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Spirituality 101 - for beginners

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Spirituality 101 - for beginners

the jargon!

Language is both a blessing and a curse. Yes, it enables us to communicate but due to different cultures, also creates misunderstandings. We may say God is the most high, Arabs will say no, it's Allah. We say Jesus was a Master, Hindus will he was Guruji. So let's define a few keywords so at least we can talk the same language. Actually, if the whole world spoke one language, we would still have issues due to differences in our level of consciousness (a 1st grader will have a different interpretation as compared to university student.)

- God = God almighty = the most high = Supreme Personality of Godhead = Allah (one God)
- Love = the absolute embrace of life = God = our divine nature or essence
- Guru = a master = avatar = teacher = spiritual guide = messenger = prophet
- Spirituality = <http://www.spiritualquestionshelpline.com/spiritualityreligionmeditation.html>
- Soul = inner guide = part of God = the part of us which is real, never borns, never dies, never suffers. Attaches to the mind in order to experience life.
- Consciousness = how we understand things and behave according to where we are in our souls evolution = how much light we have = how close we are to what we want to be or experience
- Level = similar to consciousness, but also which school
(<http://www.spiritualquestionshelpline.com/aboutspiritual.html#school>) we happen to be in during our journey
- Sincerity in spiritual practice is hard to define. Just being on the path is sincere, and often outer actions are for the mind - not true sincerity. So, its really an individual definition, if you are happy with your effort - that is sincerity. But don't compare what you do with others.
- Vibration refers to how much divine light we have, not our aura. The halo which surrounds spiritually advanced souls can be enormous...their vibration is very fine resonating with higher realms. Have you ever gone somewhere and felt the vibes? Well, that's due the collective consciousness of the people there - what they are thinking. Often in a holy place such as church, sacred site or temple, the vibration feels cool, lighter, uplifting. In darker places, it makes us feel uncomfortable, itchy. So, the higher our level, the finer our vibration and brighter/bigger our halo. All of creation was made by sound vibration, everything vibrates at different frequencies (science has proven this). So, if spirituality means to reunite with our true nature, it makes sense to return to the original creative vibrational force - right? So the more spiritual we are, in theory, the higher our vibration.
- Samadhi is what we all seek...total bliss. It's a state of forgetfulness of our current life and body and remembrance or reconnectedness with our soul. In practice, it normally refers to a deep state of meditation where we leave the body and go traveling somewhere in the universe with the soul. Perhaps not even travel, just go to a place of nothingness/emptiness. Another tough one to define, need to experience it first hand - you will like it!! Past masters have said its the closest feeling to the divine we can experience on earth, total Heavenly bliss. There are many levels of Samadhi, takes lots

of practice to achieve the higher states. Although, some people have had enlightening Samadhi-like experiences of oneness without any meditation, but these rarely last or are not easily repeatable.

- Duality = the existence of the absolute spiritual kingdom (where no time, form or space exists) with the relative spiritual kingdom (the known universe).
- Karma is the script of life, like forced destiny = "the law of whatever we sow, we shall reap. What we do to others, will be done to us. An eye for an eye, a tooth for a tooth" = the contract souls make to help each other achieve their mission within creation. Note: we can have good karma, although the world is mostly used to refer to a burden or debt.
- Maya = the illusion which makes us feel separate to each other and God.
- Yoga comes from the Sanskrit verb yuj, to yoke or unite = the goal of yoga is to unite oneself with the almighty; the practice of yoga is the path we take to accomplish this. Therefore spiritual practice is Yoga, Religious devotion or prayer is Yoga, and all paths on our journey is Yoga. In the market place there countless types of Yoga, the A-Z Yoga. Some focus on exercise, some breath control, some meditation, some body work, some chanting, some worship or devotion, etc. It's a matter of finding out what you have affinity with. Within this site, we have described some of the main types, mostly what you can achieve from them and advantages/disadvantages or potential side effects/risks.

why do we need it?

We don't! Nothing in this world is important, except the importance we place on it. Do we need the education system? No, but of course we do - ditto. We are perfect the way we are - but because of our nature being far greater than our physical being or thoughts, we will naturally feel the need to expand or perhaps just feel expanded. This is spirituality in motion.

The thing is, the need manifest in different ways for each person - see types below. So we do need methods, paths, masters, etc....to make our search easier and quicker. Just like what google search does for the internet...we don't need it, but hey..it makes life a whole lot easier.

what are the types?

When the longing starts and we feel a need to "grow", there are so many options available to us. Some people recite affirmations or mantras, some sing or find an outlet for their newly discovered creativity, some walk in nature or perhaps along the beach, some seek a teacher and method which could change their lives dramatically. So, here lets categorize a few of the main types

- spirituality discovered by demonstrating our creativity
 - ever felt an urge to write a poem, draw a picture, write a song or just shout and rejoice? these are outlets for our newly discovered spirituality. They are more like gifts along the way, many more gifts will come and in different ways. eg. Steve Jobs, founder of Apple Inc. He was very spiritual and his brilliance manifested in commercial products - which has benefitted humanity
- spirituality explored by finding the treasures nature has to offer
 - ever watched the sunrise/set in stillness, sat alone in a forest, hugged a huge tree or laid on an empty beach listening to the ocean? try it...explaining the impact would not do it justice.

- spirituality awakened by falling in love with yourself
 - ever looked in the mirror and said "I love you?" We all have to start somewhere; the best place is to have a very personal relationship with ourselves. Love ourselves, forgive ourselves and everyone else that has caused us pain, and just be in the present moment - the now. There are many ways you can do it, so many courses available, look around. Be aware and the right path will show itself.
- spirituality revealed by meditation
 - meditation is any form of practice or technique to achieve inner peace by quieting our monkey mind (this spiritual analogy is used since monkeys like to jump from branch to branch, just like our mind – jumps all over the world, past, future and everything in-between). The objection is to clam the mind and achieve a greater amount of alpha brain waves (those young children have) giving us greater learning abilities and intuitive skills. Meditation has countless health benefits also.
 - A greater purpose of meditation is to reconnect us with our soul, this requires good concentration to go beyond the body and mind – to where our soul resides. To achieve this requires we enter the Samadhi state while practicing a method taught by a master.
 - there are so many types of meditation - look around! You can try recitations, focusing on a candle to deep Samadhi based techniques or breath control. We list a few types on our site (see sidebar menu). It's generally recognized that everything we do fully focused is also a form of meditation because it pacifies the mind. All deliver some bliss depending on your concentration and readiness.
 - some methods can be learned from books or guided tapes, others need a real living master. The result will be different of course; basically we get out what we put in. The greater the longing, the more effort we put in, the more we sacrifice and strive - the quicker we get to the point of total surrender. Seems somewhat paradoxical, but that's spiritual life – filled with paradox and oxymoron's!
- spirituality inspired by prayer, rites & rituals
 - most religions fall into this category, that's why it's easy to say almost everyone on the planet practices spirituality in some way.
 - religion as good as they are to help people and provide morality in society; are actually just the leftover crumbs of the original method taught by the master – when alive. Regardless of what 'ism' you follow, it's the truth. Please allow us to explain before opening a Jihad against us. The Supreme Being, God almighty or Allah, is a power not a personage. This power however, is not tangible for humans so must manifest in a physical form called a messenger, master or profit. There is not just one, there are many, and they were born over all over the world and continue to come – like an underground river popping up here and there. When here, they represent the supreme. When not here, the body or movement they started is no longer empowered (there may be a period of a few hundred years where their blessing continues, but essentially they cannot be of much help). What actually occurs is that the followers of the living master, being sincere and having real experiences as they had physical contact, start writing about the master. After many generations the story gets bigger and diluted (due to poor memory) until the negative power has distorted the true teachings of the original master enough to trap the newbie's into thinking that master was

the only one, and the best. There are still traces of truth in all the holy books, but only a living master can separate truth from fiction and remind us of ultimate truths.

- prayer often works better if we feel good about who we are and what we've done. If we make a mistake and repent, Heaven knows. If we repeat the same mistake knowingly, with malice, Heaven also knows. We cannot hide our thoughts, speech or actions...it's in our aura, our vibration. The response we get from our prayers is in accordance to our vibration and sincerity. Not because God hates us, but because our 'current' is diminished, weakened, darkened or contaminated.
- Emotion is the current that sends our prayer higher. When we really need help, it will come. God loves us unconditionally - it's us that judge ourselves.
- spirituality born for a new age
 - the new age movement is actually more like ancient or native methods reborn. A few of the methods utilize technology which is recent, but generally they have been around for as long as humanity has been civilized. Since the industrial revolution, the need for something to reconnect people with their roots has led to the rise of this movement. The amount of methods and practitioners of this movement is probably larger than some of the bigger religions, that's because a person can be religious and still practice a new age method – they complement each other enhancing one's life and spirituality.
- and the list goes on.....

whats right for me, which method or master is best?

The beauty about spiritual practice is that everyone can be right, and no-one wrong. You are the one that must decide what is right for you, your truths. So look around, find something that resonates with your being, find a teacher that you have some affinity with and then devote yourself to that method until it's time to move on.

How do you know? There are some general guidelines to look for, again depending on the type of things that interest you.

Normally, you should be given some proof that the method works, perhaps like testimony from others, inner experience, or strong feeling.

Next, whatever the method claims to provide should be inline with past teachers of the same or similar method, and inline with your own truths about what you want from it.

Next, whatever comes from God is free, we were born with everything needed to achieve/obtain what we want; so look at what you are being charged for. Obviously classes such as yoga or meditation retreats need to be paid for - they are not the method, just facilitate you practicing the method. The method is more like a secret mantra, an initiation, a ceremony, a technique, a blessing etc.... A teacher can show you where your forgotten treasure is, lights the way so you follow the right path and perhaps carry you a little when you need help; in the end, you are the master of your own path.

Finally, Gods love is unconditional. We are perfect where we are and what we are, so any method which asks you to dramatically change your way of life should be considered carefully. In many cases, a method may ask you to keep precepts such 'no-killing', 'no-stealing', 'no-adultery', etc... These are rules of the universe for all to live a harmonious life, so a method may ask you to do this to pull you back into balance. For example, if your body is sick a teacher may ask you to do a fast for a while, but once back into balance the fast is of no value. Spiritually its the same, once we are in balance with life, we become the precepts; that is our consciousness has changed so much that we naturally would not do anything to harm another being.

As an example, a method offers you eternal paradise. So the questions you need to ask are,

- who is going to give you this - who has the power?
- has anyone else got it - any proof?
- do you have to wait until death to get it?
- what is the foundation of this method, who started it, who runs it now?
- how is it funded & managed? Most of these are common sense questions;

If you are honest and look carefully it will keep you out of trouble. But having said that, it seems the destiny of many to fall into mayas trap; if so, nothing we say can convince them otherwise

what do I get from it?

Well, we are not here to do business with ourselves!! So, ask not what you can get but what you can give and then receive. What you get is what you're looking for - and that may be different for each person. How long it takes, and to what extent to get your hearts wish depends on you.

Ultimately what most of us want from spirituality is joy, peace, happiness, serenity, a deep knowing of who we really, enlightenment or eternal liberation. If that's what you seek, it can be yours. Once you make the connection, then "Ask and ye shall receive, knock and the door will be opened"

how much does it cost?

A person in search of a lost dog would pay a reward to the person who could find it - right? You don't pay for the dog, because it's already yours. The finder does not have a fee, but you willingly give due of gratitude. So, it's the same with spirituality. We were born with everything needed, so why pay (see here)?

But actually, we will end up paying something because it becomes part of us and we wish to expand on it and share. For example, so many temples are built nowadays, with the money coming from the community. It's in their interest to pool together so that a facility may be created, to facilitate practice for all. No one paid for the method, it's just a win win situation.

So if you practice yoga, its natural you pay admission fees & buy videos. If you like nature, you pay national park fees. If you like meditation, you pay for classes or travel to see discourses of the master. If you have no money, then just focus on the method - its already enough. You could do yoga/meditation at home for example. For walk in local parks or on the beach. Money helps, but it's not actually needed. As you progress in your chosen path, these things just fall into place....very naturally. You will know what's right for you.

what is a soul, where did it come from?

(Spirituality help-desk explaining what a soul is, where it came from and why it was created. Answering questions to help you understand God and life)

Imagine the oceans, all the oceans of the world combined. Any idea how many drops there are? God almighty is like the ocean, made of an infinite number of droplets we call souls. The soul has the same quality of God, the same essence but not the same power. Each drop when separated seems different, but when merged is undistinguishable. Souls are just like that, all are equal, all came from the same source, and all are connected with the whole, because the whole consists of the individual parts.

That's why we can say we are the children of God, or we are all connected.

Originally, before the almighty became an ocean it was in another dimension known as the absolute. Well, it's still there, but now we also have this ocean existing concurrently as when there was no ocean. It's like you have a dream, at that time you have a body just laying there sleeping, but a dream body which is very active. The dream body is not real, you created it while lying there – yet it seems real when you are in it.

The realm of experience (relative duality) God created with individual souls is just like a dream body, we call it the illusion. Individual souls are part of that, but at a very high level...almost the top. In absolute truth only

exists one super soul exists, but for the purpose of understanding, we say the super-soul subdivided into little souls – you & I. We came from the almighty, we are the almighty – in part.

Can you go back to the source, merge totally without individuality? If we no longer wish to be a droplet in the ocean, but merge completely – it's possible once we attain the soul level. It's a one way decision, even though nothing is lost. At the soul level we have almost zero ego, only enough to maintain individuality is left. So, we do not have any identity, no family connects like we have now or with the mind. We are just divinity integrated. Some souls who no longer have a mission or no longer wish to partake in Gods experience could return.

who am I, why was I born, what is ego?

(Spirituality help-desk explaining who the real you is, why God made you, why you were born and the reason for the ego. Answering questions to help you understand God and life.)

Check your birth certificate, what it says is not the real you. It's just you wearing new clothes. We have a soul, mind and body.

You know **what the soul is**, so let's talk mind & body. The mind is like a person that changes clothes daily. The clothes are like us, humans. So each time we are born, it's the same as the mind changing clothes. Our body is only the outer garment of the mind, it has little meaning. Yet, we think it is the "I" that I am this and that. We are attached to it, adore it and sacrifice eternity for it. In reality, it's just one set of millions of clothes the mind wears. It's a flash in the existence of the life of the soul.

In terms of how long things last, the soul is like the universe. The mind is like a planet created after the big bang. Our body is like a living organism on the planet. In a dimension which is not visible, the soul attaches itself to the mind, which in turn dwells within the body. All connected by a silver cord.

The soul does not die, was never born and cannot feel pain. The mind reincarnates life after life, taking new clothes each time (our body). Sometimes the clothes are human, sometimes animals or even plants - depends on a number of factors. Generally the soul enters a body of higher and higher consciousness as it evolves.

The you who you think you are, the ego, is just the tip of the ice-berg. You are much greater. If you associate with your soul through a process of meditation, you become as large as creation – you experience the infinite. If you associate with your mind, you can experience oneness with all life and fully develop your intellect. If you associate with the ego, the small self, you will only experience suffering.

What is ego? It's a tool used by God to experience itself, it fools us into believing we are separate from God, from each other. The purpose of the ego is to divide and trap us so we stay in the realm of Maya. When we are ready to return home, a master comes to help awaken us. We then begin a path to reduce the hold the ego has, then eventually go above it to where we are not divided, where we are whole.

Often we hear people have big egos, others who are more humble smaller egos. The ego does not have a size but does have a grip. The object of spiritual practice is to become so small that we can fit between the

fingers of the ego, like fitting through the bars of a prison. With a masters grace, this is possible. To remove the ego is not in the interest of living, better just to be in control of it.

what is the purpose of life – my mission, who will help me?

(Spirituality 101 help-desk explaining the purpose of life, specific to each person's mission and what angels have been sent to help. Answering questions to help you understand God and life.)

Please read the **meaning of life** first. Once we understand who God is, why we were created and the meaning of life, then to understand our purpose is simple. What you are doing now, is your purpose. God puts us exactly where we should be, sometimes if feel itchy and need to move on, it's because the time has come to grow and experience something else. We can use our minds to create a life, or we can surrender and let things just come into our life. The latter is much easier and feels more natural, we do not fight - we surrender.

Depending on our level of consciousness and purpose, God will allocate a certain number of angels to help us. Some may be in the form of people we contact, others are invisible. They help to smooth things out, some even help to protect us from forces which want to pull us away.

What we are doing may seem mundane, may seem like it's just our karma we must endure. Thats only because you are judging too much, life itself is great, and what you experience, even something for 1 second, can help to define God – which is the true meaning of all life.

what is mindfulness, any mindful yoga or exercises?

(Spirituality 101 help-desk explaining what is mindfulness, describing how to concentrate and what exercises to do to be mindful. Answering questions to help you understand God and life.)

Mindfulness sounds like such a cool word, to be mindful means to pay attention, to focus on whatever is before you or more appropriately for spiritual practitioners – to concentrate, empty the mind of thoughts and go beyond; especially during meditation.

In short, mindfulness is to be aware of the present moment – the now; and nothing else.

Mostly, if we observe our minds we will find it's constantly in the past or future. People who suffer from depression will find their minds creating a negative future. Students and those too busy to think so much will find their minds scattered, but primary creating a career based future. People will family issues will be lost in the past.

When we pull the mind back to the now, it is forced to accept life as it is. But to do that is much easier said than done. Here a few methods which can be used to pacify the mind, you can also look under the FAQ – concentration section. These exercises are called mindfulness yoga, or concentration yoga

- Simplify life as much as possible. No need to leave the family, only the attachment to things, and the race to keep up with the Jones. In the past, gurus would recommend to renunciates that they should run into the mountains to avoid the complexity of life. But this is not practical and not needed. What is needed though, is to prevent the mind from desiring too much – too much money,

sex, food, power, etc – they are all traps of the illusion to enslave us, so be moderate. Discipline yourself in order to be great.

- Befriend the mind, never attack it – its part of you. You can only injure yourself by being angry or frustrated. Talk to it lovingly, ask it to let you focus when you need to, make a deal with it. For example, it wants to eat so tell it if you let me meditate now we can eat later. Better to slip through its grip by being invisible, not noticeable. When you ignore the ramblings of the mind, it will soon leave it alone. But if you follow its thought patterns, you empower the negative side – forever trapped.
- Get power over it slowly by being in control of small things. If it wants you to eat, say in 5 minutes. If it wants to go out, say after you've finished cleaning or whatever. When it wants to do something, don't give in immediately or at all. If thirsty, wait. Slowly, it will understand you cannot be convinced so easily. By forming a good habit of not always listening, you can slip past its grasp. It takes about 21 days of constant practice to change a habit
- Meditate using a method which requires concentration and empowers stilling the mind. Practice makes perfect, follow the recommendations of the method/teacher until you master it. There are many methods, so it's a bit hard to generalize other to say the better methods will allow you to enter Samadhi with 30 minutes. During that time, ignore the mind, treat the chatter like background noise. As long as you don't follow the thoughts, let the mind run around the world and back. You do your thing, let it do what it wants.
- Some masters recommend chanting a mantra like the lords name aloud and fairly quickly, not letting the mind time to think. This has several benefits, stops thinking for the duration of the chant, uplifts us through blessings, puts us into a sort of trance with an adrenalin rush and feeling of being high – especially if dancing accompanies the chant.
- Some methods which have living masters will ask you to recite holy names, empowered by a master to have a calming effect. It's similar to reciting a mantra, except the words are normally secretive and suitable for only you. These methods usually teach to sit closed eyes and ignore the body and mind chatter. Since the mind likes to repeat, we replace nonsense with something useful – holy names.
- The mind is just a recorder, what comes out is what you put in. The more media or entertainment you watch/listen to, the more gossip or problems you encounter during the day, the more bad vibes you pick up by going to bad areas,all must come out. At the moment you try to concentrate, all the thoughts you encountered during the day will be replayed tainted with your own issues and concepts. Often even we if don't speak and close our eyes all day, we still pick up things in the air. Peoples thinking will affect us because we are connected. Those thoughts however are not strong if we are not so sensitive. Since you are too busy during the day, it comes out when you want to be quiet.
- To stop rubbish coming in all day, control what goes in. Use an mp3 player to ensure only positive things you want enter the mind, have some affirmations or mantra to recite when you do not need to use the mind.
- Meditate immediately after a good sleep, before you talk or listen to anything; just visit the bathroom if needed then meditate. No food, no thinking. Wake up before the rest of the household, like 5am or any time after midnight.

- Avoid large meals especially before meditating, and consider meals with less karmic burden. Animals killed in pain to feed you would have some residue effect, some turmoil in your stomach and mind. Some foods may excite you like high protein foods, it will cause the body to need to burn off the energy, in turn causing the mind to make you do it.
- Avoid things which excite us too much – be moderate. Addictive gambling, drugs, alcohol all have the opposite effect of what we want. Some drugs seem to pacify the mind, but the effect is temporary and after effects worse.
- Tire the mind through exercise or hard physical work. When the body is tired it will send a strong signal to the mind, when you try to concentrate it will let you relax. Possibly sleep will come quickly, but only because the mind is quiet.
- If you want peace, then give peace to all beings - what you give will return to you. If you take peace from other beings, what you get is their pain and struggle. This also refers to all relationships in your life, with family, spouse, colleagues, pets, etc. Because we are all connected, inflicting pain on another is the same as doing it to ourselves.

how to find inner peace and happiness?

(Spirituality 101 explaining techniques to find inner peace and happiness in life. Answering questions to help you understand God and life.)

Please read what is bliss or nirvana meaning, [the meaning of inner peace](#).

Now you know what inner peace means, let's explain how to find happiness and practical techniques to achieve inner peace. Happiness and sadness come and go, many things can make us happy, we can even follow a method to promote happiness in life but because this world is yin-yang (positive & negative), sadness will always follow happiness. Why – they are emotions at the level of the mind.

If we follow the path of obtaining inner peace, then we always have bliss and mostly happiness. Why - because inner peace from spiritual practice takes us beyond the mind, beyond emotions.

Some of the most common methods used to obtain inner peace (and thus happiness) are listed in the (what is mindfulness section), you may also look at the section on concentration as they are similar techniques.

who or what is God, who made him?

(Spirituality 101 help-desk describing what God is, who it is, what he looks like and who made him. Answering questions to help you understand God and life.)

Have you searched the internet for this question to find an answer? It's a common question, seems like everyone wants to know - but it's also easy to answer; perhaps harder to believe. Go take a look at the mirror - that's God. Look outside your window - that's God. Look up at the Heavens - that's God. So who is God?

Everything is God, there is nothing that is not God. Confused?

Let's start at the beginning and in a very simplistic manner, way back to before duality. Well, that statement makes sense but is wrong...because time does not exist in the first place. So, in the beginning (which happens to also be every point in time) God wanted to know God through experience instead of just theory. What's the point of being a good for nothing God (like being rich without giving, having love without showing it, etc).

To know God, God had to experience what God was not what, for example what is black without white, woman without man, day without night, good without evil.....but hang on, experience what? Nothing is physical in the absolute. So, the illusion was created...where God (the one and only soul) created the relative spiritual universe (let's say the big bang) and individual souls to populate it. Each soul seems unique but only due to the power of separation within the illusion. The whole thing is like a dream, it's why we have the urge to find something missing...we are more than the body, more than the soul. We are God is part, waiting to be reunited. In the illusion we have time, but actually time does not exist. Everything God wanted was/is/will be experienced immediately. For example, if you drive from L.A. to New York; you are moving across a stretch of roads and will experience each point as you come to it. But the road is there, even before you start, just your perception is different as you move on it. So all of creation (the illusion) is like a long road. We are just moving along with our awareness fixed at one point at a time.

If you are an avid reader, you would know many masters say nothing in this world is real, just make believe. It's all an illusion - and they are right. It's just a stage for us to experience some quality of God (like fear, strength, love, hatred, etc), which glorifies the existence of God; of ourselves.

So what came before God - nothing! And in the nothing was everything.

What does God look like? Nothing. But when this power is born human, made flesh - it takes the form of a living being, such as Buddha, Jesus, etc... There have been countless of bodies made flesh, which have housed the entire God consciousness - God is not so poor to have only one son!

And not so cruel to only save one race of people during one period of history.

the meaning of life & why are we here?

(Spirituality Help-desk describing the meaning of life and why we were placed here on Earth. Answering questions to help you understand God and life for beginners on the spiritual path)

Before you can understand the meaning, first read **(who or what is God?)** then return. We are here to live life wholeheartedly and glorify God by doing so.

There is no place in the universe a soul is not willing to go just to have an experience which God seeks. It could be hell, as a beggar, a king, an invalid, a war victim, mass murderer, criminal....anything.

Why...because the soul does not suffer, never was born and cannot die, cannot be injured, does not judge. It exists for one purpose only, to feel the experience of life and the more extreme the better. The soul just attaches itself to the mind for the joy of experiencing life, to experience what God is not - so as to know what God is.

It's the mind that reincarnates and remembers past lives. Our life, the "I" that we attach to so much, is just a flash in the total lifespan of the soul.

So the meaning of life is to live life as best we can. If we want to know our mission in the grand scheme of things, then we need to practice spiritually (meditation is the fastest) to find out. Mostly, our mission is very simple, like to be a normal householder or worker, to be pawns. So if you visit a fortune teller and they say you were a queen or king, be skeptical.

To explain this concept a little better, a true story of a lawyer that did pro-bono work for the destitute or unfortunate. This story involves a woman worker and homeless man sleeping in the park after getting drunk on mentholated spirits overnight.

Originally, it started as two equal souls wanting to help other experience something so both decided to play in the game of life. They made a contract with the lord of karma and entered the world. After many lifetimes, they finally met for their final mission.

The lawyer went through law school with high integrity, with purpose to help others. She was alone as most were there to make a name, earn a fortune and have an easy life. Temptation came often, but she resisted and stayed firm on her plan to help others.

Eventually she got a job and had to drive to work past a park every day. In the park she could see a drunk homeless man, always on the same bench. Every time she saw him, she remembered her original ideals and it enabled her to continue to help others. The drunk inspired her to help, she felt pity or sorry for him. She wanted to change the world to make it better.

So, in this case we see two souls' two missions. They look worlds apart, but are the same. God would not think the lawyer was better than the drunk, actually, the role of the drunk was more difficult. The soul of the drunk could have incarnated many times, to have the karma of a homeless drunk – just to inspire the lawyer. The lawyer, by being a champion of the underprivileged is demonstrating a quality of God. But without people in need, and without being inspired and feeling the emotion of pain from seeing the homeless, how would God get to experience being a champion?

why is this world so bad, with injustice, suffering, wars, etc?

(Spirituality 101 help-desk for beginners describing why is this world so bad, with injustice, suffering, and wars. Answering questions to help you understand God and life)

One world explains it all - karma. Our world was created more negative than positive, so we humans could evolve spiritually and make it more positive, closer to Heaven.

According to the Buddha, originally we were spiritual beings floating about. Then over a course of time, we started eating - gradually more and more heavy things. This changed our vibration to become coarser until we started to degrade our spiritual purity and become physical beings. The downward spiral continued as we killed animals (and humans) for food or needs, and started to behave in non-saintly ways. Because of the nature of this world, and the boon God has given its lord to keep us here as part of the illusion, we started to incur karmic debts.

Each life a little, until over many many lifetimes, it has become like this. Our karma is enormous, but we are not trapped here. God sends messengers here to remind us, to bring us home. If we practice spiritually with these messengers*, then we can escape the illusion and by the way - help uplift the rest of humanity to cut the circle of bad karma and end the downward spiral. Although it may not appear like it, the ending of suffering is in progress. The world has already changed dramatically, and will continue to as the critical mass kicks in. It may take a very long time to achieve Heaven on Earth, but it will happen.

How do wars start? The root cause is karma, how it manifests is due to negative energy. For example, let's look at World War 2. How was Hitler born? Before he was conceived, there must have been lots of negativity made by his victims, the collective karma of his victims must have been growing. In addition, the thoughts, speech and actions on the planet must have been much more negative than positive. The negativity builds up like a cloud amassing water before a big downpour. Once this negative energy gets too much, it manifests physically – hence it enabled the birth of Hitler; the rest you know.

There is no such thing as victims; nothing can happen without Heaven knowing. God almighty may not like it, but the lord of karma can only do what humans want - by our deeds and thinking.

Another example, Jesus Christ was the son of God – he knew Judas would betray him; but what did he do? Nothing. He accepted the karma, the so called sins of his disciples. The karma he took on made him suffer. Without taking on the karma his disciples may have gone to lower realms after death or suffered somehow. So, Jesus diffused the karma, the cloud. But during WW2, no master was around. It could not be defused, it had to be born – as Hitler. Karma is not visible until it manifests.

(*past messengers include Krishna, Buddha, Jesus, Mohammad, Babaji, Bahá'u'lláh, Nanak, etc - but it's been said that to escape the bounds of Maya, a living master is needed. Doesn't matter how great a dead doctor was, he cannot help when we need him)

why doesn't God fix our world in a mess?

(God is perfection personified; we are students needing to learn. It's up to us to complete our lessons and grow by resolving our own problems – fix the mess we made in the world)

Before we can understand God, we need to know why we are here (the meaning of life) and who is God. So once done reading, you will probably know the answer to this question without even reading.

Do you remember being in school and being taught a new subject or formula. Often the teacher would teach us by answering part of the solution then ask us to complete – remember that?

Well, that's what God has done –the supreme almighty teacher; not a student. We souls are the students. It's not for the teacher to solve the problem because they are passed it, above it. It's for the teacher to help the student solve the problem. So, let's fix it.

We, collectively and individually, must envisage a world the way we want, in the most noble idealist form possible – dream high and think as if you were God. When a certain mass of the population have this dream and focus on it, then it will be. The universe will make it happen because that's what Gods children want. But if we live in fear and poverty, and at a deep subconscious level believe it to be our reality – then it will be so. So spiritual practice is to remove old unwanted concepts and recreate ourselves anew every second of every day of our lives. That is how we improve the world, by improving ourselves and sharing positivity and love with our spiritual kin.

Most people say they want a better world but if you look carefully, it's just mind talk. They do not live the dream. Fear of the unknown keeps us bound to what we know.

There is a Chinese proverb “We need to cultivate *ourselves*, harmonize our *families*, before we can govern the *country* and bring peace to the *world*”. In the west we say take responsibility for our own lives, look at our own rubbish, before looking over the neighbors' fence.

We are masters in waiting, God waits for us to get out of our comfort zone and master ourselves. After all, we are a chip off the old block; we can do what our parents have done. We have been given all the tools needed, we were born with them. By turning back to our dignified nobility we can graduate from our education and glorify our creator.

Or as JFK meant to say, “Ask not what God can do for you, ask what you can do for God”

the truth about God, past masters and about religions

(God almighty is an unlimited power with unlimited love, constantly sending countless masters to us, to explain past religions, reveal the truth and help us return home)

- If Jesus was the son of God, the Father made flesh, then why aren't the Christians in bliss and the blessed children of God? Jesus said "I am the light & way...no one comes to the father except through me"
- If Krishna was the Supreme Being, why aren't Hindus living in peace and only worship him? He said "love me, love only me"
- Or If Mohammed (peace be upon him) was the greatest prophet, why aren't Muslims living in harmony? *He was* the True Messenger of Allah with Islam the only true religion.

So what gives? All these great masters, all God made flesh, were they in competition? Who was the greatest? To explain this, let's look at what Buddha said "I teach *one* thing and *one only*: suffering and the end of suffering."

The Buddha liked to speak profound truths, but true they were. Also true was everything said by Jesus, Krishna, Mohammed and every other fully enlightened master. At the time they were alive and for their own disciples – the people they initiated. After they died, what they said only held true for the people who made contact with them via their (the master) physical body. So what Jesus said was "As long as I am in the world..." and he also said not to grieve, he will send many messengers.

So now back to the Buddha. We suffer because man does not understand the essence and power of a real master. They read the words and interpret them differently to what the master meant. Hence, even the most religiously pious people, even the best religion – all suffer in one way or another. The original master power and teaching is gone, replaced by dogma, rites, rituals or pagan worship. The only truth is the end of suffering, by finding a real living master, making the connection and walking the path to self realization. How long it takes for us to do that is an individual choice – free will.

What is said here may sound like heresy to many, but you only need to look at the world to see the problems caused by humans misinterpreting religions and what God had said. We need to listen to what God is saying, to live in the present moment – the past is gone, learn from it then let it go.

Regardless of how good a dead doctor was, if we are injured we must seek a living doctor to help.

what is bliss or nirvana meaning, the meaning of inner peace?

(With spiritual practice we can attain inner peace, bliss and ultimately experience the true meaning of the state of nirvana)

After a fair amount of searching online, we could not find a suitable picture which was symbolic of Nirvana, mostly images of a rock band or objects come up.

The reason we couldn't find anything is simple – Nirvana is a state of being. Some people call Nirvana a place, the level of the lord of our universe – the bodhi level (where the intellect is fully developed and where beings decide to incarnate into the material world to experience suffering).

The Buddhist have another meaning for Nirvana which is the highest heaven, or the kingdom of God – where God resides. These words we use suggest a home, a place. But at that level there is no form, so it's a state of being. Not a state of mind.

What are we being in the state of Nirvana?

Nothing. Total emptiness.

If a cup is full of water but we want to add Juice, we must empty the water. Divine power is like the juice, it can only enter an empty vessel – that is, no mind. If our vessel is full with complicated thinking and desires, not much room for the divine – so not much nirvana.

Bliss is similar to the state of nirvana, except we can have it before we reach nirvana. Imagine the ocean, it has many waves and tides. Sometimes there are storms and tsunamis but the ocean never changes. The current or main body of water under the surface is the same.

We when reach a certain calmness within our mind then we have achieved some inner peace, some bliss. The steady part of the ocean is known as bliss. It's our original nature. Sure we have emotions, some days happy and some days sad – these are the waves stemming from the ocean. We are not the waves, they are temporary just like our emotions – up & down. When we practice spiritually, or even mature with life, we become more stable and at peace with whatever happens – this is a state of bliss. Enlightenment gives us bliss, and different degrees of enlightenment will give a different degree of bliss.

If we read about the lives of past masters, we will note they were very human. They had emotions, they got angry. But they never lost sight of who they really were – love personified. We mere mortals, when we do lose it, we tend to forget who we are and are too absorbed in the emotion. It may take us a long time to get over it, and inbetween we are full of judgment even blaming God or complaining. Masters do not do this. They use emotions and the mind as tools - human tools to experience humanity. Mostly, we allow our tools to dominate our lives. With spiritual practice, we start to regain control. Bliss is about being in control of ourselves, being the master of ourselves.

what is spirituality



What is spirituality? That question is a bit like asking what love is or what is God. Quite frankly, it's impossible to answer and cover everyone's concepts - we can only generalize about what we feel it is and dispel a few concepts about what it is not. It may be defined as a process by which a person changes consciousness in whatever way suitable for them.

Inherently we all have a spark that when ignited at the right time, lights up like a beacon. Those with higher consciousness, let's say a messenger/master/profit/guru/etc, would be considered light houses of the truth since their light can guide many. Those of us in the stage of remembrance, or uplifting our own consciousness are more like candles in the midst. Yet when many candles join force, it can be very powerful.

And then there are torch bearers, practitioners of a real method and real master who have attained a level of understanding beyond the norm.

This is a list of what spirituality is not. Its only here for reference, so you understand where we are coming from.

Spirituality is not

- the same for everyone
- restricted to a single religion or method
- rigid, judgmental or punishing
- restricted to the upliftment of a person's soul
- restricted to something related to God, Allah, our soul, or any divine being

Now we can better understand it and say Spirituality is

- a journey or awakening of each person's spirit that individually guides them on a path to remember who they are, how great they are and whence they came from
- to unite with the united - and know it
- the adventure of our lifetime and meditation yoga on life itself
- the way to self realization, self love and self discovery
- a personal journey, not a destination, not just something we must attain
- a birthright for all souls
- a means to expand our comfort zone
- an inner longing to fill a void we have within

- an unwinding of concepts (like removing layers of an onion) until we reach our pure core, which already has the wisdom and knowledge we seek
- when our greater expansive self awakens - this is spirituality in motion
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	<p>For us, spirituality is a joyous journey where we glorify our existence by wholeheartedly embracing life. Hence our theme for this website - not too serious, yet make sure we practice and keep on the path; having fun along the way.</p> <p>As mentioned by a past great master, "I say unto you, Except you be converted, and become as little children, you shall not enter into the kingdom of heaven." Alas, this means many young children whom cannot even spell G.O.D. are more spiritual than monks enduring austerities in the Himalayas. Why, because their essence is so pure and simple and are in a state of being, not in a state of wanting to be.</p> <p>As so many masters have told us we are perfect already - so why all the drama?</p>
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how do we know we are spiritual?

That's easy - the fact you are here, have searched or clicked a link - means you are looking for something. You may not know what it is, but the yearning is there. It means you are spiritual. Well, pretty much everyone is in one way, shape or form; but not everyone knows it. Only those who practice their chosen path can truly identify with what it means, for them.

the Journey, self improvement

The journey - where do we start? How about birth! Actually, it's even before then but since some people may have difficulty believing or even understanding how a journey can start before we even in the world.

Our soul's journey started long, long ago when God almighty wanted to experience life so created the illusion of individuality. Our minds journey, the part of us which incarnates and records individual life experiences, started when we signed a contract to take part in Gods quest for experience. Our body's journey, started at conception. Our journey, the person who we think we are, started at some point in life which had a dramatic effect on us, or caused us to remember something. A trigger point.

So what is a journey anyway? For want of a better description, it describes changes we make in life at certain times which has a profound impact during the rest of our lives. Profound to ourselves, and maybe imperceptible to others. These changes build up leading us to understand there is more to life than what we can see, and explore non-physical things. The adventure ultimately leads us to a power beyond human

understanding and a course of study to further explain and expand our knowledge. For some people the changes are minor and belief limited, for some, the change is significant and faith strong. This process during our life time is called our journey, path to enlightenment or road to self awareness.

our awakening, enlightenment, self realization or awareness

Enlightenment or awakening has many levels, to try to explain lets use an example of two people. One on the street called Steve and one walking up the stairs of a 50 storey building called Bud. At first, Steve and Bud see the same things, talk the same language and have no issues communicating.

Bud starts his climb, talking to Steve on his mobile phone as he makes progress up, on his journey to the top. After a few floors, Bud tells Steve he can see the roof top of buildings and a different perspective of the city, Steve can understand this and wishes he could also see what Bud sees. Bud continues, seeing more and more the city in a different light. He reaches half way and notices the trees and parks all around the city. He tells Steve but Steve argues, saying what! I can't see any trees, where are they? Bud tells Steve where to look, how far to walk, and sure enough Steve finds the trees and develops faith in Bud's new vision. Its been a while since Bud started the climb, so Steve has forgotten (a little) what Bud is doing. Bud continues, he is now on top of the city, sees people as dots and the ocean in the distance. He tells Steve about the Sun and beautiful Vista. Now Steve gets angry, argues with Bud because where he is the sun has set, he is in darkness. He has never seen the ocean, how is it possible Bud can see it. Now they argue about what each sees and what is real. Their reality is different, they views are different.

The journey is like that; if two people do not follow the same path they will see different things and understand life in a different way so can cause friction in a relationship. Enlightenment is above slow progress in consciousness, like walking up the stairs, each day seeing more and more of the truth until one day we see the whole truth. We are in the light, no longer in darkness. What we see was always there, we have not gained anything. We have simply raised our level, or consciousness high enough, to see things clearer according to where we are. There are small enlightenments, temporary ones and nirvana which is more permanent. As we climb the spiritual ladder, our understanding changes and the way we interact also changes because we see more of creation. We no longer are restricted to the small self, but have access to the whole. Like Bud, now has the whole ocean, the whole world to see..not just one street.

Some people have enlightening experiences such as a divine oneness with everything, they may see all things are pure light with no form, or may experience nature and animals as part of themselves. In may occur in many ways, but unless we practice well we cannot maintain these spiritual blessings. Only with daily practice can we remove the veil of darkness and be in the light – the essence of spiritual practice.

Some methods are like taking the elevator up the building, some like walking up the stairs and some like staring up outside but never going in to begin the climb. Each person needs to decide what method is best for them.