

EMBRACING FREEDOM

Changing the Paradigm Series

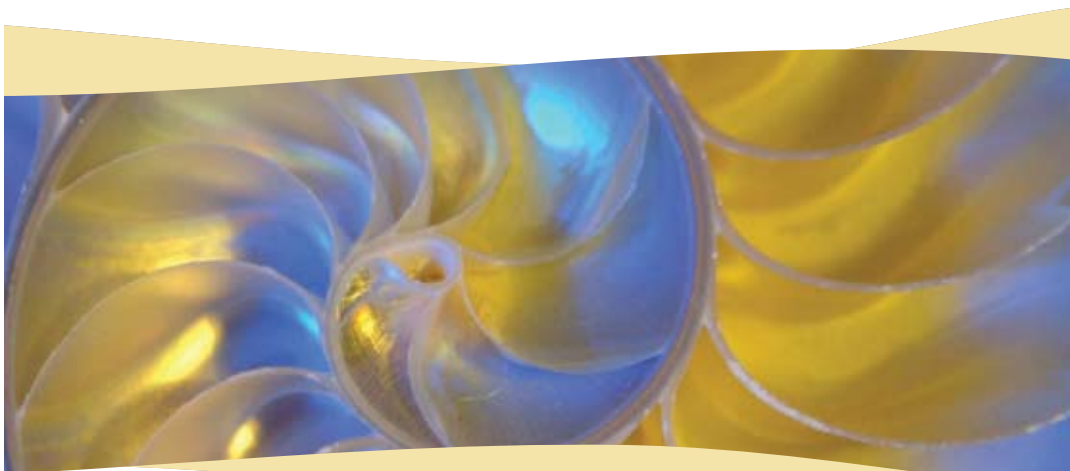
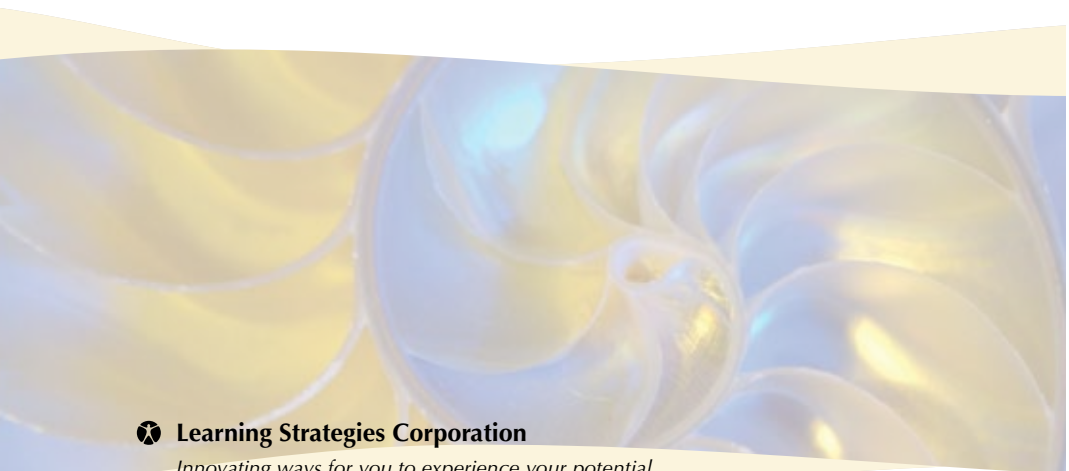


VOLUME 2

EMBRACING FREEDOM

Changing the Paradigm Series

Jeddah Mali



Learning Strategies Corporation

Innovating ways for you to experience your potential

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For insights and coaching, refer to www.LearningStrategies.com/Forum.

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EMBRACING FREEDOM

PROGRAM TITLES AND TIMES	4
INTRODUCTION	6
Using <i>Embracing Freedom</i>	8
Learning Through Meditation.....	9
Meditation Descriptions.....	11
Energy Centers and Energy Bodies Diagram.....	16
Feminine Center Diagram.....	17
THE EVOLUTION OF HUMANKIND	18
Former Times	18
20th and 21st Century Living.....	21
The Evolution of Humankind	24
Our Potential	26
Future Vision for Humanity	32
FREQUENTLY ASKED QUESTIONS.....	36
ABOUT JEDDAH MALI	43
TOOLS FOR LIFELONG LEARNING	44

PROGRAM TITLES AND TIMES

CD 1

Introduction to *Embracing Freedom*

Track 1 (29 Mins)

Willing and Allowing (Meditation 1)

Introduction – Track 2 (9 Mins)

Meditation – Track 3 (27 Mins)

CD 2

Holding Consciousness Steady

(Meditation 2)

Introduction – Track 1 (8 Mins)

Meditation – Track 2 (26 Mins)

Clear-Light Mind (Meditation 3)

Introduction – Track 3 (9 Mins)

Meditation – Track 4 (28 Mins)

CD 3

Meaning (Meditation 4)

Introduction – Track 1 (9 Mins)

Meditation – Track 2 (25 Mins)

Physical Body (Meditation 5)

Introduction – Track 3 (10 Mins)

Meditation – Track 4 (28 Mins)

CD 4

Self-Acceptance (Meditation 6)

Introduction – Track 1 (9 Mins)

Meditation – Track 2 (27 Mins)

Self-Responsibility (Meditation 7)

Introduction – Track 3 (7 Mins)

Meditation – Track 4 (30 Mins)

CD 5

Balance (Meditation 8)

Introduction – Track 1 (10 Mins)

Meditation – Track 2 (27 Mins)

Humility (Meditation 9)

Introduction – Track 3 (10 Mins)

Meditation – Track 4 (27 Mins)

CD 6

Confidence (Meditation 10)

Introduction – Track 1 (8 Mins)

Meditation – Track 2 (26 Mins)

The Nature of Giving (Meditation 11)

Introduction – Track 3 (8 Mins)

Meditation – Track 4 (25 Mins)

CD 7

Unseen Helpers (Meditation 12)

Introduction – Track 1 (9 Mins)

Meditation – Track 2 (30 Mins)

Embracing Freedom Conclusion

Track 3 (2 Mins)

CHANGING THE PARADIGM SERIES

EMBRACING FREEDOM

Know that when you seek anything of your own, you will never find God, because you do not seek God purely. You are seeking something along with God, and you are acting just as if you were to make a candle out of God in order to look for something with it. Once one finds the things one is looking for, one throws the candle away. This is what you are doing.

– Meister Eckhart

INTRODUCTION ●●●●

Welcome to *Embracing Freedom*, volume two in the *Changing the Paradigm Series*. This program is designed to deepen your trust in the truth of your existence. I have assembled a series of lessons to help you maintain continuous conscious awareness while simultaneously living fully in every waking moment.

As we go about our daily life we can get caught up in what is happening at the physical level and forget to hold our conscious attention on the full spectrum

of awareness. These teachings deal with common areas where we can get caught. As we bring the light of consciousness to these areas, we can notice and experience both the physical and nonphysical forms of awareness.

I created these meditations to help you fine-tune your experience. You will discover skills that will enable you to examine awareness and decipher its eternal form from temporary phenomena. You will learn to overcome obstacles to staying consciously aware during day-to-day life. And you will embrace the essential qualities that produce mature states of consciousness.

These teachings help you gain greater experience of self-knowledge as the unified field of awareness. As you align with this mechanism you will discover what best serves you and your world.

It is only when we understand and work out of a unified paradigm that we can maintain expanded conscious awareness on a consistent basis.

When we live from a paradigm of separation, a belief that we are separate from the source of life itself, we are really living in an illusion. These meditations offer an opportunity to sidestep the mind and gain direct experience of existence as it is happening. It is then we become conscious of the medium of awareness itself.

When we become conscious of awareness, we find that we perceive existence directly. We consciously understand our part in creating our moment-to-moment reality. We are aware that we are the energy that forms experience itself.

This unified consciousness is the most basic substance that you can go back to. It is the source of existence, the sea of awareness that is existing all the time. Everything comes out of that, and everything goes back into it.

When you dwell in unified consciousness, you are dwelling in the part that is doing the creating, experiencing the experience, and giving you the feedback. Enlightenment is being able to reside in all three simultaneously. It is in the unified field of awareness that you develop a deeper ability to know yourself as love, light, and wisdom. You give rise to a new way, making the world better for you and your fellow inhabitants.

Using Embracing Freedom

- 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 cumulatively.
- 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.
- After you have become proficient in all the meditations, you can go back and listen to them in any order based upon the issue that you are facing in the moment.
- For additional guidance and tips for making your meditations more effective, reference the booklet from *Seeds of Enlightenment*, volume one of the *Changing the Paradigm Series*. It includes information about meditation posture, specific breathing exercises, and many helpful qualities and habits to assist your meditation practice.

Learning Through Meditation

Meditation is by its nature experiential. The degree of benefit you derive from your practice will depend on how present you are to what is happening in each moment, rather than how well you carry out a set of techniques.

These teachings are designed to keep your practice alive, to deepen your conscious experience of how you are navigating life in each moment. That means not just being vaguely conscious and able to decipher the most obvious elements in your experience such as physical body or breath. It also

means being conscious of the subtle levels of your being. The more you can stay anchored in the present, the more readily you will develop an acute perception of your experience and come to know your being more fully.

That is why you are led through these teachings experientially in meditation. 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, right now, that everything you need is in place.

This program is not about learning to meditate, nor does it advance any particular form of meditation. Instead, you are encouraged to be in a meditative state, during which time you are guided through a series of explorations. As you follow along, you will be able to feel and sense your role in generating your experiences.

The practices in *Embracing Freedom* reveal how your life came to be the way it is. By aligning with the truth of your being, you free yourself to enjoy the fruits of life, including greater levels of love, compassion, and wisdom.

As you open to new ways of being and seeing, your experience as the unified field of awareness becomes self-evident. You develop a wider, more accurate perception based on the design of existence, and you start to see the world in an entirely different light.

In the unified field of awareness we start to see things less in terms of “me” and more in terms of “us.” The more conscious we are of this truth of existence, the more able we are to facilitate the best experience for ourselves and others.

Meditation Descriptions

Meditation 1 – Willing and Allowing

Willing and allowing are two qualities that we employ as human beings to carry out creation. Willingness pushes awareness into form, and allowing actualizes it. With our will, we have the freedom to choose our thoughts, intentions, and beliefs and therefore our experience. Allowing helps us to bring that experience to life. It is the active state of acceptance and positive expectation that lets awareness get on with the job of creation.

Meditation 2 – Holding Consciousness Steady

Consciousness is a mirror. It reflects the happenings in awareness and the nature of awareness itself. When the mirror of consciousness is not steady, what we see is distorted. When we are able to hold that mirror steady, we see a true reflection. We notice we have the ability to place consciousness at will. Therefore, what we experience is entirely within our command.

Meditation 3 – Clear-Light Mind

The mind is a vessel that can contain thought, but it is also the medium in which thought arises. This vessel is never separate from awareness. It is the potential of awareness to hold thought. When our thoughts are calm and

gentle, we are naturally content and at peace. This is because we are not entertaining thoughts that are contrary to the innate nature of the mind. It is not the mind itself but the thoughts that we allow to dwell within it that determine our experience.

Meditation 4 – Meaning

Meaning arises from the thoughts we think in relation to existence. As we try to make sense of our experience, we make assumptions that when held long enough become beliefs, or we can acquire interpretations from others without question. Assigned meaning is a poor substitute for direct experience. All experience is made up of energy sensations. When we can rely on our direct experience of sensations, we get a much more accurate readout of what is happening than when we rely on meaning.

Meditation 5 – Physical Body

The physical body is a tangible expression of energy as matter, as being. When we engage in an internal dialogue of criticism and judgment, it is particularly wearing for the energy of existence. But when we engage in expansive thoughts toward our being, we experience energetic expansion. We align our thinking with our nature and in doing so release all contraction. The result is the harmonious reorganization of our being, including the entire physical body.

Meditation 6 – Self-Acceptance

Self-acceptance is an active state of honoring and encouraging ourselves. Too often we become bound up in thoughts that we are just not quite good enough and allow these beliefs to go unchallenged. Yet we can accept that it is the nature of the mind to think without buying into these beliefs. When we stay in the present moment, becoming conscious of the abiding presence of awareness, we start to accept and come to know that that is who we are. We become full of wonder instead of criticism.

Meditation 7 – Self-Responsibility

Self-responsibility is defined as taking one hundred percent responsibility for our thoughts, feelings, and actions. Collectively, these are our contribution to consciousness. We often hear that we create our own reality, but what is not often realized is that our impact upon awareness affects everyone and everything, not just our own experience. Self-responsibility recognizes this essential interconnectedness. It demonstrates our remembrance of who we are and how things work.

Meditation 8 – Balance

Balance is a state of being and a key quality of awareness. Our usual reference point for balance comes from familiarity with its opposite state, imbalance,

and its symptoms of overwhelm, stress, alienation, depression, and confusion. Like all states of being, balance is accessible at any moment, no matter how out of balance we might feel at the time.

Meditation 9 – Humility

Humility is the vital quality that allows the conscious experience of truth. Truth is a state of direct access to “what is.” And that cannot be faked. If we feel we need to engineer ourselves into truth, awareness will register and shape around the effort itself. This results in separation because we have assumed that something is missing, that truth cannot exist without our doing, thinking, or becoming something more. But truth is the state of what already is—without addition. Humility allows us to accept this graciously.

Meditation 10 – Confidence

Fear and doubt are the internal environments that erode our confidence. Fear prevents us from engaging with the myriad possibilities that are available to us. Doubt creates the convincing illusion that we lack the abilities and attributes that are inherent in us. But the nature of awareness does not change. When we remember that we cannot lose our nature, we begin to trust in it. We become confident of its presence. This inner certainty fuels our waking moments.

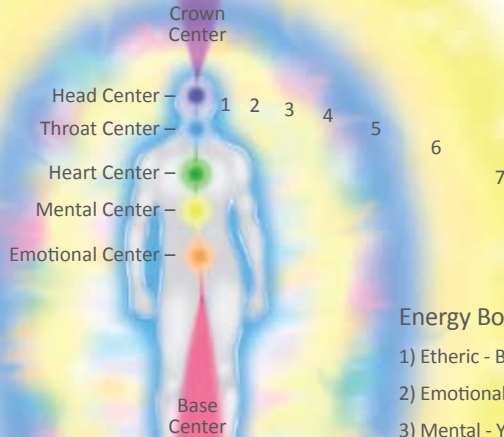
Meditation 11 – The Nature of Giving

Giving is the most natural quality that exists. However, in human society the focus of giving has shifted to the concept of exchange. Seeing the world in terms of finite resources limits our capacity to give. But awareness is limitless. When we give from an understanding of effortless abundance, we demonstrate our trust in awareness. As a result we experience the lightness and expansion of that belief. Thus, giving demonstrates our alignment with the essence of life.

Meditation 12 – Unseen Helpers

Built into the design of existence is an ever-present energy reservoir we can draw on whenever we wish. These unseen helpers are beings of conscious awareness that vibrate at higher frequencies. Because we all arise from the same source of existence, we can access these ever-present gifts by turning our conscious attention toward them and allowing ourselves to receive the support, guidance, comfort, or healing they offer. The result is a sense of being held, cared for, and accompanied in life. We feel connected to life. For in truth, we are connected all of the time.

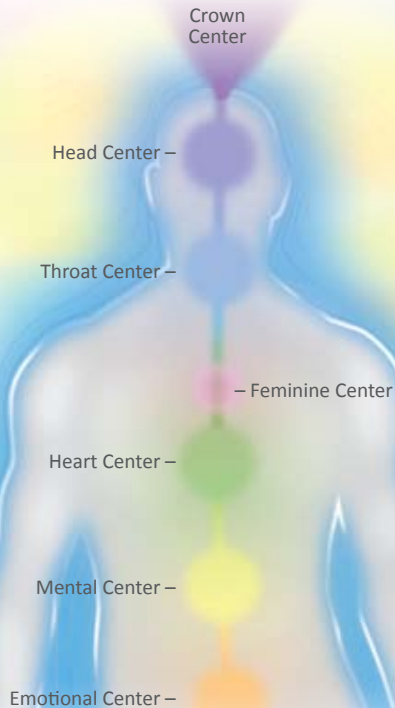
Energy Centers and Energy Bodies



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

Feminine Center



THE EVOLUTION OF HUMANKIND ●●●●

Here we offer a brief overview of the story around the evolution of humankind and the factors involved.

Former Times

Nature's Laws

In former times all human life was governed by the rhythm of nature. Our relationship to time and pace was given by the Earth's seasons.

For survival, mankind worked alongside the laws of nature to ensure continued food production. Even people who were not dependent on growing their food, such as those who hunted animals or fished, respected the cycles of breeding and growth to manage their future supply. All products were made by hand from natural sourced materials. When they were no longer in use, they could biodegrade back into the Earth without a trace. Waste was unheard of.

To willfully disregard these laws meant human beings, or their children, would perish. So for thousands and thousands of years man existed on this planet going no faster than nature would allow. And until our very recent history, there were no motorized machines to alter this pace. Tools aided the skill in a task, but still they could not radically alter the pace at which a human could physically work. Survival demanded physical robustness.

Vocation was often passed through families. The location of people changed very little over generations.

What these natural rhythms gave us was a steady pace of evolution, in other words *time to adjust to and integrate change*.

Societal Structure

For much of human history and up to very recently, human behavior was also held by another type of law—man-made. Human laws have never been consistent across the planet in the whole history of mankind's presence. Neither do they have to be. Diversity is an expression of myriad possibilities. However, we can identify evolutionary trends in behavior across human history.

Historically nations have been overseen by an established “authority” or “power” in one form or another. These could be religious or tribal elders, a monarchy, a hierarchical class system (such as the feudal landlord system), or an elected government. The balance of power, and therefore the right to influence society (or dictate in some cases), has dominated mankind's history.

What is interesting to note is that in most cases, laws were made by a few to govern many. Every aspect of life was given set parameters—even family structures. And certainly human conduct was clearly prescribed.

But with this approach, most of the rules are decided *for us*. We just need to follow the rules—obeying them—whether we agree with them or not. In many societies the rules are upheld as being for the “good” of society as a whole. For this reason, very little questioning or individual choice is encouraged. And in the more repressive examples, it is seen as disruptive and destabilizing.

The traditional model of the family, or tribe, is that of an organism within which you have a sense of belonging. It also provides a structure to uphold and reinforce the “laws” of society. In its healthier examples, it provides a structure around which we can relate and care, which is an irrepressible aspect of humanity. The people belonging to this structure take their identity from the collective, and this gives them a perspective through which they can relate to self, each other, and life. This is often referred to as the *social norm*.

The entire human family has used this approach for most of its time here. Some may say that progress has been slow, that after all this time we still have wars and poverty. We do not seek to glorify or judge the past. But because it is the soil out of which the present human family has grown, it can provide perspective. For as we look back we can see that “collective influence on individual behavior” has all but reversed in recent times.

20th and 21st Century Living

The Birth of Mechanization and Technology Built on Oil

Undoubtedly motorized machinery and technology have brought about a radical transformation of the planet on every level. After centuries of very little change, the world has come to rely on machinery and technology within an incredibly short time span. Most of today's survival systems are now heavily dependent on them: food production and distribution, manufacturing, construction, and utilities. Even communication has become reliant on technology in many parts of the world.

The planet is now dealing with record levels of waste as a result of 1) our reliance on oil-based products such as plastics, which do not break down as did the tools and products of old, and 2) the speed and low cost at which new products are made. There is very little human input in today's manufacturing or production methods. For the last half a century, people have migrated with increasing rapidity from the country to the cities. Now more than half of the world's population lives in urban areas.

Societal, family, and work structures have been transformed beyond recognition compared to one hundred years ago, and they continue to change at a rapid pace. Diet, medicine, and education have also undergone significant changes. And yet many of the world's children spend more hours a day in front of a television than they do interacting with their families. More still are subject to child labor.

Why is it that in the parts of the world where people have embraced the advance of mechanization and technology, the statistics for stress and mental illness have risen alongside? And despite increased food production and use of technology, millions of children die of starvation each year (tens of thousands a day!)—yet we throw away millions of tons of grain every year.

Machinery and technology allow us to disregard the given laws of nature, seemingly with none of the immediate consequences that beset previous generations. However these consequences were not avoided—only delayed. We have temporarily offset the consequences of moving faster than nature by *borrowing* energy from an ancient source. Much of the world lives on fuels and products created from oil products. But this fuel was laid down many thousands of years ago—it is sometimes referred to as *ancient sunlight*. And it is not being replenished.

So our enormous push forward has been funded by an energy source that cannot be maintained, replicated, or replaced. In short, it cannot be sustained.

The Lost Wisdom of Nature

This fundamental mismatch between what we now produce and what nature can sustain has been sorely overlooked. In the relatively short history of our oil-based reliance we have lost a lot of the wisdom and lessons that nature furnishes us—and along with them, the pace that nature had originally set for us.

The energy source that gives rise to all created phenomena is imprinted on nature, in a self-revealed form. What we threw away when our evolution parted company with nature is the reminder that we are part of nature. We are a layer of weave in the fabric of life, not the entire garment. We said goodbye to the humility that nature asked of us and along with it the desire to act responsibly.

The borrowing of energy from oil has allowed the most explosive trajectory of change and transformation that this planet has seen since the Ice Age. After centuries of following the pace of nature, we are now engaged in a massive leap. The last century has been one of relentless change for human beings—and much of it challenging. When we see our relatively recent past in these terms, it makes us realize just how much this planet has undergone in the last one hundred years, and why it is more vital than ever that we understand *how we create the world we live in*.

Mechanization has enabled mankind to move quicker, but it has also encouraged human pace to be out of step with the pace of nature. For along with an increased pace we have lost the steadiness of the previous rhythm provided for us by nature. And we have lost the leisurely time scale we had previously in which to adapt.

Despite all the advances and what looks like progress on many fronts, much of the world's population still suffers on a daily basis from confusion,

alienation, overwhelm, oppression, tyranny, inequality, poverty, and ecological instability. As we have seen, technological progress does not necessarily confer human progress. If mechanization and technology have not been the hoped-for panacea for the Earth, then where do we turn now?

The Evolution of Humankind

There is no lack of disillusionment amongst humans about the state of the world's affairs. We all know that our present approach does not bring about contentment, ease, or dignity for all. Quality of life is woefully short of adequate for most of the world's population. And yet we also sense that there is more, that we can find a way.

Why haven't human beings yet found a way to exist that consistently produces harmonious living across the globe? Because the belief until now has been that each person is a separate entity, and there is no underlying connection between individuals. We have based our belief in what we could see rather than what we could feel. We do not see any immediate connection between what we think, feel, and do and the consequences that result for ourselves and others.

The previous emphasis on collective good has shifted dramatically towards individual endeavor. Some may see the increase of individual ego desires as causing the problems of greed and power that beset human behavior.

However, when we look at the bigger movements, as we are doing here, we can see that mankind has been on a long and thorough journey of experience through the third dimension of matter. This follows a much larger cycle of developing consciousness spanning many thousands of years.

Along with the pace of change, and the transformation of systems and structures, the evolution of humankind is speeding up. No matter how many times we try to build reliable structures and systems, we find they do not ultimately serve us, and we are forced to experiment with another source for our steadiness.

We are moving from a reliance on outer stability provided by laws, governments, and society to trusting an inner source that is intimately unique to us and yet on a deeper level is shared by all. Our awakened individuality is often seen as a hindrance to this development. However, this is a vital part of the process.

The understanding that “what I do to myself, I do to all” has never been widespread. But it is exactly this understanding that is growing in humanity as the world now sees the effects globally. Within dying structures and systems, we start to see the underlying unity, the commonality. What is left when all else passes away is what is true, constant, steady, and reliable. Our task now is not to dwell any further on what has been, but to look with fresh eyes at what we have learned and where we go from here.

Our Potential

Understanding Our Design

In order to begin something, we usually have an idea of what is possible. Understanding the design of existence is crucial to setting sail. If we do not understand the nature of the substance with which we create, we may miss many of the opportunities inherent within it. We do not *realize* the full potential.

Until now mankind has based many of its ideas on what is physically possible. This limits the scope of the attempt right there. We are so much more than our physical form, as these teachings reveal to us.

The experience we have of life dramatically changes in the light of seeing who we are and of what we are capable. And this capability is predisposed towards expansion. It is actually easier to create expansion than contraction—it requires inherently less effort. Were the knowledge of our origin and design widespread, our experience of our humanness would radically change. And the results we would see on Earth would change almost overnight.

Even embracing one of the lessons or qualities outlined in *Embracing Freedom* would make a huge difference to humanity. When we understand the quantum impact of our thoughts, feelings, and actions upon the whole web of life, we naturally seek more expansive choices.

The place to start is always with our experience in the present. There is no time outside now. The present moment is the playground of life—where all life springs forth, where all creation takes place. And although the present is constant in its nowness, because of the nature of awareness, it contains within it the possibility of limitless change. Even when we have brought a thought or feeling to fruition, it is not fixed. It is only held in its form by continued thought along similar lines. When we change the impulse from our beliefs and intentions to awareness, we automatically change the creation.

None of the forms you currently see on Earth have to stay that way. Everything can be changed. Everything can be approached from a more expansive perspective.

When we start to consider how to bring about positive change on Earth, it can make us feel weary. We might feel that human behavior is too complex, too deep-rooted and too widespread for us to be able to elicit any effective change. But single individuals in the course of history have done just that. They have initiated change on a scale not previously thought possible. And that is why we remember them today!

Would we know who Mahatma Gandhi was if he had thought that liberation of India from the grip of the British Empire were not possible? Would we know who Nelson Mandela is if he had given in to fear and doubt? Or Barack Obama if he had assumed what a lot of America feared,

that a black man would never be “allowed” to be president? Maybe he drew on the fervent belief of Martin Luther King Jr., another being who turned the tide of human understanding and, therefore, behavior.

The Nature of Awareness

We do not necessarily need a global platform to be seen and heard. The sea of awareness provides that for us. The field of connectivity that awareness bestows means that what we place into it via our thoughts, beliefs, and intentions affects us all. We have a ready-made system that can receive expansive impulses and carry them out for the benefit of all. It’s like the version of the media we always wanted!

Once we understand, through our experience, that we are this energy and every moment is an opportunity to influence the entire world, then nothing is stopping us from creating the human presence of Earth that we wish in our hearts to see.

I really do mean *nothing* is stopping us. Not even fear and doubt—which usually put up the resistance to change and expansion—can ultimately endure. They too are fashioned from awareness. As soon as we retract the impulse of fear from thoughts, they expand and no longer have the power to cause contraction in our experience. We simply refrain from basing our thoughts on the illusions of fear.

The impulse of fear comes from *not understanding the design of who we are*. It is the misapprehension that we are separate. As soon as we start to experience just how connected we are, the draw of that connectivity pulls us into alignment more and more, repeatedly allowing ourselves to rest in the moment in connection with our eternal presence. We feel full, complete, expansive, and full of beauty and grace. In this experience no fear arises—it simply cannot exist.

We tend to think of the state just described as being purely spiritual, that it has little to do with human affairs. Again, if this is our assumption, even subtly, we are creating separation where none truly exists. For the Earth and all its creatures are continuous with the energetic worlds. Every single subatomic particle that is engaged in the formation of matter *is* the intelligence of awareness. Life on Earth is literally saturated in awareness with all its inherent beauty, grace, and freedom. And human beings are no exception.

So when you consider what it is to be human, imagine the beauty, grace, and freedom of awareness in matter. This is the most accurate definition of Humanity. We suggest that this is the one we need to hold now, for until now we have not fully recognized the beauty that is waiting to be expressed. We have seen humanness as something separate, and so we have not fully brought its potential forward. Awareness is seeking expansion in form. When our thoughts, beliefs, and intentions recognize this, awareness allows the innate expansion its freedom.

So if we are all awareness and everything is made from awareness, what is it doing in matter? Why would it need to be a forgetful human when it is simultaneously an omniscient intelligence?

Awareness is everything, that is true. Consciousness is the light of awareness, the in-seeing ability to know itself, self-reflection. Precisely because awareness is everything, it does not *need* anything. So the expression of awareness in form—any form, even that of ephemeral thought—is not just to *be* it but to *know itself consciously* in every facet, from every side.

This is not yet widely apparent to humanity. As awareness enters matter, the slower frequencies of matter cause the illusion of forgetting. As we remember who we are, whilst in form, we “en-lighten” matter. We bring the light of conscious remembering to the expression of matter. Our consciousness gives the nature of awareness full access to matter.

The Light of Conscious Remembering

Many people are interested in the notion of *purpose*. It is often seen as a specific life task or the achievement of some destined goal. These definitions of purpose can inadvertently cause unnecessary worry. Many people ask, “What am I supposed to be doing?” or they say, “If I could find my purpose, then I would be fulfilled.”

We would say that purpose is bringing the light of conscious remembering to all you are, all you think, all you feel, and all you do. This fulfills the purpose of all life. When this is our intention towards life, you can be sure that satisfaction and fulfillment will follow.

Let us tell you what we know to be true. When you can trust that you are awareness in each moment, despite the appearances to the contrary, you will allow the light of conscious remembering to dispel fear. When you can hold this trust, rely on it, and refuse to trade it for doubt and fear, you will weather every storm.

Demonstrate your steadfastness in each moment. When we set an example of what is possible, it inspires others. When we speak with honesty, it encourages integrity. When we act lovingly, we nourish others. In the process you will bring renewed hope to many. For that is what humanity needs right now, a truer picture to work from, someone to show what is possible, someone to show the way—such as Gandhi, Mandela, Obama, and King.

The only way to bring lasting change to this planet is to use each moment as an opportunity to remember. No amount of legislation, litigation, domination, globalization, mechanization, or procrastination will accomplish this. Only *realization*.

When we take responsibility for the influence we have on each moment, for the ceaseless contribution we feed into awareness, then the tide will turn for humanity—and with it the fate of the Earth. This turning will be

strong and consistent. For each and every one of us holds the wheel steady. If one is slipping into forgetting, the others are not tempted to trade their surety for this uncertainty. The “collective” takes on a new expression. No longer does it need an outside authority to guide it. For it is understood that the intelligence of awareness arises within and guides each and every one of us.

Although we equally carry the light and the responsibility for that light, we serve the bigger picture by doing so not just for ourselves but also for the whole. Then we can say that “together everyone accomplishes more”—which is of course a T.E.A.M.

Future Vision for Humanity

Many people wonder why awareness should express itself through so many apparent individual beings. Why not just remain as one being?

Awareness does retain its oneness. Individuality, even in our thoughts, is only an appearance. All individual selves are facets unified by the source that gives rise to them—the Self. So each individual is a microcosm of the macrocosm. Even societies and nations are microcosms that fit inside the Self. And the Self (Awareness from its own unified point of view) does not perceive any differentiation in its being. All facets equally contribute to Awareness knowing itself.

How would life on Earth look if we changed our perception of self to one that did not associate being human with being flawed but instead drew on unification and inclusion as the guiding principles? And how would that then affect relating between humans?

Individuality, cultural difference, even national identity is not a threat, nor does human life need to be assimilated into one expression. Awareness can, and does, do diversity well. It is the foundation for all of nature. Our future lies in being able to recognize our unified connection to the Self, so we can truly be *ourselves* and “all that is” simultaneously.

The Truth Through Experience

Never before in the history of mankind has there been an opportunity such as the one we face now—to consciously unite humanity with awareness. The leaders of the very near future will be required to demonstrate this understanding. A few already display it, but too many rely on words to engage the mind. And conscious understanding cannot be faked. The true leaders of the coming times will be those who *know the truth through experience*.

This is not an issue just for the spiritually inclined. This knowledge is equally relevant to education, family, our treatment of children, the work environment, governance, connection (religion), environmental policy, the economy and financial sectors, and international relations.

Every aspect of life on this Earth has the same source, and every form of life arises from impulses acting upon awareness. There is only one unifying principle. When we understand the nature and dynamics of awareness, we can apply this understanding to bring each area of life into harmony.

This is not some utopian dream. This is the heritage of humanity that it has yet to claim.

What will it take?

Perspective, tolerance, respect, kindness, commitment, fairness, compassion, caring, patience, understanding, courage, trust, integrity, clarity, humility, steadiness, conviction, inner strength, wisdom, love, and generosity.

In short, all the qualities of awareness that we already possess! They all seamlessly unite within awareness and give rise to harmony, benevolence, and grace. We do not even have to create them, they are available, ready-made, and in abundance. What is more, these qualities cannot be eradicated. They are eternal, and they will surface again and again if we allow them. They are the qualities that keep us buoyant in tough times. They are the qualities that make life enjoyable, satisfying, and purposeful.

Embracing Freedom

It starts with being willing to move towards expansive choices and then allowing those choices to manifest. We then consistently hold our consciousness steady on those expansive choices until they become automatic. We will need to allow the mind to be clear so it can reflect the qualities of awareness, instead of getting caught up in its own meaning. Furthermore, we need to be prepared to leave behind the previously unkind treatment of the physical body and welcome it, and our whole being, with acceptance.

All of this will require us to take responsibility for our thoughts, beliefs, and intentions. This will free us up from continual highs and lows and enable us to move into a state of balance. We will express both the humility and confidence of one who knows the Truth. This will enable us to see the generosity of awareness in all things, and as we give to others, we will know that we in turn are loved, supported, and blessed.

The future will be as bright as we allow each moment to be.

We are with you all the way.

Love and Blessings,
Jeddah Mali

“Out beyond ideas of wrongdoing and rightdoing,
there is a field. I’ll meet you there.”

– Rumi

FREQUENTLY ASKED QUESTIONS ●●●●

What if I don't understand what is being asked of me in the meditations?

While certain aspects may seem mysterious, we find a lot of what we are discovering actually turns out to be self-evident. You may want to listen to a particular meditation over again and then try to put any part of the recommended suggestions you do understand into practice. Sometimes when we focus on the things we do understand, that understanding bleeds over into other places where we are lacking clarity initially. Sometimes it just takes a little more familiarity with the medium itself. It can take a little getting used to, so just remember our qualities for success with this work are always patience, perseverance, a sense of humor, openness, and willingness.

Does this work override negative thoughts?

Yes. Though first, we want to avoid loaded words like negative and positive, right and wrong. What we are focusing on is conscious expansive thought over contracting thought. There is simply that upon which we choose to focus.

Expansive thoughts brings us into alignment with the truth of our existence. Contracting thoughts separate us from the truth, and we experience that as an actual state of separation. Expansive thoughts create; contracting thoughts create. There's no mystery there.

If I fall asleep during the meditations will I still learn what I need?

Even in sleep the messages will be going into your awareness. However, you want to bring that awareness over into your conscious life. As much as possible we try to stay alert and awake during this work. If you fall asleep, there's nothing you can do. Just try to increase your level of concentration and alertness the next time.

How might traumas, even from childhood, hinder or impact my meditative work?

When we experience trauma, we tend to dissociate from the experience at the time it is actually happening. This is the sea of awareness in its protective mode. The benevolent intelligence that we are steps in and creates as much of a veil as possible between us and the experience.

As we gain some distance on that actual experience, we are able to perceive more directly and see what is really happening for us now, because the time is always the present. This works retrospectively, too. When you are accessing your true self in the moment, you are able to have an enormously beneficial effect on your previous history and on every aspect of how you regard yourself in terms of the past and your self-esteem. As we view ourselves this way directly, a gentleness steps in, an understanding occurs, and a lot of healing happens.

Is it possible to open oneself up to malevolent energies?

The truth of our existence is that we are all the same energy. It is the formative energy of all creation. As such, it is infinitely safe. When we see there is only one energy, we see how trustworthy it is. The whole concept of negative energies and malevolent forces has at its very roots a certain type of fear. But there is nothing to fear. There is no *them* or *us*; there's no victor or aggressor. There's just the energy being formed and being experienced.

All of the meaning arises from interpretation by the mind, which we know from our experience often misreads what is happening to us and feeds us incorrect or erroneous conclusions. However, once we really understand the true nature of energy, we will no longer see it in terms of positive and negative. We will see everything in terms of commonality of the experience and feel the safety of it. And once we are operating from that language, then our experience will change to reflect that.

What is my influence on other people in our environment?

We already know that in our day-to-day life when we are feeling happy, angry, sad, or excited, all of these states of being are contagious and tend to flavor our environment and how people experience us. Because the sea of awareness is the consistent factor in all of experience and in all of human existence, the way we vibrate within the sea of awareness, the way we send signals through it, most definitely affects everybody else.

We are made of energy, and all energy vibration has a certain resonance. The energy patterns that we create are able to be picked up by other people in their energetic field in a manner similar to what happens with the strings of a guitar. When you pluck one string, the ones next to it sound slightly. They hum. In the same way, whether your being is happily humming or sadly humming, you are going to affect others through your vibration.

We can use our freedom, our choice, to take responsibility for our own energy in the moment. We can restructure our experience into a more light-filled, expansive state, so we provide a more energetic environment for ourselves and for others. It's a win-win situation.

How can I best deal with “toxic” people?

Nobody at heart is really toxic. But there are some people who are in strong forgetting, who consistently follow unskillful thoughts, unskillful feelings, and unskillful actions. It is our responsibility to respond to those people with expansion and allow that expansion to be in our being. We have to remember for them if they forget for themselves the truth of who they are.

That does not mean we put ourselves in the path of damage or exploitation, or that we have to bring them closely into our lives. However, avoiding such people only serves to deepen our belief that there is something lacking in them. Our remembering of their truth facilitates remembering in ourselves. The beauty of truth is that it is holistic, and no matter which angle you approach it from, it helps with all other angles simultaneously.

Enhance your light through meditation, and enhance the light of others through intention. Actualize it by holding intentions that serve you and others, by smiling when you feel like frowning, and by expressing love and compassion for those less fortunate than yourself.

What will my day-to-day life look like when I am fully conscious in awareness?

Imagine an existence where each morning you wake and the being that you are greets you, and you understand with a deep reverence, gratitude, and joy the very source of your being. As you move through your day you come into contact with people who—to a greater or lesser degree—understand the truth of their being also. Life becomes this beautiful unfolding of gently releasing one's energy more and more to make it available for others, and in doing so reiterating our understanding of who we are.

Can we carry conscious awareness into our sleep time?

Our dreams do become more lucid and conscious the more we are able to access the sea of awareness at all times, because we fully understand that we are never separate from it. But deep sleep is also rather delicious, and it's a good time to rest the physical body and allow the physical self time to rejuvenate from the stresses of the day. Now one might find that the more conscious one becomes moment to moment, the less sleep one needs, and

that is a naturally occurring process. But we don't hurry it up, nor do we delay it; we just allow that to happen when it comes.

How can I serve others with my greater understanding?

As you achieve greater conscious awareness of your truth, you will see how it becomes a privilege to serve existence. It becomes a privilege to fulfill one's duty, which is to be all that one is. One then becomes a helping mechanism for other people who may not be as conscious as they could be. Your light is able to hold up a lantern for them so that they can find their way.

Although we can enjoy *life* and be and do everything we intend, that in and of itself does not bring us joy. It is the connection with others, it is the reaching out to others, it is the giving and serving of others that provides the deepest satisfaction.

Sometimes it's hard to believe that I can effect change in a world that at times seems so harsh and unbearable. How do we know when we can really make a difference?

One of the gifts of this work is discernment, which is the quality of being able to sense the exact thought, feeling, or action needed in any given circumstance. As we develop our sensitivity to read energy, we are better able to discern the most expansive course or direction to take.

Consider the inequalities, violence, and atrocities in the world around us. We see a distinct lack of consciousness in people's thoughts, feelings, and actions. Being consciously aware gives us a framework from which to see and understand a situation from all angles, not just the most obvious or perceptible one.

Discernment operates best when it is allowed freedom and expansion, and this is what comes to us when we learn to trust and let go. We see how a courageous leader such as Mahatma Gandhi held a consistent intention that his people be free. He was motivated by love and understanding. To accomplish what he did, Gandhi was not able to entertain any fear or hesitation, and that is the value of trust and letting go.

Remember, in every single moment we are being offered an opportunity to move into greater conscious awareness, greater expansion of who we are. When we hold this state of openness and clarity, we find that not only are we helping ourselves, but we were helping to dispel the unwise states of being. We are helping to dispel the unskillful states of being by holding to the truth.

We can all play a part in creating a better world with our thoughts, our feelings, our words, and our actions. Let them be from the place of expansion. We literally serve light by allowing our consciousness access to it.



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, Theravadan, 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.

Contact Jeddah at: www.JeddahMali.com

If you have enjoyed *Embracing Freedom* consider attending a special event with Jeddah Mali. Learn more by visiting www.LearningStrategies.com/Seeds/Retreat.asp.

TOOLS FOR LIFELONG LEARNING

We publish what we believe to be the finest programs in self-improvement, education, and health to help you maximize your potential. All programs come with success coaching as well as a money-back satisfaction guarantee.

If you are new to Jeddah Mali and want to learn more from her about the universal laws that govern your existence, consider volume one of her *Changing the Paradigm Series*:



SEEDS OF ENLIGHTENMENT

In this program spiritual master and mentor Jeddah Mali helps you recognize the universal laws that create your experience in each moment. She directs you to understand and interact with the universal energy that for most people lays largely undiscovered, by leading you through a series of experiential explorations of your being.

During these explorations 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. It is the being that *you have been all along*.

Explore the nature of being through eight powerful meditations:

Conscious Awareness in the Present Moment ♦ Intention and Feedback
Overcoming Limitation ♦ Energy Centers ♦ Energy Bodies ♦ Trust and Surrender
Changing the Paradigm ♦ Benevolent Intelligence



Instantly transform your energy patterns with SONIC ACCESS

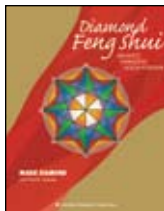
Sonic Access offers you an amazing portal to greater success, richer relationships, balanced health, and spiritual growth. The four Paraliminal Meditations by Paul R. Scheele bring together the words, music, tones, and sound energy vibrations to help stabilize your intentions, support you energetically, build your internal connections, and attract to you all the resources you need to move your thoughts into positive actions and results.



Improve your health with SPRING FOREST QIGONG

For thousands of years the Chinese elite have known that controlled breathing techniques combined with focused concentration and simple movements can significantly improve one's health. They call this practice Qigong (pronounced "chee-gong").

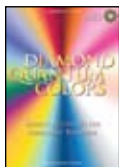
Chunyi Lin, a Qigong master, teacher, and healer, has demystified this ancient practice and made it practical for today's modern people. His *Spring Forest Qigong* course guides you through learning simple, easy-to-follow exercises for a vibrant sense of energy and well-being. With the practice of Qigong you can take away stress, pain, and sickness at speeds that will amaze anyone... leaving you with more energy.



*Create balance, harmony, and good fortune with
DIAMOND FENG SHUI*

Universal energy continuously flows in and around our homes and workplaces. Learn to attract “positive” energy and deflect “negative” energy so that you experience fortune and happiness in the four main areas of living: success, health, relationships, and spiritual growth.

Feng Shui master Marie Diamond shows how universal energy responds to you personally, including how a room with good Feng Shui actually stimulates your brain to access desirable alpha brain waves. You also learn how to energize your home and workplace, reduce stagnant energy, and harness a type of dynamic energy that ebbs and flows over time.



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Feng Shui Master Marie Diamond unveils her unique system of Diamond Quantum Colors to help you bring about what you want faster. Learn how to use 24 specific colors to access the quantum energy underlying all things in the universe. You will see how each color relates to a specific quality of life such as joy, power, love, or compassion. The Diamond Quantum Colors provide the code to minimize the time to manifest your ultimate success, health, relationships, and growth.



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Attract everything you want in life with *Effortless Success*

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Enjoy the gift of health, balance, and energy with *Euphoria!*

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