

Class Notes for 24/7coaching.com teleclass

Class Title - Getting Our Point Across with Models and Parables

Class Description – Learn to impart knowledge in ways that stay in the listeners' minds and allow them to understand what is being said easily and yet deeply.

What will be covered in the class? – I will share with you various parables, examples and models that have enabled me through my 35 years as a lecturer to impart more clearly, dynamically and deeply various important concepts concerning human nature.

Five Things you will learn from this class:

1. Various models and examples that you can use in your own lectures or counseling sessions.
2. Some explanations of how they can be interpreted.
3. When they can be used.
4. The opportunity to share with our group **your own examples**.
5. These concepts will also enable you yourself to move forward in your own understanding and evolution.

Who is this class suited to? Life coaches, teachers, lecturers, preachers and all seeking to impart concepts that will enable others to understand their point. Also all interested in their own personal growth.

Supplementary reading: Contemporary Parables by Robert Najemy at <http://www.holisticHarmony.com/ebooks/index.asp>)

About the coach:

Robert Elias Najemy is an American author of **20 books** that have sold over 100,000 copies.

He is the founder and the director, for 27 years, of the Center for Harmonious Living in Athens, Greece with a membership of 3000 clients and 600 students.

He has lectured over 25,000 hours and has produced over 500 cassettes and videocassettes with an abundance of information on human harmony.

In spite of all this experience - Robert humbly and gratefully learns from his every contact and experience.

You can find **over 800 of his articles**, ebooks, cassettes and videos at:

<http://www.HolisticHarmony.com>.

He has trained over 300 Life coaches and 40 of them work with him at the Center for Harmonious Living and other centers around Greece and Cyprus.

He now offers a **Life Coach Training** over the internet.

<http://www.HolisticHarmony.com/lifecoach/index.asp>

His **books** "The Psychology of Happiness" and "Remove Pain" can also be found at Amazon.com

You can also order his **ebooks** from

<http://www.HolisticHarmony.com/ebooks/index.asp>

Getting our Point Across with Models, Examples and Parables

A free teleclass sponsored by
<http://www.24/7coaching.com>

On February 19th, 2004
Lead by Robert Elias Najemy

The following class notes are directly taken from the book and ebook by
Robert Najemy called

Contemporary Parables

That can be found along with Robert's other books at
<http://www.HolisticHarmony.com/ebooks/index.asp>

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I would like to express my deepest respect and thanks to William Reid
for his inspiring illustrations. Thank you Bill.

Below I am posting for you most of the examples mentioned in our class plus an
extra one about the nature meditation. A few of the examples are not here –as they
are not in the book. They are not in the order they have been discussed.

As you can see from the table of contents below, there are many more examples,
models and parables in the book.

I hope that these will be as useful to you as they have been for myself and my
students and clients.

As I mention in the introduction some of these I have heard and others I have
created. I leave it up to you, whether you feel the need to refer to this source or not.

Check out other Teleclasses that I can offer through [24/7coaching.com](http://www.24/7coaching.com) at
<http://www.HolisticHarmony.com/teleclasses/index.asp>
and let me know which of them you prefer for us to offer.

Be well and keep up your important work.

Robert Elias Najemy
Athens, Greece,
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INTRODUCTION

«A PICTURE IS WORTH A THOUSAND WORDS». This saying seems to be true. Our minds remember images much more easily than concepts. For this reason, I decided to create this collection of models, examples, images and parables which I hope will stick in our minds more effectively and more deeply, so as to help us remember these simple but very elusive spiritual truths.

Such truths are conveyed more effectively through such means, because they are more easily understood, come to the mind when needed, and offer the opportunity to each one to understand the same truth **in his own way** and on his own level. Each model, or parable, is like a multifaceted crystal, the rays of which impinge on each observer in different colors and intensities, depending on his or her point of perspective.

Each observer, as he looks more deeply at the crystal, discovers more and more facets which he had previously not noticed. The same is true for these models and examples. They are excellent subjects for contemplation, meditation or deeper thought. Each of you can discover your own ramifications and extensions of these models, as well as create your own models, which help you comprehend yourself and the world around you. I would be happy to receive from any of you such models.

No model however is perfect. The truth which we are all trying to comprehend is beyond time and space and, thus, transcends all our efforts to understand it. Thus each and every model will, at some point, contradict itself and fail to perfectly describe the ultimate reality, since that reality is beyond words and description.

Each model, however, is like a step in an ascending ladder towards the truth. Stepping on each step allows us to approach the truth, which is like the roof

we are climbing to stand on. Once we arrive at the roof we need to let go of all the steps of the ladder, so that we can actually experience the roof. Thus, although each model falls short of bringing us to the ultimate truth, it does serve as a very useful step for our ascension.

Some of these examples have been inspired by teachings I have heard from others. Most of them, however, have come in moments of meditation, or in the process of creative expression, such as writing or speaking. In none of these cases, however, do I believe that we, personalities, are the source of these ideas or mental connections. We are simply holes in the curtain of matter through which light, love, wisdom, and creativity are flowing forth from the One Universal Divine Consciousness. We are the instruments of a Universal Divine Source.

I would like to express my deepest gratitude to William Reid for his selfless offering of his talent, love, time and energy in creating these wonderful illustrations which beautify the book and increase the effectiveness of the mental images created. I would also like to express deep gratitude to all those immortal souls who, by their presence in my life, have given me the opportunity and stimulus to search for ways of communicating truth in ever simpler and more effective ways. I have gained much more than I have given.

I hope that this book will be useful and enlightening for you. You may also realize that your children may find many of the models very helpful in their search to understand the world around them.

The truth is simple. Life is simple, We are one. There is only one Being who creates, lives in, and expresses its divine self through all beings and forms.

MAY TRUTH GUIDE YOUR LIFE,



THE SHEEPISH LION

Once there was a great lioness who went hunting with her new born cub. It happened that while attacking and chasing a flock of sheep, the she-lion made a wrong move, fell of a cliff and died.

The cub was left in the midst of the sheep and grew up with them. As the years passed, the cub became a full-grown lion, but was instinctually conditioned as a sheep. It made a bleating sound and was afraid of other animals, just as the sheep.

One day a lion attacked the flock and, in the chase, was shocked to see the ridiculous sight of a lion running away with the other sheep crying out in fear. He caught up to the sheepish lion and stopped him, asking, «What are you doing? Why are you acting in this ridiculous way? You a great - powerful lion acting like a lowly powerless sheep? What has come over you? You should be ashamed of yourself».

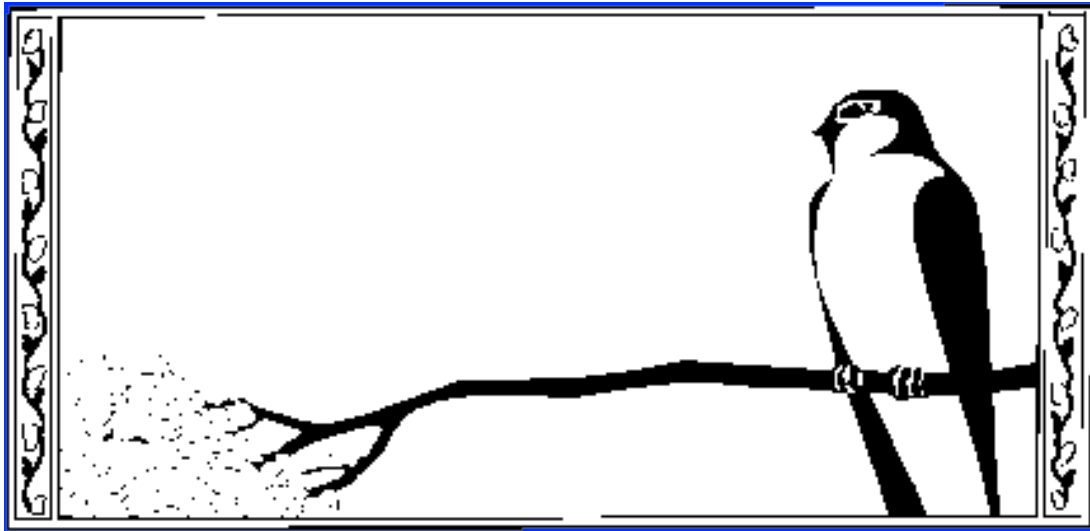
The sheepish lion explained that he was a sheep, and that his parents had taught him

to fear and bleat and run in horror from the lions who were powerful and to be feared.

He then took the sheepish lion down to the river and showed him his face, so that he could see that he was like the lion and not like the sheep. The lion then woke up from his ignorance and discovered his previously ignored inner courage, strength and majesty.

We are like the sheepish lion. The sheep represent our human nature - our personality which always moans, fears, complains, worries and has anxiety about everything. The Lion is the Spiritual part of us which is all-powerful and indestructible. Great spiritual teachers and saints come to tell us the truth of our «LION NATURE», our as yet untapped spiritual powers and greatness which are within us.

We too must awaken to the spiritual qualities which are lying within, so that we may overcome fear - which is simply a result of our **mistaken identity**.



THE BIRD ON THE BRANCH

Once a tired bird rested on a branch for support. It enjoyed the view from the branch and the safety it offered from dangerous animals. It sang and played with its fellow birds.

Just as it was used to that branch and the support and safety which it offered, a strong wind started blowing and the branch started swaying back and forth, with such great intensity, that it seemed that it was going to break. But the bird was not in the least worried for it knew two important truths. One was that **even without the branch he was able to fly** and thus remain safe through the power of his own two wings. The second was that there were **many other branches** upon which he could temporarily rest.

This small example represents the ideal relationship between ourselves and our possessions, relationships and social and professional positions. We have every right to enjoy these possessions, relationships and present positions. We can enjoy their

support and comfort and whatever they have to offer us.

But we need not fear when they seem to waver or appear to be disappearing. All is in a state of change and can disappear at any time. Our real strength does not lie in those external ephemeral things, but rather on our two internal wings, LOVE and WISDOM. These must become our security base and source of enjoyment and happiness.

When we develop unconditional love and the wisdom that **one consciousness** is pervading us all, unhappiness and fear will disappear. Let us enjoy this material world and but not be deluded that our security, happiness or self-worth depend on it.

When we are dependent on someone or something we lose our power, freedom and happiness.



THE RIVER GRASSES

Have you ever sat by a river and watched the hypnotizingly graceful movement of the river grasses which **surrender themselves completely** to the flow of the river?

At one end they are firmly attached to a rock or to the riverbed. If they were not **securely attached** in this way, they would be carried away by the current and would perish.

Although securely rooted, the grass offers absolutely **no resistance** and is thus free to flow in an infinite variety of movements caused by the river's ever-changing flow pattern.

A similar type of event may be seen while observing various sea grasses, which are attached to the bottom of the sea and move with the gentle currents and tides. These movements are sometimes less obvious and less varied.

We have something to learn from these grasses. We can learn the delicate balance between **discipline** and **freedom**, between routine and diversity, between **control** and **surrender**, between tradition and change. Obviously, too much

of any of these opposite qualities will create problems.

On the one hand we need to have discipline, routine, control and tradition to give us a security base, a moral base, a sense of inner strength and stability in facing the ever-changing circumstances of life. Spiritual disciplines such as prayer, concentration, meditation, proper diet, self analysis, exercises and breathing techniques help to create that centered feeling of an inner stability and inner security.

Then we can feel free to allow ourselves to **flow with life**, trusting God, life, others and our own selves; free from the fear of being harmed, overcome or swept off our feet. The greater our connection with our inner security base, the more spontaneous and free we can allow ourselves to be.

We all need to find our own way of connecting to the "spiritual rock" within, so that we may adjust and cope in a more relaxed way with the ever changing situations and tests of life.

Be disciplined and flow.



THE FIRST GRADER

Many people believe that they must be dissatisfied with themselves, or that they must reject themselves, or feel guilt in order to have a motive for self-improvement or growth. They wonder, «If I accept and love myself as I am, what motive will I have for continuing to change, to grow or improve?»

Perhaps the example of the child in grade school will help us to understand that this is not true. No child in the first grades of grade school rejects himself because he is not in a higher grade, or because he does not know as much, or is not as capable as those children in the higher grades. He accepts himself as he is, and is happy with himself and his present abilities and knowledge.

Yet no child would accept remaining in the same grade next year, or year after year. There is no conflict between **accepting** and feeling comfortable with these temporarily limited abilities and the **need to continue growing**.

In the same way, it is natural both to accept and love ourselves at our present stage of growth and simultaneously to attend to our learning and further evolution, so that next year we become more talented and capable on all levels.

Growth is a natural instinct, a natural need. It has been discovered by scientists that when a person learns something new, this creates the excretion of endomorphs and other positively reinforcing chemicals in the brain. **Learning brings pleasure**, when it is natural and from within, and not connected to fear of rejection and failure.

Also there are yet other motives for action and growth such as **love** and the need for **creativity**. We need to give love and to create, just as we need eat and sleep, even if these needs are higher on the need-hierarchy scale.

Thus, even if we do reject ourselves, we will always have love and creativity as motivating forces to grow, create and produce.

Feel free to grow in a natural way.

**Feel free to love and
accept yourself as you are.**

**We are all in the first grade of the school
of spiritual growth.**



THE KING AND HIS FIVE WIVES

Once there was a king who had five wives. Although he was supposedly the monarch and all the kingdom belonged to him, he was actually a miserable man, a slave in truth to his wives. He had no way of controlling them. He was unable to refuse any request they made. He was truly a servant to their demands.

Now this is enough of a problem when you have one wife, but when you have five, then your life becomes a continual suffering. One day he thought, «are all men afraid of their wives? Is there any man who has control over his wife?»

He decided to call a meeting of all the men of the kingdom to see if there was anyone who had control over his wife. Two large tents were set up. One for those who had control over their wives and one for those who did not have control. All the male subjects began to filter into the tent for those who did not have control. This tent began to bulge beyond capacity, while the other was empty. This consoled the king to a degree, in that he was not alone in his inability to control his wives.

Then suddenly he noticed one lone man enter into the other tent and with great joy rushed over to him to congratulate him on his unique ability to control his wife. He asked him, «Please now tell me your secret as to how you manage to control your wife?» The man looked

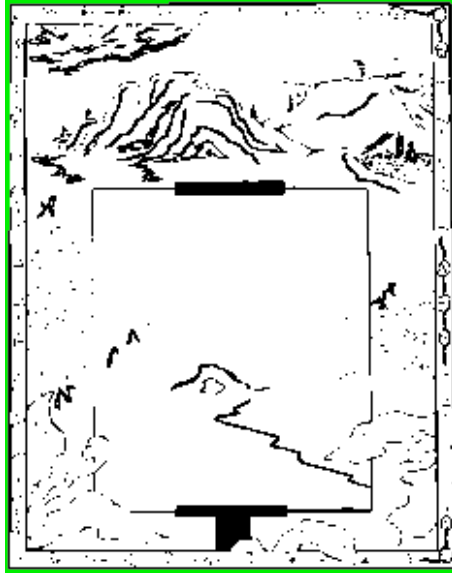
at him in surprise and answered, «Me control my wife? I do not have any control over her, she totally controls my life».

The surprised King asked, «Then why are you sitting in this tent?» The poor man answered, «My wife ordered me to. She told me not to sit with those other men who are controlled by their wives».

The king represents our human mind. The five wives are the five senses of taste, sight, hearing, touch and smell. The poor mind is not only unable to control the senses, but is lead around by the senses all day long, serving their needs for stimulation, for food, for drink, for various comforts, sensual stimulation etc. We are controlled, throughout our lives, by the desires and commands created by our senses.

The result is that we end up like the king with five uncontrollable wives. We have no time or energy to do what the soul and body need to be healthy and content. We become miserable slaves to the habits of the senses.

For this reason all systems of spiritual growth offer various techniques for the gradual development of control over the senses, so that we may use them for enjoying life, rather than loose the meaningfulness of our lives serving them.



THE HALF FINISHED PAINTING

There is a spiritual truth which claims that everything which has occurred and which is occurring at this moment was and is perfect. The future we do not know. But once the future has become the present, then that too is perfect.

On the other hand, we see so much obvious imperfection, so many mistakes, so many things which seem to be wrong and need to be corrected both in ourselves and in the world around us. How can these apparently contradictory perceptions both be true?

The idea of a half-completed painting may help us. The painting is not finished and thus it is not yet in its perfected form. It is in the process of being perfected, of being completed. We know that it is not completed because consciously or subconsciously we know that it can be much more than it presently is. But we do not reject the painting because it is not yet what it will be. We do not say that it is wrong or unacceptable. We simply perceive it as incomplete and we get on with the process of completing it.

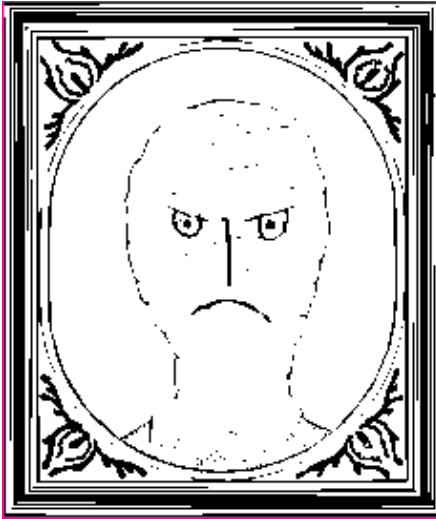
Let us then imagine ourselves, our personalities and the personalities of those around us to be half-finished paintings. Let us imagine the

general state of the society and world around us to be a painting in process.

Yes there are many weaknesses, faults and aspects to be improved in those paintings. But they are perfect in their incomplete state. A painting must pass through a series of stages until it is finally completed. Each of these stages is a perfect part of that process of completion. No stage could be skipped or avoided.

Thus we and those around us are perfect at every stage of that process of becoming perfected. We and everything around us are perfect at this stage in the process of perfection. Even our imperfections are the perfect temporary part of our movement towards perfection. Thus when we imagine ourselves and others as unfinished paintings we will have patience and understanding for our weaknesses and faults seeing them as parts of our being which need to be worked on in the process of manifesting the perfect being which is waiting latent within us to become a reality.

**Enjoy your work on the paintings which
you presently call
your personality and your life.**



THE PERSONALITY'S BROKEN LEGS

It is important to begin to realize that our personality is just like our body. It is not our true self, but rather a vehicle, or "mental body", through which our true self, the soul, is expressing itself. We tend to be more detached from our physical bodies than from our «emotional body» or «personality body».

For example, we would not reject someone because he has gallstones, a malfunctioning kidney, high blood pressure, a broken leg or cancer. We accept these physical weaknesses as natural and as no reason to reject someone or withdraw our love or approval.

On the other hand, we do tend to reject people when they are lazy, negative, egotistical, fearful, weak, jealous, angry or aggressive. What we need to understand is that these emotional weaknesses are no different than our physical weaknesses. They are a natural part of our limited temporal existence in these physical and emotional bodies.

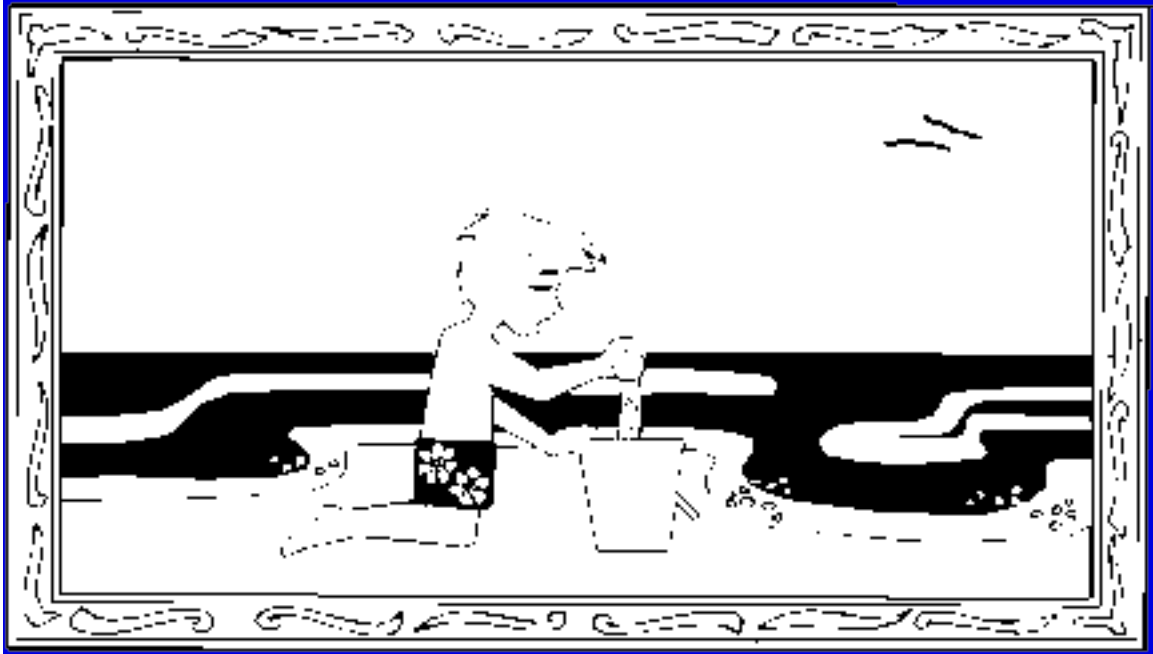
You may be interested to know that the legs, which most personalities have broken in their childhood years and seldom mend completely, even though many years have passed, are the legs called «self-confidence» and «self acceptance» or «self esteem». When these

emotional legs are broken in childhood by, perhaps well meaning but often ignorant, parents and teachers, that person's personality manifests a number of negative traits, which require understanding, love and help in mending, rather than rejection or criticism.

Having a "jealousy problem" or a "laziness problem" is like having a «liver problem». It is not reason for rejecting ourselves or others. We do, however, want to see what is causing it, so that we can cure it. In the same way, it makes no sense to reject ourselves or others for being weak, or fearful, or aggressive. The most useful approach would be to recognize that this problem exists, and try to find the cause within ourselves and others.

The next time we recognize some weakness or negative trait within ourselves or others, rather than criticize and reject, let us remember what we have said here, and think «my personality has a broken leg», or «his personality has a broken leg». Then let us ask what we can do to help ourselves or the other, mend our legs.

Remember this simple truth concerning yourself and others.



THE CHILD AND THE MONK

Once a child was playing on the seashore filling his cup with water from the sea and pouring into his bucket. A monk from a nearby monastery happened to be passing by, stopped and asked the child, «my child, what are you doing?»

«Hello Father», the child answered, «I am trying to put the sea into my little bucket here».

A wise smile appeared on the monk's face, «my dear child, you must realize that you cannot fit the huge sea into your tiny bucket».

The child looked up innocently and replied, « I guess you are right. In the same way, however, you too, Father, must also realize that you cannot fit the wholeness of God into your mind».

...The monk walked away wiser.



THE TWO LITTLE ANGELS

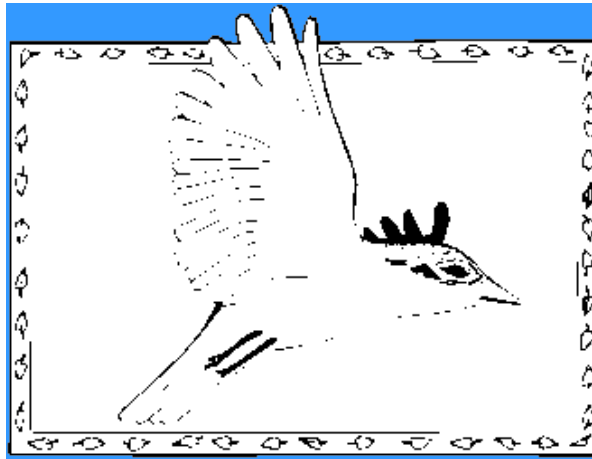
Once there were two little angels employed by the Lord. One was continually travelling back and forth to and from the earth. The other was sitting for long periods of time on a little cloud wondering what the other little angel was doing travelling back and forth so frequently to the earth.

The sitting angel decided to ask the busy angel what his job was, «Tell me brother angel what is the nature of your work which keeps you so busy?»

«Oh,» answered the busy angel, «I collect all the “pleases” from the people on Earth and bring them to the Lord. And may I ask, what is your work which requires that you sit for long hours on this little cloud looking down at the Earth?»

The sitting angel solemnly sighed, «Oh, my job is to collect the “thank you's” from the people on Earth and bring them to the Lord».

Let us give the sitting angel something to do!!!



THE TRAPPED BIRD

One day a bird flew into a room in our house. (It could have just as easily been your house). We wanted to help it to get free. But it was afraid of us. It did not trust us. It had been programmed by his species' previous contact with ours that we are dangerous and that we kill them not only to eat them, but for «sport».

It was so deeply programmed that it was unable to distinguish between those previous contacts and our present very kind and well meaning motives to help it get free and save it from harm. Its fear would not allow it to perceive our good intentions. Every time we approached it, it frantically flew away banging into walls and various objects, proving to itself its original belief that we were dangerous and wanted to harm it.

We, however, in truth had no intention to harm it. If it could only have perceived clearly the present moment; and not distort it through its previous conditioning, it would not have been harmed at all. Its own ignorance and misconception of reality are the cause of the harm that is happening to it. Its lack of trust in the hand that is chasing it to help it get free is causing it to fly blindly into objects which harm it and cause it to suffer.

We are all very much like that trapped bird. We are caught in the room of our limiting beliefs and attachments which limit our freedom and happiness. The hand of life comes with the motive of love to set us free from our attachments and limited perception of ourselves and the people and events around us. We do not

trust that hand. We are afraid of any type of change.

We do not trust the flow of events, and try to prevent any type of change so as to feel secure, even if the environment in which we feel secure is in reality a painful one for us. We prefer to stay in our room of suffering rather than trust the hand of life which comes to free us with some type of change.

This process of freeing us from our self-created room of limitation and suffering often entails removing one of the walls or even the foundation of that room, resulting in events such as the loss of a job, or of some valued possession or (that which we all fear the most) the loss of a loved one. In what other way can we discover inner security, inner strength, or the truth of our real spiritual nature without occasionally having some of the walls removed so that we can see ourselves and life more clearly, more objectively and more deeply?

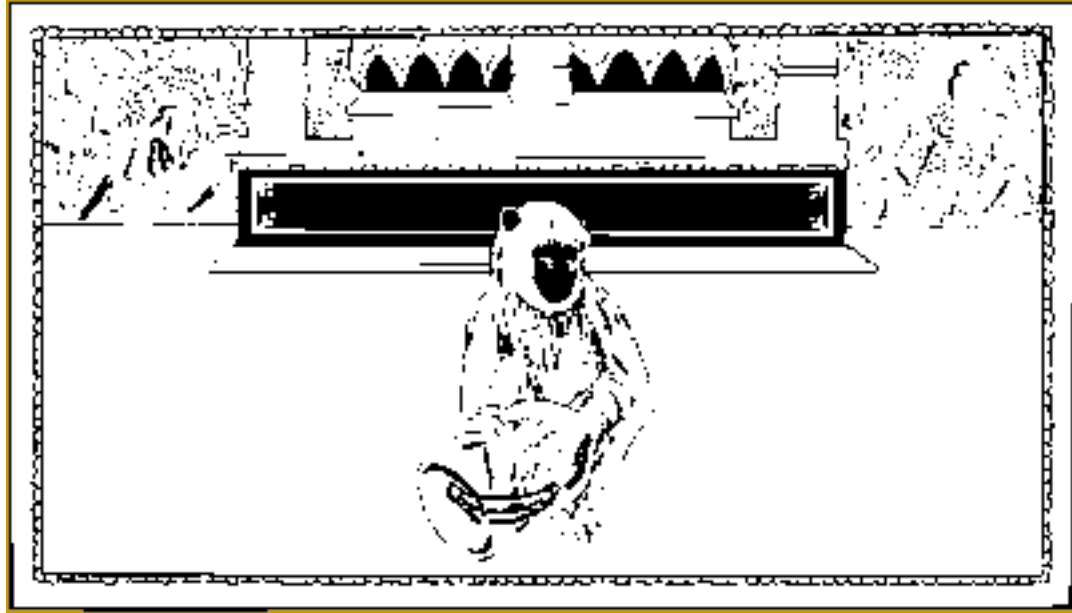
**Are you afraid of the hand of life?
Are you afraid of change?**

**Or do you believe that life really loves
you and wants only whatever is for your
best as a soul in evolution?**

**Can you flow with the changes which you
cannot change or obstruct?**

**Or are you like the bird trapped in your
own room of beliefs and fears?**

It is your choice.



YOUR BANANAS

Here is how they catch monkeys in India and South America. They tie a narrow neck bottle to a tree. In the bottle they place a banana. The monkey passes by, perceives the banana and very smartly manages to squeeze his hand into the bottle and slips his fingers around the banana in the larger inner area of the bottle.

Now it tries to pull its hand out in order to eat the banana, but it won't come out because its hand, which is now holding the banana and is in the form of a fist, cannot pass through the neck of the bottle. It pulls and pulls, but cannot get its hand out. It sees the trapper approaching it and tries to get away, but cannot, because its hand is wrapped around the banana and thus unable to be removed from the bottle.

Although it is obviously going to suffer under the hands of trapper, and although the bottle and the banana are the cause of its demise, it never thinks of letting go of the banana so that it can extract its hand and be free. It is literally attached to the banana, and the banana, which was previously a potential source of happiness, has become a source of his suffering.

We are all like those monkeys. We have a variety of “bananas” in our lives to which we are attached, and although they create much suffering for us, we cannot let go of them. Some are physical or material attachments such as cigarettes, coffee, tranquilizers, alcohol, denatured foods, money or material possessions. Not that these are inherently bad, but they might be in some cases ruining our health or happiness. And, although we are aware of this, we are unable to get free from them, because we are attached to them.

Our attachments may also be emotional, such as acceptance, approval or love from specific persons or from all persons. Or we might be attached to professional success, or recognition, or to having things done the way we believe that they should be done, or to being the smartest or prettiest, or to having perfect order and cleanliness.

None of these are wrong or bad, but our attachment to them just might be creating suffering for us at this time, because we are not able to have what we are attached to. When we are attached in this way, we have two choices. We can suffer because we cannot get the banana out of the bottle and, thus, get trapped in vicious circle of suffering and unhappiness. Or, we can let our attachment become a **preference** for the “banana” and let go of it when we see that we are only creating unhappiness for ourselves (and probably for others), and thus we can all stop suffering.

It often happens that we get so caught up in trying to force that specific banana out of a specific bottle, that we are blind to the fact that there are hundreds of bananas lying all around that bottle free for our taking, if we could just master up the intelligence to let go of that, which we are trying to force life into giving us.

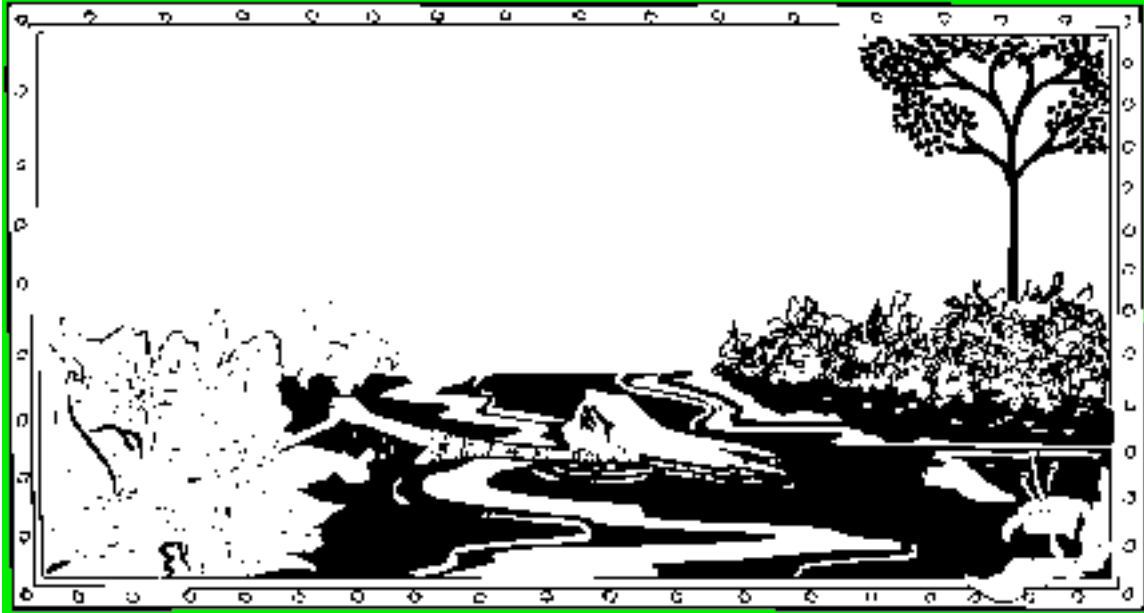
A good example of that is when we become attached to acceptance, approval or love from specific persons such as a parent, spouse or child. When we cannot get the affirmation of those feelings from them, we feel hurt and angry and try to force them in various ways to give us the recognition we are looking for. In our obsession for recognition from these specific persons, we loose sight of the fact that we have love, acceptance and approval from so many other persons. We are so focused on what we cannot get, that we are blind to what is offered so abundantly to us from other sources.

Are you aware of your bananas?

**Are you aware that you are creating your own suffering,
because you refuse to let go of them?**

What do you want to do about it?

What do you plan to do about it?



A NATURAL MEDITATION

Have you ever been to a quiet stream in the countryside, in the spring, when life is green and moist? You sit down on a rock and watch the running water. The sights and sounds of the flowing water and the growing plant life begin to work their mysterious way into your nervous system.

Gradually, with the simple repetition of the water's song, and the harmonious beauty of the natural surroundings, thousands of electronic impulses begin to discharge from your brain into the tension-absorbing air.

All of the concerns, problems and projects, which had filled your mind to bursting capacity begin to disappear.

There is nothing to try to figure out now. The flowers silently console you with their perfect peace and harmony. The fresh air tingles in your lungs and your head becomes clear. You feel somehow sedated, as if the forces of nature have conspired to put you to sleep - to put you at ease. The wind massages your body with caresses of coolness as the sun unties your muscles with penetrating warmth.

There is nothing to do, nowhere to go, nothing to think of. Just lie back and absorb the peaceful vibrations which flow into every part of your being, whispering, «be at peace, relax my friend, all is well now».

A delicious sleep falls upon you; not really sleep but a half-conscious half-asleep state, in which the trees and sounds and breeze begin to come inside and mix with your thoughts and feelings. It is as if the door of your mind has been opened and all of those conversations, actions and perceptions lying unresolved, floating at various

depths in the sea of the mind, begin to float upwards and outwards. Reality now is a mixture of the inner and outer.

The peace and security of being in the womb of nature, of letting go to the sun, to the water, the wind, the earth, draws out the stresses and frustrations. We swim semiconsciously at the level where the conscious blends into the unconscious.

We dance in our sea of consciousness, sometimes floating up to the surface, catching the sensation of a breeze, or the warmth of the sun. Then we dive downward into a stream of upward floating thoughts, images, sounds - all the dislodged refuse from nervous stresses and unresolved problems.

We watch them as they float by and then dive deeper, sensing by now there is something at the bottom of the sea, which is attractive to us.

Occasionally we get caught by an upward floating sensation of worry, resentment, an image or an attachment, before we know it we are at the surface again, thinking, wondering, worrying, being rocked by the waves of attachment.

But the dance goes on, we begin to sink again, for by now we see that we cannot really dive because diving is too intense - there is too much effort - we get hooked too easily on upward floating garbage. We instinctively learn the dance of the water, sinking, watching, letting go, being carried on the vertical currents of fresh water from the depths of our consciousness, like a seagull, with wings spread, gliding the air currents flowing against him without a movement, without an effort, letting the air do all the work.

By this time, we are no longer concerned about where we are going. The water becomes clearer, freer of debris. We have gone beyond the levels of stress release, past the wreckages of old memories, relationships, failures and traumas. We have danced through the caverns of resentment and worry. The water becomes very clean, very still, very peaceful.

We are coming to the **source of our life current**, the source of the ocean, the **spring of pure consciousness**. Hence we may encounter pure light or sound vibrational energy. Only subtle vibrations exist here. Only electromagnetic energy. Our bodies become filled-recharged with life. Our consciousness is renewed as we have cleared the way for a burst of fresh «energy» to flow up purifying the sea of consciousness, regenerating the mind, giving new life to every cell of our brain.

If we do not become enamoured by the sensation of light, by the bliss of this energy, which charges through our system, then we may sink a little deeper into the vast nothingness from which the spring of life flows.

Here there is not even energy; no body, no mind, no sound - absolute nothingness - total vacuum - only tremendous, potential, unmanifest God, from which all life and material creation flows.

COMING BACK TO THE SURFACE

The sound of chirping birds greets us as we slowly float to the surface. The branches dancing in the wind wave, «hello». The sounds of insects buzzing, and water splashing, salute us with a «welcome back friend, you are part of us now».

It takes a while to remember where we are. We were only gone for 15 minutes, but it seems we have been in this spot all our lives. The mind is clear, refreshed and in the present. There is nothing to do but take off our clothes and go swimming.

Have you ever been to this quiet stream in the countryside?

Everyone has - either to a stream, or river, or mountain, or sea, or forest. And how well we feel when we return; how much more energy and clarity we have to continue our work, to carry on with our life, to solve our problems. Somehow everything is more alive, more harmonious for a while; life is not so boring, difficult or overbearing.

It doesn't take long, however, to discharge all that energy and clarity. Once again we become upset, nervous and bored.

Can we go to the stream every day? It certainly would be nice, and life would be much less complicated. However, for most it is completely impractical in terms of money and availability of such places - especially for those of us who live in the city.

Well, mother Nature has a secret for us. We don't have to go anywhere at all. The stream of life, that place of peace, that source of strength and knowledge and harmony - lies right inside each one of us.

Meditation is a way to contact that source. It is nothing more than visiting this stream on a daily basis. It is the sinking dance into our sea of consciousness, releasing the submerged stresses and coming to the point of **inner stillness**, where there is no object of consciousness - but consciousness itself.

**Done regularly,
this inward dance leaves us fresher,
healthier, more alert, more relaxed, more creative,
and more in tune with ourselves and our environment.**

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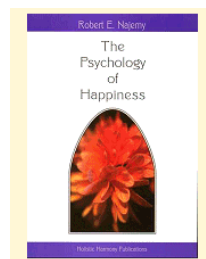
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