

SEEDS OF ENLIGHTENMENT

Changing the Paradigm Series 



Jeddah Mali

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CHANGING THE PARADIGM SERIES

SEEDS OF ENLIGHTENMENT

Learn to live without self concern. For this you must know your own true being as indomitable, fearless, ever victorious. Once you know with absolute certainty that nothing can trouble you but your own imagination, you come to disregard your desires and fears, concepts, and ideas, and live by truth alone.

– Nasargadata

INTRODUCTION ●●●●

Welcome to Changing the Paradigm Series. I have designed this program for you to explore the very nature of your being. The Seeds of Enlightenment meditations are designed to help you realize that you are the true master of your life.

You will learn how to achieve and maintain *continuous conscious awareness*. In the same way that water always finds its way to the ocean, the default setting of your being is hardwired to find your way back home. It is designed into the fabric of who you are. It is the fundamental quest of life.

I will help you understand the natural laws that govern your existence. You will discover that enlightenment is a state of being. Not only that but it is the state of being that *you have been all along*. Discovering this allows us to live in harmony with the universal laws that govern existence, leading to greater inner peace, joy, and love in each moment.

Using the Seeds of Enlightenment

- Begin by listening to your introductory audio session. This will let you know what to expect.
- Read this booklet to learn more about how to approach your meditations to gain the most benefit.
- Listen to the meditations in sequence. They deepen your understanding accumulatively.
- Listen to a meditation at least three times throughout a week's period before moving onto the next meditation the following week.
- Incorporate additional meditation periods of 15 to 20 minutes during your week, playing with what you learned in the week's meditation.
- Try not to hasten your progress by jumping to the next meditation too early. You will dramatically deepen your experience of this work by integrating each step fully before moving on to the next.

Learning Through Meditation

The nature of Truth does not change, only the story inside it. You will never know the truth of your being by just reading about it, talking about it, or sitting at the feet of those who are enlightened. These are only helpful when you are also taking the steps to examine your own existence.

People are looking for inspiration, movement, growth, and change by reading information or listening to lectures. While both can be inspiring, neither of them lead to enlightenment. Untold numbers of books and countless teachers are focused on discovering the truth of who we are. Yet six billion people on the planet experience a fair degree of struggle or sleepiness in terms of their spirituality or feeling that they really want something. There seems to be no lack of wanting, but the universal experience seems to be *not finding*. Why is that?

Because the mind is not the tool to discover our *Universal Consciousness*. *The Universal Paradigm* can only be experienced and lived with the faculty of *conscious awareness*. That takes place only as an internal and personal experience, so it's not something that can be communicated with words through the unconscious mind.

That is why you are always led through these meditation sessions experientially. Experiencing it yourself immediately brings you an understanding of how your being is designed and how you can best work with that design. You get to see that, right now, everything you need is in place.

This course is not about learning to meditate because that would imply that there is one particular technique or method that is the way. Instead you are encouraged to be in a meditative state, during which time you are lead through a series of explorations as if guided through an art gallery. As you move through your internal being you will be guided to “Look at the form. Look at the texture. Look at the color. Look at the light. Look at the composition.” You will be able to feel and sense your role in generating your experiences as you follow along.

On this exploration you will find all of the beauty, all of the wonder, all of the grace of your being just sitting there waiting patiently to be discovered. You may be surprised how immediate, how accessible, how beautiful, and how willing your *being* is to be discovered.

Meditation Descriptions

Meditation 1 – Conscious Awareness in the Present Moment

The first meditation is *Conscious Awareness in the Present Moment*. This meditation focuses on becoming more conscious of our awareness. Awareness is constantly present. It is always there and always available to us. It is not dependent on age or ability or education. It is something we are.

Meditation 2 – Intention and Feedback

The second meditation is *Intention and Feedback*. What is intention and how do we hold it? You can practice holding intention by experiencing changes internally. We start to notice the immediacy of change and the nature of this change. We become keenly aware of the feedback from our sensations so that we can discern their meaning. The more aware we become of staying true to our intention by examining the feedback from our sensations, the more we can recognize when we are in alignment.

Meditation 3 – Overcoming Limitation

The third meditation is *Overcoming Limitation*. We hold all possibility within us. By practicing open intention, we allow possibilities to surface that we may not have been aware of previously. If we have a belief, but the belief is shadowed by an underlying doubt, we will find resistance. But if we focus on feelings of openness, clarity, and beauty, we allow for natural expansion, which reinstates a natural flow.

Meditation 4 – Energy Centers

The fourth meditation is *Energy Centers*. This will further develop our natural flow and improve our perception. Our level of perception determines what we see. The more we are able to see fully into every aspect of our being the more aware we become of ourselves. The Energy Centers are windows into our being, and these windows reveal different aspects of our nature. It is the place we access our special gifts, which represent the original qualities of our being.

Meditation 5 – Energy Bodies

The fifth meditation is *Energy Bodies*. Our individual bodies are microcosms of existence and connect us to the sea of awareness. We can use intention to create flow in the Energy Bodies. This open flow is the optimum condition for housing our being. It allows all of us to be present and creates attraction and alignment.

Meditation 6 – Trust and Surrender

There are many elements to trust: Openness—our ability to open ourselves to all possibilities. Willingness—the earnestness to take the steps needed to change our paradigm. Courage—to move beyond what we previously thought was possible. Surety—developing the certainty that everything is okay even if we do not have proof. When we extend trust, it brings the fifth element—Safety. Safety is created if we trust *implicitly*. Trust allows us to Surrender—Letting Go of imaginary boundaries and allowing greater flow, which creates greater clarity of who we really are.

Meditation 7 – Changing the Paradigm

We explore how we maintain our human identity with assumptions that are based on a separation paradigm. Then we move into a Unified Paradigm, which is the natural mode of our being. The Unified Paradigm is maintained through continual trust and surrender. When we transfer our identity into the Unified Paradigm, we experience Universal Intelligence.

Meditation 8 – Benevolent Intelligence

The eighth meditation is *Benevolent Intelligence*. Our true nature is harmony, expansion, love, and peace. It is willing, accessible, self-evident, and completely without guile. This intelligence handles everything for us

ceaselessly. Our body and our environment. The nature that surrounds us. The Earth, all of the changing of the seasons, and the weather. It takes care of the vastness of the Universe, the heavens, the stars, and the mystery of all that we cannot see. Benevolent Intelligence knows itself. It is so full of trust in itself, it can allow itself to assume any form. It is beautiful in its endless giving, and it never withholds its nature. And this is why it is benevolent. When we are appreciative of our existence in this way, we experience a deep gratitude for life.

CHANGING THE PARADIGM ●●●●

A paradigm is the set of beliefs that we operate under. The noun “belief” comes from the verb “to believe.” A paradigm is what we *believe* to be true and is not dependent on what is actually true. This is a critical distinction. Our beliefs determine our experience and, by extension, our reality—what we accept as being real.

The Paradigm of Separation

The *paradigm of separation* is a set of beliefs that we are separate from the source of life itself. These beliefs are largely unexamined by people. When we examine them as we will in these meditations, we find they do not hold up to the light of investigation because the truth of our existence becomes self-evident.

The assumptions of separation can only exist in the mind. This is why the reality that comes from belief in separation is often referred to as an illusion. As soon as you bring a separation belief into the light of one's own experience in the moment, you find that it disappears, no longer able to exist in the medium of one's direct experience. As the mind cannot decipher the reality of nonseparation or of oneness directly, being a product of separation itself, the assumptions that it makes based on our experiences can only be interpreted in terms of separation. And that is why the mind *reinforces* separation and can never free us from it.

What then is the "medium of direct experience?"

Direct experience is when we experience our existence as it is happening and without the mind interpreting the experience and feeding us its conclusions. When we perceive existence directly, we examine our experience with *conscious awareness*. As awareness is the medium of all experience, when we become conscious of that medium, we find that we perceive existence directly. When we perceive existence directly, we are simultaneously conscious of our part in creating our moment-to-moment reality and that *we are also the energy that forms the experience itself*.

The Unified Paradigm

Unified consciousness is a default setting. It is the most basic substance that you can go back to. When you examine consciousness and look back further and further for a source, you get to a unified conscious awareness, *a sea of awareness* that is existing all the time.

The good news is there is nothing we can do about that. The reason it is good news is that it does not matter what we do with our little parcel of consciousness as human beings. It does not affect the sea of awareness. It is important to understand the implications of that. Because everything comes out of that, everything goes back into it.

Imagine an endless sea of awareness. Out of that sea of awareness comes conscious awareness where you are consciously aware—you are aware you exist, instead of just existing. Babies have awareness; enlightened people have conscious awareness. While babies are in the sea of awareness, they are not conscious of being in the sea of awareness.

How do we go from awareness to conscious awareness?

We use, very carefully, the medium of separation. When we move to a new vantage point, we then have a viewpoint from which to look back at something. Most teachers would say that separation is an illusion and all of the life around us is a physical illusion. That is accurate. In order to be able to look at awareness and develop conscious awareness, you need to have a

viewpoint that seems to be outside of looking back at it so you can examine it. That is how you become consciously aware, and that is the purpose and value of any form of separation, including life on earth.

In unified consciousness, also called enlightenment or *continuous conscious awareness*, you are aware in every moment of that sea of awareness. It never leaves you. You are aware that when you drop something into that sea of awareness, a thought or intention, the sea of awareness is then duty bound to bring it into being, and this is the creative aspect of bringing it into being. Every single thing you drop into the sea of awareness comes into being.

When you dwell in unified consciousness, you are dwelling in the part that is doing the creating, experiencing the experience, and simultaneously giving you the feedback. That is why it is called *Oneness*. Those three elements actually exist simultaneously. It is the same substance doing all of those things. Enlightenment is being able to reside in all of those elements simultaneously: being the undifferentiated sea of awareness, being able to allow the creative aspect to arrive, and simultaneously being the creator and noticing the feedback that allows you to know the degree in which you are in alignment with the sea of awareness, the nature of the sea of awareness.

YOUR MEDITATION PRACTICE ●●●●

The benefits of regular meditation are numerous, but the most widely documented ones include calmness of mind, relaxation, increased well-being,

a sense of purpose and belonging, increased energy, increased perception, a more harmonious emotional life, mental clarity, a decrease in stress levels and triggers, a slowing of the aging process, and a better sense of perspective.

There are a thousand different meditation practices spanning centuries of tradition. Almost all of them are useful to achieve these benefits.

Whichever practice feels right for you is fine. The important point to remember is that it is not the practice itself but the knowledge that arises from the practice that makes the difference to your life. For this reason make sure you are developing the benefits you are seeking from your meditation practice. Do not follow something blindly if it is not enhancing your experience of yourself and your world. For example, when you want to be calmer, focus on meditations that give you an immediate sense of peace. At the end of the day, you are still at the center of your experience. Meditation should be a time to get to know that *you* better.

This particular program is designed to help you experience the basic truth about your existence. Ample instruction is given in the meditations. When you follow the instruction given and are open to new ways of being/seeing, then the realizations become self-evident. The meditations are arranged in an order so that each successive one builds upon your understanding from the previous one. You will be lead to experiences whereby you can know yourself as the source energy of life because all other realizations come out of this central knowing. Just follow the flow and enjoy the experience.

Meditation Posture

Sit comfortably either on a chair or the floor. Use any cushions you need. Place your feet either flat on the floor (if seated in a chair) or cross-legged (if seated on the floor). Make sure your spine is perpendicular. It does not have to be bolt upright. Allow for the natural curvature of the spine. Pull your head up away from the base of the spine and then release it a little. This creates some space in the spine.

Allow your arms to rest comfortably on your lap or thighs. Your hands may be palms down or palms up. Keep the bottom of your chin parallel with the floor. Next pull the chin in very slightly (a tiny incremental movement), and feel the back of your head and neck open up. Allow your tongue to rest on the roof of the mouth. Close your eyes and mouth. Breathe deeply for a few breaths, and then let your breathing fall into its natural rhythm.

Breathing Exercises

Breathing exercises enhance the effectiveness of your meditations. All of the following breathing exercises relate to a type of breathing called Pranayama.

Prana exists in all things and is abundant in air, sunlight, food, and water. The key to understanding prana and energy is breath. One who has strong lungs and good breathing capacity usually has abundant energy. When the mind is clear and balanced, the breath is even and rhythmic. When the mind is nervous and tense, the breath is strained and erratic.

There is an energy network in the body that corresponds to the nervous system, called the *nadis*. Energy is absorbed and flows through the nadis. The nasal passages have more nerve endings than the mouth, consequently more prana is absorbed by nostril breathing, which also has a balancing effect on the nervous system. Do pranayama exercises through the nose unless the sinuses are congested. Practice on an empty stomach, in a quiet place where there is a plentiful supply of fresh air. As with meditation, create a time in the day to practice pranayama. A regular practice creates a good habit, and the benefits are accumulative. *If you experience dizziness during pranayama, slow the breathing down. If you are gasping, speed the breath up.*

It is recommended to do one to two of the following exercises before meditation:

1) Dirgha Pranayama. (The Complete Breath, The Yogic Breath)

Slowly inhale, bring the air into the bottom of the lungs with the diaphragm. Continue inhaling to open and expand the ribcage upward and out to the sides. Continue the inbreath to the top of the shoulder blades. Starting at the shoulder blades, exhale from the top to the bottom of the lungs, contracting the abdominal muscles at the end of the exhalation to squeeze out all the residual air. Complete five to ten rounds.

Dirgha Pranayama uses the full capacity of the lungs to remove stale air and toxins. It keeps the chest and lungs flexible and relaxed. It increases overall energy, renews the entire system, improves digestion and elimination. After Dirgha Pranayama feels natural, move on to adding Ujjayi Pranayama.

2) Ujjayi Pranayama. (Ocean Sounding Breath)

Breathing through the nostrils, slightly constrict the back of the throat so the air creates a light sound of rushing wind as the air passes over the throat. Keep the air flow even and make the inbreath and outbreath the same length. Ujjayi Pranayama can be used in conjunction with Dirgha Pranayama and Nadi Shodhana.

Ujjayi Pranayama is deeply relaxing and soothing. The breath is lengthened and the air is drawn to the bottom of the lungs. The mind becomes absorbed in the sound, which reduces mental agitation and induces meditation. It heightens awareness and enhances creativity.

3) Nadi Shodana. (Channel Purification Breath, Alternate Nostril Breathing)

Using the right thumb and right ring finger as clamps, place them just above the right and left sides of the dips on either side of the nose. Close the right nostril with the thumb, and exhale through the left nostril. Inhale through the left nostril, then close the left nostril with the ring finger, and exhale through the right nostril. Inhale through the right, close, exhale through the left. That is one round. Complete five to ten rounds. Keep the flow and length of breath even.

Nadi Shodhana stimulates the brain from side to side, synchronizes the hemispheres, and balances any dominance. It strengthens, calms, and regulates the nadis (nervous system), eliminates wastes, and increases assimilation of energy.

4) Kapalabati Pranayama. (Skull Polishing Breath, Breath of Fire)

Exhale forcefully through the nostrils contracting the abdominal muscles, then relax the abdomen immediately and allow the inhalation to happen passively as this happens. Repeat slowly at first, making sure the belly is relaxing after each contraction. Increase the pace until you find your own natural rhythm. The breath is in the abdomen, the chest is relaxed. Start slowly with 10 to 20 repetitions, building up, when very experienced, to 70 to 100 repetitions per round. You can do Nadi Shodhana with the Kapalabati breath.

Kapalabati strengthens the abdominal muscles, diaphragm, and heart. It deeply massages the internal organs and stimulates digestion and elimination. It also removes stale air and toxins from the lungs and pumps fresh prana into all the cells of the body. Kapalabati energizes, massages, and cleanses the central nervous system, bringing mental clarity and alertness. Done through alternating nostrils, it has a balancing effect.

Please note: if you are pregnant or menstruating, or you have recently had surgery, or you have emphysema, hernia, or unmedicated high blood pressure, do not practice Kapalabati Pranayama. Dirgha Pranayama and Ujjayi Pranayama are considered safe for these conditions.

Helpful Qualities

The following attitudes have been found to be the best companions for any transformative journey. If you do not already have these in good measure, welcome them into your experience by practicing them daily.

Patience

What is the value of things taking time? Why can't we just transform instantly? If someone came along today, waved a magic wand, and transformed you and your life into your ideal picture, it would not be helpful at all. First of all, you would have no idea how you got there. Second, you would not know the thoughts and actions that created the ideal state and, third, you would not know how to maintain it.

To get good at anything in life requires practice. When young children learn to walk, they fall over more times than they stay up. Rarely do they get frustrated. They simply pick themselves up and try again. And then again and again until they learn how to balance and move at the same time. They practice, but not necessarily until they get it right. Everyone walks slightly differently. There's no *right* way, but no matter how you do it, you need to learn balance.

Similarly, there's no right way to live life. Mastery in life centers around balance, not getting it right, and it requires practice. Patience allows you to take your time and integrate what you are learning as you go along. This is especially true when exploring your inner state. Due to the nature of our being, there is no visible form to study, and it is a constantly changing medium. To really know your inner state, you must explore it over and over again until you discover the natural laws that apply to it. Patience allows you enough time to practice that, and it is an essential prerequisite to the next quality, perseverance.

Perseverance

Why do we have to work at this? Does that mean it's difficult? The ancient Taoist book of prophecy, *I Ching*, consistently states that *perseverance furthers*. Perseverance does not need to imply hard work. Discovering the natural laws of your being and learning how to exist by them harmoniously is not achieved overnight. It takes perseverance. But nor is the task so onerous that it takes forever (or no one would ever attempt it).

There is a common misconception that knowing the truth of our being is difficult. It is often seen this way because we do not understand the medium we are trying to use. If we first discover the nature of our being (Meditations 1 to 3) then existing harmoniously in accordance with natural law (Meditations 4 to 6) is far from hard work. When we move with the natural flow of who we really are (Meditations 7 and 8), existence itself is pure joy. As you start to discover the beauty of your existence, you develop a hunger to know more. It is this discovery that leads you to persevere.

Willingness

We all carry the seed of curiosity to know the truth of our existence. The seed lays dormant until conditions are conducive for its growth. What condition takes this seed from its dormant state and encourages it to sprout forth and develop into a large tree? Simply *willingness*. For the truth

to be discovered, we must be willing to see life as it is, not as we want it to be. The truth is far from hidden. It is abundantly evident *everywhere*. And willingness opens your eyes to see it.

What does willingness look like in action? We are often resistant to new ideas, ways of seeing, and angles of perception without realizing it. Willingness allows these other possibilities to be entertained. We learn and grow by taking in new information and experiences. Willingness is present when we welcome new ideas and ways of seeing. To be consciously willing opens you up to a whole new world of possibility and unlocks your potential.

Openness

Openness is the quality that goes hand in hand with willingness. If willingness opens the door to new ways of seeing, then openness allows you to try these new ways out in your being. It is about being prepared to give something a go. If we are truly open, we do not dismiss things before we have tried them. When we feel open, judgment and criticism do not arise. We consider all options, all possibilities.

Openness does not presume it knows everything. It allows you room for further expansion. Sometimes written off as naiveté, openness gives you the ability to explore life. It allows you to move through life softly, devoid of harsh judgments. It simultaneously reflects childlike wonder and mature grace.

Trust

Trust is the greatest of all assets. Its presence signifies an ability to move toward life instead of being in reaction to it. We often think of trust being granted once it is earned. Rarely is it extended without some reason. When we stick to this formula, we never experience how trust can change our entire perception of life.

Trust is a magical quality. It sweetens our experience and deepens our connection to the truth of our existence. But trust goes much further than this. When we hold a state of trust, life rewards us with a peek inside its seeming mysteries. Why? Isn't that the same as having to earn trust? It is not a matter of deserving this knowledge. It has to do entirely with how we expect the energy to behave. The nature of the energy that is Existence is highly impressionable, suggestible. It does not decide how to behave. Whatever we hold in our mind (as the Creator energy ourselves) instantly takes energetic form (leading to physical form). If you imagine a certain outcome, the energy is duty bound to form it.

When we examine this energy, we find there is a natural expansive quality to it. As such, it is perfectly predisposed to forming expansive experiences. When we trust the energy, we are acknowledging its natural tendency towards benevolence. The thoughts we hold then make best use of this expansive energy, and we automatically generate beneficial outcomes.

Trust cannot be faked. It is entirely foolproof. The energy of existence is so sensitive, it responds to our deepest belief, not the surface ones. True trust signals our belief in the benevolence of life itself, and that is reflected back to us in our experience. When you trust, you feel safe, at ease, and happy without needing a reason.

Helpful Habits

Stay Grounded

The basis of all higher states of consciousness can be brought back to the quality of thought; however, one must have a vehicle designed to receive and recognize these higher thoughts. When our body is finely tuned, we increase our capacity to receive and interpret the higher frequencies that transmit elevated ideas, intuition, creative impulse, and vision to us. Our physical body can become an instrument to interpret higher frequencies so accurately that we can act on the knowledge received with absolute certainty as to its source and validity.

We now know from quantum physics (and centuries of meditation masters) that the human being is made up of ordered energy layers vibrating at different frequencies. The physical body is the densest of these energy layers, which we see as matter. As there is no real boundary between the unseen layers and the physical body (just a different vibratory rate), what benefits the energy layers also benefits the physical body and vice versa.

Regular exercise and healthy nutrition support our system at all times, but especially during deep shifts in our consciousness. When we feel stuck, we're experiencing a stagnation of energy in our channels. Exercise keeps our energy channels clear and has a beneficial grounding effect on our electrical circuitry. When we have clear channels, we automatically bring in fresh energy, which keeps us feeling motivated and *energized*. We feel as if we are moving forward in life.

Exercise also has a calming and quieting effect on the mind. Certain exercise disciplines are designed specifically for the work you are undertaking in this course. Yoga and Qigong practices are known for their ability to create a union of Spirit, Mind, and Body (which are all one, but it helps us to realize that!).

Any exercise is beneficial if not done too strenuously (strenuous exercise actually creates more free radicals, which attack healthy cells) and when it is done with a happy disposition (exercise done as a chore is counterproductive). Find an exercise practice that appeals to you, and engage in three to five half-hour sessions each week.

Keep a Journal

People often find that their vivid realizations and experiences during meditation diminish once they finish the meditation and start to use their thinking mind again. If this is true for you, keep a journal of your experiences. Note your insights each time you meditate, and build up a

record of your realizations. A journal can also give you a good overview of changes in perspective that may occur over a longer period of time.

Do not analyze the information you write down nor use it as a reason to prove yourself right or wrong. Experience is experience. Just that. It has no inherent meaning. All experience is showing you something about the nature of the thought you are holding and the nature of the material that is bringing that thought to life. Write down your insights into the nature of your being and how your thoughts influence the form that being then takes. This way you will strengthen your understanding and not your reliance on the methodology of the practice.

Limit Mental Analysis of Progress

This is a hard one for most people, and you will need to be aware of it as you embark on this exploration of discovery. In daily life when we are faced with a problem to solve, we are used to applying our thinking mind to it. With abstract mathematical problems, this solution works well and satisfies the mind. We arrive at an answer, and the problem *dissolves*. The thinking mind is seen as the perfect tool to solve problems. Faced with confusion in life, we naturally turn to the mind to come up with a solution. However, we cannot *think* our way to enlightenment.

Why?

Because non-enlightenment is not a problem! We are always the source energy of life. There is nothing that needs to be solved. The end result we are asking for is already established. Whether we realize this or not does not affect the truth of it. When the mind tries to grasp this truth, it uses the method it is designed for, linear understanding. It lays all the pieces out in a row and tries to make sense of them. But in the process, it separates you from the actual experience and examines a memory facsimile of the experience.

Many people contend that their busy, wandering mind keeps them from experiencing their being in the first place. You change this habit not by tackling the mind to the ground (that will strengthen its hold as it tries to help you *solve* the distraction that comes from its own presence) but by focusing on your direct experience as much as possible. *Transformative understanding only ever comes from direct experience, never from rehashing the experience in the mind.*

We have been provided with the perfect tool to decipher existence—our ability to be conscious in the present moment. When we are conscious of our experience, there is no need for the mind to relate an approximation of the experience because we are *present* during the firsthand experience *as it is happening*. Starved of the need to solve life, the mind gradually lessens its grip until it leaves us free altogether. Far from being a state of madness, the space it leaves is refreshingly calm, open, and clear. Like any new skill, it will take you time to integrate it and get proficient, but that's no reason *not* to start.

Notice the “Good”

This one is an oldie but a goodie. You may have heard it said that whatever we focus on is strengthened. This is true. However, while many people know this intellectually, they do not put it into practice. Putting it into practice is what transforms our understanding, not just knowing about it.

What happens when you start to notice what is working, what is inspiring, what is enjoyable, what you love about yourself and life? *That aspect is literally expanded by your very attention there.* No experience is dependent on some outside circumstance being in place. It’s all an inside job. Noticing the good is an excellent practice to bring that realization into your awareness daily.

Replace Contracted Attitudes with Expansive Ones

Attitudes generate emotional undercurrents or background noise that can become ingrained and automatic. According to research at HeartMath LLC, these undercurrents affect your mood swings, the way you feel overall, and your relationships. By learning to shift to positive attitudes, you increase your emotional stability and resilience.

You can shift out of a contracted emotional state into an expansive one (psychologically and physiologically) with this Attitude Breathing tool from HeartMath. It helps you learn to clear and replace contracted attitudes right in the midst of stress or anxiety to shift your perspective.

Here's how to use this tool:

Recognize an unwanted attitude—a feeling or attitude that you want to change. This could be anxiety, self-judgment, guilt, anger, anything.

Identify and breathe a replacement attitude. Select a positive attitude, and then breathe the feeling of that new attitude slowly and casually through your heart area. Do this for a while until you anchor the new feeling.

Often the appropriate replacement attitude to breathe can be obvious, like balance, non-judgment, or appreciation. Use the following Attitude Replacement list from HeartMath or be open to a new replacement attitude from your intuition. Continue the attitude breathing until you feel an energetic shift or change in your physiology. For example, if you are worried, breathe the feeling of calm until you actually feel calmed, until the turbulent emotional energy in your subconscious has shifted. To learn more, visit www.HeartMath.com.

Attitude Replacements

Recognize Unwanted Attitudes

Anxiety
Overwhelm
Anger/Upset
Judgment

Breathe Replacement Attitudes

Calm
Ease and Peace
Balance
Compassion

Breathe

Life on Earth works better with oxygen. There are myriad benefits to working with the breath. See *Pranayama Breathing Exercises* on Page 16.

Smile

Life on Earth works better when we smile. Try it.

Keep a Sense of Perspective

There may be times when you feel out of sorts. There may be situations where you are struggling to make a conscious response. There may be people in your life who you feel off-balance around. You may sometimes lose your temper, feel frustrated, have unkind thoughts, or feel overwhelmed. None of these occurrences has ever prevented the sun from rising or the tide from turning.

A sense of perspective is an enormously helpful mental habit. It stops you from getting bogged down in the details and losing sight of the bigger picture. What is the bigger picture of this exploration?

The deepest truth is there is nothing you can do wrong. Every single one of your thoughts shapes your energy into patterns. The choices we make, consciously and unconsciously, give us an opportunity to see their resulting patterns as they show up in our experience. Some patterns feel more

pleasant than others, but no one pattern is intrinsically better or worse than any other. As such, there is no right pattern. Life itself is exploration on a vast scale. If you do not have to put any energy into being right, you can just enjoy the dance. Phew, what a relief!

FREQUENTLY ASKED QUESTIONS ●●●●

When Can I Expect Results?

This practice will give you results, if that is what you are looking for. But try to refrain from needing a time frame. When you allow the many wonders of life to unfold without the requirement of sticking to a schedule, you are freed up to appreciate the beauty in every single facet instead of watching the clock. Do you really want the universe delivered on a plate? If you possessed all knowledge, then what? The game of life is not to win, but to appreciate the nature of the energy you play with.

We rush toward an imaginary finish line without knowing what we'll find over this line, only to find the same energy that has always been here. We find the same laws of existence. And all of that is available now. It's all available in this moment. There is no finish line. There is no prize. There is no path, no schedule, no time line. There is no right direction, right choice, right way. All of that would imply there was something out there that is not here now. It would imply that there is something you could be that you are not now. You are the energy you are looking for. Right here. Right now.

What Results Can I Expect?

The most common expectation of a spiritual practice is that it should enlighten you. Let's be clear, there is no practice, as such, that will enlighten you. If you religiously follow a set of rules, believing that sticking to it is all you need to do, you will inevitably be disappointed. It is not the practice itself that makes the difference. It is the understanding that is borne from it.

Enlightenment is not something we *do*, it is something we *know*, and this knowing directs our interaction with our moment-to-moment existence. As you work your way through these meditations, let the understanding that comes from your direct experience in meditation inform the way you move through life at other times. This practice is simply an exploration of what is already present in you. There's nothing more to add to your being. It is all there. You are simply widening your perception so you can see that.

Any new way of thinking is resisted by the mind initially, even when it is beneficial for you. If you find it difficult to give up the whole idea of needing to *achieve* something, just tell yourself you're trying it for a while. This is often enough to loosen the grip of expectation. When we feel the relief and freedom that comes from practicing without expectations, our ever-present lightness of being is freed to come to the foreground of our experience.

In all human beings there is a deep expectation of finding a basic goodness in life, either inside us or out there somewhere. All human activity in life appears motivated by this expectation. While we sometimes engage in unhealthy

or unhelpful activities in order to simulate this perceived goodness, it is nevertheless an attempt to meet the good that we vaguely sense.

The greatest result you can attain from this course is the deep knowing that we are literally designed out of goodness. It is the very fabric of our existence. It is so ingrained in our being that we need do nothing to earn it. It is who we are. No activity has any effect on its nature, because it can never change its nature. It can shape into myriad forms along the whole spectrum of experience, but it can never be anything other than its original form, which is expansive, light-filled grace (which we call goodness). Never lose sight of this goodness, lose only the expectation that *you need to do something to receive it*.

What Issues Might Come Up and How Do I Resolve Them?

Most people notice that they have pleasant experiences when following these meditations. That is not the intent of the meditations but a by-product of them. A sense of wonder, a sense of relief, or a sense of gratitude often arises when we discover that we have been a beautiful energy source all along. Your perception starts to alter, and you may notice things that you never did before.

Do not make too much of anything that occurs. Accept that things are changing, enjoy your newfound awareness, and keep noticing. If you

experience frustration, doubt, confusion, annoyance, or even anger as you are going through the program, just keep going! Those feelings are not generated by the material, but they might be happening exactly as they were before you started the program, only now you are more aware of them.

Some people may be expecting a tough time. You might be expecting to wrestle with your demons in order to be freed of them. You might be expecting to rake over your thoughts and feelings with a fine-toothed comb to weed out the offenders. You may even be disappointed that you are not going to get stuck on your problems and challenges. This meditation series is definitely not the school of hard knocks. If that is what you are expecting, you will need to find another teacher.

There is simply no behavior in the human sphere that does not rely on the source energy of existence, nor any behavior that can challenge the validity of that truth. In other words, our behavior as human beings is entirely dependent on its energetic foundation, or we could not exist at all. We are using this energy to create all the time. Whether we create exemplary behavior or questionable behavior is another matter.

When we focus our conscious awareness on what is always present (the foundation energy principle), the transitory energy creations (thoughts, feelings, and behavior) automatically come into alignment with the foundation energy. We start to fall under the influence of our original nature, and this automatically extends into our thoughts, feelings, and behavior. The news is all good—there are no hidden exceptions.

If you want to examine your beliefs to see how they stand up to rigorous investigation, do so only in the light of whether they reflect something that is consistently true. This exercise is not to judge them and wonder why this or that occurs. It is simply to see that every opinion, statement, thought, belief, action, and feeling is either a statement of consistent truth or temporary (if recurring) creation.

For instance, the statements “I don’t understand” or “I am not ready for enlightenment” or even “I am on a spiritual journey and I will get there one day” can all be examined in the light of whether they reflect the truth of reality. Peel back the statement and examine the assumptions that allow it to be there. In this way we get to see the unexamined assumptions that allow certain thoughts to persist in their influence upon us. By examining the assumptions, we reconnect with the fact that we are creating our lack of understanding or our lack of readiness by our own thoughts. We are doing it to ourselves. Even the idea that we are on some kind of journey immediately creates a destination where there is none. It immediately creates a sense of “somewhere,” which places us firmly in the state of “not there.”

This is not for the faint-hearted. You need to be clinically honest with yourself. When you look into any of the expressions of energy listed above, you can see the source it relies on. It’s an illuminating exercise, but then it’s supposed to be!

Will These Meditations Solve All of My Problems?

Do not look to find solace for your problems in this program, because problems are the imagination of the mind wanting to create separation, wanting to create a life out of the oneness of our being. If we believe in our problems, then we are taking them as truth. That belief drops them into the sea of consciousness, and what do we manifest? Our problems. You will never reach unified consciousness by solving problems. It is an absolute fallacy of the spiritual path. There's nothing you need to solve. People often have this idea of perfecting themselves, that if they can overcome enough challenges and obstacles and issues, they will arrive somewhere. But how can you arrive where you are already standing? The whole notion of problems and solving them disappears when you sit in the central sun of your being. You are already there, and you can see, you can feel, and you know you are there. There's very little impulse, absolutely no volition to then try and solve problems: they have solved themselves.

What Is Enlightenment?

Let's first look at what it is not. Enlightenment is *not* getting something—whether that's getting more knowledge or becoming spiritually advanced. You need to let go of any preconceived ideas about what meditation practice will do for you. Of course if you want greater levels of peace, certainty, and clarity, any good meditation practice will give you that when

you apply yourself sincerely to it. But these are all states along the way. They are not a destination in themselves. These kinds of thoughts will only lead to frustration, and that's counterproductive.

We also need to let go of what we think it means to be spiritual. This is a big one for many practitioners, and sometimes the hardest part to let go. However, if you humbly and willingly explore your experience, you will derive more from this experiential knowledge than chasing some idea and never having your experience match it.

Here's how that works. When you imagine that you should be having a certain experience, you are simultaneously believing that you do not already have it (or the skills to bring it about), and that is what you will manifest—the lack of experience, because that is where your focus is. The beauty of exploring your moment-to-moment experience is that it is happening live, and so you are building your wisdom based on your actual, unfolding experience. Your awareness is responsive to every tiny alteration in your thoughts.

Exploring your experience in the present moment is like taking part in an experiment where your being is the medium, the examiner, the examined, the occurrence, the initiator of the occurrence—all of it! As you are all of it, nothing is missed, nothing is outside of your awareness. You get to see very quickly just how much influence you have on your experience. So much so that your entire perception of existence is dependent on what you believe

it to be. It will mirror your idea of it. By studying your experience, you are able to connect the two.

Enlightenment has nothing to do with living up to a spiritual ideal. That's just a fallacy, plain and simple. The idea that enlightenment is perpetual happiness is also a common misconception. That's not to say that enlightened people are not happy. But you are not shooting for a state of perpetual happiness. Happiness is still firmly inside of duality (the state of relative and illusory opposites, which give rise to the formed world) because it most often relies on *something to make one happy*. Happiness cannot exist without its opposite state. Otherwise one could not understand that one was happy. So if you are trying to design your life so you are perpetually happy, you're in for a long haul. There is a state of deep abiding contentment that arises when one is free of illusion, but it's not dependent on outside circumstances, not even enlightenment itself!

Examine all the practices you have. If you are doing any of them to be good, to get ahead, to be spiritual, then seriously consider whether they are really bringing you those things. Ask yourself what your practice says about what you believe to be true, about yourself and the way existence is designed. When we do anything because we think we need to get something, to grow into something, to become something, then we are unconsciously saying that we don't believe we have it already.

Your practice, in meditation or otherwise, is only to reveal to yourself what is already there. Now enlightenment might not be what you are after, and that's fine, too. It does not have to be the goal, because the truth is something you *are*, not something you do or get. And this is exactly why enlightenment does not need to be sought—it is your beingness that is with you all the time you are looking for it.

So if we are already eternal truth, what is enlightenment?

Enlightenment is the continuous state of knowing that you are the source energy at all times. And as you are the medium in question, it is continually knowing oneself. This kind of knowing is not “I know the answer to the question.” Rather, it is a deep knowing that produces certainty. Again, it is not “I’m certain I left my keys there.” It’s the kind of certainty so deep and so profound that it saturates your thoughts, your feelings, and your actions. It’s the kind of certainty that never leaves you. It can be called “remembering,” because the truth of your being is so constant it becomes impossible to forget. Imagine a state where you are free of all doubt, all fear, and all indecision. It seems impossible and yet it happens naturally when we are certain.

Certainty is more than the lack of doubt, fear, and indecision. Certainty is accompanied by trust. We have discussed trust in more detail elsewhere, but in terms of enlightenment, trust grows as we discover how well designed we are, how reliable the energy is that we are made from, and

that there is nothing, NOTHING, outside of this energy, so it is all us anyway (or rather we are it). Enlightenment CANNOT be discerned by reading about it, it can only be experienced.

How Would Life Be Different if We Were Enlightened?

The greatest service that we can provide this Earth is to be *true to who we are*. When we operate from that place, everything changes—EVERYTHING changes. Our relationship to our self is central to our existence. When we are not in alignment with our relationship to our self, then everything that comes from that is out of alignment—because we are co-creators with God, we are generating our experience moment to moment. When we are not in alignment with the truth of who we are, everything that we create, everything that we send forth, has the flavor of our forgetting, rather than the flavor of our remembering.

The greatest service that we can provide this Earth is to be in alignment with ourselves, to know ourselves. And from that point, there is no question of “How can I serve?” or “What is my purpose?” or “What can I do?” It’s a natural volition when we cross over from an individual agenda to a universal agenda. We transfer our identity from being the Ego-self, the Me-self, the Personality-self, to the All-That-Is-self. And when we reside as the All-That-Is-self, there is a naturally arising volition that says we are already in contact

with everything in our environment. We understand the relationship to everything in our environment.

Just understanding that relationship, even just knowing it and being it yourself, provides a huge service to mankind, to the environment, to society, to nations, to the global picture. Even just one person sitting in the truth of their being will create a force field. And everything that comes into contact with that force field is affected. As you hold to the truth of your being, you will find that everything in your environment comes into correct relationship with universal energy. Everything is seen in its true light. That creates true sight or clear sight for you, but it also means that everybody who comes close to you or is in contact with you is in an energetic environment where it is easier for them to see as well. So *you* are then holding the lamp, and you can light the way for others.

Do We Need to Give Anything Up for Enlightenment?

No, not a thing. Some things will naturally fall away, such as complaining, blaming, and shaming, but they never belonged to us in the first place. Along the way we also notice that we are no longer afraid, doubtful, or uncertain, even though we did not consciously give these attitudes away. You can enjoy every aspect of life to the fullest (including sex, money, and even chocolate). You just won't *need* them to be happy.

What Are the Common Myths of Enlightenment?

I am on the path to Enlightenment. It is my goal.

There is no path to enlightenment, and enlightenment as a destination is not a useful goal. The more we look for enlightenment, the more we convince the energy of creation that we do not already have it. It complies with our request. We experience that we are not there, and that is how we perpetuate separation. Being enlightened is a state of being, not a place we reach.

Once I am enlightened I will be in perfect bliss and happiness.

No, you will be in perfect *truth*. Bliss and happiness are part of the spectrum of duality. Experiencing the state beyond all forms of thought, feeling, and behavior is the enlightened state.

Enlightenment will make me a “perfect” human.

That would suppose that your existence now is somehow flawed, and that’s just not true. Perfection is present in the exact mirroring of our thoughts in the foundation energy, which creates our experience (human and spiritual). That is happening all the time, so whether you are aware of it or not, perfection is always present.

Enlightenment will give me powers. I will perform miracles.

Being able to create your own experience moment to moment is pretty powerful and miraculous. But you already have everything now that you will have when you are enlightened. Once you know that in your every waking moment, you will *be* enlightened!

Reaching enlightenment is difficult and takes a long time.

If we imagine that enlightenment is a place we reach, it will indeed be difficult because enlightenment does not have a geographical location. And if we imagine we are getting closer to it, we suppose that we are moving away from something else—but it's all it! It does not exist as an entity or an energy. It's a state of being. So trying to find something that does not exist will take a very long time.

I need to understand enlightenment with my mind.

Good luck!

When I look inside and see that I am nothing, that's wisdom. When I look outside, and see that I am everything, that's love. And between these two my life turns.

– Nasargadata



ABOUT JEDDAH MALI ●●●●

As a child, Jeddah had an innate ability to understand and interact with universal energy. She also knew that most people were not aware of this potential within themselves, and as a result, it lay largely undiscovered, despite always being accessible for those who choose to look for it.

At the age of 20 she began a spiritual quest, traveling to Asia to study with the great masters of consciousness, including His Holiness the Dalai

Lama, His Holiness Ajahn Buddhadasa, Lama Zopa Rinpoche, Master Goenka, and many realized teachers in the Tibetan, Theravada, and Bhutanese traditions of Buddhism.

However, it was Jeddah's own awakening that encouraged her to bring through instruction the means to experience our essence as a Sea of Awareness, which she saw had long lay dormant in modern Man. Teaching people how to better use the creative capacity of thought to realize Oneness has a direct impact on the future of our planet and us as a species.

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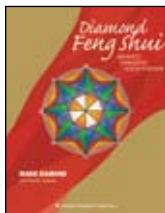
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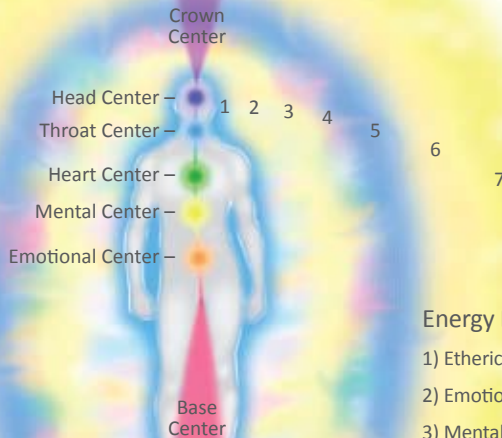
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Seeds of Enlightenment



Energy Bodies

- 1) Etheric - Blue
- 2) Emotional - Multi-Colored
- 3) Mental - Yellow
- 4) Higher Ego - Multi-Colored
- 5) Higher Etheric - Blue
- 6) Higher Astral - Gold
- 7) Higher Wisdom - White Gold