

EARTH AND SPIRIT - NEWSLETTER

NOVEMBER 2017 SPIRITUAL AUTONOMY

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Dear friends, dear interested people!

This month is about what a true spiritual path is and where it leads in its highest sequence. I'm continuing the thoughts that I started in my last newsletter "My kingdom is not from this world (June 2017)" and "Final ID-Split (August 2017)".

As in previous newsletters, I continue my tradition of adding to the knowledge I have gained intuitively through my path and also verified, with quotations from well-known spiritual masters from East and West and sacred writings from all over the world.

This makes it easier for readers of my texts to find trust in these truths - even if they don't know me personally. It also makes it easy to access other external sources of literature to help with the topic. This is helpful until one finally discovers these spiritual truths in oneself, the only flawless source.

The universe is nothing but a thought

The thought is the matrix of all creation; the thought created everything. If you capture this truth with an uncontrollable will, you can materialize every thought "-Paramahansa Yogananda.

First of all, a fundamental truth that is revealed by the spiritual path: "The universe is nothing more than a thought".

Now it is the case that according to the spiritual law "like inside, like outside" our attention is directed towards which direction we are moving in the outside or what we are creating.

This knowledge holds great power within itself and most people are afraid of so much power and the need to see oneself as a victim of circumstances is great.

Jesus answered them, "Is it not written in your law (Psalm 82:6): 'I have said, 'You are gods'? Christian Bible, John 10:34

Usually, people use their power to create consciously or unknowingly (by desires), if at all, only to attract material things and pleasant situations outside. Truly wise, however, people actually use their power to draw power to attract wisdom and realize love.

Through the way we recognize who we really are and what makes us truly happy

The interesting point is: Many people have a hunch that they are not the body. Many people have even experienced that they are not the body on an individual level (yes, it is experiencable, e. g. through out-of-body experience). And a few people even know the true self.

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But very few people understand what makes you really happy. In my opinion and observation there is the greatest confusion and deception!

In this newsletter I would like to bring light into the darkness through my own experience and spiritual path, which I have been following for many years in deep devotion.

What does it mean that we are a soul and not the body?

It means that we realize that only unity with God (love) can make us happy and not the things of the world.

The soul is our true identity.

One has to know that the body is created by detachment from God in the first place. These are concentrated thoughts of separation (intrinsic will) that makes the body appear.

The body consists (finally) only of thoughts.

This self-will closes the windows of the soul to God, so that no unity is perceptible any more and thus also the access to the highest happiness, which is also the highest "stage of development", is blocked.

But whoever separates himself through egoism falls ever deeper into his own self-created limit in spirit.

"The root of all suffering is that man abuses his free will and forgets his divine resources." -
Paramahansa Yogananda

One does not want to place one's actions under the control of the Whole, since the mind evaluates experiences, i. e. creates attachment and dislike.

This creates separation, which is the consequence of the willingness to do so.

Those who are separated, however, gradually lose their innocence (i. e., acting in harmony with the truth that "everything is one") and the joy of love, i. e. unity with God.

God is the source. God is the true self (Brahman). God is bliss (Ananda).

Those who are separated no longer have access to inner bliss. He needs earthly, i. e. physical pleasures in order to feel good. He needs the body for that, then he's attached to it. The more detachment there is, the more you hang on your body.

But since the earthly pleasures are limited and unstable and the body (in contrast to the soul) is transient, a lot of suffering arises.

Suffering that it is unnecessary if you let go the detachment - which in reality does not exist, never existed.

There are different stages of separation. That's why there's some love in this physical world. There are bad and good people, for example. Good and bad environments, times, levels of consciousness.

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How separation was created

In the astral world there is no violent death, no illness and no aging. These three scourges lie like a curse above the earth, where man has allowed his consciousness to identify himself completely with a fragile, earthly body whose existence depends on oxygen, food and sleep "- Swami Sri Yukteswar Giri

The soul has a free will on its path of development. She can follow her intuition, i. e. the voice of God or the world soul (Brahman) on her way, or the mind. The voice of God comes from the innermost spiritual heart - it is also the voice of conscience.

Everything that is created, is created by thoughts.

When I close myself to the voice of God in my heart, I create separation from the whole.

Separation from the whole is egocentric desires, such as "I want to be better than the others". This wish, for example, comes from the mind, but not from the heart. It is the desire to experience me separately from others.

When I think such thoughts and believe them, i. e. have such desires, I create in my consciousness a wall that separates me from others and also makes me lonely.

This separation is only an illusion that I create, so that I can no longer see that everything is one, that I and you are one, that is, absolutely the same (Brahman/God).

When I follow egocentric desires, a wall is also created in my perception on the outside.

This wall is the physical body and the corresponding physical world, which is also impenetrable from the perspective of a physical body.

Walls create fear. The body and the world is our creation. Our creation by thinking.

Like inside, like outside.

In the astral body (Prana body) there is no such separation any more. There is more harmony there. You can penetrate everything or only touch the surface - at your choice.

To experience another „You“ you don't need a physical body!

Wanting to be separated is our own choice.

Those who are no longer separated can use a physical body, like a car.

But a liberated one doesn't want to be in a world of separation on his own. Neither does one like living in a violent family voluntarily

A liberated soul is there, on earth, only out of compassion or joy (bring joy), not because of illusionary material desires.

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Through separation, the fall takes place in body consciousness

"Therefore therefore you shall pray: Our Father in heaven! May your name be hallowed. Thy kingdom come. Your will be done on earth as it is in heaven "- Christian Bible Matthew 6:9-10

But whoever is totally absorbed in love leaves the physical earth in consciousness. In doing so, however, he ennobles the earth through his light-filled actions within the framework of his development.

The one who is liberated ceases to belong to the earth. He's ascending.

"If the world hates you, know that it hated me before you. If you were of the world, the world would love its own; but because you are not of the world, but I have chosen you from the world, that the world hates you."- Christian Bible, John 15:18-19

The world is the place for selfish and egocentric games.

We have attracted it out of response to our thoughts. It has become our outside, because loveless detachment is our inner state. Everything that is is just out of thought.

"You adulterers, do you not know that friendship is God's enmity to the world? Whoever wants to be friends with the world will be enemies of God "- Christian Bible, James 4:4

The secret of happiness is that we are a soul and not the body

The individual soul (Atman) and the world soul (Brahman) are one "- Brihadaranyaka Upanishad 4.4.5¹

"The physical body consisting of the seven bodily fluids (dhatus) I am not." - Ramana Maharshi.

¹ The experienceable reality that the individual soul is one with the world soul is explained here very nicely: <http://www.world-religions-professor.com/atman-brahman.html>

If one has an interest in truth within oneself and researches who one is, one gradually realizes that one is - on an individual level - a soul (consciousness) and not the physical body and its functions.

How do you know that you are not the physical body, but the soul?

This step-by-step awakening is called the "spiritual path". It happens through conscious self-observation and inwardly with real interest to ask the question, who am I?

The following actions and attitudes are also very helpful for this self-knowledge to happen:

- Faith, i. e. trust that we are truly spirit.
- Fasting. Correctly practiced fasting shows that one is not the body and the demand for food (flavour) is a function of the body and not the soul².
- Sexual abstinence. By abstinence the upper consciousness centers or chakras open up, because e. g. through the male ejaculation a lot of vitality goes outward, which can otherwise be used for the spiritual development. You can also recognize your own energetic body (prana-body).
- Out-of-body experiences.
- Yogic exercises such as pranayama (control of life energy), which are always practiced in harmony with the body. Know your limits!
- Vegetarian or vegan food, also out of compassion for the animals.
- All external actions are always based on love. What would love do? (Recognize this in your meditation).

Spiritual Responsibility

"Since you are solely responsible for your thoughts, only you can change them." Paramahansa Yogana-nda

But we, however, can we also reverse it - dissolve our detachment?

How do we do that? We direct our attention to the inside - and we search for and act according to the truth like we discover it:

"and you will know the truth, and the truth will set you free" - Christian Bible John 8:32

The distinctiveness (Viveka) must be sharpened by meditation and positive actions (Karma Yoga), however, if the own stage of development already allows it, with the intention to lift the fall into the physicality again and also to liberate other souls from the physical illusion - otherwise, if one cannot yet recognize his soul, simply be love.

² We recommend yogic fasting. For example, one day a week only water, then eat normally. Persons who are not completely healthy, very old or very young or weakened persons may have to consult a doctor before fasting, if and how to do so.

It is not a question of making the world beautiful for the ego into a world of "enjoyment", but of dissolving the ego so that the creator is freed from the fall into body consciousness and access to heaven, our true homeland, becomes open.

Even if he becomes free from the world inside, the saint can still work in it. But he doesn't have to anymore.

The body and the world no longer exert pressure on you. When the ascent is complete, there is no longer any attachment to the world and the body.

It is up to each ascendant to ascend freely to heaven. The physical body then dies. Life - which oneself is truly - is withdrawn from it.

Or you can stay here if you are needed and at the same time enjoy helping unconscious souls or bringing the light - and still free from the constraint of body consciousness.

However, there is no obligation, because everything that is is (finally) illusory.

Only for the sake of joy do we live!

Here is another quote from Paramahansa Yogananda to finish:

The only purpose of life is to free oneself from the deception of this material world. Don't wait any longer. How dare you forget God! I testify to you the existence of God's astral kingdom, why do you not seek it now? You always try to create this picture of fullness here on earth, but it is fruitless. You'll never make it, because this world is a place with too many limitations. This utopian dream is just a forgotten memory of your experience of the astral world."ⁱ

Greetings to you all,

Bernhard (Damodar)

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ⁱ Source: SRF Magazine, Spring/Summer 2010 A great source of information about the astral world can be found here on the internet:
http://yogananda.com.au/py_talks/astral_world01.html#top