

# ***Make the Ancient Knowledge Your Own***



## ***Table of Contents***

Chapter 1	<i>The Recovery, The Balance, The Curriculum</i>	<i>p. 3</i>
Chapter 2	<i>First Steps</i>	<i>p. 6</i>
Chapter 3	<i>Next Steps</i>	<i>p. 8</i>
Chapter 4	<i>Momentum</i>	<i>p. 9</i>
Chapter 5	<i>Inspiration, Ancient Knowledge and Discernment</i>	<i>p. 12</i>
Chapter 6	<i>Choices</i>	<i>p. 14</i>
Chapter 7	<i>Peace</i>	<i>p. 16</i>

### ***The Recovery, The Balance, The Curriculum***



Everything I do is because I believe that (1) you have literally miraculous power in you, (2) it's likely that you have forgotten that, and (3) the world needs your miracles, today. I help you to remember the truth of the miracle that you already are by reflecting that back to you and teaching you the tools to experience and remember that truth for yourself from the inside out.

What you put your focus on grows. If that is true, then ask yourself this: can you really create your future ahead of you? The answer is yes, conditionally. The conditions are these: honesty, humility, clarity, determination, courage, compassion, faith, patience, and follow through. Create those conditions and you have the formula to begin your creation process in a whole new way. We all have our own conditions, and they can and will evolve.

Create those conditions and you have the formula to begin your creation process in a whole new way.

Humility can take many forms. In the West, especially in the States, we value our independence highly, and with good reason. Consider the flip side of that coin, that is, consider the value of interdependence. We are put on this earth for a reason. That reason is intimately connected to all the other Souls put on this earth, each for their own set of reasons. That intimate connection is what is driving you forward in this lifetime. That intimate connection is literally the source of your salvation. By finding your path to serving others you ultimately serve your own Soul in the highest way possible. And when you discover the profound power of true humility, every new moment becomes miraculous, wondrous, and filled with surprise and potential for the next miracle. You also discover the power of divine loving guidance by virtue of the authenticity available in a true teacher, that is: someone who has released themselves from the oh so clever entrapments of the ego.

Each new moment can bring to you your next teaching. Each new encounter can be the offering of the Universe to your Soul to experience the beauty of what is possible when you understand your connection to that person in front of you in context of your

evolution and their evolution. The ancient knowers of divine truth from the West and from the East all understood the miraculous potential of this moment of now. That potential blossoms the more you gain the clarity that compassionately reveals how much love your Soul has for your heart and your mind and how much your Soul wants you to surrender whatever is left of your sense of needing to defend, needing to be separate, needing to be better than, needing to judge. Exercise discernment, notice the cause and effect of positivity and negativity, and leave judgements behind you. Judgement enslaves, discernment frees. More on that later.

We all have lots more to learn, up to and even after the day we die. Your Soul wants you to grow, to expand, to thrive, and it cannot do it alone. The proper relationship of any student to their teacher must first be based in trust, truth, respect, dignity, humility and honesty. Then faith begins to reveal the power of your heart to discern a more infinite truth, a more divine truth, way beyond the capacity of your mind to cognize. Your mind is a wonderful servant, horrible master. When your mind is serving the unconditional love in your heart, it shines like a beacon. When your mind is self serving, it creates more suffering in the form of fears, worries and stresses which tell you that you are separate and you need to defend. We are all connected, and here to serve each other's growth. Your heart and Soul know that. Your mind would deny that and create misery for you as long as you don't see past that primal misunderstanding.

Compassion says we all are doing the best we can with what we have. Are you a bad person because you have a disease or are struggling financially or because you have made mistakes in this lifetime? No, you are good, regardless of how your mind might tell you otherwise. Are you a creator or a victim? Regardless of what your monkey mind will tell you, you are a powerful creator. When you begin to deepen your understanding of the perfection of this moment of now, and to embrace the challenges and struggles along with the successes and the victories, and all the emotions in between, your powerful capacities as miraculous creator can begin to evolve even more than they already have.

There is the balance in the world: infinite, built in, and a little off these days. The positive is here to balance the negativity. This manifest world is made of dualities. Light / dark, day / night, near / far, feminine / masculine, positive and negative. Your job is to *discern* your path, leave behind any and all *judgments* of good or bad about the world, and use your discernment in the absence of judgement to make the world a better place.

As a child, I learned a lot of dysfunctional behavior, including deeply rooted tendencies to judge, to hide, to deflect, to deceive, to fix against my pain, and to deny. We all do it. The learning curve of evolution will take you out of that dysfunction when you get clear enough to recognize how much it hurts you whenever you are judging others, and more importantly, how much it hurts *you* when *you* judge how inadequate or guilty or bad *you* are.

Judgement enslaves.  
Freedom is hard won.

Judgement enslaves. Freedom is hard won. Our foremothers and

forefathers fought and died for the political freedoms we enjoy today. Even today the struggle between people unjustly wielding power and people suffering from abuse is evident in the world. We all want to be free. And yet we continue to judge others and judge ourselves. Freedom works on many levels, often on levels you do not notice in the routine of your daily life. I used to live in a denial that kept me from knowing whether I was free enough to make rational choices. I thought I was free, when in fact I was enslaved by my wounds and my fears. Those fears eventually caught up with me.

One day in November of 1987 I had a breakdown that changed my life. I was living on the southern tip of Whidbey Island overlooking the Puget Sound in the greater Seattle Washington area. I had no real personal inner freedom. Years of living in denial had finally caught up with me. I had finished a project and was facing so much uncertainty and fear that I could no longer pretend that I was OK. I broke into fits of tears that went on for more than an hour. I had to swallow my foolish pride and ask for help.

That help came immediately. I began to face my demons, then I had to face my future. I had to get honest about my current reality and humble about my relationship to my Soul. I began to experience a new foundation of how to behave in the world. That foundation gave me the clarity to see what my struggles were, what my demons would have me falsely believe, and how to begin to heal.

### *First Steps*



My focus was conflicted from early on in my life on account of the struggles I saw my mother and father going through trying to cope with the symptoms and causes of my mother's struggle with alcohol in this lifetime. That was all I knew as a child. I did not know what I did not know. I began to keep the company of people who were being honest about their past and their hurts and their misdeeds and their commitment to changing themselves and their world. When you begin to realize the power of knowing who you really are, then your capacity to more consistently create the miracles you are destined to create begins to grow.

People who are already realizing that power are the ones we look to for leadership. They are creating miracles because they know the power of loving their fellow human beings. They have a profoundly deep sense of the goodness of the Universe. And the actions of their lives reflect that faith and that knowing. For many of us, the journey to that divine loving power all too often seems hard, complicated, sometimes even unreachable. The good news is that it is already right in front of your eyes, you just have not yet been given the proper tools to see it. Like the nearsighted person who finally gets to see more clearly with a proper set of glasses.

Those tools are there for you, and you have to want them. Your teacher will show up for you when you want them as much as you want your next breath. And your teacher will have already faced their demons and allowed the divine loving power of love to embrace the perfection of every step on their journey and know the power of that love to deliver them and now deliver you to grace.

I had to learn honesty, humility, clarity, determination, courage, compassion, faith, patience, and follow through. I embarked on my journey by keeping the company of people who were being honest about their past and their hurts and their misdeeds and who were determined in their commitment to changing themselves and their world. I kept going.

I had to learn honesty, humility, clarity, determination, courage, compassion, faith, patience, and follow through.

I found teachers, students and masters whose wisdom, compassion and kindness I could trust and rely on. I was rebuilding from the inside out. You only have today. Take your next steps today. Do not trust the time.

Start with honesty. Get real. Dirty, messy, gut level real. Real transparency is the next step. I had learned to recognize my own tendency to hide. My mind had been filled with stories that were born of my hurts and my fears. One brilliant day in 1996, I experienced the absolute *necessity* of all the insane behaviors, all the dysfunctional patterns, all the wounds that I had personally and all the woundedness that I saw in the world. The irony is this: the seeds of transformation for you and for the world are planted and growing in the fertile soil of what we perceive to be the negativity in the world and in ourselves.

Inside of every last problem in the world, therein lie the solutions to those problems. The first and most important part of finding that solution is uncompromising honesty. I began to get honest only when I felt truly safe in another person's trustworthy and loyal presence. You must find at least one other person whom you can trust, unconditionally. You may have to begin with someone you can trust just a little. You will have to nourish that relationship from the inside out so that you can continue to feel safe, to dive in to the depths where your own demons live, and emerge back into the light of a new day where you can see clearly the road to total freedom from the shackles of your monkey mind and all of its negativities.

The first and most important part of finding that solution is uncompromising honesty.

Simply, you can not do it by yourself. Yes, in our culture in the States, we so value independence. With good reason. And there's more. Take the best from other cultures in our shared world: begin to understand interdependence. We all have so much to learn from each other.



### Next Steps



Keep going. The depths of my psyche were an uncomfortable maze of stories my monkey mind had created and wanted me to believe. All those stories had a kernel of truth to them, and layers of made up junk that I call hallucinations. I was not actually seeing things that were not there, but I was believing stories that were just made up by my monkey of a mind. Your mind is designed to make up stories. Those stories are a function of how your mind works. The trick is to get past what is illusion and get to the absolute truth of who you really are and what your relationship really is to the rest of the world, and most importantly to your Soul.

Discern. Learn. But how? Here's how: there are really important differences between your mind, your heart, your Soul and your connection to the rest of the Universe, let alone the Source. Irregardless of beliefs, what is your experience of your relationship of your mind to your heart? First, is there any difference, and if so, what are those differences? Take your own inventory. That is all that matters. Your journey must be one that is safe for you. As you take your own inventory, there are parameters that can be helpful.

Irregardless of beliefs, what is your experience of your relationship of your mind to your heart?

First, find out what it is you most truly want. Sort out your needs of *the moment* from your deepest desires for *your life*. That takes time, commitment and clarity. And good guidance. Find someone you can trust, someone who has gone before you on this journey of self discovery and whose experience matches what it is you want for your life. Someone whose personal agenda is based in wisdom, compassion, honesty and clarity. I worked with two clinical social workers whom I could trust some, but whose experience was not matching my need for someone who could see beyond the smokescreens I was still creating to hide my deeply rooted fears. Finally, in 1988, I found a third clinical



social worker who was capable of showing me what my subconscious mind was keeping hidden from my dysfunctional conscious mind. She was brilliant. I will never forget her.

Then I found, over many years, two teachers whose guidance absolutely lifted the veil of illusion for me. The first was he whom I called Sadashiva, a one time teacher of T.M. who had an epiphany and taught a technique I learned and which gave me my own personal epiphany on a weekend workshop in 1996. I was trained personally by Sadashiva (also known as MSI) and authorized and taught that technique around the world for the next six years. In 2008 I found my next teacher, Sri Kaleshwar, and he not only taught me the importance of the teacher-student relationship, but gave me the tools so that I can teach you powerful, divine mechanisms to transmute the negativity in your world, starting today.

powerful, divine mechanisms  
to transmute the negativity in  
your world

Sri Kaleshwar laid the foundation for my eventually experiencing the absolute truth of my Soul and the relationship between my heart, my mind, my Soul and my relationship with you. That is the relationship that most matters. “If you are not serving humanity, you are not eligible for enlightenment.” That was one of Sri Kaleshwar’s golden statements.

Get good help. Take care. Small steps. Be safe. And keep going.

### Momentum



You've taken inventory. You've carved out time set aside for your own personal journey, from the inside out. You may be meditating or contemplating or using whatever works for you to withdraw from the world so that you can rest, focus, refine your conscious awareness and lovingly explore the inner workings of your consciousness. You have found someone whom you trust who has already walked this path and knows of what they speak. They are walking their talk. They are acting in integrity, compassion, wisdom and respect for you as a fellow Soul on the path.

You have begun to experience the power of your monkey mind to override the unconditional love in your heart. Your courage has been born of your motivation to make your deepest desires more true for you in the world. You have begun to recognize the confused intention of your monkey mind to be the *master* of your world that it wants to be, rather than the *servant* that it was designed to be. You really are a divine

You have found some answers, you have found more questions and you have unearthed the desire to do whatever it takes to answer those questions.

Soul having a human experience, but that is another story for another day. You have found some answers, you have found more questions and you have unearthed the desire to do whatever it takes to answer those questions.

You have the determination and the follow through to persevere in your process. Most importantly, you are refining your discernment. You are learning to recognize old dysfunctional patterns of blame, shame, projection and fear. You are even learning to love yourself in the midst of any and all dysfunction in you that is not yet healed. Yet. You're Eligible Too. Great acronym. And one big questions begins to arise: is there more? And if so, how do you discern what is your next best step? That depends. Return to your inventory. No doubt it has evolved from when you first started this process.

Ask yourself anew: what is your deepest desire in this lifetime? And, what is the deepest desire of your Soul? More importantly, what is the Soul, anyway? And, how can you

discern the answer, given how much information there is to sort through and how many sources there are to evaluate? Ask yourself this: can you have such a direct experience of the reality of the Soul, regardless of the mind, such an experience that you literally cognize that direct experience, inter-related to your mind and your heart and yet distinct from those levels of consciousness?

The answer is yes. My personal experience, based on my desire to believe that I could have such an experience, my own experience has been just that. I searched my entire

The mind is so powerful and clever that it can and literally will *mimic* the experience of enlightenment, and there *will be* a difference.

adult life to find a teacher who could give me that direct experience, not just another belief for my mind to wrap itself around. I have learned to discern the difference between direct experience and my mind mimicking such an experience. The mind is so powerful and clever that it can and literally will *mimic* the experience of enlightenment, and there *will be* a difference. You will be able to feel it in

the marrow of your bones, in your heart of hearts, and even in your Soul. Your world will literally move. After all, that is what true epiphanies are all about. Your mind will be able to notice what is happening, and it may even try to discount, minimize and/or deny what happens, and the experience will not go away, even if the mind tries to bury it.

The misguided desire of the mind to be the master of your world is very strong. Yet, when finally you gain the reins of your conscious awareness, you can begin to manage the often times unruly team of horses pulling your attention away from your own true purpose in this lifetime. Mastering the pull of your senses and your monkey mind takes commitment, proper guidance and practice. Your heart will recognize what is the most appropriate guidance for you. The more you learn to discern between the voice of your mind and the voice of your heart, the easier it will be to exercise that discernment.

### ***Inspiration, Ancient Knowledge and Discernment***



What is the most productive path for you? What are the differences between the many diverse sources of what is called Ancient Knowledge? How do you know what to trust, what to work with, who to listen to? Here's how: your heart already knows, and your Soul knows too. Most women already get this. Your intuitive knowings come from a source much more pure than your monkey mind. Wonderful servant: your mind, horrible master. Your mind will make up stories and want you to believe them. Listen more to your heart. Listen more to the wisdom of the women around you. Notice the stories of your mind. Discern the distance between your heart and your mind. Witness the tendency of your mind to make up stories and then want you to believe those made up stories. For instance: "you need to have a bigger house than your neighbor to be truly happy," is one example of a story your mind may make up and want to convince you is true.

As you learn to experience the depths and breadth of the profound differences between your heart and your mind, you begin to open to the power of your Soul to inspire your whole being with the divine truth of who you really are. This is not a belief system. It is ancient knowledge, and, it won't matter to you until you have an experience so direct, so visceral, so measurable that your mind will have a very hard time denying it. And, depending on the company you keep, and the company that you will create anew to keep, that experience can and will either be supported or it may be discounted, dismissed and/or denied.

What are the differences between your mind, your heart and your Soul? And what difference does it make anyway? All. The. Difference. In. The. World. Your mind will focus on the world and what your five senses report to it. Your mind will want you to believe its own stories. Your mind is designed to work within the *limitations* of your five senses and

Your mind is capable of brilliance and it is also capable of making dire mistakes.

its capacity to explore new possibilities. Your mind is capable of brilliance and it is also capable of making dire mistakes. Your ego is a function of your mind. Your ego believes it needs to protect itself because it perceives the rest of the world as separate, and as a potential threat.

Your heart is the seat of unconditional love. It also is the residence of all your emotional charges, positive and negative. Your hopes, your dreams, your fears, your wounds, your passion and your compassion all live in your heart. Your heart listens to and knows your Soul. Your Soul carries your true purpose and your capacity to evolve. Your Soul carries your infinite truth and the sum of the consequences of your actions in this lifetime. Your Soul knows your pre-existing perfection and the potential for your future. Your Soul knows your divinity and your connection to all that is.

Your hopes, your dreams, your fears, your wounds, your passion and your compassion all live in your heart. Your heart listens to and knows your Soul.

These differences matter. Your direct experience of these differences matters. Whether you believe it or not, your mind is connected to your heart and your Soul. And there are mechanisms that work at each of those distinct levels of consciousness that can help transmute the negativities inherent in the world into positive energies that will further your evolution rather than hinder it.

### Choices



You decide. What is your experience of the connection between your heart, your mind, your body and your Soul? Have you ever wondered if there is more to your world than meets the eye? Have you ever had an inkling that miracles are not only real, not only possible, but that you can learn to access your divine loving power as miracle worker in this lifetime? And that the world is begging for your unique set of miracles?

And what is the nature of miracles, anyway? Sri Kaleshwar revealed to me the nature of miracles over and over, starting for me in 2008. There is the natural world and there is the divine, loving supernatural world. There is positive and negative. When the positive aspects of the supernatural world manifest, there is beauty, magic, brilliance, divine love and miracle power. Sri Kaleshwar was abundantly clear: if anyone believes they can use the miraculous power of the ancient formulae and mechanisms he shared with the world, if anyone uses them for their own self centered agenda, those mechanisms will cease to work for them.

There is only one thing between you and the miracles you are here to help create: your mind. The reality is that you are not the doer of any of the miracles. You are the vessel for the miracle energy, and your mind, when serving your heart, your Soul and your divine truth, your mind can know exactly when, what and where the miracles are waiting to become manifest. The miracles come from Source, Divine Source. I can ask for the miracles to happen, and when there is complete alignment between my Soul, my heart, my mind and my divine truth, the miracles appear.

There is only one thing between you and the miracles you are here to help create: your mind.

This is about being in proper relationship to the Divine. The Science of the Soul, as brought forward by Sri Kaleshwar, gives me and you the foundation and the tools to make the divine loving miracles manifest. True humility comes when your ego is completely gone. There will remain just enough capacity of selfless identity to use your

heart and Soul as they were designed to be used in the manifest world. The need to identify as a separate self will be lifted. It is a process. And it requires a context. That context wants to be defined by direct experience of compassionate divine love, true wisdom, by direct experience of the mechanisms of divine intervention that were used, for example, by a great healer and teacher 2000 years ago, and direct knowledge of the divine truth of the source of the miracles.

Humanity had not exercised enough discernment to create the positive environment for that knowledge to be released, **until now.**

Vast amounts of that knowledge have either been hidden or lost to humanity over the last 2000 years. Humanity had not exercised enough discernment to create the positive environment for that knowledge to be released, **until now.** Sri Kaleshwar dedicated his life to that knowledge in the faith that humanity was now ready to receive the power of those mechanisms. It is in the context of the balance of the positive with the negativity on the planet, the suffering and the prayers for liberation from that suffering that this knowledge has now been permitted to be released. It is now up to you and me to make the miracles manifest.

The Science of the Soul, as Sri Kaleshwar called it, is here, now, available to humanity. He called his students “Soul scientists.” He enjoined us to go out, use what he had given us and become the masters, the healers and the teachers he knew we could become. Sri Kaleshwar’s one attachment was to the success of his students and the students of his students to come. We are here to help each other. Step into your future today. Take advantage of this miraculous body of knowledge and the teachers and healers who are here to serve you. Make your movement more into your own miraculous divine truth, and do it today. “Don’t trust the time.”



### *Peace*



Peace is an inside job. World peace will dawn when enough individuals embody that peace from the inside out. There is *un-peace* all around us in the world, and when we reflect on our own inner world, we find it there too. Unconditional divine love embraces, even gladly endures all that is, including that “un-peace.”

Learning the divine loving power of true peace is a process. It is actually contrary to the way the mind typically works. There are many paths to learning that divine loving power of peace. One such path is called the Peace Circles Process, as brought forward by Nadira Seeram, senior student to Sri Kaleshwar.

That Process is the culmination of 13 years of Nadira's work with Sri Kaleshwar. It is a simple process, and profound. I am trained personally by Nadira to teach that Process.

And there is a team of certified Initiators who, with me, travel to Visiting Peace Circles and are ready to help you participate in the acceleration of the growth of your Soul.

Please feel free to call, text or email today.

I offer free consultations and free introductory lectures to the Process: in person, over the phone, and via internet conferencing: *zoom*, *skype*, etc.

[himavat@thesagestouch.com](mailto:himavat@thesagestouch.com)

513-288-1306