excitements, like Sodom and Gomorrah. Lucifer is reaping havoc on the mind of mankind. This sacred work of Kriya Yoga hands back a chance for humanity to retrieve itself.

The pure simplicity of this rite is the predominant factor. God has sent humanity this practice and the Masters to teach it and ignite the consciousness within the brow of the student once again to remember his true identity. Not the identity of selfishness, and disregard, but the identity of wholeness, wisdom and love in action.

It is for humanity to realise human love in brotherhood and sisterhood; to realise this in the community, when shopping, at work, in their schools, in their towns and villages and, most importantly, in their families. With the Kriya Yoga practice the acts

of selfish delusions drop away exposing the divinity in people's hearts, giving them peace in their community and in their homes.

As hearts become open to the joy within, one's innate beauty, happiness and joy brings heart and mind together so that the mind is not running wild in the greed of society. Instead it is harnessed by the love of their heart, their family, their children, their husbands, their wives, and the community in which they live. As their minds and hearts move into and open to a caring society, so peace can come to earth.

We are not talking about rocket science, or a degree at a university; we are talking about ten minutes of your time a day, maybe longer, as you practice to breathe in unison with your original source. In breathing with your original source, the fire of the Holy Spirit can once again ignite within you, filling your heart and mind with the glow and wisdom, love and kindness of the Creator God.

In these moments of contemplation, ask that your sins be forgiven, ask and it shall be given unto you. Seek and ye shall find. Gradually, gradually as the days go by, sitting quietly with the aid of these breaths, and having had the blessing of the living Master who has seeded the light of God within your consciousness again, you will open up to your soul power, intelligence and beauty and remember why you are here on earth. It is not necessary to feel that you have a great mission, for the great mission is to express your Godliness, in peacefulness, love and kindness. That is our mission. "To love one another as I have loved you".

The temple of contemplation is held in the cave of your body, the light within your heart. You are the living Cathedral and Church. You are the living Mosque. You are the living Synagogue. You are the living Hindu temple. Carry that resonance within you wherever you go, whoever you are with and, like an artesian well, the spring of love divine and compassion will pour into the world.

# Chapter Three

## Meditation

The pre-requisite for meditation is Kriya Yoga.

The purpose of doing the Kriya breaths is to set the body up for the initiation. The first initiation is being with me, where the brow chakra is seeded with God's light consciousness, a seed of the Holy Spirit, the Holy Fire.

At puberty this fire drops from the crown of the head, down from the pituitary gland to the root chakra. During Kriya breaths and meditation, the fire from the root is drawn up through your chakra system. The fire is drawn up the spine and connects with the fire seeded in the brow by my initiation, so illuminating your mind and opening your consciousness. As this light or consciousness is illuminated, so the speed with which you find Self-Realisation is heightened because you have been initiated by a living Master in God Consciousness.

In life, as well as many other disciplines, you need a teacher. However, a teacher can only teach you the way. Like learning to ride a bike, or driving a car, or skiing, you need practice and that practice can only be done by you. You either become an average driver, a good driver, or an excellent driver. This is up to the amount of time you spend practicing and focusing.

You don't become an expert at driving by looking at all the other distractions as you drive around. You focus on the road, and so the road to enlightenment is entirely up to you. It takes work and

diligence. The salmon go against great walls of water, leaping up waterfalls, to return to the breeding grounds and returning to the source to die.

As we go into our meditation, and Kriya Yoga practice, we will find times of distraction, but like the salmon, no matter how hard the jump, we can overcome the obstacle. Like the rivers of life, they can seem very choppy and difficult, but if we put effort into sustaining our Kriya Yoga and meditation practice, it takes us to the origin of the river and the peaceful pond. Yes, a part of us dies to be resurrected into the birth of our soul consciousness and God. Here we lay new seeds of divine consciousness that give birth to a new personality and expression.

Sitting with a straight back, eyes gazing into the forehead, after the final breath of the Kriyas, we listen to the breath. We listen to the rise and fall. This breath that we hear and move into is the breath of the Holy Spirit, the breath of our soul, the breath of Mother Earth, the breath of all creation. It is slow and quiet in this place and one of the first prayers we say is:

“Dear Lord, forgive me my sins.”

When you finish your meditation say the prayer:

“I bow to the Lord. I live in the Lord. I am filled with The Lord. The Lord is within me. I live and breathe in that being. Accept what is.”

## *Ask and it shall be given unto you.*

In our daily lives, we commit many sins. Our thoughts, actions and deeds are accountable. When we ask for forgiveness for our sins, it is bringing to our attention and reminding us to be aware of our follies in life. For as you think, so you are.

The meditation is training you to watch your mind. Be careful, control the mind. One of the best ways of training the mind is by using a mantra, for example “Ya Way She Om” (which means ‘Path to God’), or the “Lord’s Prayer”, “Psalm 23”, or “The Gayatri Mantra”, to name but a few. Just gaze into the brow and ask God to show you the way.

The purpose of meditation is to watch the mind. Once we have started to still the mind, then peace can enter you, or you enter the peace. As the mind of peacefulness becomes stronger, so the mind of Maya becomes weak. Your mind of peace is an abiding strength within you.

When you sit in this peace, imagine peace filling your mind like a golden sun. Imagine peace filling your throat, shoulders and heart like a golden sun. Imagine this sun filling your torso, your arms and your legs. You become one radiant ball of light.

What does our earthly sun do for us? It gives us light and warmth. It feeds and nurtures us with food and health. Even at times when we can’t see it, it never disappears. It is always shining and in existence. It rises, shows its light and then falls, but even though we cannot see it, it is always there. The consciousness of the light is within us and God is the same.

With training and calming the mind, so you have God-realisation. You see it at last - the light. This light is love and compassion and it feeds us and nurtures us and gives us health and vitality – the ‘God glow’.

When you meditate, find a peaceful location in your home or special place and switch off earthly distractions. If possible choose a place with beauty around you.

Make a sacred place, so that before you shut your eyes for Kriya Yoga and meditation, you are reminded of something sacred. Have a picture of your guide or Master or whomever or whatever you wish, for their energy will be with you on that photograph. Light a candle as a symbol of not only the Holy Fire but also the fire within you. Light a joss stick; allow the fragrance to lift your spirits.

Call in the Angels, Uriel - of the North and earth, Michael - the South and fire, Raphael - the East and air, Gabriel - the West and water. Call them verbally to come and hold a sacred space for you. Welcome them and thank them. The Angelic realms are God's emissaries. The great Archangels sit at his throne, all the realms of Angels can gather and support you. Call upon the Masters and your teachers to be around you in this sacred space.

In meditation, we open to the sacredness of the divine plan on earth and the purpose of meditation is to align your body, mind and spirit to God's plan. We have wandered like lost poor sheep in the wilderness of delusion and Maya. In meditation, it is our time to go home.

And so, you have set up your sanctuary, your sacred space. Keep your back straight for meditation. Gaze into the brow. Watch your inner eye, be diligent, control your mind. When you have reached that peaceful state, and you have spent time in silence and meditation, you will feel ready to enter the world again.

## *Sacred Protection*

As you come back into this world towards the end of your meditation, visualise a gold circle and cross of light or you can draw it by hand on each chakra, the crown, the brow, the throat, the heart, solar plexus, the sacral and the root; and the altar major at the base of the neck.

Then imagine draping a cape of colour around yourself. It will have a hood and a clasp at the neck. Imagine drawing your hands across your solar plexus holding the edges of the cape and bowing to the Lord, thanking the Lord for His sacred presence. “I offer this meditation and peace into the world and I serve the light.”

We thank the Masters and the beings as they leave to go to the inner realms and we thank the great Archangels and complete the meditation.

We open our eyes gently and come back to our sacred space. We may have a book that we wish to write our understandings in. As when we enter this great place of peace, we are entering the mind of God. Here truths for our lives can be given to us.

# Chapter Four

## *Innovation*

Having entered the inner worlds, so we come back into this world. In my house there are many mansions and gradually as you practice meditation, you will enter the inner worlds.

As we are made in the likeness of God, so here on Earth we reflect the kingdom of God. In meditation, you may find inspirational ideas come to your mind, beautiful paintings pour from your hands, prayers, poetry, plays, inspired thoughts and innovations to help a world crisis, and of course, the peace.

What is this peace? What is this world peace mission? How can we as a body of human beings help the world?

Many innovators, such as the great composers like Mozart, came from these realms. If we open to the realm of music, the music pours through as notes of inspired music. If we open to the realm of peace, the great peace realm of heaven, we open to that and allow it to pour through us into the world. The more people who gather together to open to this avalanche of inspiration and consciousness of peace, the more it will change the world. This is a very powerful process and the power of peace can come from each one of you.

We are entering a time when humanity is realising its divinity and seeks a greater understanding of each individual's journey in life.

In this day and age we are bombarded with excitements of the outer world, of money, drama, films, newspapers. People are hungry

to find peace and the realms within themselves. Religion has become the media hype, another tool to cause mayhem in the world. Humanity is in crisis. We are in fear, but the fear is in our minds.

Fear is governed by our desires. In the face of fear, to sit quietly, calm the mind, pull back from the fears and desires and open up to that peace within, is the most powerful thing to do to change the world.

Humanity has become like the walking wounded, clambering in the stock markets for one more million. Clambering in the supermarkets for more packets of biscuits. Clambering and jostling for a position in life. Becoming size zero, when all we need to do is to nurture ourselves within, to feed and be fed by our divine qualities of peacefulness, love, kindness and worthiness.

Where have all the Mothers gone? Where is the family meal? Where is the Mother's cooking? Is she choosing fresh vegetables for her children, fresh bread and meat?

Are we caring for our families and communities? Do you know your neighbour? Do you know your children's schoolteachers? Do you care for the shop assistants? Or are you hankering after the latest luxury goods?

In striving for these monetary baubles, we are not peaceful. Peace in the world, in the community, in your home, in your office and in your car, starts with you. Carrying placards and shouting in the streets with aggressive action gives aggressive energy. As you send forth this aggressive energy, so that action causes a reaction.

The great peacemakers of our time, like Gandhi or the Dalai Lama for instance, have peaceful protests. There is nothing for the reaction to bounce against. It just slides through the peace. So the power of peace far outweighs the power of aggression, terror, violence and fear.

In meditation, one enters a place in oneself. That place, as I have said before, is a place of the creative energy of all life. You were seeded thus at the beginning and you carry that within you now. As you make your way home to that consciousness and you identify and strengthen that within you, so you are peacefully in the right place, at the right time, in sequence with the right events.

If you fill yourself with anger, lust and violence, you will be in that energy and draw to you anger, lust and violence.

So be careful. Calm the mind, calm the body. Dare to be free and not follow the crowd.

Think right, live right and you will be right.

# Chapter Five

## Family Living

Family living is a grotesque experience if parental understanding is not in place. So how do we understand and connect with parental understanding?

Once again, I advocate meditation. As we know, there are many different tribes on the planet and as we move and mix within different tribes around the world, so society has become confused, for the vibrations of different people can cause very confused children.

This is something that the ancients and Masters have been watching on the inner planes for some time. As light workers, they are calling upon you to raise the density and vibration of the earth for them. So that as you do your peace meditation, and tune into the inner realm of peace in your meditation, send out that light to raise the vibration, mentally focusing on the hearts and minds of mankind.

I am putting here the prayer, “The Great Invocation” and also “The Lord’s Prayer”. These two great prayers, with your help as light workers, can help raise the vibration of the world from this bestial level into a higher level that the Masters and ancients would welcome from you. If you understand the purpose of these prayers, and why we are asking you to do this, then it makes it abundantly clear.

## *The Great Invocation*

From the point of Light within the mind of God  
Let Light stream forth into the minds of men  
Let Light descend on Earth.

From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.

From the centre where the Will of God is known  
Let purpose guide the little wills of men  
The purpose which the Masters know and serve.

From the centre which we call the race of men  
Let the Plan of Love and Light work out  
And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on Earth.

# *The Lord's Prayer*

Our Father, who art in heaven  
Hallowed be thy name.  
Thy Kingdom come, thy will be done  
On Earth as it is in Heaven.  
Give us this day our daily bread  
And forgive us our trespasses  
As we forgive those who trespass against us  
Lead us not into temptation  
And deliver us from all evil  
For thine is the Kingdom,  
The Power and the Glory  
For ever and ever  
Amen

# *Chapter Six*

## *The Number Seven*

There are seven tribes of Israel, seven hills of Rome, seven chakras, seven heavens, seventh of the seventh child and we have seven days of the week and the seventh day of the week is for rest.

Rest. Why is it that the society forgets to rest? It's a Sunday, a Holy day and having a whole day for family, friends, community, service and worship.

We would slave all week for financial gain but this is something greater. To surrender your life for peace and love and kindness to family and friends is of the utmost importance. For with the advent of global interaction, with the web and media, so we have lost our way. The time for yourself has been swept into a whirlwind of extended excitements.

We think of Sundays traditionally as a time for church. But the sacred day is for you and your soul peace. You can't keep driving a car without checking the engine or giving it fuel.

Believe it or not, there is an energy within you that needs to be nurtured and fed. You need to give back as well as to receive. How often does the man on retirement die? How often are people taking stimulants to keep them going? How often are people working into the night as we become more global? This isn't just for five days a week, more often than not it's all week and so society is like a mouse on a treadmill. It is time to step off and rest.

Sunday (or one day at least) is a day of rest and thanksgiving for the beauty of your life and remembering why you are on this earth.

It is for appreciating the beauty of nature and the beauty of yourself. For as the flowers and trees and all nature grows, so the energy of rest and peace will sustain you as well. Be thankful and recognise the quiet within yourself.

When you recognise this within yourself, you will recognise the beauty within your family and nature. Be still and know the God within.

Take time to read a sacred book. Take time to walk hand in hand in nature with your children. Take time to love one another. Take time to care and be cared for. Yes, cook for your family, watch your sport and so on, but remember to take time to nurture one another.

Listen to one another. Listen to beautiful music. Put some beautiful flowers on the table. Bring the glory of Mother Nature into your homes and have gratitude for your life and the week you have just had.

# Chapter Seven

## *God Consciousness versus Religion*

The concept of God in this day and age has become a very confused issue. We have many diverse paths to God consciousness. These paths don't always lead to a Divine consciousness but to a consciousness that is held in a tangled web of desire and here the confusion begins.

People move from their everyday consciousness into wanting to be in touch with God. They feel that going to gather with a religious order is automatically going to take them into that state. Unfortunately, as with gatherings of people, so there are many diverse personalities and these personalities overshadow the intent and the result.

“I and my Father are One” goes the saying; meaning that you are able to achieve the required consciousness yourself.

The essential Self always yearns to go home and some people, not all, are awakened to that yearning. But here is the dilemma: people do not always pick the right path, mainly because there are many others who would insist that theirs is the only right way.

The difference between God consciousness and religion is that God consciousness is a pure path to God-realisation, whereas religion is/can become a confused group of people with a desire to find God, but in a worldly, chaotic, confused and egocentric manner they lead humanity the wrong way. The leaders become idols. Some become politicians and dictators. They become worldly.

In this little book, we are not looking for religion; we are looking for the God within ourselves, past all these idols and leaders. But once again, people can become confused. Because I say God is within, some would interpret it as: "I am God". This is a confused idea. They are putting themselves above God. God is God. God is all. We come from that great force. We carry a light of that consciousness within us - but we are not God.

With Kriya Yoga, the meditation, the sacred initiation, the spiritual touch, we ignite the remembrance once again in our human temple, the God within. As we meditate, we ask God the power within us to show us the way, so that truth of divinity can open within.

Once on the path, people go to different teachers. They spend time meditating and entering that sacred world. For a week or for a few days, they touch something, and then they return to the haste and excitements of home, work and play. Because they had touched an essence within, they yearn to go back there. Then they get thrown into the abyss of life and flounder like fish out of water and can feel sad, depressed and hopeless.

This sadness, depression and hopelessness can be removed with the power of the practice, and the practice of Kriya Yoga sustains that connection. When we breathe in unison with the divine breath, it helps us to still the excitements of sorrow and depression. The breaths slow us down; so that the rate of the body and the mind can be calmed down to connect with the breath of creation.

From feeling outside of creation we enter the depths of the peace of creation, and our hearts and minds become calm and unified with the creative power of God. This is not a religion. This is a consciousness, a start to self-realisation.

# *Chapter Eight*

## *Entering the Eye*

So we go to the inner planes of the third eye. This eye is the bridge between heaven and earth. Here we ignite and open the eye of God within us, but this can only happen when we have cleansed the body and the mind. For this is a pure place of consciousness.

This is the eye of God. When that eye is open, so the inner realms and the ladder of light are open to the abundance of the Angelic realm and God consciousness. We have entered the brow of God.

To enter the crown would be beyond mortal understanding, but when the consciousness is open, that ladder can bridge into the consciousness of God, and the link is made.

This is like a great diamond. This is like a hall of mirrors, reflecting the many consciousness's of divine creation. When humanity is evolving, gradually the chakra system cleanses and unfolds and unfolds and unfolds. So that as each chakra evolves, it evolves in unison with the other.

Each chakra has seven steps. The root chakra has seven steps to evolve to its highest potential. The sacral chakra has to evolve the seven steps once again to the most sacred potential. The solar plexus goes through seven steps of evolution, enlightenment and cleansing, through the seven steps until it gets to the crown of that chakra.

The heart has the same process; the throat has the same process, the brow the same process and the crown the same process again. Then we find that each chakra is resonating to its highest potential, each chakra and the seven chakras within it. As this becomes perfectly vivified, so each chakra opens revealing the jewel.

When these jewels are fully awakened, the ladder of consciousness is within you and the Masters of the Rays can draw forward and work with you. The crystal body or the jewel body becomes one radiant diamond light and with this diamond light, the eye of God within you becomes pure and has direct consciousness with God's eye.

This is how the great Prophets in the land are attuned. The frequency of each chakra creates an awareness of the Divine plan on Earth; God's holy plan and heaven and earth become one, for we are made in the likeness of God. These jewels reflect rays of light within us and are overseen by the Masters of the Rays, whose teachings can also come through the Prophets.

On each ray there is a great Angel and with the Angels are the legions of Angels, so that your body of light is an emissary for these legions. This body of light is of the same consistency and consciousness as nature and Mother Earth, the universe, the stars and all creation.

As they said of our Lord Jesus Christ, who was a living testament to this Christ consciousness, "be in the world but not of it". And so this book is coming to you from the eye of God. With the blessings of the Masters of the Rays on the inner planes and the Angelic realm who are holding this sacred book, so it is being handed down through the energy fields until it comes into manifestation on the earth.

I am sharing this with you for humanity to realise it does not need to be a slave in this world of Maya. Humanity can move into the light

and the light of God consciousness. This consciousness is the sustainer, the strength and the wisdom, and Love is the power.

It is only when we have raised the consciousness of the whole of our body of light to loving one another in peacefulness, sisterhood and brotherhood, that this divine Christ-like body can be born. It is through your devotion to God, your prayers and your sustained work that birth will be given to this Christ consciousness.

The more people in the world who can open up to unlimited God consciousness and light, the more this will change the vibration of mankind to lift the hearts and minds of men. It is not about talking, or doing in a selfish way; it is about surrendering to something greater than our little selves, that little “I” of the personality. When that dies, then the birth of the light within can happen.

What do I mean when I say “when that dies”? I am not talking about a physical death, I am talking about the death of the addicted personality of “I want”, “I like,” “I must have”, “I am looking after myself.” That ‘I’ must die and be transformed like the butterfly from the chrysalis. That stiff chrysalis of “I want” will drop away to become the beautiful butterfly of ‘We’. ‘We’ asks: “Can I be of service? I love you.” Let go and enter the kingdom of heaven on Earth.

As you start entering within gradually, gradually, life alters and we experience life differently. Maybe in the traffic jam you will sit calmly. Maybe you will change television channels to something more beautiful and your choices of life become more harmonious. It is very subtle but you start to serve humanity and serve yourself.

The Divine Self starts to come forward, because previously any anger would have blocked that beauty coming forward; but now with the anger abated and controlled gently, so the beauty of your soul and love and compassion can come forward happily and easily. For this is the true life; happiness, contentment, sharing.

How much nicer to be able to share a box of chocolates than eat them all yourself. So think of others, but also take care of yourself. Don't be trampled upon. Have discrimination and awareness, for you carry a Holy Being in you. You are living testament of God being housed in a body. Respect the body, but love the testament, the Self, the God within you. As you go shopping, choose to wear colours that will lift you. Choose colours that will make you happy. For when you are happy, your light can shine.

# Chapter Nine

## *Who is Writing the Book*

'I am that I am' is writing the book. God's eye is writing this book. It is time for humanity to have a clean clear message in such muddy waters.

The poor sheep are wandering and being slaughtered. Humanity is growing inferior food, living with inferior thoughts, like bygone days, there is rape and pillage and killing. Starvation in a land of plenty. Fighting, wars and killing. Hell is unleashed on earth.

This sacred book, the book of God that I am sending to you is to bring a vibration of MY WORD into the world. Many prophets have walked through your lands to bless and bring my word before. The angels, my emissaries, are carrying this down to Aliananda to hear, see and print. It is her mission to once again bring the mission of peace into the world on my behalf. She has been sent as a Prophetess in the wilderness. I am overshadowing her to speak my truth, to initiate my light and to lift the vibration of mankind. It is unusual to write such things. But I am witnessing and you will witness what is happening. Babaji is my great emissary in the Himalayas, and before, many great Masters, Prophets and Prophetesses, have been sent. Do not scorn her or this book, for it has a great energy of blessing about it.

The energy of this book is held in me, the Creative Power of Life. As you hold this, read it and live with it, so it will bless you and raise your consciousness. This is what I need humanity to understand. There is a greater consciousness than you can physically see and

this is what Aliananda and this book will open you to. It is time to raise your consciousness into the levels of light. Where the Angels can come and walk amongst you. Where the earth can be blessed and the fruits grow with the blessing and the breath of Divine consciousness. Where the waters can be blessed and you realise the living life, that creation is feeding you.

Respect nature. Respect Mother Earth. Hold nature with fragility, for you are killing her.

You have your free will of life and death. I call you. I call you to open to light and love. I call you. It is a cry from the mountain, a cry from the heavens “Oh ye peoples of the world, unite in peace. So be it.” Blessings.

# Chapter Ten

## *The Masters*

It has already been written about the Masters of the Rays, and it is important that you realise that these great beings of God consciousness exist. These great Masters are here to help humanity.

As you go into your meditation, start meditating on each chakra. Go into the root chakra, allow the Master of the Red Ray to come forward and help you overcome the obstacles in your life. It has been previously said, as your chakras evolve, so you gain enlightenment. Once again in these troubled times, the Masters are coming forward to help you, lift you and teach you.

Sitting comfortably in an upright chair, or cross-legged on the floor, after doing your Kriya breaths, or sitting quietly stilling the mind, go into meditation and focus on the inner eye.

For here on the inner eye of God, the Masters live to express and teach from God's mind, the plan. The plan is to lift you from the outer world to the inner world. The Master of the Red Ray will come forward in your brow when you focus on the root chakra. Feel your mind filled with that red, feel that ruby red through your body. Feel that ruby red fill your aura.

As you meditate on this colour, feel the qualities of the energy. Any negative quality could be rage. A positive quality could be extremely powerful peace. Meditating on this chakra will be rooting you into the creation of all things, which is the plan of God. This is your journey. This could be one vision that you have. The God within you, the soul within you, your divine spark will awaken like a

genie from the lamp; you will start to hear your higher self, see visions and be shown the way.

Go to each chakra in turn, take time to contemplate each one with its corresponding colour and call in the Master of that particular Ray. It could take years, it could take months, it could take weeks, but time is timeless, so just keep moving along with your practice. Just make time in your sacred space to go within.

As you do this, so the sacred eye in your brow will evolve and become more open to you.

As the brow opens, and your God consciousness is revealed, working through the chakra system each chakra is being cleansed and opened. So the mind of God is revealed to you, and your heart is purified and your heart and mind become one.

This is a very different way of living, for not only do you live in the truth of divine inspiration, but you live in the truth of how your Soul Purpose wants to live in your life. Perhaps you are in a place of work that you do not find loving and kind, or in a relationship which no longer serves your highest good; so you will find an opportunity to change it. For the essential energy that we are creating as we move inwards is loving who you are, who you are with and where you are.

To love and understand your nature is the key. When you love the God within you, the soul within you, 'to thy Self be true'.

# Chapter Eleven

## *The World Peace Mission & Chalice Meditation*

To define peace and what peace means is difficult for human nature to understand, but extremely easy for the Angelic realm and God's mind and the inner realm of the Masters and Prophets.

When the mind is peaceful, then you are peaceful. This is essentially the peace mission. It is simple, but for humanity, extremely difficult; for to calm the mind is like trying to gather a swarm of bees. If we identify the mind as a hive and God is the queen bee, then all thoughts, which are like bees, would gather around the queen and be quite happy living in harmony.

But man has lost the desire to be drawn to God, his worldly desires scatter his thoughts. So the mind is flying wildly in all directions, with no home, no hive. The peace mission is to find your way home and to do this Kriya Yoga and meditation is the way that we call the bees back to the hive.

The peace that comes with meditation is sublime. When we calm the mind, we calm the body, we calm the heart. We calm the organs and so our well-being is created within and without. The peace mission that Babaji called for is that you have a group of people gathered together generating this peace. That is the mission.

If you are reading this book and you wish to help the Peace Mission, please find a teacher, find a group and allow the blessing of the Peace Mission to enter the world; let the grace fill you, and your minds and the group.

As your minds and hearts become one, this grace will form a Holy Grail, a Chalice of Light. The love and peace from your hearts will pour forth the heavenly waters to fill this Chalice.

This energy will pour into the world from this Chalice, raising the hearts and minds of men, blessing the world, the food, the waters and Mother Earth. The energy will open up to the Angelic realm and angels will come forward to help us do God's work on earth. You can send this light to calm wars, lift the vibration of political parties and sustain the spirit of mankind. May peace, light and love be on the earth. Thy Will be done, not my will O Lord.

The great Angel of the world, we can offer up this light to her, great Angel of Mother Earth.

We can see this energy go to the stars, the moon the universe and all creation. We can ask that the White Brotherhood (Peter Deunov) and the Masters heal the world where there is discord, bringing harmony. As you sit in these groups with this Holy Grail meditation around the world, so this is the Peace Mission. It is in your hands and your hearts and your minds.

At the end of the meditation, see the energy coming back entering your own hearts and minds. See the Holy Grail going into the ethers, the energy coming back around each one of you. Seal each chakra with a circle of light and a cross. Imagine a cape of light with a hood tied at the neck, a colour of your choice, around you and down to the ground. Fold your arms and bow to the Lord and thank the Lord God, for all the blessings and light and healing in the world and peace on earth.

# Chapter Twelve

## *The Burning Bush – the radiance of the light divine*

This radiance of light is the Holy Spirit. The fire, the living breath, the living light, it is the burning bush within you, the word, the living word of God within.

The Prophets speak from that living fire within them. This fire is like tongues, tongues of God. This fire consumes you, cleanses you. It fills your eyes with the power to see. For it cleanses them to see and understand a more rarefied energy on earth. The seeing is actually from the inner eye at the brow, but it manifests through your eyes.

As we look on the inner planes, we become aware of this fire of the Holy Spirit, this ocean of fire and light that all creation is made of. We are living in this ocean of fire. God is breathing us forward into life from this ocean and breathing us back from this life into that ocean.

This idyllic sustaining light has a perfume and as we evolve, so we come to recognise and realise that fire and that light. The Angelic realm is made of that and they come forward in form from that.

As we evolve, so we become Angelic. We are not Angels as such but we will have transformed ourselves from the mundane level of

physical life into the enlightenment and understanding of our Angelic level and God consciousness.

When you meditate and evolve, so you are a walking cosmic Christed being and this body of light, when realised, is true resurrection. The material world will have been broken and 'I and my Father are one'. To keep this realisation and this level of energy safe and pure and realised in the world, we must go into more of the quiet of the wilderness and withdraw more from the world. Not as in ancient times when people would physically retreat from the world into remote caves or deserts but through meditation. This is why the Kriya Yoga breaths, for stilling the mind and cleansing the body ready for meditation, are such an important tool to keep this resurrected state at its full potential on earth.

Everything that we have written about in the book has been training us to get to this place.

When this level of divinity is opened within you, and as you walk the earth, you are a pilgrim raising the vibration. Because you have raised the resonance in your own being and now express the Holy Spirit to such a degree, so in your aura the Angels can come into the world and go back into the heavens through you. You become a Holy Door, a Living Grail. The grace is always pouring from you to bless, heal and rejuvenate. The light of the Holy Spirit can pour from your lips, bless from your eyes, heal with the breath, love with the hands and touch the earth with your holy feet. You will truly have entered the Kingdom of Heaven on earth.

This is the mission to raise people's consciousness to this level. With the blessing and the seeding in the brow, the people that are drawn and called and are ready for the mission, and will be reawakened and become evolved.

# *Space*

In the deep, deep meditation, we go beyond visions, mind, and divine thoughts into a space of light. A complete clean canvas where nothing is written. It just IS. It has no beginning, no middle and no end. It is like an ocean of complete space.

Do not even try to fill this space but allow yourself and your mind to be nothing but space. It is the infinite bliss of nothingness. It is the bliss of space. How can you talk or write about space? But with your journey the blessings eventually will return to me (God), the peace of space, the light, the endless.

We come from this and we go back to this. Do not worry about dying. Do not worry about living. They are just both a process and neither of them exist. We just think they do. The soul, God consciousness never dies. This consciousness is Love and the World Peace Mission is nothing without Love. It is that it is.

Thank you. Amen.

Swami Aliananda Paramahansa



*Swami Aliananda Paramahansa  
World Peace Mission*

Join me in the World Peace Mission by  
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