

# **THE ECOLOGY OF THE SOUL**

**Unlock Your Seven Powers  
for Spiritual Success**

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# The Ecology of the Soul

## Unlock Your Seven Powers for Spiritual Success

### INTRODUCTION

About this book

Why Ecology?

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### About this book

This book draws a parallel between the outer ecology of the earth and the inner ecology of the human spirit, seeing the 'balance of Nature' in a spiritual as well as a physical sense. The Ecology of the Soul is about self transformation. You're here because you want to change yourself for the better, to achieve that inner peace and power that you know to be your natural state of being, but which right now feels very far away.

There are already a myriad of books telling you how to become the person you want to be, how to have whatever you want – how to become happier, richer, thinner, how to gain love, wealth, success, profound and lasting contentment – how, in short, to overcome your personal circumstances and shortcomings and turn yourself into a peaceful, powerful, prosperous, highly evolved human being. Generally, their message boils down to gaining control of your mind. Some of them talk about a global awakening of consciousness and humanity's readiness for that evolutionary change, and most of them address the spiritual dimension, in that to change yourself for the better you have to understand yourself, by which I mean, your 'Self', your true, essential nature. And to do that you have to pay attention to what's going on inside your head, to spend time in 'introspection', which leads very quickly to an awareness that there is much more to your essential Self than just what's happening at the mind level. Call it

spirit, call it Soul. You can't embark on a journey of self change without awakening to the relationship between the physical and the non-physical – the spiritual – and indeed accepting the existence of the non-physical.

One of the basic facts of human existence is that there is always a dissatisfaction, an awareness that things – we ourselves and our circumstances – could be better. No one on this earth at this time can rightly say that they are completely fulfilled because that means perfection, and perfection is impossible in an imperfect world. You wouldn't disagree that the world is imperfect, right? Could be better, right?

So if we have at least established that 'most people' feel there is something lacking, somewhere in their lives, either in their own personal makeup or in their situation (usually both), then we have established that there is a need to fix it. Whether you personally accept the existence of that need and choose to do something about it is entirely up to you. If you do, you are not alone. There are millions out there like you, which explains why self help, self transformation and self improvement books sell in their millions, why religion is still powerful and meaningful, and why there are so many courses and classes teaching yoga, meditation, t'ai chi ch'uan – a vast range of self transformational or semi-spiritual, or even properly spiritual, knowledge and practices that demand you focus on your inner space.

### **Why Ecology?**

Yes, but what does this have to do with Ecology? The imperative for sustainability, going green, the environment, saving the pandas, the rainforests, the oceans, the whales, the planet? Why is the book called 'The Ecology of the Soul'?

Because ecology is an inner as well as an outer phenomenon. The word is made up of two Greek words – ‘eco’ means ‘home,’ and ‘logos’ means wisdom, knowledge or words. The Wisdom of Home. If our inner ecology is in balance and harmony, our behaviour and hence outer ecology become balanced and harmonious. We can’t change our behaviour without changing our thoughts, because thought creates action. It’s that crucial link that ‘most people’ miss, and that this book concentrates on; how to change our thinking to make the practical change in behaviour by which we become the inhabitants of the new world.

For make no mistake, the new world is definitely coming. We aren’t all going to die out. It’s our very instinct for survival that ultimately makes us embrace the idea of the new world; if we don’t make the profound and powerful changes in ourselves – for that is really all we have power over – then we’re part of the outgoing system, which is doomed. No question.

Understanding The Ecology of the Soul – the balance of our inner eco-system of mental and spiritual powers – gives us a set of principles for thought and action that help prepare us for what’s coming. It empowers us to change into the kind of people we need to be, both to make our way through the last stages of the old world, and to help make the new.

The fact that there are people – and companies – working on new socio-economic models such as the ‘Triple Bottom Line’ and ‘Eco-Capitalism’ gives us hope; and with that hope, we can turn to the only thing that we do know for sure we have power to change – ourselves. A socio-economic system, after all, is made up of the people that created it, that live in it and by it, and once those people change and start demanding things that the old system can’t supply, then that system changes. We ourselves are the drivers, the building blocks. We’re at the beginning of the change process, not the end. Can’t

change the outward world unless and until we change our inner selves.

### **A bit about me**

Who am I, and why should you be interested in what I have to say, specifically? My own personal journey has taken me through a number of phases in my life, each one of which has added to previous experience and all of which are now contributing to the creation of this psycho-spiritual system, and to the writing of this book.

I was born in the grimy, depressed and war-ravaged industrial north-east of post-WW2 England, the son of a Church of England priest, a clever and thoughtful but withdrawn and deeply unhappy man. His beliefs and spiritual desires were so at odds with his own abilities and the institution to which he had devoted them that he was driven into profound depression. He identified with the Church, the Church was moribund and my father was in pain. His marriage too was a source of disappointment and discontent. My mother succumbed to what was then known as a 'breakdown', partly because of the strain on their marriage and partly because both my parents were brought up in the pre-Second World War English middle class, where a 'stiff upper lip' and a wilful ignorance, a refusal to acknowledge structural problems of personality and relationships, were the norm, if not an actual requirement. It was all about keeping up appearances. The conflict between what she thought ought to be happening and what was actually happening, and her efforts to fool herself, to pretend that all was as it should be, drove her to become a patient in the same mental hospital where she worked, and where my father was a patient.

It so happened that it was that same mental hospital, in Powick in Worcestershire UK, in which two pioneering psychiatrists, Ronald Sandison and Arthur Spencer, had set up an experimental psychiatric treatment programme based on the use of lysergic acid diethylamide (LSD) in the early 1950s. I was very alive to my father's debates and



discussions with his friends and colleagues about how new thinking about the nature of God, mind and spirit could be accommodated in the Church (they were threatened and enthralled by the Bishop of Woolwich John Robinson's *Honest to God*, published in 1963). Also, literally as soon as I was confirmed into the Church of England at the age of 16 I began to question its tenets and its relevance. I was already aware that there were other ways of understanding the workings of the spirit and the psyche than those with which I had been brought up. The Christian way, as administered by the Church of England, just didn't cut it for me.

One school holiday when I was 16, I spent a week in Powick looking at what was going on. I was interested in the work of another pioneering psychiatrist, R.D. Laing, whose book *The Divided Self* (1960) was at the time provoking a whole new understanding of schizophrenia, and whose *Sanity, Madness and the Family* (1964) had acute relevance to my own experience. It is also significant that by the time he reached *The Politics of Experience and the Bird of Paradise* in 1967, Laing's work – to me, anyway, a 16-year old on the brink of the New Age revolution – seemed to demonstrate a clear connection between 'altered' mental states and spirituality. Hence my interest in LSD as a medicine, just at the time it was entering popular culture as a recreational or 'creational' drug. Let's just say that in the day I spent on the Powick LSD ward I saw more humane healing than I did anywhere else in that godforsaken place.

This is not an autobiography. Suffice it to say that whatever sort of 'awakening' that began at Powick led me to travel, both to the US and India, fast becoming more and more aware of the importance of the spiritual dimension in my life. I went up to Cambridge University to study History, and there I took up a lifelong practice of Hatha Yoga, which I later taught. In the mid-1970s I spent six years of intense meditation and spiritual practice – 4am meditation every day of the year, radical vegetarianism, celibacy, renunciation of the material

trappings of ‘normal’ life, commitment to service – as member of an institution that rejoices in the Hindi name ‘Brahma Kumaris Ishwaryia Vishwa Vidyalaya’, which literally translates as ‘The World Spiritual University of the Virgin Daughters of Brahma’. Their teaching is Raja Yoga, still the single most influential and seminal philosophy that underpins this book’s understanding and experience of the Soul.

Parallel with this, after taking my history degree from Cambridge, I did the sort of thing that was much more common then than it is now, and became a carpenter and cabinetmaker. That taught me the nature and the value of craftsmanship and led me to an awareness of design, and eventually to writing and editing magazines about it. That has been my profession for more than 20 years. The ‘full circle’ part of it is that the design process can be applied to our path of self transformation, our journey to enlightenment. We design ourselves, create ourselves. Or in this case, re-create ourselves.

### **A question of habit**

You will probably have gathered by now that this book is not an academic project. I haven’t studied learned text after learned text, though part of the reason why I talk about myself is to persuade you that my experience and study, such as they have been, have brought me to a comparatively coherent synthesis of the concepts of mind and soul, and of the ramifications of action, of power, peace and inner stillness. It’s an understanding I’ve been working on all my adult life.

Not to be academic, but I will quote you a paper written as long ago as 1994 by a very dear friend of mine called Guy Claxton, an educational psychologist and cognitive scientist, for the academic journal *Environmental Values*. Entitled ‘Involuntary Simplicity: Changing dysfunctional habits of consumption’, it suggests that ‘some methodologies of self-transformation associated with spiritual

traditions such as Buddhism may have much to offer the environmental movement.'

'Voluntary simplicity' is an idea that goes back to 1936 and is the subject of Duane Elgin's book of the same name from 1981, saying essentially that we can't change habits of consumption without changing our belief systems. But where Guy's proposition did it for me is the concept of habit as *involuntary* action. It's a strange idea that much of our action is involuntary, ie performed in a state of unknowing, or at least, unthinking. But think about it. That's what habit is, right? Things that you do without having to think. To change, you have to get inside, change your mental habits, your spiritual processes; and then our habitat changes as a matter of course. That's what this book is about.

## **INTRODUCTION II**

### **THE SEVEN POWERS, POWER SEEDS AND THE MAGIC MINUTE**

The following chapters lay out the Seven Powers on which the Ecology of the Soul is based. Each power has seven Meditations, Moods, or Modes of Awareness, frameworks to transform your consciousness for new thinking, new awareness and new actions. Some of them appear in more than one power; in each case the emphasis is specific to that power, but as the picture builds you see how they are all aspects of the same thing – your consciousness. By focusing on these separate aspects of the power, you gain a deep understanding of how it works within and outside you, and as your awareness re-awakens, you find yourself going deeper and deeper through layers of insight. These are powerful concepts, and you can't expect to plumb their depths all at once. We are creating a way of life here, after all. Discover that these powers are already within you. The way to re-connect to them and bring them into your daily life is blindingly simple. All you have to do is think about them.

### **ONE: THE POWER OF CONNECTION**

(Community, communality, connectedness)

Giving

Sharing

Taking

Trust

The Abundance Mentality

Ecosystems – your spiritual, mental community

Home

### **TWO: THE POWER OF FOCUS**

Accuracy  
Compartmentalisation  
Concentration  
Craftsmanship  
Determination  
Inner mindfulness  
Outer mindfulness

### **THREE: THE POWER OF COMMUNICATION**

Saying (persuading)  
Listening (hearing)  
Open-mindedness  
Seeing others  
Seeing your Self in yourself  
Seeing your vision  
Seeing the Beauty

### **FOUR: THE POWER OF LOVE**

Commitment  
Excitement  
Ownership  
Passion  
Spirit  
Energy  
Responsibility

### **FIVE: THE POWER OF ENDURANCE**

Acceptance  
Persistence (Doggedness)  
Faith  
Hope  
Optimism  
Serenity  
Stillness

**SIX: THE POWER OF CREATIVITY**

Reproduction  
Joy  
Enthusiasm  
Imagination  
Transformation  
Self Creation  
World Creation

**SEVEN: THE POWER OF NATURE**

Aggression  
Centredness  
Dispassion – detachment  
Inwardness  
Resilience  
Self management  
Silence

The practical stuff comes at the end of each Chapter, in the form of mini-meditations or ‘Power Seeds’ of thought that you plant in your mind. (We also go through the Salute to the Sun and the Chakras.) All it needs to start is a single minute in your day. I’m calling it your ‘Magic Minute’, because it’s 60 silent and powerful seconds you devote entirely and exclusively to transforming yourself – your Self. Those 60 seconds will probably turn into 120, for the simple reason that as soon as you start trying to control your mind and make it do what you want, it refuses to lie down and be quiet and jumps up and runs about like a naughty child. You have to find a minute of silence, in a state of mind that is entirely inward looking. What you don’t have to do is lock yourself away from the world in a specially prepared meditation room, with a cushioned floor, low lights, joss sticks and sound recordings of whales or waves.

See your mind as a garden, or at least a patch of fertile soil. Thoughts and feelings grow in it, like plants. Currently it's a riot of tangled and intertwined mental vegetation; much of it good and useful – and most of it neither good nor useful.

Plant Power Seeds to grow a new garden of consciousness – Soul Consciousness – and change your actions. They are a bit like the Zen 'kōan' (eg 'the sound of one hand clapping') that kick your mind out of gear and raise the level of your awareness. You can't be – or act – greedy, angry, jealous, anxious, depressed or hostile when you're Soul Conscious – alive to the knowledge of your Self as an infinitesimal pinpoint of conscient light and life, burning steadily without consuming itself, giving off the vibration, the spiritual energy, of peace, power and love.

When you drive your activity from that level, your actions and perceptions are more aligned with your True Self. As you become more and more aware of the true nature of that True Self, it becomes clear which thoughts and attitudes arise from the mistaken sense of Self – the 'body consciousness' that identifies your Self with your physical body, appearance, roles, relationships and material circumstances. You are not your body. You live in the centre of your body's forehead and use your brain to drive your body.

Identify negative and counter-productive thoughts and weed them out as if you were preparing your plot to plant a new crop – which in a way, is exactly what you are doing. But you'll find that, like the most persistent of weeds, those thoughts tend to stay, or spring back; they are deep rooted. Without noticing it, your mind is back on that familiar track of struggle; anxiety, depression, frustration, anger, whatever negative state it might be. Same with actions, habits. So it comes as a pleasant surprise that you don't have to struggle with the weeds. All you have to do is plant your mental plot with new seeds –

Power Seeds – which grow into thought, attitude and feeling, which grow into action. Which feeds back to you and creates new thought and feeling; and lo and behold, you have created a new mental and spiritual garden. And a new framework for your behaviour.

### THE TECHNIQUE

You need an undisturbed space and an undisturbed 60 seconds or more – go on, go wild, make it two minutes. It's better to be sitting. You mustn't be doing things; you can't do this while you're driving, but you can do it in a traffic block (as long as you can see you won't be moving for at least a minute. Or two). Or on the bus or train, or waiting for the bus, or at your desk (as long as you have turned off your phone), or even in the bathroom. In fact, the bathroom might be quite a good place, because it's a retreat. You're allowed to lock the door. Just make yourself that space and time.

Leave action behind. Settle. Close your eyes. Go inside. Listen to your breathing. Make it sound inside your head, right where the nasal passage connects to the windpipe. It's at the top/back of your nose/throat, the patch where snoring or snorting happens. You don't want to be sounding like a warthog, though; it's a little trick of focusing on the spot where the moving air makes contact with the sides of the airway. You can hear it inside your head, a hollow sound, a bit like the operating theatre scene in a movie when all you can hear is the in-out of the breathing apparatus. You listen to your breathing.

Turn your attention, which is constantly focusing on all the things outside you that you are doing or that need doing, on your Self. Pay attention to your own mind (that idea in itself is a Power Seed), and detach from the activity in it. It is not You. Watch the thoughts float through it. Listen to your chatter, then relinquish it.



## **SAMPLE POWER SEEDS**

You the Soul are conscient, self aware. You are  
an indivisible, unique unit of consciousness.

You are a pinpoint of light.

Energy is power. You are energy, but energy is not you. Are you breathing? Then you are making and using energy. Are you thinking? Feeling? Dreaming? It's energy. Our personal energy crisis is that we are disconnected from our internal power.  
To connect, go inside.

You the Soul, being no more nor less than  
energy, are incapable of being destroyed and  
therefore of being created. But self  
exploration, acquiring self knowledge, is the  
ultimate creative act.  
Create your Self.

A good meditation is a perfect balance. You sit  
on a wellspring, a source of power. You  
balance on top of it, like a ping pong ball on a  
jet of water. But in that balance is stillness,  
silence, peace. You aren't bobbing about like  
the ping pong ball; you are floating on a  
cushion of glow.  
Perfect balance.

Create a beautiful mind.

Design yourself.  
Redesign your Self.

Light. You are light.  
When you experience yourself as light, you are  
enlightened. You enter delight.  
This is enlightenment.



## INTRODUCTION III

### SALUTING THE SUN, ASANAS AND CHAKRAS

Although you don't *have* to practise Yoga as part of the study of the Ecology of the Soul, each chapter includes a detailed exploration of one of the seven asanas or positions of Surya Namaskar, the 'Salute to the Sun'. Use it to explore one aspect of the practice of Hatha Yoga which is useful and relevant to the process of balancing your internal ecology. Sooner or later we see the link between spiritual and physical health – balance – and realize the need to treat mind, body and spirit as a single interlinked system – an eco-system. But you don't need to commit to hours a day to benefit from these notes, in fact it's not mandatory that you practise at all.

The reason why we are looking through Yoga eyes at this point is because it gives you direct experience of mind, body and spirit, or Soul, at work interacting and affecting each other. It will help you kickstart your awareness of the energy that is your silent, powerful Self. By merely physical action, you still your mind. If you do practise Yoga but only as physical exercise for health and flexibility, now's the time to make the connection to its mental and spiritual realm and use it as a way of uplifting your consciousness. That, after all, is what it is meant for. If you study T'ai chi ch'uan, meditation or any other discipline that focuses your inner awareness, demanding and creating inner stillness, then you will already know what you are trying to do. They all have the mental/spiritual element because most of them are based on the same understanding of energy flow in the body; the same understanding which underpins Chinese medicine, the Chakras and a host of other esoteric knowledge systems.

Practise one of them to know and love the difference between your physical and spiritual self, and to allow them to work in harmony with

each other. Yoga happens to be the one I know, and the one from which I have learned the value of letting go. Just as you can't force your muscles to stretch, you can only let them go, so you can't force your mind to relax, to be still. You can only let it go.

'Surya Namaskar', the 'Salute to the Sun' is the template for a basic yoga experience, a beginner's course if you like. Something you can do every day without completely rewriting your life. There are of course numerous versions. The one we work on here is my individual take, the result of many years of study and practice of the BKS Iyengar system of Hatha Yoga, including working with the Master himself. His *Light on Yoga* [Harper Collins 2001], originally published in the 60s, is still the pre-eminent text for serious students. This version has seven asanas, the practice of each one of which is explained in detail at the end of each one of the 'Power' chapters. But some of them repeat as you go through the sequence, so there are actually twelve 'position moments', periods (ideally of seven deep breaths) when you are holding each asana. And when it is holding you.

As with your Magic Minute, you need to make yourself a personal, private space in the day. Unlike your Magic Minute, it needs a minimum of about five minutes. Best to try and stitch them together, steal six or seven minutes for yourself and make the two contemplative practices feed each other.

Obviously, since it's Salute to the Sun, that five minutes ought to be first thing in the morning. You are greeting and celebrating the new day from the consciousness of your powerful, peaceful, inner Self, and it's a great way of setting yourself up for the day, especially if you have managed to get your Magic Minute in too – but that may not be possible. Even if you get up five, ten or 15 minutes earlier it might not work. Too much rush, too many things to think about, you can't give it the slow, contemplative attitude it needs. No matter. Find a time in the day that you can make for yourself, and do it then. Just before bed

when everyone else is asleep can work very well, as long as you haven't been partying wildly; if that's the case, leave it out for tonight. If you do manage to fit it into your morning routine, don't launch straight into it as you literally put your feet on the floor; go to the bathroom, brush your teeth, drink a glass of water, shake your arms and legs to warm up a bit, get yourself generally ready while keeping the quiet, inward focused state of mind.

The asanas in the 12 steps are:

### 1 Standing prayer (Tadasana 1): The Power of Connection



## 2 Extended Mountain (Tadasana 2): also The Power of Connection



## 3 Forward bend (Uttanasana): The Power of Focus



4 Lunge (right leg forward. I can't find the Sanskrit name for this one. It may not be a traditional yoga position at all): The Power of Communication



5 Plank (Chaturanga dandasana): The Power of Love



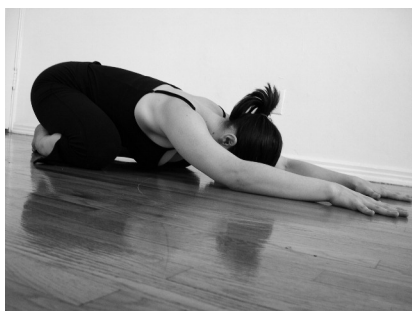
6 Dog (Adho Mukha Svanasana): The Power of Endurance



7 Cobra (Bhujangasana): The Power of Creativity



## 8 Child (Balasana): The Power of Nature



## 9 Lunge (left leg forward): as above



## 10 Forward bend (Uttanasana): as above



11 Extended Mountain (Tadasana 2): as above



12 Standing prayer (Tadasana 1): as above



### **A Note on the Chakras**

My Yoga practice has been given a notional shot in the arm by concentrating on the Chakra centres of energy while holding each asana, an additional source of inner focus and a definite help in keeping the attention on the channels of Pran or Ch'i in the body – which feed back directly to the mind and spirit. They also fit uncannily neatly into the Ecology of the Soul's Seven Spiritual Powers. I spent about two years thinking about the Powers, how many there are and what they are. It came down to seven – you know, days of the week – maybe I should structure the book as a 'mental/spiritual breakfast', a food-for-thought manual to dip into every day. Seven is also a beautiful number, lucky for many, and with many resonances. Of course I was familiar with the Chakras, but I swear, honest to God, I didn't research them again until long after I had settled on the Seven Powers. When I did look at them, I was astonished and uplifted to find that the Seven Powers of this spiritual



ecology are more or less directly equivalent to each of the seven Chakras.

You probably know the Chakras, or at least know about them. Essentially they are understood as ‘hubs’, energy nodes in the body that have an affect on, and are affected by, specific areas of your physical, mental, emotional and spiritual being. Having at least a passing acquaintance with them really helps you make the leap from physical to non-physical experience, because you start right there at a specific part of your physical body, focus on it and very soon become aware of its link to spiritual energy. The image of the meditator with all seven of his or her chakras lit up and glowing is a powerful and profoundly compelling one. Kundalini yoga is a kind of meditation which focuses on the power of the Chakras, awakening the ‘energy snake’ inside you. But we don’t have to go there – not yet, anyway.



This is how the Chakras and the Seven Spiritual Powers work together:

### **1. The Power of Connection**

Sahasrara, the Crown Chakra, ‘honors spiritual connectedness’. It deals with the release of karma, meditation, universal consciousness and unity, ‘beingness’. ‘Connection’ in this case means linking your consciousness to a higher one, which many call God. Right now all you need to do is link your consciousness to your own higher consciousness – to see, understand and experience yourself as a Soul. Connection and connectedness also refer to community and

communality, our sense of interdependence, of belonging to one organic whole.

## **2. The Power of Focus**

Ajna, the Brow Chakra, or 'third eye', 'honors the psychic'. It governs the balance of the higher and lower selves, trusting inner guidance, intuition, visual consciousness and clarity.

## **3. The Power of Communication**

Vishuddha, the Throat Chakra, governs communication, independence, fluent thought, and a spiritual sense of security.

## **4. The Power of Love**

Anahata, the Heart Chakra, governs circulation, unconditional love for the self and others, passion and devotion.

## **5. The Power of Endurance, Sustenance**

Manipura, the solar plexus Chakra, 'honours the life force', the Ch'i. It governs digestion, personal power, expansiveness, and spiritual growth.

## **6 The Power of Creativity**

Svadhithana is either the sacral or the spleen Chakra, depending on where you look. It governs sexual desire, reproduction, creativity, joy, harmony and spiritual enthusiasm.

## **7 The Power of Nature**

Muladhara, the base or root Chakra, governs sexuality, stability, sensuality, and courage, stamina and spiritual security.

An understanding of the Chakras, like the practice of Yoga, isn't necessary. But it helps. How you can re-awaken your own personal powers is the subject of this book, and, I hope, the inspiration for a new way of life based on mental and spiritual harmony, inner peace

and profound fulfilment. The payoff is very practical. It's about Doing. But we can't fix the Doing until we fix the Being (no do-be-do-be-do jokes, please). So that's where we start. Enjoy.

# CHAPTER VI

## FOUR: THE POWER OF LOVE

{Anahata, the Heart Chakra}

In this chapter:

Introduction

Meditations:

Commitment

Excitement

Ownership

Passion

Spirit

Energy

Responsibility

Power Seeds for Thought

Yoga seeds: Chaturanga Dandasana, the Plank

*‘God is Love, but Love is not God’ – Dadi Kumarka, Brahma Kumaris, 1978*

Love is the most important thing of all. You could say it is the only thing. The introductory part of this chapter is entirely concerned with spiritual love and consciousness; we don’t deal with romantic or sexual love here. Both come into it, in the ‘Passion’ meditation of this chapter and elsewhere. But right here, right now we are concerning ourselves only with the power, depth and truth of Love as pure energy, both spiritual and physical.

As we consistently return throughout this book to the project of balancing the component powers that make up the soul’s ecosystem,

we continue to get new insight – and experience – into how achieving that balance sets us free and leads us to a place of perfect peace, power and stillness.

Love is the name of that balance. Love is the name of that place. Love is the name of that peace, of that power, of that stillness. Love is the goal, and love is the means to get there.

Our natural, original, perfect state of being is Love. We are love, we are made of love, we seek love, we seek to give love, we seek to give ourselves with love – or indeed, we seek to give ourselves to love. We don't seek hatred, fear, despair and misery, do we? They assail us and we find ourselves living inside them; but the true nature of even the 'meanest' and most negative of souls, who wilfully turns away from the light, is Love and Peace.

Love is Light, and Light is Love – spiritual light, that is. That spiritual light is You the Soul, who – precisely because you are made of light – seek enlightenment. Physical sunlight and fire are also love, but only in the sense that Love is also a name for physical energy. You the Soul are a unit of consciousness, of spiritual energy, aware of itself as light and as love. So the energy that is You is love, and the energy that flows through your body – Ch'i, Pran, the life force – is love. Energy is love. Love is energy. Energy is power. Love is power. But power is not necessarily love.

While Love is You and You are love, you are not indistinguishable from the rest of the universe that is love; you are very much distinguishable, a unique and individual entity. Made of love – yes. But somehow individual and universal at the same time, swimming in a boundless sea of love which is everything? – no.

Love is the power that runs the Universe, which is why we seek it in any form. But don't make the mistake of thinking that it is all the

same kind of energy. We don't subscribe to the idea that everything is the same thing, here at the Ecology of the Soul. There isn't some kind of universal energy 'soup', of which all beings and all natural and manufactured phenomena are a part. There is a very definite difference between spiritual and physical energy; and each individual human is an individual human soul, for ever has been and for ever will remain so. We don't come from a universal general miasma, nor shall we return to one.

Our energy (love) powers us through our cycle of births, but becoming depleted – 'running out' – just as any source of power does without replenishment. As the Love has been running out, the Ecology of the Soul, our ecosystem of spiritual powers, has become imbalanced, out of whack, corrupted. The effect on the planet, the pain of the Earth and its people, is there for all to see. Souls have lost the connection with their own Truth, and see happiness in physical things, the creation and collection of which have ruined both the ecology of the planet and the Ecology of the Soul. Reconnecting to the Seven Powers, rediscovering, recreating, replenishing and nurturing them, is reviving Love.

Love is rooted in the heart, where Anahata, the heart chakra, is located. But if we are non-physical beings made of love, why does it need a specific location in the body? The non-physical owns and drives a body; physical energy (love) – Pran, Ch'i – flows through the body. This chakra is a centre, a pivot, a portal between spiritual and physical. Though it's not in the middle of the body – that's Manipura, the solar plexus chakra, the personal power and endurance one – Anahata is the middle chakra of the main seven.

Anahata honours unconditional love for the Self and others, passion and compassion, devotion and dedication. The word itself is Sanskrit for 'unstruck', 'unhurt' or 'unbeaten'. Not unlike the Zen concept of the sound of one hand clapping, Anahata Nada is the name for the

‘unstruck sound’, the sound that comes without any two objects being struck together (think about it). It is the Music of the Spheres, the sound, embedded in the heart, that comes from the heart of the Universe, the celestial realm; ‘A’ for the sattvic principle of subtle purity and spirituality, ‘U’ for the rajasic principle of activity, and ‘M’ for the tamasic principle of inertia. A-U-M equals OM. Which is to say, OM is where the heart is, and your heart is your OM. As we said at the beginning, there is pretty much nothing else but Love. (‘Pretty much’ because there are the Enemies, of course. But they have their own Chapter.)



**FOUR****THE POWER OF LOVE****Meditation 01: Commitment**

*'Commitment is an act, not a word.'*

Jean-Paul Sartre

*'Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. ...the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way. I learned a deep respect for one of Goethe's couplets:*

*Whatever you can do or dream you can, begin it.*

*Boldness has genius, power and magic in it!'*

William Hutchison Murray, *The Scottish Himalayan Expedition (1951)*

*'To be free is to be committed to that which is a part of the unbound realm.*

*Whatever sets your soul to flight is freedom.'*

C. JoyBell C.

Commitment is a decision. It is a dedication, a devotion. As with Passion, commitment is also partly defined by a basic duality. The tension is between the apparent oppression of locking yourself into a course of action, a relationship or a value system, and the actual liberation that comes with making a decision and then making a decision to stick absolutely to that decision. No reservations, no ifs or buts. Conflict, indecision and uncertainty fly away; for better or

worse, this is what I'm going to do, and every decision and action that comes after becomes easier.

Not, perhaps, easier all round to put into action in the real world, because you are committing to a difficult and demanding path, but at least now there is no mental or spiritual stress. And as the mountaineer Bill Murray says above, once that decision is made you may find that the phenomena of both the real and the subtle worlds fit in around it, facilitating and supporting your determination and direction. Even if you don't get that wonderful sense of things and events conspiring in your favour and you still have to battle your way upstream against obstacles and barriers, as long as your commitment remains unwavering, you will prevail. Of that there is not an iota of doubt.

Commitment strengthens, deepens your resolve. Resolve and commitment are one and the same thing, actually. It takes courage to do, and gives courage in the doing. And here's another subtle double sense in the idea; if you are committed to improving yourself – your Self – to raising your own consciousness, it's likely that you will be regarded as selfish, because that's your own effort for yourself, and what about the less lucky beings with greater apparent need than you for peace and power? What are you doing for them? For the earth, the environment at large, even?

Well, you're working on the Ecology of your own Soul – You the Soul – because when it comes down to it that's all you can take responsibility for. You may not see it all at once, but your own and others' evolution to a higher, more powerful, more peaceful state of being will have its cumulative beneficial effect on the wounded planet and the suffering souls that inhabit it. Buddhists talk about seeking enlightenment for the sake of all sentient beings. Committing, if you like, to the benefit of all. Your apparent selfishness becomes selflessness, because the physically defined self, the body conscious

one that confuses existence with material things, is the one that is breaking down. It takes deep experience and understanding to see that in the spiritual realm, to commit, in one of those OED definitions, is to 'entrust, give in charge, commend, consign'. To commit is to hand over, to renounce, to give oneself up, to let go, to let it flow, in a sense to abandon responsibility. You let a higher power (some call it God) take charge; 'the Lord will provide'. But the Lord helps those, continues the wisdom, that help themselves. Here's that freedom thing again. You're not being irresponsible; you're taking more responsibility for your Self than ever. If commitment is letting go, let go of yourself to find and nurture your true Self.

**FOUR****THE POWER OF LOVE****Meditation 02: Excitement**

*‘Get excited and enthusiastic about your own dream. This excitement is like a forest fire - you can smell it, taste it, and see it from a mile away.’*

Denis Waitley

*‘At the moment you are no longer an observing, reflecting being; you have ceased to be aware of yourself; you exist only in that quiet, steady thrill that is so unlike any excitement that you have ever known.’*

May Sinclair

Excitement is a component of emotional love. Or it leads to it, or is a result of it. One of the Shorter Oxford English Dictionary’s definitions is: ‘move to strong emotion, stir to passion’. This kind of love is in the domain of the mind (though we say we feel it in our heart), the part of the Soul that generates everyday thought, emotion and feeling and that engages with the physical world through our bodies. We’re familiar with its tendency to wander uncontrolled, leading us towards illusory goals and a mistaken, body-conscious sense of Self. But as I’ve said elsewhere, the mind, as well as being random, undisciplined and playful, is also – when it is under control – extremely powerful. It can hold you down, but it can also propel you up – in fact, it’s unavoidably the tool you use to start you off on that trajectory. It’s the bridge between physical and spiritual, the launching platform for your higher consciousness, fuelling the high-energy, anti-gravity early stages of the spiritual rocket’s journey towards inner space.

So the job is to identify and apply the energies of the mind to that launching process. Here we deal with activities and processes of the

mind that you wouldn't normally associate with a higher spiritual plane. I already mentioned in the introduction to this chapter that Love is seated in the heart, and that the spiritual heart, which we identify with the fourth chakra, Anahata, is a meeting point, the pivotal balance point between upward (spiritual) and downward (physical) energies. The mind is where this duality is played out. We harness Love and its 'physical' subsets of Commitment and Excitement to free us from being stuck in the physical world and let us fly in the spiritual one.

In the straightforwardly physical world, excitement means adrenalin. Theme park thrill seekers, extreme sports fanatics, speed merchants or motorcycle maniacs like me know all about the attractions of that particular little hormone, and some admit to being addicted (or committed) to its charms. The heart rate increases, the blood vessels and air passages constrict or dilate; the net effect is more energy flowing through your physical body, a heightened awareness, faster reactions, enhanced concentration. Just what you need for snowboarding or skydiving – typical fight or flight stuff.

Which leads us to 'spine tingling'. You're in some extreme activity, or you just narrowly caught the train, or the interesting person on the other side of the room whose eye you have been trying to catch suddenly returns your glance, and you get a jolt. It's very much a part of sexual attraction, but it even happens in silly little moments such as dropping a glass and catching it just before it hits the floor. The 'tingle' is your nerve endings feeling the flow of adrenalin, which in this case we can call energy. No great leap of faith or intellect to see and feel that energy as spiritual, to evoke the tingling as you sit in meditation and fire up the Muladhara chakra, at the very root and base of your spine, where the kundalini serpent lives. Even in a small, amateurish and undeveloped way, once you feel him snaking up your spinal column you can easily feel the intimate relationship between excitement and heightened consciousness. It's a balance of power,

peace inside energy, the stillness at the eye of the storm. The tingling sensation itself is a trigger for the 'still, small voice of calm'.

**FOUR****THE POWER OF LOVE****Meditation 03: Ownership**

*“Freeing yourself was one thing; claiming ownership of  
that freed self was another.”*

Toni Morrison

Continuing the theme of duality raised in this ‘chapter of the mind’ where we deal with the pivot points, the balance of power between physical and spiritual, we come to Ownership, and at first glance ask: ‘Whatever is that idea doing here?’ Aren’t we supposed to be about giving it all up?

No, we’re not, in a word. We’re about raising our consciousness, becoming elevated beings, in the world around us and making an impact on that world around us through our spiritual powers, re-discovered and re-created in the ‘elevation’ process. We’re about engaging, not disengaging.

This meditation is about owning that process, a step-by-step journey in real time which automatically also gives you ownership of the final result – your newly created, or re-created, Self. (Not that the result is ever ‘final’, of course. There’s always a higher stage.) Ownership means Responsibility (which has a meditation all of its own in this chapter), in the sense of settling on something then being ready, able and willing to take the consequences. We’re in it for the long haul, ladies and gentlemen. If love wasn’t driving us, we wouldn’t be able to claim ownership.

We are, however, talking about ownership of something subtle, of an idea, an experience, of the Self. Seen in this way, the duality comes up between the self with a small ‘s’ – yourself unenlightened and un-elevated, going about your daily body-conscious business – and the

Self with a capital 'S', the Soul. Can't own a Soul, can we? Can we own energy? Can we own our Selves? Isn't the Soul itself the Owner?

Duality all the way. It's another yes and no. The subtle spirit, the Soul, in its pure, powerful, peaceful original state, has no attachments. It is simply the blissful light of a pinpoint of pure consciousness, burning steadily without ever consuming itself. It owns nothing because in that state it just 'is', there is no 'doing' of any kind involved. But when it's working on itself, it's working on owning itself in the sense of controlling itself. And that also goes for the small 's' self and the capital 'S' soul. With ownership comes power, but also duty to the self, the Self and others to administrate that power with grace, harmony and beauty.

Another way of looking at it, couched in yet another duality, is to see ownership as stewardship. This gets round the whole problem of a non-physical Soul owning anything, even an entirely non-physical subtle process and end result. The notion of stewardship celebrates what you have got – the luck, for instance, to be able and willing to follow this high path, the ability to communicate it to others – as a gift. You are looking after your gifts, taking care of them because they have been entrusted to you, but in the end they are not yours to get smug about. Great power comes from this realization that what is yours is not yours. It means you will discharge your duty of care without arrogance and attachment, and will also be better able to meet and combat obstacles on the way because you don't have to defend, explain or apologise. It's a power coming through you. It's You but not yours. If you behave as if the power coming through you is yours, it becomes tainted with possession and fades away.

To own, to truly own the power that is You, is to let go.



## FOUR

### THE POWER OF LOVE

#### Meditation 04: Passion

*‘Passion is energy. Feel the power that comes from focusing on what  
excites you.’*

Oprah Winfrey

*‘Faith is the highest passion in a human being. Many in every  
generation may not come that far, but none comes further.’*

Soren Kierkegaard

*‘What Reason weaves, by Passion is undone.’*

Alexander Pope, *Essay on Man and Other Poems*

*‘Feel your emotions,  
Live true your passions,  
Keep still your mind.’*

Geoffrey M. Gluckman

Everyone knows passion. It’s the term of choice, much favoured by advertising and marketing people talking about car rentals, or coffee, or buses, or software, or anything at all; by creative artists explaining their difficult and often dangerous behaviour; and of course by the lover, songwriter, author or poet describing intense and turbulent romantic love. Etymologically, the word has as much root in the idea of suffering as it does joy – more, in fact. The Shorter Oxford English Dictionary gives three main areas of meaning, of which the first is suffering or affliction, the second is ‘being passive’ and the third is ‘an affection of the mind’, including... ‘Any vehement, commanding or overpowering emotion; in psychology or art, any mode in which the mind is affected or acted upon, as ambition, avarice, desire, hope,

fear, love, hatred, joy, grief, anger, revenge.’... and finally ‘An overmastering zeal or enthusiasm for some object.’

As far as people’s common understanding of passion is concerned, there is no doubt that in general it is held to be an uplift, a driving force, and in the case of romantic love, a route to extreme pleasure, to bliss. But passion carries an inbuilt duality. It is both creative and destructive. It is upward and downward looking. It can be heaven – or it can be hell.

The intellectual challenge – as distinct from the experiential one – is that passion suggests the opposite of peace. It’s more about turbulence, disturbance, emotions out of control, running away with you, leading to actions that you may regret. Things that we associate with the familiar, unruly, chit-chatter, flim-flammy mind. But the mind harbours and nurtures the desire for enlightenment, the energy of ‘up’ as well as downward-looking flim-flam. Hence passion, dispassion, compassion, passivity and patience (even being a patient) are all part of the same thing. It’s a defining principle of being human, a human being; ‘human’ looks down to the more earthly chakras below the heart, ‘being’ looks upward to the transcendental ones above it. The heart feels both sorrow and joy, right?

Passion, notionally a force of imbalance, based in the mind, leads the Soul from uncontrolled emotion to a pure, powerful, blissful state of being. A balanced Ecology of the Soul has room for emotion. Your average saddhu, guru or other species of holy man (why are they mostly men?) will tell you that the activity of the mind is a trap, a diversion, an illusion to be conquered, and indeed, in our own meditations we aim to get behind, beyond, over or under the trivial mental chit-chat. But make no mistake, the mind and emotions, thoughts and feelings, are a massively powerful part of our consciousness and should be understood as our driving force on the

upward path. Far better harness that power and turn it upwards than fight a losing battle.

Let's concentrate on one of the last sub-sections of the SOED's Definition Three: 'An overmastering zeal or enthusiasm for some object.' ('Object' meaning in this case a goal, aim or intention rather than yet another piece of consumer trivia.) Your passion to move or improve yourself, to explore spiritual ways of making sense of yourself and the inner and outer worlds you inhabit, to read this book and books like it, to do yoga or sit in meditation and put new and uplifting thought patterns into practice, is all you need. In fact it's crucial, because it's a hard path and without passion you'll lose the impetus. If your passion is truly there, you will truly get what you're aiming at.

The more you sit in meditation, the more blissful and beneficial experience comes to you, the more your passion for it will drive you to do it. You'll become jittery, jumpy and a little grumpy if you haven't done it for a couple of days; your passion, your zeal for the goal – which may or may not yet have made itself absolutely clear to you – is driving you. It's uncomfortable, it won't leave you alone, often you don't want to do it: you'd rather stay in bed. It's passion that gets you up, stands over you while you put your spiritual running shoes on and gets you going. Never say that isn't a good thing.

## FOUR

### THE POWER OF LOVE

#### Meditation 05: Spirit

*“If you want to accomplish the goals of your life, you have to begin with the spirit.”*

Oprah Winfrey

*“In my definition of consciousness, consciousness is the same thing as life. What wisdom traditions also call spirit.”*

Deepak Chopra

‘Spirit’ is a word or an idea full of resonance, and not just for the spiritual seeker. It is here in this chapter because it refers to the incorporeal, to a non-physical force which is separate and distinct from, but very much related to, the Soul. It is also very much related to the ‘spirit’ of other meditations in this chapter, specifically Passion and Energy, and it is best understood through consciousness of the breath.

‘Spirit’, as opposed to ‘Soul’, is both an ingredient of love and a way of expressing it. Unlike the Soul, it is not an individual and specific entity. It is a conscious force, a principle of life, but a subtle one, not to be confused with Pran or Ch’i, the physical energy of life that flows through your body and indeed all physical matter. It is not consciousness itself, but the mode or mood in which it operates.

We have to be careful with conscious forces or principles of life though, however subtle. The Ecology of the Soul does not admit of a divine omnipresence, either a God that is or is in everything, or a universal consciousness that encompasses all souls, all living beings and probably all the material universe as well. (As I say in the introduction, where does this omnipresence idea draw the line? Are

we supposed to believe that God also exists in oil refineries or radioactive waste?) ‘Spirit’ is not a general, boundless miasma of consciousness. It is outside the individual Soul, separate and distinct, but guiding, colouring, flavouring – defining the mode or mood of your mental and spiritual activity. Spirit is a bridge, in this chapter of dualities, between physical and spiritual love – physical love meaning the life energy, Pran or Ch’i, not the romantic or sexual kind. Like no other attribute, it reveals how physical and spiritual relate to and act on each other.

A bit of etymology, always a help. And very interesting in this particular context. In both Latin and Greek the word goes back to ‘breath’. The Latin ‘spiritus’ means breath, but also courage or vigour. Hence ‘inspire’ and ‘inspiration’, the giving or absorbing of creative or uplifting energy. It is distinguished from ‘anima’, the Latin for mind (conscious or unconscious) or soul, but that word too can be traced back to an Indo-European root (where Sanskrit’s influence on our modern English can be seen) meaning ‘to breathe’. A similar duality – or perhaps we should call it confusion – exists in Greek where *pneuma* (πνεῦμα) means ‘breath’, ‘spirit’ or ‘moving air’, and *psyche* (ψυχή) means ‘soul’ – yet *ψυχή* is also from an Indo-European root meaning ‘to breathe’.

No surprise, then, that we should pay such attention to our breath and breathing. And illuminating too for our understanding of ‘spirit’, because it leads us precisely to that bridge, to the physical door which opens into the spiritual domain. Breathing is physical, but also very far from it. Here we have the incomprehensible connection, the flow between the outer world and the inner, where energies intermingle and the spiritual seeker can switch from one to the other, like movie cowboys jumping between fast-moving horses – animals. Animal, get it? A being with a vital spark, a non-physical energy. As in ‘anima’, or even ‘animus’, the Latin version of *psyche* (ψυχή), which refers more directly to the mind and its states of being, of intent.

Truth is, both ‘psyche’ and ‘anima’ have traditionally been used as interchangeable with ‘Soul’, which confuses things, because Plato and Aristotle had their own theories. Aristotle’s hugely influential treatise on the psyche, called in Greek *Περὶ Ψυχῆς* (Perì Psūchês), in Latin *De Anima* and in English *On the Soul*, proposes three souls or psyches – vegetal, animal, and rational. The concepts formed the basis of psychology until the 19th century, but they aren’t much help in distinguishing the difference, and the beautiful (or dangerous) interaction between physical and spiritual. For that we have to go to meditation, to the experience of and through another part of our consciousness than the rational or intellectual.

Spirit is essence, ‘Atman’, a word which derives from the Sanskrit ‘et-men’, which means – guess what – ‘breath’ (compare with the more recent Hindi, ‘atma’, meaning ‘soul’). Spirit is courage, the spark of vitality, an attitude, a way of looking at life, the core truth of an idea or a person. We say ‘In the spirit of brotherly love’, ‘In the spirit of Abraham Lincoln’, meaning following their essential nature. The way it connects the spiritual and physical worlds makes ‘spirit’ an essential ingredient of Love, which as we know is another word for conscious energy. 100% proof distilled Love, if you will.

The heart is the seat of love, the centre of our emotional being which also carries courage, intent and conscience. We speak of ‘not having the heart’ to do something, of ‘finding it in your heart’ to do something else. Spirit is ‘outer’ heart, still non physical but not specific to an individual consciousness. A force you can tap into and use. In silence, focus on and listen to your breathing; and feel the Spirit.

**FOUR****THE POWER OF LOVE****Meditation 06: Energy**

*“Love is an energy which exists of itself. It is its own value.”*

Thornton Wilder

*“There is a vitality, a life force, an energy, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique.”*

Martha Graham

*“The energy of the mind is the essence of life.”*

Aristotle

When you start to consider a concept like Energy – not exactly tight and tidy, or easily defined – and ponder how it sits in the Ecology of the Soul, you see a) that it is so intimately bound up in the idea that it practically is the idea, and b) that the quest to define and understand it has been undertaken in science as much as in spirituality. More so, in fact, if you choose to define ‘modern’ Science as an exploration of the physical Universe. Without engaging in scientific study, to track the ‘big picture’ of theories and discoveries about the nature of energy and matter is automatically to lead us to that interstitial space where physical and non-physical energies interact.

We’re happy with the science that says that matter is energy, right?  $E=mc^2$ ? As Albert Einstein said: ‘It followed from the special theory of relativity that mass and energy are both but different manifestations of the same thing – a somewhat unfamiliar conception for the average mind.’ The basic building blocks of matter – protons, electrons, neutrons, quarks, neutrinos and their ilk – are

infinitesimally small particles whizzing about in what to them is almost unlimited space.

Energy can't be created and it can't be destroyed. As matter, all it does is change. All things are energy, and all thoughts are energy. Matter is energy, and consciousness is energy. Love is energy, light is energy, peace is energy, power is... energy. This is our natural state. We are beings of energy. You are energy, but energy is not necessarily You. You are love, but love is not necessarily you. Spiritual love is Light. You are light, I am light. Not a general, nondescript 'cosmic soup' kind of light; an infinitesimally small – to all intents and purposes so small that it has no size at all – infinitely powerful, eternal, individual pinpoint, an iota of conscient light, with its own unique consciousness and its own unique rôle to play in the eternal human drama. Amazing idea.

There is also 'Glow', which we associate mostly with the Chakras. Chakra energy – chakra light – is your energy, not the energy that is You. These are energy nodes in your physical body, portals for Ch'i, Pran, the life force. Focussing on them gives you balance, harmony, stillness: spiritual peace and power. Here's the nub of the physical / spiritual relationship; meditating on the Chakras, the light energy that is the conscious and conscient You focuses on the Pran energy that is simply and straightforwardly the glow and go of life itself. The life force. In doing that, the mind becomes still, and the conscious and conscient energy that is You the Soul perceives and experiences both the non-conscient life force, and the conscious and conscient energy that is Your Self – You the Soul.

Anahata, the heart chakra, is the seat of love. As we have discussed, it is the pivot, the balance point, the portal between physical and spiritual. All the chakras, in fact, are steps on the way to our understanding, and experience, of our Selves as non-physical, incorporeal beings. Rather, the chakras themselves are not the steps;



our ever-deeper and more intense engagement with them, freeing their energy, the letting go and the letting flow, gives us the steps to tread on the path between physical and spiritual, the rungs of the ladder upon which to climb upwards. Start at the earth level with Muladhara, the root, and end at Sahasrara, the ‘connected’ one. (We don’t end there, actually, but continue on and beyond, entering a state of Yoga or Union with the Divine.)

### **A practical exercise**

Sit in silence, comfortable and cross-legged, ideally. Focus on your breathing, hearing it resonate in the top back of your nasal airway to quiet your mind, and then focus your awareness (as a start) on Muladhara, the root chakra. This is the energy node centred on the very bottom tip of the spine, round the perineum, that reaches down your legs to the earth as well as forming a ‘platform’ from which the Pran will flow up your spine towards the top of your head. The awakening or opening process, the ‘turning on’ of this and all the other Chakras, is, not unlike Yoga asanas, a trick combination of focusing and letting go at the same time. You have to pinpoint the source, feel it flow and glow, and as soon as the tingle begins, give it up. Let it go. Donate it. Like a fan on flames, the more you release and allow the energy to rise, the more you open your (in this case) hips and groin, the more strongly and perceptibly the energy flows – upwards. Sit on or in the glow, feel it, float on it, love it, enjoy it, feel its colour (red) pulsating. You can’t own it, you can’t keep it. The only way to get more of it is to let it go. This is not the energy that is You, remember; You are the conscient being watching and controlling it. It is leading upwards towards You, and will take You further on up as it passes through the top of your head. That way lies the connection to the energy that is God, the Supreme Soul. But that’s for a different chapter, possibly even a different book.

**FOUR****THE POWER OF LOVE****Meditation 07: Responsibility**

*Today, more than ever before, life must be characterized by a sense of Universal responsibility, not only nation to nation and human to human, but also human to other forms of life.*

Dalai Lama

*Most people do not really want freedom, because freedom involves responsibility, and most people are frightened of responsibility.*

Sigmund Freud

*You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself.*

*That is something you have charge of.*

Jim Rohn

With great power comes responsibility, and with great love comes great responsibility. Because great love is great power. And there is no love – and hence no power – greater than the ‘atomic’ power of the Soul. Or ‘atma-ic’, perhaps we should say, just to avoid nasty misunderstandings.

‘Responsibility’ is here at the end of the Love chapter because it’s the logical conclusion to all that has gone before. Once we’re established in the experience of the ineffable and unstoppable power of love that is our True Self, learning how to enhance and nurture that experience daily, we automatically start having an effect on who and what’s around us. As soon as the journey into inner space is under way, not only does our ‘vibe’ have a subtle effect on people and their immediate mental /emotional atmosphere, we find that we are also motivated to

share our experience with others. Whether through simple conversations, teaching, talking, writing, music, art – whatever activity or medium you choose, or chooses you, the beauty that shines in you and out of you must be shared. It's not yours to own, remember; the same paradox that we dealt with in the 'Ownership' meditation of this chapter is at work. The more you give it away, the more you let it go, the more it comes to you and empowers you.

This is the core of the idea. As you take ownership of your newly discovered true powers, you settle into the new sense of yourself – and Your Self – generated by the changes and realizations you are going through. Part of this process is understanding your 'stewardship', your responsibility when it comes to managing your powers and their effect on other people. They are in You, they are of You, they are You, but they are not yours. Nurture, cherish and care for them as if you were looking after them for someone else. They are a gift, or at least your new awareness of them is a gift, to be received with love and humility, and to be given with love and humility. You are becoming a powerful soul, a being more directly in contact with its own conscious energy than most, and people will recognize you as such.

Personal interactions may be full of sweetness and light – if your interlocutor is disposed in favour of spiritual practice and is him or herself some kind of seeker; they may be mildly uncomfortable, if the other person is not particularly interested, or indeed is even uneasy about engaging in such topics; and even downright unpleasant, if, as can happen, you find yourself in front of a soul whose awareness is so far from a sense of their own true Self that you become a threat to be combated. Strange and unwelcome, but true; there are souls in this world for whom these messages are anathema. The powers of Peace and Love shining out of one pair of eyes can make an angry soul angrier, and twist the knife in a tortured soul's heart. All you can do is avoid.

All this connects to another aspect of responsibility for enlightened beings, perhaps one of the most crucial for your ordinary everyday activity in daily life. Jack Canfield's *The Success Principles* sets it out just as clear as it needs to be said: 'Don't blame, don't complain – take responsibility.' Anything and everything that happens is ultimately down to you (within reason of course). This is strong meat and takes some deep 'churning' in meditation to figure out exactly how it works. If, for instance, you are a Soul with Peace, Power and Love shining out of your eyes, it's a mistake to put yourself in front of aforesaid tortured souls, and if bad things happen it's as much your responsibility for being there and provoking them as it is the do-ers' responsibility for doing them. This kind of awareness demands a big heart, a long view and a rock solid confidence in your own power and your own heightened awareness.

It's another perfect duality, a self-contradiction almost, the same one that operates when you let go of your newly discovered powers, or at least you let go of the idea that you own them. Only by letting go can you truly benefit, and bring others benefit, in the knowledge that your power is You but it is not yours. In the same way, the truly enlightened soul who doesn't blame, doesn't complain and accepts responsibility, accepts no blame. He or she does not operate on that lowly level. For us lesser beings it is merely a lesson in living. Of course we accept responsibility for something we have done that may need putting right – a broken window, a broken heart – and in such cases 'blame' is more or less the same thing. The crucial difference is that blame is handed out by others. I accept or reject it – but I take responsibility in the most detached fashion possible. I don't deal in daily tit for tat.

## **FOUR THE POWER OF LOVE**

### **Practice 01: Plant a Power Seed Every Day**

*[NOTE TO EDITOR: This introduction appears in the power seed sections of all chapters.]*

Power Seeds are mental devices, thought triggers to generate Soul Consciousness, and hence change your actions. They are a bit like the Zen 'kōan' (for instance the idea of the sound of one hand clapping) that kick your mind out of gear and raise the level of your awareness.

Using Power Seeds, you grow a new garden of consciousness. See your mind as a garden, or at least a patch of fertile soil. Thoughts and feelings grow in it, like plants. Your mind is a riot of tangled and intertwined mental vegetation, much of it good and useful and most of it neither good nor useful. So it's a pleasant surprise that you don't have to struggle with the weeds. All you have to do is plant your mental plot with new seeds – 'Power Seeds' – which grow into thought, attitude, feeling, and action. Which feeds back and creates new thought and feeling. You have created a new mental and spiritual garden – and a new framework for your behaviour.

If you really focus all the innate power of your calmed, stilled mind on the Power Seed you choose for 60 full seconds, that thought pattern will repeat and recur throughout the day, accumulating much more than a single minute of your mental activity. It's meditation in action, because the meditation is about action.

Plant one of the mental Power Seeds that appear on the following pages. The Power Seeds section of the book's Introduction (p??) gives the full explanation of how to prepare the mental and spiritual ground for your new garden; the Appendix gives you a whole range of Power Seeds to suit your circumstances. Ultimately, as your Self knowledge increases, you will be creating and planting your own.

Love is the most important thing of all.  
The only thing.

Love yourself, but love Your Self more.

Your responsibility is to have  
unconditional love for Your Self.

Have a heart.

Anahata the heart chakra is at the centre  
of your spiritual and physical being.

The heart is the hub, the portal, for the  
flow of energy, both spiritual and  
physical.

It is not You. You are sitting in the centre  
of your body's forehead.



Take a breather.

If the heart is the 'hub' for the flow of  
physical and spiritual energy, the breath  
is the flow itself.

Watch and listen to your breathing and  
let it carry you into silence.

The closer you get to stillness, the quieter  
becomes your breathing, until you are  
sitting not in a moving flow, but a floating  
glow.

God is Love, but Love is not God

Love is Energy, but Energy is not  
necessarily Love

Love is Energy, and everything – matter  
and spirit – is Energy.

But Every Thing is not Love.

Energy can't be created and it can't be  
destroyed. As matter, all it does is change.  
All things are energy, and all thoughts are  
energy.

Matter is energy, and consciousness is  
energy. Love is energy, light is energy,  
peace is energy, power is... energy.

We are beings of energy.

You are energy, but energy is not  
necessarily You.

You are love, but love is not necessarily  
You.

A balance of power.

The Ecology of the Soul is in balance  
when our powers are in balance. That  
balance sets us free and leads us to a  
place of perfect peace, power and  
stillness.

Love is the name of that place.

Love is the name of that balance.

Joy.  
Delight.  
Fun.

We are beings made of joy, put here to  
feel delight, to feel high.

Fun-damentally, fun is one of the  
building blocks of our being. Try it; if you  
go into the still and silent inner space,  
you come out of it with a grin, feeling  
mildly euphoric, full of joy. That joy is  
Your natural state of being.

Another name for it is Love.

Love is Light, and Light is Love –  
spiritual light, that is.

The pinpoint of spiritual light that is You  
the Soul, because it is light,  
seeks enlightenment.



Commitment strengthens, deepens your  
resolve. It takes courage to do, and gives  
courage in the doing.

To commit is to hand over, to renounce,  
to give oneself up, to let go, to let it flow,  
in a sense to abandon responsibility.

Let go of yourself to find and nurture  
your true Self.

Love is letting go.  
Love Your Self by letting go of yourself.  
If you're struggling, let go.  
If your mind or body are tight,  
wound up...  
let go.  
Letting go does not mean losing it.  
Once you have properly let go, you will  
find 'it' – energy, peace, power, love,  
stillness – comes to you more abundantly  
than ever

The intimate relationship between  
excitement and heightened consciousness  
is a balance of power,  
peace inside energy,  
the stillness at the eye of the storm.  
At the centre of the commotion is the  
‘still, small voice of calm’.

Stewardship celebrates what you  
have got as a gift.  
You take care of your gifts because they  
have been entrusted to you, but  
in the end they are not yours.  
It's a power coming through you.  
It's You but not yours.  
To own, to truly own the power that is  
You,  
is to let go.

Your passion to move or improve yourself, to explore spiritual ways of making sense of yourself and Your Self, is all you need. If your passion is truly there, you will truly get what you're aiming at.

‘Spirit’ in ancient languages translates as ‘breath’. Hence ‘inspire’. The word ‘Soul’ comes from the same root.

‘Spirit’ leads to the physical door which opens into the spiritual domain. Your breath is physical, but also very far from it. It is the flow between the outer world and the inner.

Angry, anxious, greedy, fearful, envious,  
hostile, negative energies are not Me or  
You. They are subversions of our being,  
indicators of how far we have strayed  
from our  
True Selves.

We are beings of pure conscient energy,  
which is another way of saying love,  
which is another way of saying peace.

Our natural, incontrovertible state is  
peace.



**FOUR****THE POWER OF LOVE****Practice 02: YOGA SEEDS – Salute to the Sun (Surya Namaskar)****Salute to the Sun #4: Plank (Chaturanga Dandasana)**

The Salute to the Sun, like most things in Yoga, has many variations. The one we use here consists of seven ‘asanas’, to use the Sanskrit name for positions, done in a 12-step sequence. This posture is ‘Chaturanga Dandasana’ in Sanskrit (‘Chatur’ means four, ‘anga’ means limb or part thereof, ‘danda’ means ‘staff’ or stave – the four-limbed staff) and ‘Plank’ in English. No prizes for guessing which one we like here at the Ecology of the Soul.

**Chaturanga Dandasana – Plank: The Asana**

We focus on ‘high plank’ for this version of Surya Namaskar. It falls naturally into the sequence, whereas ‘low plank’ is such a trial of

strength for the arms that I recommend you learn and practise it individually.

In the sequence, you are between 'lunge' with your right leg forward, and Adho Mukha Svanasana, 'Dog'. Palms flat on the floor, jump your right leg back from the lunge position so that both legs are extending back behind you, your weight resting on your toes, which have flexed to point forward. Your arms are straight up and down from your shoulders, elbows locked. You are turning them into strong structural components, supporting your upper body weight and giving it enough lift to feel light. Those arms have to feel like tree trunks or steel girders.

They need to be, because your aim here is to make a straight line with your body from the top of your spine where it enters your skull right down to the backs of your heels. We've talked about opening your channels for the energy to flow; that opening process happens when you make them as straight and unencumbered as you can, and this position concentrates on that straightness. Your head is a natural extension of your spine; you are looking down at the floor in between your hands. As your strong solid arms extend to your shoulders, open your shoulders and chest a little by twisting your arms in their sockets slightly and giving your heart more space. Your lower back must be energised and raised to counter its natural downward curve, but don't raise it by rounding your spine; the lift comes from within the spine itself, and also by tucking your coccyx in.

Remember that you are always feeling and hearing your breathing sound at the top back of your nasal passage, making a hollow echo in your head which in itself is creating your calm, inner focus. Remember also that every move you make is done on an exhalation. Run your attention up and down your body, focusing and feeling the energy in each chakra position, or node. Warmth from red Muladhara, at the base of your spine and flooding both upwards and

downwards, connecting you to the earth and the natural world; a tingle from orange Svadisthana, in the pit of your stomach just above your genitals; steadiness and stability from yellow Manipura at the centre of your solar plexus; the opening, pivotal energy of Anahata, the heart chakra, which is green in colour, sometimes with pink petals; let go your throat muscles, relaxing your neck and tongue (this is tricky!) so the brain quietens at Vishuddha, the blue throat chakra; you should have no difficulty feeling the energy at Ajna, the indigo 'third eye' chakra, because this is the physical position of the Soul in the body; and finally, the upward and outward energy of the violet connecting / connected chakra, Sahasrara, carrying the flow out of your system, up and out towards the Divine. The more it flows out, the more there is of it to flow.

Hold the position if you can for seven full in-out breaths, each one focusing on each chakra. Tailbone tucked in, arms locked, chest spread. It's energising and strengthening; deceptively simple but with a great deal of subtlety. You will enjoy refining Chaturanga Dandasana for the rest of your days. Why not?

## CHAPTER VIII

### SIX: THE POWER OF CREATIVITY

#### {Swadisthana, the Spleen or Sacral Chakra}

*But unless we are creators we are not fully alive...  
Creativity is a way of living life, no matter our vocation or  
how we earn our living.*

Madeleine L'Engle, *Walking on Water*

*Creativity is the natural order of life. Life is energy: pure  
creative energy. We are, ourselves, creations.*

Julia Cameron, author (*The Artist's Way: A Spiritual Path  
to Higher Creativity*) and screenwriter

In this chapter:

Introduction

Meditations:

Reproduction

Joy

Enthusiasm

Imagination

Transformation

Self Creation

World Creation

Power Seeds

Yoga Seeds: Bhujangasana, The Cobra

## INTRODUCTION

Every personal Power, each one of the seven that you are re-awakening, is interconnected and overlapping, and they are all already within you, waiting to be experienced and expressed. You are creating the new You – or, as we are getting used to saying, re-awakening the original You, the true You the Soul.

But interconnected and interdependent though they are, each power also has its dominance. Creativity is dominant because without it there is nothing. In many religions God is called the Creator, and when we speak of heaven and earth and all things, living or inert, in them, we speak of Creation. You are using the ideas in this book as you set out on the path of self-transformation, and in that sense you are creating yourself. Your Self. Nothing more directly, essentially creative than that.

This path is a journey inside to discover the hidden treasure, the truth of this pure, powerful, peaceful soul that you already are and always have been – your natural state of being. But most people's mental and spiritual state is so far removed from this essential truth that it feels like embarking on a creation process, making something entirely new.

Having trouble recognising, really feeling, this overarching, essential truth? Doesn't feel at all as if pure, powerful, peaceful essence is what you really are? Do you see yourself as a more or less random collection of thoughts, feelings, desires, wishes, satisfactions, disappointments, successes, failures, emptinesses, fullnesses, habits, relationships, daily doings, intellectual and emotional energies? But you have some sense of what's underneath all that, and that whatever it is, is worth getting in touch with, otherwise you wouldn't be here. The fact that you believe, you inherently know, that there's something more, something deeper, something that will give you an insight into

what's really going on, is in and of itself proof to you that there is indeed a deeper level of awareness of your Self, of consciousness.

True Creativity happens at a Soul level. All art, inspiration, imagination, innovation, invention comes from the Soul, however the individual artist, scientist or inventor conceives it. Yes, of course, creative ideas reside in the mind, the intellect; but underneath those is the unique You, driving your ambition to know, to understand, and to express. This is the creativity, the power, the energy of the Soul. Of You. It's a mental puzzle, a conundrum that can itself help your breakthrough into inner space; You the Soul, being energy, are incapable of being destroyed and therefore, logically, of being created, but it's this process of self exploration, of self knowledge, that is the ultimate creative act. You create your Self. At a mental level you create your thoughts, your feelings, your attitudes, and deeper down at a spiritual level, your powers. You create them, and they create You. And as you engage with that idea – really feel it, experience it – automatically and without effort you create the world around you, your immediate environment. New habits; new habitat.

Every single human soul creates thought. If you're thinking, you're creating. But most religious or spiritual traditions, certainly the 'mystic' sub-sections of them that include meditation or contemplation, see the mind, where thoughts are created and experienced, as not the true You. The idea of meditation is to still the mind, to reduce the speed and quantity of thoughts down to nearly nothing if possible, so you can dig deeper and experience the silent power of the Self. This is the starting point for the process of balancing your inner ecology, but it's not a hard discipline of meditation. We base our effort on the easy 'Magic Minute', for the simple reason that we need to keep this process accessible and practical, and I know full well that if I ask you to devote an hour a day to meditation and to wreak radical changes in your life, we won't get anywhere. It has to be easy, at the start anyway. This way, change sort

of creeps up on you; you will look back and see your behaviour has changed, and know how that happened. Your actions have changed because you have changed your mind – not created but re-created, renewed it. Maybe this is the true meaning of recreation.

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The seven sections that follow are Meditations on particular aspects of the Power of Creativity. As you ponder them they create an atmosphere for the mind, calling its attention to matters deeper than itself and diverting it from its everyday, ceaseless inner chatter. They are meditations in the sense of active thinking. Read, contemplate and apply them to your own experience, with the full awareness that you are working on the building blocks of your power. At the end of the chapter you will find some suggested 'Power Seeds' which are designed as thought triggers to kickstart your daily Magic Minute. That is the tiny slice of time you allocate daily to yourself, your Self, a 60-second silent meditation in which you still the mind, go deeper than active thought and plant your Power Seed to grow your new and beautiful mental and spiritual garden, your new consciousness and new thought patterns. Its effect lasts and comes back to you throughout the day. So it's much more than a minute, really. But a minute is all you need to start.

**SIX****THE POWER OF CREATIVITY****Meditation 01: Reproduction**

*Let us investigate more closely this property common to animal and plant, this power of producing its likeness, this chain of successive existences of individuals, which constitutes the real existence of the species.*

Comte Georges-Louis Leclerc de Buffon, *De la Reproduction en Générale et particulière, Histoire Naturelle, Générale et Particulière, Avec la Description du Cabinet du Roi* (1749), Vol. 2, 18. Trans.

Phillip R. Sloan.

Reproduction is one of the greatest, if not the greatest, of our creative powers, and one that we share with every other living being. That in itself is worth a good few minutes' silent contemplation. We're talking about sex, just in case you've missed the connection. The urge to reproduce is a primal power in and of itself, a force of nature that flows through us all and drives our actions from a very deep level, however far away from the natural world we are in our daily urban lives. Being human – again arguably – separates us from the planet's other living beings because as far as we are aware, we have the self-consciousness, the self-awareness, that they don't. But every single living being on the planet, from amoeba on up, has the inbuilt ability to reproduce. Worth pondering on, in your silent Magic Minute.

But – strictly physical, you think? The same bodily power that every adult on the planet has, one way or the other, bar a few medical exceptions? What's it doing in this list of mental or spiritual powers?

Well, for a start, not all the Meditations which underlie and support your understanding and your experience of your innate Powers have to focus on the strictly non-physical realm. We have already



established that the physical affects the spiritual and the other way round, right? Not to be confused with each other, but those dimensions interact, intertwine and affect each other. And as far as Creativity is concerned, no one would deny that this particular area of physical experience is a) within us all and b) overwhelmingly, profoundly, primally powerful.

This meditation focuses your attention on the idea of a seed, both mental / spiritual and physical. The parallel is a neat one. In your silent Magic Minute(s) you plant a Power Seed of thought that, like all seeds, holds an entire universe in itself, in pre-programmed and pre-physical form; part of your Power Seed is thinking about the biological seeds that you physically make, and from which our physical existence springs. Women, focus on your innate power to grow another human inside your body, the seed that is fertilised; men, focus on your power to produce the seeds that fertilise.

These familiar concepts lead you to experience the energy flowing inside you – the Ch'i, the life force. You the observer, a form of spiritual energy, are focussing on the observed physical phenomenon, the flow of life. Keep it at that universal level, and keep your mind away from thoughts about sex. I'm not suggesting that you eliminate or ignore your sexuality; it's vitally important, in fact, and very much a part of a balanced spiritual ecology that you understand it and have a close, respectful and loving relationship with it. But not here and now. This is your crucially valuable Magic Minute, and giving sex your attention now will waste your mental energy. The whole point is to dive under or rise over physicality, harnessing the power of your mind to discover the much, much greater power behind the mind; which you can only do when you still it.

This process opens a door directly into the universe, just as if you were in a science fiction fantasy, and opening the door to leave home one morning, you found yourself facing infinite space instead of your

front yard. The thought process itself will calm your mind, slow it down; you enter inner space, and by placing your full, silent awareness on your Self as owner of this reproductive power, you tap directly into the universal power of Creativity. Nurture it. Your mind is changing; you are changing your mind. When you are truly experiencing your Self like this, you are really heading for a balanced internal ecology, a healthy spiritual eco-system. And by the way, in that balance you will also find a new depth, power, and transcendent beauty in your loving sexual experience. Can't be bad.

**SIX****THE POWER OF CREATIVITY****Meditation 02: Joy**

*‘Where there is joy there is creation. Where there is no joy  
there is no creation; know the nature of joy.’*

Maitrayaniya Upanishad, c800BC

It’s easy to forget, among all the hustle and bustle, the daily life, the going and coming, the work, the family, the worries, the getting and spending. It may even seem like an alien concept. We are creatures of delight, of joy, put here on this earth to have fun.

No? Too far-fetched? Completely missing the point of our serious existence? Too flipperty-gibbet, superficial, lightweight? Aren’t we engaged in a process of self transformation here, the power of silence, the quiet contemplation and re-building of our inner selves, which leads to changed actions and ultimately a changed world? What could be more serious than that?

Well, have a think about this; no reason why you can’t be serious and effective but also experience the deep joy, the delight of being, the ‘high’ that comes from you knowing and feeling your natural state as a conscient, non-physical entity. The word ‘fun’ may be a little misleading in this context, true; it’s not a matter to be taken lightly. But it does get at the point that we have missed, which is that anxiety, discontent, sadness, fear and anger are not our default settings. Strange though it may seem, happiness is. Otherwise why would be seeking it in so many ways? To be truly aware of your true Self is to be truly joyful. I’m not suggesting inappropriate behaviour, like having a fit of the giggles at a funeral, or asking you to find the delight in some nasty task like cleaning up after someone (your child, your mother in

law, your best friend, your dog) has been sick on the rug. The joy is underneath all that.

Contemplation of the simple idea of joy brings you quickly to spiritual joy, contentment, peace. To 'bliss', to use a beautiful and powerful word, which describes the ultimate meditative experience, when you are a silent light floating in a silent sea of light. (Enlightenment, geddit?) Although that state doesn't come easily, even the journey towards it feeds your everyday joy, your natural happiness. Surprise, you are essentially a happy being!

Joy is your natural state because You the Soul are a node of pure, peaceful, silent, spiritual energy, conscious of Your Self as a Soul and of the physical energy constantly flowing through your body. If you have managed to calm the naughty child that is your mind for long enough to break through to this deep awareness, and to settle into the full realization that it is this peaceful self that is You, and not the chatter on top, you emerge from it smiling. Grinning, even. That has to tell you something, surely; you just tapped into an infinite source of happiness with no expense and virtually no effort, in the comfort of your own home (or car, or bus, or subway, or workplace, or anyplace). It was inside you, all this time. How can that not affect your life and that of those around you?

The happiness you get from everyday life can be powerful, let's not disrespect it. Your love for your family, for your sport, art or music, natural beauty, your garden, even that new kitchen or car, are joys that keep us going through our days and nights, through the grind. But the deep-down Joy you are connecting to means peace. Joy means power, joy means bliss, joy means love. It is a definition of the conscient energy that is You. The physical is always moving, always in action – which is why we seek joy and connection to it through physical means – the art, music or nature I talked about. The spiritual is still and silent, but alive, conscient. This is where you're headed. To

get in contact with that single, still source of incredibly powerful energy that is You.

Consciousness, including thoughts, feelings, desires, fears, atmospheres, emotions, memories, perceptions – all the activity by which we define ourselves at an everyday level – is energy. And therefore indestructible. And if ‘You’ are energy that is also somehow individual, then you are an energy form, a node, with unique characteristics. ‘You’ are indestructible; you will just change as you move on. You are affected by physical energy, and you in turn affect it; your body affects your feelings, and your feelings affect your body. Physical energy flows and vibrates; the pure spiritual energy that is You is stillness, in perfect peace – but it is still giving off a vibration.

All that these meditations do is bring you to an awareness of Your Self as that energy, and not as the thoughts, feelings, desires, fears, atmospheres, emotions, memories and perceptions aforesaid. And when you have that awareness – when you are ‘soul conscious’ as opposed to ‘body conscious’ – you see yourself as an infinitesimally small particle of energy, a spiritual neutrino if you like, burning like a light or a flame but never consuming itself, never going out; still, silent, peaceful and powerful, but like the flame or the light, alive and vibrating at the same time. And if you don’t find yourself connecting to unlimited Joy as you kick into that awareness, then try again. You just haven’t got to it yet. I can’t take you there; you have to take yourself. Although Joy is one of Creativity’s Modes of Awareness, you don’t have to create it. It’s already there. You just have to connect.

**SIX****THE POWER OF CREATIVITY****Meditation 03: Enthusiasm****ένθουσιασμός**

*“The secret of genius is to carry the spirit of the child into old age,  
which means never losing your enthusiasm.”*

[Aldous Huxley](#)

*“Enthusiasm is the yeast that makes your hopes shine to the stars.  
Enthusiasm is the sparkle in your eyes, the swing in your gait. The  
grip of your hand, the irresistible surge of will and energy to execute  
your ideas.”*

Henry Ford

Enthusiasm is a primary ingredient of the Power of Creativity, firstly because it describes the intensity of the creative process, particularly at the start, and most importantly because it defines your relationship with that process. Just in case you are thinking that this is not for you, because you don't see yourself as a creative person and the creative process means nothing to you, remember that the Power of Creativity is one of your essential powers, inherent in and defining You the Soul. Remember that there is no human being on this earth who isn't creative, because we create thoughts, feelings, actions – and we reproduce. You are on a journey to re-discover and nurture those powers, dormant in the fundamental, essential You.

It's always useful to go back to definitions, because they show us the intimately creative relationship between language and thought. The Shorter Oxford English Dictionary's entry for Enthusiasm quotes the Greek ένθουσιασμός (enthusiasmos), by which Plato meant 'inspired or possessed by the god'. 'Ev', inspired, 'θεός', god. It goes on into later English usages; 'Possession by a god, supernatural

inspiration, prophetic or poetic ecstasy; fancied inspiration, a conceit of divine favour or communication'. In the 18th century it was used to denote 'ill regulated religious emotion or speculation.' And the Enthusiasts, we learn, were 4<sup>th</sup> century 'heretics' who laid claim to special revelations. So no question that the word – and hence the idea – originally expressed transcendence; connection or communication with 'the Divine', which is simply a way of saying 'a power which we can't know or define using our senses or intellect'. Enthusiasm is one of the many ways in which you experience the power of your mind when it is really focussed, and below and behind that, the creative power of You the soul which underpins all that mental, sensual and emotional energy. Enthusiasm is one of the routes to the self awareness which is essential to a balanced ecology of the Soul.

There is a personal, private fire that burns in the heart of those people lucky (or unlucky, depending on how you look at it) enough to have a cause, a mission or a project in which they passionately believe and to which they are profoundly committed. That flame is lit from the same source of energy which drives the enthusiast in the sense of artist, sportsperson or even hobbyist; they are continuously engaged, they have continuous desire for improvement, to be better, to achieve more, to have more (which, if it's just ownership of more things, may prove self defeating). They don't mind personal discomfort, they often make sacrifices for the sake of their enthusiasm, which it's easy to see as selfishness. Artists can be difficult people, driven to create while other aspects of their life lie neglected. If your enthusiasm is for adrenalin-fuelled activities like mountain climbing, skydiving, motor sport or extreme skiing, you happily take on danger, discomfort and expense, separation from your loved ones and even the risk of physical harm, which also of course harms your loved ones. Less extreme enthusiasms such as chess, fishing or computer games don't perhaps demand that you risk your life, but they are nonetheless consuming and exclusive. Unless you share your enthusiasm with

those unfortunate loved ones, they are likely to take second place. Your enthusiasm takes you out on your own.

Not, on the face of it, a great recommendation for enthusiasm. But that private fire burning in your heart – even if it's only for a particular TV programme which demands that everything else stop while you watch it – gives you a way of defining yourself, of knowing yourself. And that is the link to the Power of Creativity, because knowing yourself leads directly to creating yourself. And creating (or re-creating) your Self. With or without self awareness, you create your thoughts, your thoughts create your feelings and your actions, your actions create you with a small 'y'. Which creates your thoughts, which create your actions... and so on, round and round.

So. If at the everyday, physical level of normal life, one of the ways you create a sense of your 'normal' self is through your enthusiasms, it follows that you can turn them towards an understanding of your spiritual Self. Keep looking below the surface, giving thought to why you are so keen on this particular thing or activity. Perversely, it seems that it is because it takes you 'out of yourself'. So totally absorbed in something do you become that you 'forget yourself'. What you are forgetting, fortunately, is the everyday self, the one that's dealing with all the complications, the worries, the things that should have been but aren't or shouldn't have been but are. While you're doing this, nothing else matters. You're in touch with your deeper Self. The electricity bill is not relevant to the here and now.

Like everything else, enthusiasm is energy. It is creative energy, because although it applies itself mostly to external worldly things, it comes from You the soul, which is conscient, aware, living spiritual energy, not the dumb, flowing, universal life force. The dumb one is creative in the sense that it makes flowers grow and birds fly, but it is creation without awareness. It is not self aware, it is not conscient.



Your power and privilege as a unique and individual node of conscient energy is to know the creative power of your Self. Enthusiasm, like many other forms of awareness, is a route to this knowledge and this experience.

**SIX****THE POWER OF CREATIVITY****Meditation 04: Imagination**

*‘Imagination is usually regarded as a synonym for the unreal. Yet is true imagination healthful and real, no more likely to mislead than the coarse senses. Indeed, the power of imagination makes us infinite.’*

Naturalist and champion of Yosemite [John Muir](#), *The National Parks and Forest Reservations Sierra Club Bulletin*, v. 1, no. 7, January 1896

Some of us might not think of ourselves as creative, and others of us might struggle to see enthusiasm, or even joy, as an inherent part of our personal makeup. But everyone, surely, knows they have imagination. If people accuse you of having no imagination, it doesn’t mean you have none, it just means you don’t have the same one as they do. Which is hardly surprising, given that each and every individual human soul on this earth is unique. If you did have the same imagination as them, there’d be trouble.

Our goal is to balance the Ecology of the Soul, of which the mind is a part. And imagination resides in the mind. The received wisdom from generations of philosophers and psychologists tends to be that imagination is a bridge between ‘unreality’, the fantasy of the unconscious, and conscious reality, which is somehow better because it’s more real, ie in the physical realm. It is indeed your bridge, but between two sorts of reality – the physical and the non-physical – not reality and ‘unreality’. Remember that spiritual and mystical traditions see the non-physical as real, and the physical as illusion.

Most of the time your mind occupies the physical space. You get up in the morning, you lead your daily life; home, family, friends, work,

play, getting and spending, eating, drinking, relaxing. You need to pay attention to those physical things; and to more ‘cerebral’, less physical activities like reading books or newspapers, listening to music, watching TV, having conversations. But all the time you and your daily life are getting on with each other, your imagination is whirring away on a separate track.

There is the idea of separation between the ‘reproductive’ and the ‘productive’ imaginations, or functions of the imagination, which goes back to the early days of psychology and appears, for example, in James Rowland Angell’s *Psychology: An Introductory Study of the Structure and Function of Human Consciousness*, (1906). Unless I’ve woefully misunderstood, it is to distinguish between what we would otherwise know as ‘visual memory’ (we conjure up pictures and experiences of events, things that happened or are about to happen, a sort of re-living) and the more directly creative function which generates all our ‘original’ ideas, images, words, music, literature, poetry, art, design, architecture. This is the truly imaginative stuff, where people bring things into the world that were apparently never before heard or seen, and that somehow shed light on what we call ‘the human condition’ – making a stab at the ‘meaning of life’.

Which is the part we’re interested in, because a) it’s the truly creative part, b) that truly creative part is the one with which the majority of people don’t identify – they don’t see themselves as ‘creative’, and c) it turns out that the truly creative part is actually not creative at all, in the sense of making something out of nothing, but ‘re-creative’. I don’t mean that everyone who reads this book or begins to achieve balance in their internal ecology will automatically turn into an artist or musician. I do mean that turning your attention inwards towards your Self (the spiritual, inner, true Self) automatically creates the awareness that enables you to connect to the flow of energy that is ‘dumb life’, and to experience the unique, individual node of ‘smart consciousness’ that is You.

Making that connection, in the early stages at least, uses the imagination. Meditation starts with visualisation, which is another way of saying imagination. You see your Self with the mind's eye; your imagination is your tool. The real nub of the matter is that you are not imagining something into existence, creating something that was never before heard or seen; you are visualising something that is already there. The more you experience it, the less you will have to 'productively' imagine it, because truly experiencing it happens at a level of consciousness below (or above) your mind. In fact, you can't get there without shutting your mind down, or at least suspending its activity as far as you can.

If you want to take the logical, intellectual route to understand that all the inner power and peace you need to become the balanced, resilient, loveful and joyful individual that you truly are are already there, waiting to be unlocked, consider this. Every human being has an idea of Heaven. The awareness of a place – or a state of being – of peace, happiness, harmony and beauty. We couldn't come up with such a concept if we didn't have experience of it at some profound, deeply buried level, way down in the foundations of our awareness.

Which is to say, you can't imagine what you don't know, can't bring into being in your mind something that in some way has not already been part of your own individual or the collective human experience. The relationship between thought and language revolves around a similar idea; you can't think something for which the words don't exist. In the realm of imagination, every original idea you or anyone else ever had comes from a combination of what you have done, read, seen or heard, and the accumulated experience of all the generations in human history. In simplistic terms, there's no such thing as a completely original idea. It goes to persuade you, again quite simply, that since you are here working on ways to create (re-create) a more peaceful, powerful You, that peaceful, powerful You has already

existed. If it hadn't, you couldn't be engaged in the effort to create (or re-create) it. Give thanks that you have the imagination to show you what's possible.

**SIX****THE POWER OF CREATIVITY****Meditation 05: Transformation**

*The way of the Creative works through change and transformation,  
so that each thing receives its true nature and destiny and comes  
into permanent accord with the Great Harmony: this is what  
furthers and what perseveres.*

Alexander Pope

Transformation is an intrinsic part of creativity, the creative process. Take some lumps of wood and turn them into a table. If your name is Michelangelo, take a lump of marble and turn it into David. A vast tract of humanity's imaginative and cultural life – literature, art, fairytale, myth, the supernatural – is concerned with transformation. From Alice in Wonderland and the Ugly Duckling to Franz Kafka's *Metamorphosis* via Cinderella, Jekyll and Hyde or Superman, the psychic power of the idea is huge. In Christianity we have enlightenment, canonisation, transubstantiation, angels becoming devils and vice versa. In magic, we have werewolves, vampires and shapeshifters. One thing turns into another. Which is real? In your sub- or super-consciousness, the reality is You, your peaceful, powerful, blissful true Self. To know and live that reality is the transformation you seek; this transformation is creation.

Regeneration, creation, renewal and transformation are all the same inevitable process; but in the case of your mind and consciousness, as distinct from your body which is subject to the degenerative law of nature as well as the regenerative one, you can control that process. You can choose to set your consciousness on a permanent path of growth, expansion, increase in power and capacity. Your creative,

transformational power is that of the open mind, the willingness to listen, to experiment. It demands commitment, but hey, change is going to happen anyway. Might as well harness it to the good.

While you are working on the balance of the Ecology of the Soul that is You, unlocking your innate powers, there is the paradox that you experience yourself as creating your new Self, but in fact that new Self is your true Self which has always been there. You are re-discovering it rather than creating it. It is a creative process, but the raw material is already there. There is no realization more powerful than that. Transformation, despite (because of?) the enormous power of the idea, is simple. It is the result of that self discovery, what happens next; changing yourself, on the ground, in daily life, simply means bringing the true You to the surface and driving your actions from that experience. Is it the transformation of your true nature? No. It's transformation of your thinking, your way of seeing, your attitude – your behaviour – through understanding and experiencing your true nature. Yes, your behaviour has changed; you have transformed yourself by opening up to the true You, your Self. The grub is becoming a butterfly.

In fact, when we really turn our close attention to what Transformation means in the context of changing our awareness, our state of mind, our consciousness, our behaviour – changing our Selves – we fetch up against the idea of Perfection. Because if we set ourselves on a path of constant improvement, we automatically engage with the ultimate goal of such a path; though we might not choose to commit to it in our everyday lives, and see ourselves merely as working towards a better way of living, we are still on an upward curve that stops when that process, notionally or practically, stops; which is at the achievement of bliss, the ultimate fulfilment, complete and total, unwavering, unshakeable happiness, transcendence. A perfect state of being.

No such thing in an imperfect world, subject to the laws of change and decay, etc etc, right? Of course. But the idea is still there, right? So where did it come from? Adam and Eve's innocence in the biblical Garden can be seen as a way of describing a state of consciousness where 'sin', in other words the mistaken consciousness of our Selves as our bodies and the resulting actions that come from that mistaken consciousness, does not exist. No mistaken or 'bad' action, no bad reaction. No suffering, no loss, no pain. Just fulfilment, satisfaction, contentment. Peace.

The practical change in your behaviour is not going to be overnight, but the trigger to start the creation of that new mental landscape can be instantaneous. Inspiration, revelation, determination – you wake up one morning with another head on. You may decide to conquer your anger, to get a grip on your anxieties, or just to exercise more, to diet, to give up alcohol or coffee – as long as you persuade yourself to see it not as giving up but as adding to your improved state of being. If your change programme is guilt- or shame-driven ('What a dick I am for drinking that much when I promised myself I wouldn't drink at all'; 'What a fool I am for letting him make me feel that way again after I promised myself I would rise above it and ignore him'), there's already resistance, and it won't work, because it comes from self-hatred. You can only make it happen by treating yourself with love. Even then, you will almost certainly make progress, then fall back again. Always look on yourself with the love and compassion that history's best humans have genuinely felt for all souls. You are beautiful, after all. The essential, true You is a living light, and there is nothing more beautiful than that. When you are still and silent, conscious only of your Self as a light steadily shining, it's easy to make that experience real. This is the nub, where creativity and transformation meet and become the same thing. It's as near as we can get in the here and now to a perfect state of being.



**SIX****THE POWER OF CREATIVITY****Meditation 06: Self creation**

*Whoever undertakes to create soon finds himself  
engaged in creating himself.*

Harold Rosenberg

*As human beings, our greatness lies not so much in being able to  
remake the world—that is the myth of the atomic age—as in being  
able to remake ourselves.*

Mahatma Gandhi

Creation, self creation, recreation, re-creation. When it comes to the Self or Soul we are at the heart of the matter, where we explore the nature of mind, thought, feeling and their relationship to action. (We're here to change our actions, remember?) We're dealing with levels of consciousness above or below the mind, and only by stilling the mind and taking it out of gear will we get to those levels where the understanding comes directly from experience.

But the process of balancing the Ecology of the Soul starts at the mind and intellect level, where we do our thinking. We focus first of all on our 'mental ecology', by which I mean the inner world we inhabit, the nature of our thought patterns, emotions, imagination, hopes, fears, ambitions, delights, preoccupations. That mental ecology affects and is affected by the 'real', ie the physical, world. Then we dig deeper and come to an awareness of our *spiritual* as distinct from our *mental* ecology – the Ecology of the Soul, of which your mind is but a part.

It takes a lot of meditation practice to get to the place where you have literally no thought, but by the time you get there – and on the journey even – you are abundantly aware that You. Are. Not. Your.

Mind. You have been watching Your mind, getting the measure of it, starting on the process of controlling it; You are something different from it. You are separating out the levels of your consciousness, becoming aware of the difference between the Observer and the Observed, and which one is really You. You are a unit of non-physical, conscient energy that is aware of itself, that is itself awareness, that thinks and feels, is light. A light burning, shining, glowing, without ever consuming itself.

In this powerful process of creating, or re-creating, your Self, you unleash the true Power of Creativity in your Self. First, by refining your understanding of which bit of your consciousness does what; then turning that understanding into real life experience; then feeding that experience back to the ‘thoughts and feelings’ level where it automatically triggers the change, or creation, process. ‘Automatically’ doesn’t mean it can be done without effort, but it does mean that as your consciousness changes, so your thoughts, feelings and attitudes change. You need mental and spiritual power to do this, which is precisely what study of the Ecology of the Soul will give you. This is all about revitalising your original, natural, innate powers. By tapping into, in this case, your power of Creativity, you encourage it, increase it, enhance it, nurture it, expand it – renew it. Like exercising muscles you never knew you had.

The process of creating (re-creating) our Selves and hence our actions demands a clear sense of the difference between the pure, peaceful, powerful spiritual Self, the true You, and its ordinary, everyday subdivisions which connect directly to action; where the power comes from, and where it goes.

The thousands of inspirational, motivational, meditation or self-improvement texts that have been written and read over generations, however diverse their philosophies, all have one thing in common: a focus on the power of thought. Deep or shallow, they teach that the

mind is enormously powerful, that its thinking is mostly uncontrolled and that to control it will break us through to the experience of the true Self – or to the health, wealth and happiness we feel is our birthright – or to both. The power of the mind (some say) will make everything you desire come true. But there is also the great trick we have allowed our minds to play on us, making us mistake our bodies for our Selves. The power of the mind is a means of escape from this illusion, freeing itself from its own waywardness.

How, practically, can we break the old thought moulds and create new ones, which lead to new actions, new behaviour? For me, the teachings of Raja Yoga make the most sense of this profoundly powerful subject, because they break down the ‘faculties’ of the Soul, if you like, into three: Mind, Intellect and Sanskars (inadequately translated into English as ‘Impressions’, or even ‘Personality’, which is I think a little misleading). They are not separate departments as such, more like aspects of the conscient unit of non-physical energy that is You the soul, working on different levels. ‘Just as electrical energy produces warmth, sound or light depending on the device through which it passes, similarly, the energy of consciousness functions through three different but closely connected faculties, referred to respectively by the terms mind, intellect, and personality.’ [<http://www.bkwsu.org/whatwedo/courses/fciryim/topics.htm/the-soul.htm>].

Through the Mind, says the teaching, one imagines, thinks and forms ideas. The thought process is the basis of all emotions, desires and sensations. The ‘Intellect’ is the critical faculty, the one that carries the power of understanding, reasoning, analysis, judgement, assessment. It is what we use to memorise, discriminate and make decisions – not to be confused with the brain, which is the physical ‘control panel’ by which the Soul’s non-physical activity is brought into the physical. Soul sends messages to brain, brain sends messages to body.

The third and most ‘difficult’ faculty gives an understanding of how we come to be who we are in the everyday, personal life sense, with our accumulated baggage of history, physical identity, attitudes, relationships, circumstances and behaviour. ‘Sanskars’ or ‘samskaras’ is the Hindi word used to describe this aspect of consciousness; the recorded results of all our actions through all of our lives. Essentially, the concept takes the universal law of Karma and puts it into a useable framework for self-examination and behaviour change.

Karma means, simply, action. Everything you do or have ever done, in this and all your lives, leaves an impression on the Soul, cumulatively creating the unique individual that is You. Action creates reaction, which creates more action – we all know this if we’ve ever had a habit that we’ve tried to control or stop. The more you do it, the more you do it. Do it less, and the impulse to do it fades away. The Law of Karma, the universal law of action and reaction, is Newton’s third law of the physical universe: ‘For every action there is an equal and opposite reaction’. It’s also the spiritual or ethical law: ‘As you sow, so shall you reap,’ ‘You get what you give’, etc etc.

But the intricacies of cause and effect over thousands of generations are so unfathomable, it’s a waste of mental and spiritual energy to try. Here and now, we can apply this beautiful knowledge to the job in hand – changing ourselves back to the pure, powerful, peaceful Soul that we once were. If we create new actions, we create our Selves anew. And a newly created Self will create new actions. Which in turn feed back to the Self-creation process. Or re-creation, because that is our original state. Or recreation, because let’s not forget amongst all this mental and intellectual activity that our original state is one of bliss, delight, joy, love, happiness, power and peace. And that is recreation that we all need, God knows.

**SIX****THE POWER OF CREATIVITY****Meditation 07: World creation**

*‘We are one human family and one Earth community with a common destiny. We must join together to bring forth a sustainable global society founded on respect for nature, universal human rights, economic justice, and a culture of peace. Towards this end, it is imperative that we, the peoples of Earth, declare our responsibility to one another, to the greater community of life, and to future generations.’*

Earth Charter Preamble, 2000

*If the world is to change for the better it must start with a change in human consciousness, in the very humanness of modern man.*

Václav Havel, *Disturbing the Peace: A Conversation with Karel*

Hvizdala. English translation by Paul Wilson (1990)

The aim of this meditation is to firmly implant in your mind the certain knowledge that a change in your own consciousness changes the world. To do it alone, as one among seven billion, is kind of a tall order, obviously. So the proposition is that the more people begin to change their consciousness – by any route – the more the world changes.

This idea, this experience, depends on a clear understanding and acceptance of the idea that mind affects matter, but also that matter affects mind. Everywhere we look we see that what we are doing to the earth and how we ourselves are living is unsustainable, because it is all driven from a basic mistake we have made about the true nature of our Selves. We have been working on the idea that we are our physical bodies, and that the happiness we all seek can be gained by having physical things, things and more things. Makes sense that if that mistaken mindset has created this mess, then we need an

‘unmistaken’ other one to fix it. In fact, we can’t begin to fix it unless and until we change the way we think – and feel, and perceive – and act. Which is where the change in consciousness having an effect on the state of the world comes in. Here we’re talking about the effect of the subtle, the non-physical, on the physical, the impact of thoughts and emotions on the material world.

Matter is energy, right? I think we all, with Mr Einstein’s help, have established that much. Right down at the sub-atomic level, where the quarks and neutrinos play, every single building block of material substance in or on this earth, everything that makes the earth or indeed the known universe, is nothing more than a handful of infinitesimally small particles whizzing about in what to them is infinite space. Matter is energy is motion, vibrating, flowing, at frequencies which we as conscious, conscient beings (a different kind of energy) pick up. We also generate vibrations or frequencies with our own mental and spiritual activity – we put out our own ‘vibe’. Walk into a club or bar where you don’t belong, for whatever reason, or find yourself in the wrong section of a sports stadium, and you will feel an atmosphere, created from the thought frequencies of those around you. If you’re not wanted or welcome, you’ll feel it. Churches, temples, prisons, hospitals; you name it. It’s what people think, feel and do that creates the atmosphere; their mental and spiritual activity.

You just need to consider what people call the ‘power of the mind’ to know how our own conscient energy affects our physical environment. There have actually been scientific experiments to prove this, although doubtless there are still doubters. At a personal level, we know very well how our mental and emotional states affect our health and wellbeing, our sex lives, our ability to perform in any activity. In yoga we are very familiar with how physical activity stills

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· Garrett Moddel & Kevin Walsh, PsiPhen Laboratory, University of Colorado, 2007  
<http://psiphen.colorado.edu/Pubs/ModdelSSEo7.pdf>

the mind and how that still mind in its turn opens and releases the body. If we love plants, we know that showing them that love in a subtle, nurturing way makes them grow better. Logically, we conclude that of course, with enough people with powerful minds focusing on the same end, our transformational effect on the physical world is guaranteed.

Sometimes after a session of yoga or meditation I sit silent, enjoying my gradual return to daily consciousness from a place of light and peace, and our cat, an ill-tempered and unpredictable creature given to lashing out without warning, will come and rub up against me, making contact with the peaceful energy she can feel. She becomes quiet and docile, lying back like a soft toy and purring as if she has plugged herself directly into this source of peace. Which, in a way, she has. My 'vibe' is spreading out, and so will yours, subtly affecting the energy of the immediate environment. If we want to make the polar ice caps come back, we have to build our powers into something spectacular, learn to focus them a great deal more precisely, and work in unison with the other 6,999,999,999 people on the planet.

Not every single human being is going to sit down and meditate all at the same time, of course, but the idea does lead us to the next step – a communal consciousness. As inhabitants of the natural physical world, driven by the non-physical energy of consciousness, the link between our 'micro' inner Selves and the 'macro' environment is inherent and obvious. That macro environment is mental and spiritual, not just physical; we feel that nature too, though it is physical energy alone, can have an emotional or spiritual element. The angry wind is cruel, the soft breeze is kind. But other people, who are – like you – chunks of physical energy controlled by spiritual energy, are also your environment, and after your Self your first port of call in the consciousness journey is them. Can't avoid it really, because as we have seen above, the people close to you – and soon, not so close – will be bound to pick up your 'vibe'.

The idea of a 'New World' means a change of general consciousness – in time. There is the world we have now, and the one that is coming. 'When the ecology of the Soul is in balance' – to quote myself – 'we live and thrive in this world – and create the new one – with grace, harmony and beauty. As we rediscover, reconnect and recharge our innate peace and power, the world changes along with us.' Our enhanced, true perception of our Selves creates a powerful spiritual 'vibe', changing our environment with mind as well as action. As more and more of us achieve that individually, we achieve it together. We don't have to all sit down together because the connection is subtle and takes no notice of physical distance, but it helps because we feed off the cumulative power of the group as we feed into it. We become uplifted, completely living the experience that this power, of silence, peace and love, is not only the greatest power in humanity, but actually the only one. As the Old World crumbles, this consciousness makes sense of what is happening around us right now and gives us a vision of the New World we are making. Which looks a lot like Heaven.



## **SIX**

### **THE POWER OF CREATIVITY**

#### **Practice 01: Plant a Power Seed**

For this exercise, see your mind as a garden, or at least a patch of fertile soil. Thoughts and feelings grow in it, like plants. It's a riot of tangled and intertwined mental vegetation, much of it good and useful – and most of it neither good nor useful.

Use Power Seeds to grow a new garden of consciousness. They are mental devices, thought triggers to create, enhance or encourage Soul Consciousness, and hence change your actions. They are a bit like the Zen 'kōan' (eg 'the sound of one hand clapping') that kick your mind out of gear and raise the level of your awareness. You can't be – or act – greedy, angry, jealous, anxious, depressed or hostile when you're Soul Conscious – alive to the knowledge of your Self as an infinitesimal pinpoint of conscient light and life, burning steadily without consuming itself, giving off the vibration, the spiritual energy, of peace, power and love.

That's the idea, anyway. You are going to have to treat yourself with love in this process, because it doesn't happen overnight. This is partly because I am suggesting you start with a mere 'Magic Minute' each day – just a minute, 60 tiny seconds – for the simple reason that at that level it is easy and requires no major change in lifestyle to adopt. Get up a minute earlier each day? How hard can that be?

It's a trick, of course. If you have managed to focus, really focus all the innate power of your calmed, stilled mind, on your chosen Power Seed for 60 full seconds, that thought pattern will repeat and recur throughout the day, accumulating much more than a single minute of your mental activity. It's meditation in action, because the meditation is about action.

See part II of the introduction section on Power Seeds (p??) for a detailed explanation of the technique, and Chapter XI for more examples from which you can choose according to specific areas of your consciousness and behaviour. Ultimately, as your Self knowledge increases, you will be creating and planting your own, specific to your own circumstances.

To experience the Power of Creativity within your Self, as your consciousness of your breathing kicks in and you feel your mind slowing down, plant one of the ‘introductory’ mental Power Seeds that appear on the following pages.

Examine your own thoughts. Look at the  
pictures. Listen to the chatter. Who is looking?  
Who is listening?

Everyone is creative.  
Everyone has creativity.  
What is your strong suit?  
Which private part of your world holds  
your true creativity?

Mind creates action: action creates mind.  
Create a beautiful mind.

The True You, the Soul, is no more nor less  
than energy. You cannot be destroyed and You  
cannot be created. But knowing your Self,  
transforming your Self, is the  
ultimate creative act.  
You create Your Self.

Creation is re-creation.  
Creation of the Self is re-creation.  
It is also recreational.

Reproduction starts with the seed.  
Know your physical reproductive power, lying  
in the female seed that is fertilised or the male  
seed that fertilises.  
Now apply the knowledge of that power to  
non-physical thought seeds.  
All the programming is already there. It just  
has to be brought into action.



Focus on the centre of your forehead.  
You, the infinitesimal point of light, are sitting  
there, controlling this enormous physical  
body.

Separate your Self from your  
physical identity.

Become Soul Conscious.  
Become aware of your Self as a being of light,  
power and peace.

You are light. Shine.

These 'general' Power Seeds lift your consciousness into meditations on the Power of Creativity. As your practice develops, get specific. Think about the day ahead (or behind, or either side) of you. Is there a situation or scenario in your life that you want to influence or change, that must improve? (Of course there is.) Is there a particular problem nagging at you? Choose or create your own Power Seed aimed directly at that problem or situation. If it will come up today, what are you going to do? How are you going to deal with it differently, knowing your Self now as you do?

As your new mental tracks bed in, you will come up against tougher mental challenges. Generally the solution is always positive thought. As your mind stills and quietness takes over, observe the problem as if it was floating in front of you but didn't belong to you. Detach from your mind. See yourself seeing your Self.

Remember that this is your mind, it is not You. And that it is absolutely unacceptable that your mind controls your mood. You are in control, not your mind. Take the wheel and drive, for God's sake. Your problem, anxiety or bad state of mind may not disappear in a puff of smoke, but you have at least got a grip and rebuilt your positive mood. And every problem diminishes when you face it in a positive mood, right?

**SIX****THE POWER OF CREATIVITY****Practice 02: YOGA SEEDS – Salute to the Sun (Surya Namaskar)****#6: Cobra (Bhujangasana)**

Creativity is our sixth Power and rests in the Sixth chakra, bringing us in the seven-power sequence to Cobra position – Bhujangasana. The position does not have a direct formal relationship to Swadhisthana, the Sacral chakra, but you can call up consciousness of the energy of the sacral area while you're doing Bhujangasana, because you are working on your spine, and your spine starts at the sacrum.

Part III of the introduction section, on Yoga Seeds (p??) explains why we are matching a yoga position from Surya Namaskar (the Salute to the Sun) to each chapter, gives a general look at the ways in which adoption of a mild yoga habit underpins and strengthens your awakening of the Ecology of the Soul, and goes into the techniques in more detail.

**Bhujangasana – Cobra: The Asana**

Remember that you are always feeling and hearing your breathing sound at the top back of your nasal passage, making a hollow echo in your head which in itself is creating your calm, inner focus. Remember also that every move you make is done on an exhalation.

‘Success’ in yoga asanas – feeling the benefit, feeling you are making some progress – depends on being able to create a strong, muscular framework with some parts of your body so that you can let go other parts (usually the spine) and open them to the flow of Pran, the Ch’i, the Life Force. The trick is to be conscious of those parts enough to separate them out. You put your awareness into different parts of your body, like a conductor telling the violins to go fortissimo and the woodwind to rest. In Cobra/Bhujangasana, your arms are locked solid and you’re pushing through your spine hard down at the coccyx, and then forward and up from there in a kind of dynamic curve. Within that strong frame, you’re letting your spine go, making space between each vertebra and allowing your spine to lengthen, extending its curve in radius and height so your head goes further and further up and back.

Start lying on the floor face down, legs stretched out behind you, toes extended, and arms bent so your hands are flat on the floor directly under your shoulders. Come up onto your straight arms so that your hands are positioned flat on the floor the same width apart as your shoulders but a little forward of them. Stretch your legs out behind you, keeping your elbows locked and your arms rock solid and straight. As your body straightens out as if you were going to Plank (Chaturanga dandasana), relax and let go in your sacral area so that your hips and lower abdomen rest their weight on the floor. Your feet point and stretch out backwards. Let your weight sink down onto your pelvic area and start the push through your coccyx, which since your spine is already curved, follows through from down to forward to up. Your arms are still straight as a die, and they will be beginning to feel the strain. Lock them and push down harder, making them longer to

accommodate your lengthening spine. Shuffle your shoulders back a little so that your chest opens, and as you keep your arms locked, rotate them outwards slightly in their sockets to allow your chest to open more.

It doesn't look like it from outside, but this is a dynamic position. As your spine lengthens, it will knot up here and there because the opening process, like a creaky door, goes easier in some parts than others. Identify the spots where it's knotting up, and with a combination of push from your coccyx and 'let go' from your mind, find the space between those vertebrae. You will also quite likely come up against compression of vertebrae and muscles just between the tops of your shoulders, where your thoracic (chest) vertebrae turn into your cervical (neck and head) ones. The curve can kink here and restrict the flow. Re-establish the strength in those arms and widen your shoulders at the base of your neck. Open it out some more. Feel the flow up into your head, find more space between those vertebrae, and let your head fall farther back.

And here's the really tricky part. While you're doing all this, see if you can let go in your neck and throat. Relax those muscles and the tension will also go out of your tongue, which itself is no more or less than a muscle. I'm not pretending this is easy, but you will find as your practice develops that letting go of your throat and tongue automatically quietens the mind. You cannot think chattery thoughts when your tongue is relaxed. As it relaxes it shrinks, so you feel more space inside your mouth and throat. Start thinking again, the tongue swells up, the saliva glands kick in and you're back to the chatter.

How long should you hold it? Don't overdo it; be gentle with yourself. And most importantly, don't count seconds while you hold a pose, count breaths. It keeps your attention on your breathing, and allows you to let go a little more on each outbreath. If you're at beginner level, five complete in-outs, as long as they are slow and

contemplative and felt in that top back of your nasal passage, will be enough. Maybe more than enough, if you're stiff. As you gain flexibility you can lengthen your practice, but don't paint yourself into a corner where you now can't afford the time for a Salute to the Sun in your busy morning schedule. If it's the weekend or you're on holiday, perhaps you can make a bit more time. Or, perhaps you can just give yourself a rest day.

Now. Tell me you don't feel centred, energised, vitalised, strengthened, and good and ready for anything the day can throw at you. Did you plant your Power Seed yet?

## CHAPTER XI: APPENDIX

### POWER SEEDS

More mini-meditations for daily action – Plant one a day

Power Seeds are mental devices, thought triggers to create, enhance or encourage Soul Consciousness, and hence change your actions. See Part II of the Introduction for a general explanation, and specific examples related to specific powers at the end of each Power chapter. Here is a random collection to get you going. Create your own and if you feel generous, contribute to our community by uploading them to [www.the Ecology of the Soul.com](http://www.the Ecology of the Soul.com)

Give it a minute, or better, two. Use one half of the time to contemplate the idea. Use the other half (30 secs or 1 min) to VISUALISE TODAY'S ACTION. When the time comes, that pre-programming will kick in.

Ecology = The Wisdom of Home

The Ecology of the Soul.

The Ecology of Behaviour.

The Inner Balance.

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Accuracy. Painstaking accuracy frees, relieves. 'Just do it any old how' leads to bondage, condemning you and others to waste time and energy dealing with it or fixing it.

Acquire: Decquire.

Ask for help. Offer help.

Attention. Pay attention. Observe accurately, painstakingly, intelligently. Immerse yourself in the task at hand. The more focused you are, the more free you are. With complete attention comes complete liberation.

Attitude. Worldview. Temperament.

Balance. A good meditation is a perfect balance. You sit on a wellspring, a source of power. You balance on top of it, like a ping pong ball on a jet of water. Only not like a ping pong ball, because in that balance is stillness, silence, peace. You aren't bobbing about like the ping pong ball; you are floating on a cushion of glow. Perfect balance.

Be angry. Be kind.

Be bothered. Don't bother.

Be greedy. Be abstemious.

Be grounded. Be light on your feet.



Be mean. Be generous.

Be polite. Be blunt.

Be unselfish. Be selfish.

Beauty: Bring beauty to your practice. Practice beauty.

Behaviour: Habit is involuntary action. Mental habits create physical habit. To rid yourself of habits you don't want, don't struggle to delete them. Just create new ones.

Behaviour: Your Habits create your Habitat.

Behaviour. In a state of calm receptivity, ponder your day; upcoming or finished. 'Show me where I will need to be....' Or 'show me where I could have been...' Create a positive frame of mind around behaviour that you may be or have been dissatisfied with; swapping out the negative for the positive. Positive creates positive, negative creates negative; as your mind changes, so does your behaviour. Reinforce.

Breathe. Listen to your breath. It's your own energy. It's not You; You are the one listening, the one with awareness.

Build a fire inside. Increase your own energy generating capacity.

Care about the surface, the way it looks. Care about what's inside, underneath.

Care. Be free of care.

Commitment strengthens, deepens your resolve. It takes courage to do, and gives courage in the doing.

Be committed, attached, free. Be uncommitted, detached, free.

Conscient beings have Conscience. And a Conscience. And Conscience, and Consciousness. Even Conscience-ness?

Conscious, subconscious or unconscious?

Conscious, subconscious, superconscious.

Consciousness. Conscience. Conscient-ness.

Create a beautiful mind.

Create colloquy, or co-loquy.

Creation / Inspiration. Where did that come from? Was it deep down inside of you already, or is it a gift?

Creation is re-creation. Creation of the Self is re-creation. And recreational.

Creativity: Everyone is creative. Everyone has creativity. What's yours?

Creativity: What is your strong suit? Which private part of your world holds your true creativity?

Creativity: You the Soul, being no more nor less than energy, are incapable of being destroyed and therefore of being created. But self exploration, acquiring self knowledge, is the ultimate creative act. You create your Self.

Cut it like a surgeon.

Design yourself. Redesign yourself.

Destiny. 1) You can make it because the only one responsible for your fortune is you. 2) You can't make it because it is already made.

Do it now. Don't do it now. Do it in the here and now.

Do it slowly. Do it fast.

Do it watchfully.

Eating makes you. You are what you eat. Eat how you want to be.

Energy is matter and matter is energy, but right deep down at the heart of it, matter is nothing. Matter is no matter, in other words. When you go sub-atomic, down among the charm quarks and the neutrinos, there is much more nothing than there is something. Just a few very very very tiny bits of energy fizzing round in some very very large (relatively) spaces. Inner space, in fact.

Energy is power. You are energy, but energy is not you. Are you breathing? Then you are making and using energy. Are you thinking? Feeling? Dreaming? It's energy. Our personal energy crisis is that we are disconnected from our internal power. To connect, go inside.

Energy is power. Your body is physical energy, 'You' are the soul, non-physical energy, controlling both. They are intertwined and mixed, influencing each other.

Energy: Everything material is always energy, always in movement. The natural state of you the Soul, the single infinitesimal pinpoint of light, is stillness. Still energy, which nevertheless gives off vibrations.

Energy. It's the energy conservation / generation thing. Mental energy. Which is after all another way of describing thought. Create and conserve energy; reduce, dissipate or block it. It's entirely up to you.

Focus on Focus. Bring the lens of self awareness to bear to concentrate your power.

Forgive yourself. Push yourself.

Hang on. Let go.

Hang onto it tight. Let it go loose.

Have a heart. Love is at your centre, just as Anahata the heart chakra is at the centre of your spiritual and physical being. It is not You – You are sitting in the centre of your body's forehead. The heart is the hub, the portal, for the flow of energy, both spiritual and physical.

Joy. Delight. Fun. We are beings made of joy, put here to feel delight, to feel high. Fun-damentally, fun is one of the building blocks of our being. Try it; if you go into the still and silent inner space, you come out of it with a grin, feeling mildly euphoric, full of joy. That joy is the energy that is You. Another name for it is Love.

Light. You are light. To feel light is to feel carefree. When you feel yourself as light, you are enlightened. You enter delight. This is enlightenment.

Listen inside. Listen outside.

Listen to yourself. Listen to others.

Listen while you do it. Watch while you do it.

Love – another name for energy.

Love your Self. You are a pinpoint of conscient energy driving a mass of material energy. You are a miracle. Enjoy it. Love it.

Love yourself. Not with arrogance or ego, but with quiet understanding. Know your strengths and your weaknesses, but be gentle to yourself. Hate the sin, love the sinner, in this case your Self. You're on a journey, it isn't going to happen overnight. Know the difference between loving yourself and loving your Self.

Male female. Think masculine, think feminine. Father Time, Mother Nature.

Matter is energy, and energy vibrates. It fizzes, it hums, though not necessarily in a sonic sense. Like it or not, you – in both your non-physical, soul energy sense, and in your material sense – are vibrating, and you are giving off vibrations. So why not vibrate at as high a frequency as possible?

Mind creates action: action creates mind.

Mind: 0% mental waste = 100% mental power. Go to 100% mental efficiency in one fell swoop for your Magic Minute, or two minutes. Then increase the number.

Mind: A training programme. Train your mind, train your eye. Acquire a good eye for beauty. Transfer it to your mind's eye. Just look for the beauty.

Mind: Emotions happen in the mind. Thoughts happen in the mind. Apparently you are able to know what you are thinking by checking out how you are feeling. Or is it to know what you are feeling by checking out what you are thinking? Thoughts create emotions. But emotions also create thoughts. When it comes down to it, the place you want to get to is a place where neither thoughts nor emotions are active or engaged. Then when you come back, see what it has done to your thinking and feeling.

Mind: Focus. Focus the power of the mind. Redefine the Mind to yourself, your Self; instead of viewing it as the wayward nuisance it usually is, see it now as a source of strength, a great untapped wellspring of energy. Thoughts, feelings and actions all spring from the Mind. Focus it, and it – and you – become powerful.

Mind. Mine diamonds, dive for pearls. Mind the diamonds, mind the pearls.

Mind. My mind is not my Self? How can that be? Aha. It is one PART of Me. OK. So what is the whole Me, the absolutely, totally, definitive Me? The Me with all its parts included? And what are those parts?

Mindfulness: Make it with craft.

Mindfulness: ‘God is in the detail’, duh. The point being that deepest attention on the smallest thing carries you directly to the transcendental. What are you transcending? The world of physical matter, of detail. By using detail you transcend detail and break through to a world of being, of pure consciousness, of pure energy

Mindfulness: A sailor reads the sea, no picture bigger. The wind, the weather, the waves, the currents, where we’re going and where we’re being taken. But on and below deck, detail rules. The right knot for the right rope for the right task; the specific tool for the specific job, the specific place it’s kept. Is your detail as important as your big picture? Do they balance out? Or is it an apples and pears thing, no way of rightly comparing? ?

Mindfulness: Craft is care. Do it mindfully. Do it with mindedness.

Mindfulness: Detail. God is in the detail, they say. Detail vs the big picture. What is the value of detail? What is the value of being pin sharp about every tiny little thing? It’s mindfulness again. Paying attention in the here and now; because wherever our minds want to take us, we only ever are in the here and now.

Mindfulness: What is the danger of detail? Failing to see big picture. What is seeing the big picture? Seeing how what you’re doing fits into



other big stuff – heaven and earth, the clouds, the sun, sea and stars; the fate of humanity, the meaning of love.

Mindfulness/Mindlessness: Complete attention on the present, the here and now, can lead to the desired and desirable state of mindlessness. When thoughts slow down and even stop, interference in your process of becoming conscious of your consciousness stops. You break through into ‘consciousness consciousness’. Soul consciousness.

Natural World, The. Reconnect with the natural world, right? Desirable. How are we all going to do that, living in megacities? Simple. As a physical / spiritual organism, you are part of the natural world. An organism with consciousness, which makes you a) incredibly powerful, and b) equally responsible. You're sitting on top of it. You are it.

Nature. We are Nature but Nature is not Us.

Originality. Origin. Where did that original idea come from? Is it the sudden flowering of a completely random inspiration, a bolt from the blue straight into your consciousness, or is it the culmination and distillation of an array of thoughts, observations and experiences, some of them yours, some of them from others? Is it a breakthrough in something you've been working on, or did it just flow in unannounced? You will find, perversely, that there is no such thing as unconnected originality. It all comes from your own origin. In silence, track back to that.

Pain. What can we learn from it?

Passion and dispassion. Passionate and dispassionate, connected and detached. And which is when.

Passion means transcendence, but it also means pain. Suffering. It means the height of delight and torment at the same time. It means committing yourself to something that somewhere deep down you know is going to hurt. Pain can sharpen your awareness but it can also lock it out and demand attention only on itself. Be careful you make pain your teacher, not your keeper.

Passion. Everyone is passionate. Everyone has a passion. What's yours?

Peace of mind. The peace of God which passeth all understanding. I'll give you a piece of my mind. A peace of my mind.

Peace versus power. There's a lot to ponder here. Why should they be two sides of the same coin? Surely they're inimical? How is it that a peaceful state is a powerful state? Or, more to the point, how is a powerful state a peaceful one?

Peace. 'Hold your peace.' Say your piece.

Person and personality. With a quiet mind, the person is quiet. 'Person' and personality are chatter, the product of a busy mind.

When the mind is quiet, 'personality' disappears and the floating glow takes over. The glowing float. The person that is you is dormant, in favour of the consciousness that is You. Underneath the chatter, the True You abides. In silence.

Play it like a pianist. Play it like a pro. With precision.

Pran is flow and Atma is glow. Physical energy, the life force, the Ch'i or the Pran, is always moving, always flowing, which implies going from one place to another. The energy of the pure, peaceful, powerful, silent Soul is still. It is not only still, it is stillness. Silence doesn't just mean beyond sound, it means beyond the multifarious inner mental activity of the Mind. The more of that chatter you shut down, the more you let go, the more you connect to the pure spiritual energy that is You.

Pran. What can we learn from it? It flows in your veins, your internal eco system, your brain, your mind, your heart. Not 'Your soul' because a) *You* are the Soul, it isn't 'yours', and b) it's the spiritual energy observing the physical.

Problems. Identify a 'problem'. Without being cast into a mould of negativity, focus on a specific issue – with yourself and your own state of being, your own behaviour, your own thoughts or habits, or with how you are responding to what the world is giving you – and generate a Power Seed that fits. Push out the old thought pattern by planting a new one.

Procreation, reproduction. What powerful process is that? We know how the physical part works; what about the Soul part, the mental and spiritual?

Pull hard. Let go. Pull hard here, let go there. To stretch in mind or body, you must let go.

Responsibility. Whatever it is, take it. Don't blame, don't complain. Take responsibility.

Root your Self. Be the root, be the branch. Even be the leaf. But not until you're sure you have rooted your Self.

## SILENCE

Are you 'on' all the time? Do you fear silence? Do you fear solitude?

Silence is a live state. Having the power of silence creates power. Living in silence, even for a tiny time, regenerates the Soul, because that's where You come from. Go deep into silence, as deep as you can in 60 seconds. It may take longer.

Silence. Death. Of course it's death. Look at the Soul World. There we all are in our non-dimensional dimension, non-physical, incorporeal beings. No body. Soul without body = dead body, right? Yep, but not dead Soul. No such thing. Can't happen. You are eternal, indestructible.

Silence. Death. You seek the silence, the stillness of the Mind that, from the inside at any rate, looks and feels like death. Is

‘mindlessness’ death, or real life, pure life? Can you get ‘mindless’, anyway? If you reduce thought to a minimum, the goldfish slowly circling the bowl – one small thought every few breaths (watch the mousehole) – is that Mind ceasing to function, or is it functioning better than usual? Not wasting its power on trivia. More powerful, more focused.

Silence. Solitude. Your Magic Minute is a minute of Solitude, of your journey alone into your own inner space. Not the solitude of loneliness, but the solitude of aloneness, of solo awareness. Often people are afraid of silence and of solitude because there are no supports, no distractions. It’s true. You are alone with Your Self, and this can be scary, mostly because Your Self is someone you haven’t met before.

Sin. Sit down and think about Sin for a minute. Only 60 seconds, it won’t hurt. What does it really mean? It means being untrue to your Self and to Nature, and to the Nature of your Self. Your Self-Nature. All the pain, harm and suffering in the world’s history, spinning down to the present moment, arises from people getting themselves wrong. Their Selves wrong. And misunderstanding their place in Nature. Ahem. Because Nature is after all bigger than Us, right? If it wanted, it could wipe us out in a trice. But it doesn’t need to. We are doing that to ourselves.

Soul consciousness: focus on the spot in the centre of your forehead that ancient wisdom calls the seat of the soul. It’s why Indian traditions, both religious and material, put a mark in the centre of the forehead. Create the image of You, the point of light, sitting there in your forehead controlling this vast, enormous, gargantuan physical

body. Separate your Self from your physical self. Become aware of your Self as a being of light, power and peace. You are light. Shine.

Soul: The Soul is light. It glows but it is still.

Soul: You the Soul are conscient, self aware. You are an indivisible, unique unit of consciousness. You are a pinpoint of light.

State of mind: A state of mind is only ever a moment. It's momentary.

Switch on: switch off.

Take a lesson from the world's poor (are you throwing away something that those with nothing would kill for?)

Take care of yourself: take care of others.

Take time. Make time. Lose time. Lose your sense of time.

Talk: Don't talk to the trees. Talk to your Self.

The power to change, the power to accept what can't be changed. The wisdom to know which to use when.

Things relax, people fidget. Money talks, people mumble.

Thoughts and feelings. Thought creates feeling creates action. Emotions are seated in the mind. What are you feeling? If you know what you're feeling, you know what you're thinking. Change your thinking, your feelings change, your actions change.

Thoughts control / affect the body – temperature, heart rate, blood pressure, breathing rate, muscle tension, sweat.

Thoughts control behaviour. Negative thoughts about yourself create negative – or at least, undesirable – behaviour.

Thoughts, like magazines and newspapers, come in words and pictures. You can't have thought without words and pictures in your mind, or words and pictures without thought. Your Magic Minute is the time you give yourself to jump over the fence and play in the field without words and pictures, without thoughts. First the words, then the pictures, slow down and finally stop. Amazing how refreshing it is.

Thoughts: You think thoughts. But you can also listen to or watch the thinker, as Eckart Tolle says. Thoughts are chatter. Listen to yourself chattering, and then shut up a minute. Now listen to yourself being silent. And then realize that it's not the true You that's thinking, because You are the one that is watching or listening, right? Of course you can't stop thought without a lot of practice. Don't force it, never force it, because forcing it is thinking it. You can slow it right down, still it. And then find you have distilled it.

Thoughts. ‘I can’t help thinking’... but you can. Your thoughts are in control of you? That’s madness. You are thinking those thoughts, right? So what is this, a runaway train? The thoughts control the thinker? The most difficult thing about controlling your own thoughts - deciding which ones to have and which ones to reject, to ‘unthink’ – is realizing and deciding you can do it. Once you are over that hurdle, the task is clear, and this in itself is a Power Seed you have just planted.

Thoughts. You create them. And they create you. Thankfully, the top level, everyday, exterior, ‘normal’ you. Control them by working from the deep down level of the true You. They are not You, but they can work for you. Or against You.

Tread lightly. Lighten up.

Vision: Visualize. Take vivid pictures of your powerful Self and project them on your own mental screen.

Walk like a cat

Walk like a dancer

Walk like a giraffe

Walk like a lion



Walk slowly

War is nature: Nature is war