

**Chapter Seven**  
**SOLITUDE AND COSMIC ATTUNEMENT**

*Mental absorption, meditative intonations,  
and spiritual attunement for Cosmic Contact  
and spiritual healing. The importance of  
solitude for mind-body-soul harmony.*

## SUMMARY OF KEY POINTS

- A spiritual perspective and lifestyle makes spiritual healing and mind-body-spirit harmony much easier to attain.
- The highest purpose in life is to live completely in conscious union with the universal conscious mind.
- Specific step-by-step procedures for attaining cosmic contact and spiritual attunement.
- The importance of solitude, deep absorption and meditative intonations for genuine healing.
- This study found that persons with little to no meditative experience can equally expect to achieve healing effects similar to those with long years of experience.
- It is critically important to be deeply emotionally absorbed in the intonation process with an attitude of sacredness and reverence.
- A mechanistic, technocratic life (without spirituality) ultimately leads to spiritual death and imperils humanity's survival.
- The cost of neglecting our spiritual selves.
- The need for solitude and cosmic attunement in addition to your regular religious practices.
- Special types of music as an aid to cosmic attunement.
- How to know when you have made cosmic contact and what to do at that time.

### **The most critically important aspect of the healing process**

One of the most important findings of this research was that subjects with zero years of prior experience with mystical training and intoning were able to influence their mind-body and pineal gland *just as well as*—in some cases, much more, than those with even 20 years experience. For example, one healthy subject with five years experience showed a 43% increase in melatonin levels, and every participant who had cancer had zero years experience. Yet they showed melatonin *increases* from 77% to 550%. These results could be explained by **strong motivation** to be healed (which implies more effort to emotionalize the technique thereby activating the limbic-pineal system). ***This is exciting news for the general population because this means that you do not need to practise these techniques for years before you can be healed.*** In fact, with proper practice of the techniques detailed here, you should expect to experience healing/health-producing changes within days, even if you are a novice.

Overall, this observation suggests that many years of experience and special mental abilities only drive your (mind-body-spirit) system *if there is a powerful mental absorption and psychological immersion together with intense motivation while using this technique.. That is, there must be the attitude of focused attention, deep absorption, vivid visualization, and intense emotionalization of the entire process before you can effectively trigger or cause mind-body healing responses.* Clearly the limbic system, being the emotional part of the brain, must become strongly activated and "charged" if mind-body and spiritual healing responses are to occur. Hence, emotionalizing the intonations is critical; *it is not merely a vocalized uttering of the intonations,* (as when you are driving in your car). Confirmation for this comes from this research, which found that all highly experienced subjects who were ***distracted, not mentally absorbed, listless, or bored did NOT*** show any meaningful positive health-producing changes, even though they did the intonations. Remember the technique is one of meditative intonation not intonations only.

Once more, to emphasize this point: **extremely important factors in causing mind-body healing responses are: a meditative attitude, total deep emotional absorption and focusing on the technique. There must be the intentional (willful) attitude of petitioning, earnestness, sacredness, and reverence,** so that your entire brain, immune, limbic-pineal system, hormonal and brain chemicals (neuropeptides) become energized to activate the healing mind-body responses while also inducing higher states of consciousness. This ability to be absorbed and focused is taught in meditative practices. Also, a positive outlook on life and low levels of anxiety and stress are necessary to ensure low sympathetic (SNS) arousal. This relaxed state makes it much easier to access higher states of consciousness and to experience cosmic attunement.

### **The importance of spiritual healing and your inherent spirituality.**

Essentially, I am describing a process and mental state which allows for spiritual healing. While spiritual healing has been discounted for many years, more recently, scientists<sup>8/31</sup>, are beginning to take serious note of the importance of this type of healing. The technique detailed in this book, and used in this research, certainly involves spiritual healing and it requires a sacred and reverential attitude. *Thus, it ought to have increased healing effects for cancer patients than for those who do not use this technique.* Also, Dr. H. Benson, and others at Harvard Medical School have claimed that certain *spiritual practices* can drastically reduce stress and cause: slower brain waves; lowering changes in metabolism; heart rate; and rate of breathing. These changes are an effective therapy in a number of diseases that include high blood pressure, symptoms of cancer, A.I.D.S., pre-menstrual syndrome, anxiety, and depression. ***Their researches have led them to a consideration of the healing effects of spirituality itself***—the experiencing of the presence of a power, a force, an energy, or what is perceived of as God, in close proximity to the person involved. To date, persons with this type of spiritual outlook have also been found to show fewer medical symptoms. Interestingly, in an October 1995 article it was stated, "Hypnosis and relaxation can provide

relief.... *Meditation, hypnosis and biofeedback*—once scoffed at by mainstream medicine—can be effective for people who suffer from insomnia or pain," says a panel of medical experts at the National Institute of Health.

### **Recent advances in spirituality research at the university level.**

1. In an extremely elegant ground breaking and pioneering study, Elkins' scientific group<sup>94</sup> has identified a spiritual dimension in humans. They confirmed that there is a dimension of human experience which can best be described as a spiritual dimension or spirituality. Moreover that spirituality is a human phenomenon which exists potentially in all persons. **This spirituality is related to, but different from, religiosity.**

They listed nine major components of spirituality:

- (1) *A Transcendent dimension*: the experientially based belief in the existence of "God" or an unseen harmonic intelligence or entity in the universe.
- (2) *Meaning and purpose in life*: confidence that life is deeply meaningful and one's own existence has purpose.
- (3) *Mission in life*: a sense of a vocation, a mission to accomplish.
- (4) *Sacredness of life*: a sense of awe including a reverence for nature.
- (5) *Material values*: an "ontological thirst" (an inward spiritual hunger or yearning for knowledge and experience of the creator) that can only be quenched by the spiritual, and that ultimate satisfaction is found not in material, but in spiritual things.
- (6) *Altruism*: being touched by the pain and suffering of others, having a strong sense of social justice, a common humanity.
- (7) *Idealism*: They are visionaries who are committed to the betterment of the world.
- (8) *Awareness of the tragic*: being deeply aware of human pain, suffering and death.

(9) *Fruits of spirituality*: spirituality has an effect upon one's relationship to self, others, nature, and whatever one considers to be the ultimate.

Miller<sup>233</sup>, another scholar and educator, has proposed that we must seek to understand humankind's place in the cosmos, for this is ultimately the true source of connectedness, wholeness and meaning. He indicates that *all* serious holistic educators recognize that the child's potentials—intellectual, social, physical, artistic, *and spiritual*—need to be nurtured and developed. The holistic paradigm demands that social educational institutions address the deepest needs (spiritual as well as physical and economic) of human beings. Finally, he states “an education wholly focused on objective facts and skills, that are only socially and vocationally useful, *utterly fails to nurture the divine within.*” **A mechanistic, technocratic approach to life ultimately leads to spiritual death.** This view is echoed by the philosopher Krishnamurti<sup>191</sup> when he stated, “Conventional education makes independent thinking extremely difficult. Conformity leads to mediocrity. . . if we are being educated only to be scientists, to be scholars, wedded to books, or specialists addicted to knowledge, *then we shall be contributing to the destruction and misery of the world.*”

*Schools of Western and Eastern mysticism have long insisted that there is a divine force within each human, and, ultimately, healing, regardless of the disease, occurs when resonance is established between the bioelectric fields of the person (the microcosm) and the cosmic (the macrocosm), which is the unified field of quantum physics or what mystics call “God” the divine force.* This view is increasingly supported by recent excellent scholarly publications<sup>9,10,56,57,140,202,203,260</sup>.

**Today (1997), there is good agreement that spiritual healing does occur and that the degree of your spirituality influences the outcome.** In fact a spiritual perspective and lifestyle makes spiritual healing and mind-body-spirit harmony much easier to attain. In the techniques discussed in this book, the process of meditative intonations is merely *a tool and technique* for positively altering one's mind-body-spirit state in preparation for cosmic contact and spiritual attunement. By activating the pineal gland (your “personal

cosmic bridge"—a Rosicrucian aphorism), you attain not only mind and body harmony, but in addition you attain higher states of consciousness (as confirmed in this study—section B) which can lead to Cosmic attunement or spiritual attunement. Eventually, in advanced stages, it can lead to cosmic consciousness as described by the psychiatrist and mystic Bucke<sup>18</sup> and Lewis<sup>203</sup>.

If you refer to (fig. 44 and 45, Section B) on the levels of consciousness, you will note that meditative intonations enable the three levels of your consciousness, your objective mind (F<sub>a</sub>), your subjective mind (F<sub>b</sub>), and your subconscious mind (F<sub>c</sub>) to *resonate* in harmony with (F) the unified field or universal mind, and when these levels are in harmonic attunement, genuine healing occurs at the psychological, spiritual and physical levels of your being. Not only do you establish resonance at these levels of consciousness and quantum fields but your etheric field (aura) or bioelectric field becomes increasingly energized. Remember, this bioelectric field is intimately related to the various chakras/psychic centres or high frequency quantum regions of your body. As you practice these techniques, you energize, activate, and stimulate the pineal gland and each chakra, and you strengthen their corresponding attributes. ***This process ensures that all chakra-endocrine systems "play" in harmony to create a kind of beautiful symphony of healing, peace, and bliss resulting in excellent health and attunement.***

Spiritual attunement nourishes the soul, the "self," and all levels of being. ***Attunement is the surest way to establish a "divine" resonance within.***

Previous research has used certain meditation, breathing, biofeedback, visualization, relaxation therapy, hypnosis, and even intonations and music to cause healing effects. But each has been only partially effective. I propose that all these techniques *by themselves are useful, but each is only a component part of the entire process that leads to spiritual attunement and spiritual healing.* The techniques detailed in this book have incorporated the essential aspects of these existing therapies *and go furthest in maximizing the possibility of spiritual healing.*

How then do we establish the best conditions for spiritual healing, spiritual attunement, Cosmic contact and for nurturing our inherent spirituality?

### **The cost of neglecting our spiritual selves**

In society today most of us are "too busy" with our careers, vacations or simply with making money. Possessing the material things of life and clawing our way up the *illusory* socio-economic ladder allows us to experience the "good life," and "status," but is the cost worth the results? Many within the global community are simply too busy trying to survive, while at the other end, those in positions of privilege are "living it up," with little or no regard for the quality of life of those who suffer deprivation. Others are spending considerable energy and resources in dealing with their individual psychological, physical and spiritual problems. This uneven situation reflects an urgent need for a global paradigm shift today. As a species, when even a few of us are immersed in strife, poverty, hunger, pestilence, and wars, *we all suffer; our social hologram is severely weakened.* Survival, even at the physical level, becomes increasingly difficult. It becomes truly survival of the "fittest." Yet we need a new definition of "fitness," because survival of the few at the expense of the many only increases all of our problems. *Spiritual "fitness"* suggests that although we allow ourselves material benefits (for it is not wrong or "sinful" to have a certain degree of affluence), we always consider how we might use our blessings for the edification and assistance of others. **A spiritual way of being in the world shifts our sense of purpose to how we might be of assistance or value to others.** When we are in tune with a higher purpose, then our own well-being and material benefits follow naturally. Eastern mysticism calls following our higher path or purpose as creating our "Dharma." As Dr. Deepak Chopra explains, the *Law of Dharma* expresses itself in three aspects: (1) we are here to discover that we are spiritual beings; (2) we must discover our unique talents and abilities, and (3) we must discover how we can be of service to humanity.



### **Group rituals and prayer versus a personal immersion and communion with the divine.**

Of the billions of citizens on this planet, a relatively small percentage actually make and take the time to engage in their cultural and religious pursuits. Those who do, usually do so in a group, either in temples, mosques, synagogues, churches, or in other places of group worship. Although the potential exists for groups that isolate themselves from what they perceive as "common" humanity to see themselves as morally superior, group religious practice or worship is absolutely critical for our well-being and for that of society in order to ensure that present and future generations can carry on and benefit by these practices. **Yet, group worship is not sufficient.** Let me explain.

In **group** sessions, whether we practice singing or repeated reading from our scriptures, **YES** indeed, we are paying homage and adoration to the God of our hearts and to our religion. We are maintaining a vital religious perspective and connection, in addition to sustaining an interpersonal and a social relationship for the benefit of this and future generations. Yet this research and previous studies have shown that while group sessions are very important, *if each one of us cannot be in a mental and physical environment by ourselves to engage in direct and one-to-one deeply absorbed spiritual attunement with the "Divine Within," then, we at best make superficial contact.* This study has shown that whenever the vocalizations and imagery were done without the condition of being totally immersed and absorbed (that is, virtually unaware of the outside world) or without being in a deep reverential meditative state, *then, the mere ritualistic repetition of sounds and images failed to cause ideal attunement, health and spiritual healing responses.* Group sessions, rituals and practices **only begin** the process of harmonious human relationships for attunement at the psychological and social levels. However, they are not generally conducive to mental immersion and absorption (because we are often distracted or we are paying attention to an external stimulus, eg. reading of scriptures, the lecture, singing, group prayer, etc).

Therefore, it is necessary that **in addition** to maintaining our faith and continuing to pay homage to and respect to God, we must daily make time and create a space and environment to

engage in deeply immersed sacred, reverential and absorptive meditative states, which can induce powerful spiritual healing responses and Cosmic attunement. During these times, you may receive revelations, solutions to problems which can help you to further advance your religious or mystical work.

Mystics, Monks, Yogis, Imams, Pundits, Rabbis, religious group leaders and other priests have been engaged in this type of advanced immersed spiritual practice for years, and they probably represent maybe 1% of those who actually participate in religious sessions. ***The problem then, is that essentially over 99% of humanity suffers from spiritual alienation in spite of their very important formal religious practices and affiliations.*** Remember that studies have shown clear differences between religiosity and spirituality. ***A spiritual lifestyle honours and respects all the great religions of the world and attempts to bring them together for the benefit of humanity.*** It transcends divisiveness and sectarianism and focuses on the beauty of the underlying cosmic laws within each, in spite of apparent diversity of beliefs. It regards very highly the religious teachings of each particular spiritual leader, but rejects cults. With our current spiritual alienation then, is it any wonder that we have such high incidences of cancer, psychiatric disturbances, wars, socio-economic problems, and general chaos and confusion on this planet. Spiritual alienation results in a humanity that has ***rejected*** spirituality and Cosmic laws from our theories, models, and beliefs, thereby creating a paradigm or world view that is polarized, sectarian and in ***conflict*** with our own well-being and our future survival as a species. We can now see why it is so critically important for us to ***incorporate the spiritual perspective and behavior into our lives*** and to strengthen our own spirituality. Only then do we create the conditions for genuine psycho(mind)-spiritual and physical health, peace, (individual and social) and our long-term survival on this planet.

### **The necessity of solitude**

The psychiatrist Storr<sup>333</sup> in an excellent book has asserted that in our modern world we have focused so much on the

importance of attachment relationships (social and interpersonal), for example, friends, family, marriage, that *we have forgotten the vital importance of solitude to achieve balance in our lives*. In our world today solitude is almost an impossible dream as we are continually in contact with friends, social engagements, radio, television, music as background sound, newspapers, telephone, fax, gossip, and just noise. Nature-sound recording artist Gordon Hempton has noted that truly quiet places on the planet are rapidly disappearing—places that contain only the sounds of nature without any human intrusion. We are also obsessed with fashions, shopping and “spending” leisure time and resources in a variety of trivial pursuits that merely distract us. Indeed, marketing companies have done and are doing an excellent job on the human specie. Genuine communion with nature or achieving a spiritual sense of something greater than ourselves has become increasingly rare.

*Yet, a balanced solitude (not loneliness) helps us to re-connect with our inner self.* It helps us to review our goals, expectations, positive and negative qualities. It allows us the time to do soul-searching, to examine our beliefs, our needs, desires and wants. To reach our intended destinations, which are as diverse as we are, *we often forget that equally diverse is the path which we choose to attain communion with the divine. In fact, we must encourage our fellow “souls” along their chosen path, their religious faith or mystical school, in the common journey of humanity to experiencing “God.”* By doing this we also assist each other and increase the possibility of our future survival on this planet. Allowing others their freedom to pursue their spiritual path and to periodically experience solitude, strengthens human relationships and humanity’s social hologram. It enhances humanity’s self-preservation and survival. Solitude is of critical importance as it strengthens our ego, self-esteem, and creativity, while it nurtures our spiritual dimensions, gives us a sense of connectedness, increases our self-actualizing tendencies, and *acts as an indispensable aid to spiritual attunement.* For mystics the world over, and for the deeply religious, *attachment to God takes precedence over attachment to persons. Mystics believe that ultimate happiness was not to be expected from human relationships and institutions, but could only be found in*

*humanity's relation with the divine.* And yet attachment to God can be redefined as a creative detachment (the esoteric principle of non-attachment) that allows us the freedom of *loosening our grip* on attitudes, persons, and things on a mundane level—a way of being in the world, ironically, that is actually more conducive to attaining and manifesting our desires.

Daily (or at worse weekly) solitude using the techniques in this book for short periods of time (10 - 30 mins. per day) allocated for yourself, all alone, totally unaware of the outside world and its problems, **is an absolute necessity for recharging your "spiritual batteries," regardless of your religious affiliations, practices, beliefs and lifestyle.**

### **What are the techniques for maximizing solitude and spiritual attunement?**

- (1) *Timing:* Because pineal gland activity increases at the onset (beginning) of sunset, the best time for practice is probably 10 - 11 pm. or at least 30 minutes before you go to bed.
- (2) You should always maintain a private room, or private space with a small desk, table or altar. The room and surroundings should be very quiet and very dimly lit, either all lights out or with low red light (red light is now known to stimulate the pineal gland); bright light is known to depress pineal gland activity.
- (3) Your eyes must be closed. This changes the EEG (brain wave) pattern from active to relaxed. Biofeedback studies have confirmed this finding.
- (4) *Incense:* Incense, as well as certain fragrances, has long been known to establish a relaxed and more "meditative" environment. Scientific research, by Dr. Hirsch, has now confirmed that certain fragrances stimulate the brain's olfactory lobes (sense of smell) which connect to the limbic system (for emotions). These aromas not only trigger emotional and psychic responses and memories but they also cause changes in a person's (EEG) brain wave patterns as well. You should try different incenses and determine which one(s) arouse maximum positive spiritual feelings in your consciousness.

- (5) You must now begin the breathing portion of the technique (with access to fresh air) together with the focused imagery: practise this technique for at least five to ten minutes. (You may choose either the short or long form).

### The importance of sacred and spiritually uplifting music

- (6) *Music*: When you enter your special room, begin to play such music (use a headphone if you wish, modulating the volume to avoid ear damage) that "makes your body tingle," that arouses your consciousness and induces feelings of cosmic grandeur, spiritual attunement, and oneness with the Divine. We have already noted that sounds, tones, various frequencies and rhythms stimulate the ear, nerve centres, ganglia, pineal gland, chakras, and brain centres. eg., limbic (emotional), immune, hormonal (glands) and autonomic nervous system. These effects are very well established by several scientific studies. Music is of supreme importance because it is a tool for inducing limbic-pineal system activation; it arouses the emotions and causes shifts in states of consciousness. ***Naturally the music you should use must be carefully chosen by you.*** Depending on your culture, religion, beliefs, experience and upbringing, certain music will have maximum positive or negative effects on you or little to no effect. *The general rule is to play sacred and spiritual songs or chants which are typical of your faith and belief system and select from those the melodies and songs that work best for you. The music must exhilarate your soul—to tears of joy and peace.* For persons of a Western world culture, I recommend the book ***The Healing Energies of Music*** by Hal Lingerman<sup>206</sup>. It is a masterpiece of various types of music and their effects on you. He states, "Many times I have seen how beautiful music can contribute towards balance in the personality, peace in the psyche, and empowerment for the soul within. . . . I believe music can be one such catalyst for good. Music is an extremely important instrument of the Divine. When it is used wisely and effectively, music will attune a human to higher sources of love and power, thus strengthening his/her character and

goals, and giving one increased spiritual purpose on earth." He further states, "The highest purpose in life is to live completely in conscious union with God. The more we cultivate great music in our lives, the greater will be our attunement to unlimited sources of the creator's power and direction. Such music will strengthen us to define and accomplish our earthly goals. Develop a deeper friendship with great music, and you will see many areas of your life begin to open. Music will do all of the following:

- Relieve fatigue and inertia
- Decrease anxiety
- Release courage, focus thinking and clarify goals
- Deepen relationships and enrich friendships
- Stimulate creativity and sensitivity
- Strengthen character and constructive behaviour
- Expand your consciousness of God and horizons of spiritual attunement."

In his book he recommends the following:

Music for affecting mood, feelings, prayer and devotion

Debussy's Clair de Lune - flute

Adagio - 3rd movement of Rachmaninoff's second Symphony

Zamfir - Romantic Pan Flute

Vivaldi - oboe concertos

Palestrina - Pope Marcellus Mass

Gregorian chants

Beethoven - Piano Concerto #5 (Emperor) - 2nd movement.

Mozart - Laudate Dominum - Psalm 116 (from Vesperae Solennes de Confessore)

He concludes by stating, "*Music has often been a gateway into God's presence, and the kingdoms that serve him. Through music I have experienced a joy beyond words and genuine glimpses into light which can only be called mystical and profoundly spiritual.*"

Whatever musical melodies you use, you would know if they are right for you if:

- (i) your entire body tingles with joy and *you experience a*

*feeling of bliss and absolute peace.*

(ii) you feel something from inside of you almost rising from within or as you shed tears of joy for having momentarily experienced the pulse of the Creator or the Divine.

Such music should be played for ten to fifteen minutes *until your mind/body is resonating, and you feel ready for deep communion with the Divine.*

(8) Then: Proceed with the meditative intonations described in this technique, use the short form (10 min.) daily and the longer (30 min.) form once per week if you have time constraints. Follow the detailed technique precisely.

When you have completed this portion, your entire psychological, physiological and spiritual (consciousness) levels would be charged, energized, and in closest attunement with the Cosmic forces. *Then you are ready for the most important part, that is, Cosmic or Divine contact.*

### **Cosmic or divine contact**

For this next step you must engage in your usual method of prayer *but the secret is this:* your acts of homage, adoration and devotion to the God of your heart must be done with an **earnest petitioning, vivid imagery, and pleading for illumination and health, with an attitude of sacredness, reverence and gratitude for being privileged and fortunate to experience the pulse of the Divine.** For example, one mystic recommends vividly visualizing yourself in a large auditorium approaching a stage upon which are seated divine beings and the "saints" of your heart and religion. As you approach the stage, you are conscious of the audience, which is composed of all those who will be affected by your petition or actions. You kneel down, bend your head and clasp your hands as in prayer, **making a solemn and earnest petition for Divine Grace.** Beforehand, you would of course need to have clarified in your own mind, to whom and for what are you praying. Know what you will say and do if your prayer is answered. How will you change your lifestyle and fulfil your cosmic mission in order to contribute to the evolution of humanity and peace on earth? ***Your mission, your vocation (not necessarily your job) or purpose in life or Dharma is your unique and special gift or talent that you***

***bring to the world. Insight through meditative practice will make your purpose clearer to you.***

It is also useful to make a list of your positive and negative behaviors, traits and tendencies and continually ask for assistance and guidance in strengthening the positive and eliminating the negative aspects. Moreover, practising non-judgemental thinking and forgiveness is also crucial to your self-development.

**How would you know when you have attained cosmic contact and spiritual attunement which are necessary for spiritual healing and spontaneous remissions?**

- You will experience indescribable peace, oneness, interconnectedness, and extreme happiness for that brief moment. You will realize that you are your brothers' / sisters', keeper and you will realize ***your common humanity***, aspirations and destiny.
- You will experience feelings of regret, compunction, repentance, and an urge to compensate for your past errors and omissions.
- You will experience and truly feel the sorrow and suffering of humanity. Your heart will "bleed" when you witness, read, or hear about child slavery, poverty, and the crimes inflicted on your fellow citizens of this planet by other humans.
- You will penetrate the veil of illusions which have caused you to hold ***false beliefs*** such as: the importance of socio-economic status, feelings of economic, social, caste, or intellectual superiority or racial discrimination, ethnic divisiveness or gender barriers. You would realize that it is ***only a person's spiritual status (not social or economic power, title, fame, intellectual or religious status) that matters, not the illusory status symbols and artificial barriers or levels created by humans.***
- You will find your spiritual dimensions (as outlined earlier) substantially heightened. For example,
  - (i) It will be difficult thereafter (depending on the intensity of



your spiritual attunement) for you not to have an ongoing (probably lifelong) experience of the pulse of the Cosmic.

- (ii) ***Your life will become more meaningful and you will have a clearer and greater sense of your mission in life, your duty to God and your fellow citizens on this planet.***
- (iii) There will be a gradual or radical shift in your interests, wants, needs, and desires from a materialistic one to a more spiritually oriented one. You will become relatively un-attached to material things, and less emotionally dependent on intense human relationships.
- (iv) You will feel highly motivated with a strong urge to get involved in altruistic (humanitarian) work for peace that can ease the burden and suffering of humanity. eg. United Nations work, World Vision, etc.

In addition, over time, you would naturally experience more frequent extra-sensory perception (Psi phenomena), eg., telepathy. You will find your intuitive and creative knowledge and abilities expanded, enriched and more powerful. A problem under consideration will be easier to solve intuitively rather than by only intellectualizing about it. You would have tapped into the the pulse of the unified field—the totality of wisdom of the Cosmos. You will experience the “Eureka or AHA” experience first hand. ***In advanced stages, revelation will occur as you become more and more attuned to experience and pulsate with Cosmic rhythm.*** This experience will enable you to attain wisdom and knowledge of the hardware (God’s laws) that pervade the Cosmos. Essentially, you will find your greatest happiness when you are no longer dependent on the fruits of the material world and on intense human relationships, *and yet all that you require will manifest easily and effortlessly.* (Close relationships and material wealth are not in opposition to spiritual development. Poverty consciousness weakens rather than strengthens us). We will develop a profound feeling of gratitude for all that we have: being alive, our health, our relationships, our opportunities to be of service to our fellow global citizens and the universal mind.

The peak experience of cosmic consciousness is described with difficulty, but can be likened to a merging of the local self

with the larger Self—a sudden influx of unity awareness. Those who have experienced this phenomenon describe a kind of dual sense of being in the self and yet beyond the self, actually experiencing God in every object, every blade of grass, being *suffused* with light in every particle of your being and beyond. After such heightened awareness, you will find yourself unconditionally as a passionate servant to humanity and the highest spiritual forces.

Of course, the aforementioned are the ideal experiences. But, the reality is that depending on your education, beliefs, practices, earnestness *and intentions*, your experiences and degree of Cosmic contact and spiritual healing will be different. **The greater the resonance, the greater and more profound and longer lasting are the healing and harmonious effects.** While these ideal experiences cannot be expected to occur overnight, or even in a few “good” sessions, one thing is certain, that is, in accordance with neuroscientific and psychological data, as you continue to practice these techniques, your brain/mind networks *will positively change until you begin to more easily experience the pulse of the Divine in your life. In this way you can contribute even more to the development and strengthening of your religion and to the common spiritual perspective and goals of all of humanity.*