



I AM  
*the child*

***SAT***





*by*  
**Sat**

## *Dedication*

*This book is dedicated to my delightful grandsons, Cyrus, Bodhi, and Shay, and my little granddaughter who will be born soon. This is an offering to the reality that they are and the form that they have taken. I love them without measure.*

*They are the joy onto my life.  
May this offering and this love also reach many hearts.*

*In our ONEness*

*Sat*



## *About the Author*

*The author is not the story of her life. She is not the body, mind or the words written nor is she the hand that wrote them. The author is not the writer and you are not the reader. The author is the canvas that writings took place upon just as you are the canvas that reading takes place upon.*

*The author is the I AM in ONENESS WITH  
ALL THE I AMS.*

*The truth in the pages of this book is all that is  
needed to know the author.*

*Sat*

## *Acknowledgments*

*My deepest gratitude goes to four very instrumental people who helped selflessly to bring the book to readers.*

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*To all four of them I say THANK YOU for your selfless work.*

## *About the Book*

*These writings are not ordinary and will not be understood in an ordinary way, therefore we do not need to understand every word. We need to read it with an open heart, where judgment and past acceptances are put aside and we are ready to receive something new and something deep. We give our whole attention to reading, without interpreting or analyzing. Just freely reading as if there is nothing else needed. We let ourselves be free and empty. If we are parents, we first read this book as if we are the child, as if the book is all about us, as if the book is guiding the child that we are. Let it talk to you, not as the parent that you are, but as the child that you are.*

*Now, we can read it a second time. This time as parents. It will be different, because we are now ready to help our child.*

*We are all children. We are all in need of rising above pain and suffering, and we all ought to do it. First for ourselves, and then to help our children. When reading this book, please give yourself the same importance that you give to your child, so that, by being interested in yourself first, you will be able to help your child with better clarity, which is required.*

*My wish for everyone that reads this book is that they can be open enough with persisting interest, to embrace the Truth that is spoken in every line, and to apply it to their own lives and the lives of their children.*

*Humanity is in a place that makes the need for relief be great. The only way out is the way IN (within).*

*Enjoy.  
With endless love,  
Sat*

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# **The Birth of the Child**

*Jesus said, 'Let the children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.'*

It all started as an idea in the mind of the parents to have a child, or in the universal mind (collective mind) as some pregnancies seem to not be planned.

There is a day or night on which our body is born. The first sound out of the infant's mouth is a loud cry. There are always a few people around and in some cases many, who are witnessing this event. In all births there is one thing in common, which is that each child cried at birth. Most have loved ones around who are excited about this birth, although a few do not have anybody. Some parents celebrate and some, in their confusion, feel depressed and lost.

At my birth, my parents were happy. They were also very afraid of handling a newborn. Their happiness was more out of relief since after having a boy, they now had a girl. Now they were complete. My journey started as each person's does: after birth. I went home with my loving parents. I do not remember any of it; I was an empty vessel, a white canvas. I JUST WAS. I did not identify with anything, not even with the form that I was to identify with later. There was no sense of the world and its

contents. No recognition of any kind. At most, I might have been aware of vague movements around me. The eyes saw, the ears heard, but I was not that. The body cried if hungry or in pain but again I was not that. I cannot even say I was witnessing; I was not even conscious of that yet. All I was, was BEING and EXISTENCE.

After my birth, my parents' work started. As responsible parents, they tended to my body. I, on the other hand, was unaware of the world they had come to know. They were happy and ready to take care of my body as their child. My parents, like any other parents, little by little, started to teach me what a child needs to learn. Like most parents, they had family, friends and helpers to give them endless suggestions as to how they should go about raising a child.

All along, they were unaware of my state of Being, and I had no idea about their world. Here, the universal misunderstanding began. My world was a world of awareness, without cause or boundary. Theirs was a world of consciousness, full of stories. Mine with immense subtlety, theirs with immense grossity. My world, without any concept, theirs overflowing with concepts and beliefs. The world I was living in was the all-ness and endless; theirs shattered into pieces and divided into endless many.

At that age, feelings of happiness and unhappiness did not exist for me, but many times a day, my parents thought that I was either happy or unhappy according to what they saw my body do. What they were not aware of was that I was not my body, or better said; I did not yet know that I had one. The smile came upon the body and the cry was expressed by the body, as automatically as my body had grown in the womb. The body cried, but the cry did not affect the ISNESS that I was.

As we see here clearly, one is the inner world, that infinite, and one is the outer world, that those around entertain. As I said before, the sleep would come upon the body; it was not by my will, as hunger would be felt in the body but not in my awareness. I was in the body, but not conscious of it, nor was I conscious of the surroundings as others were. I was only awareness without boundary; ISNESS without being this or that.

My parents caressed my body, fed it, clothed it, loved it and washed it. They were happy to take care of their child as the body, or as somebody. My mother's full time job was to look after this child. One day they thought that I looked like my mother, the next more like my father. But in truth, I was formless. They were taking my body to be who I am. The "I" was unmoved. They also watched very carefully to see how my body was changing day by

day. I, on the other hand, was not aware of its growth. I had nothing to do with it. I was not conscious of the body they were loving. It is strange that only the body is being noticed. Even stranger than that, is the fact that the body is not noticed by the one that occupies it as an infant.

Days passed, followed by months, and as if waking from a deep sleep, I began to be aware of objects around me. I began to notice, to recognize my mother, but without a name or story about her. By this process, the subtle body (the mind) was being formed but it was empty. As the subtle body or the mind became more outlined, I became more conscious of the world of my parents. The witness was created, whereas in my prior state, there was no need of a witness. There was just BEING. Through the development of the subtle body and the witness, the thinker, as the first entity, was in motion. Now the thinker which emerges when the child becomes conscious of its body - even though it still has no idea what it all means - begins to think. This is the time that the child as pure awareness begins to leave HOME and little by little becomes more conscious of the world of its parents.

The subtle body or the mind is just an idea and it gets fed by all the ideas in the mind of the parents, the environment, and so on. This way, the vessel begins to be filled with concepts; or we can

say that the drawing is being formed on the pure canvas of existence. As this process takes place, now the vessel is connected to the new mind and feeds it the impressions that it has gathered. As the subtle body is being formed, some of the unconscious memories from previous lives, those that had left an impression, also have a home in which to be renewed. This process is very slow and goes on throughout the earthly life.

So here, not only are the parents and the environment of this life filling the vessel (the heart's center), but through the subtle body or the mind, the old memories have also found lodging (The mind that we are mentioning here is not a physical brain.) The child that was in its original state now begins to dream like others. Why is it called dreaming? Because the reality is unborn and undying and the impressions are not permanent; they are only ideas and ideas are not the essence. They have no being-ness independent of the white canvas or the child's natural state. Therefore, they are not real. In other words, one cannot dream without the existence of a dreamer. The same analogy applies to the child's reality and the world of ideas. Since reality is now seeing itself as a child, the art of living is to know who we really are and, with this realization, live a happy life in the world of ideas. But without this knowledge it would be

like sleepwalking through life while thinking and believing that we are awake.

Going back to the child's story: First the child was asleep to the world, and was completely awake to his reality. Now, little by little, the child begins to be asleep to his reality and be awake to what is not his reality. You can call this a tragedy. We all have lost the awareness of THAT to a degree. We need to notice here that none of us have changed our Origin; it remains as our reality and we are never without it because it is our BEING, EXISTENCE. The difference now is that we are not aware of it since we now live through the mind, senses and the body. To say it simply, it means that the attention was shifted from the state of BEING to the state of becoming.

As I became more awakened to the world around me, I slowly left that expansive HOME. The attention that once was in the state of Being, was going out to different forms, colors and objects. During this time, moving outwards was very gradual; I was still reposing in the Self or Origin. The five senses, which had been dormant to this world, were slowly awakening through stimulation. Now I could see, hear, taste, touch and smell, but had no recognition of what I was seeing, hearing and so on. There were no thoughts, memories or concepts connected to the senses. The eyes just saw. It did not

matter what the object was, they were only seeing without differentiation. Therefore, peace was there with nothing to disturb it. The attention and concentration were sharp and free of any pre-conceptualization. In other words, I was becoming conscious, but with no concept of what it was that I was becoming conscious of.

Little by little, through the repetition of my name, the sounds were taking on familiarity without any effort or knowledge on my part. It just went on as it did. As the recognition of the words happened, a responsive movement or reaction accompanied it. For example, if my name was called, I looked towards the origin of the sound. In my parents' viewpoint, I knew my name, but what was in fact happening to me was that, I was just becoming familiar with that sound. Slowly, the pure undivided attention began to go towards many objects. I was bombarded with sounds, colors and overwhelmed by many attractions. The new empty mind was having a hay day with all of it. My mind was like an unused sponge, soaking it all up. As it did this, the vessel started to fill.

Now, what was happening was, whereas before the body would cry to be fed, now I could feel the hunger. I felt the hunger due to having a mind. I began to feel my body and my mind without identification to either one. Again, months went by. Now I knew that a few sounds had

meaning for me. The sound of my name was not just a sound; I knew it was me that they were calling. I knew my mother is someone I am attached to; still no concept of title. The recycling of my parents' concepts of life was being given to me in abundance. The surroundings took on a new color. I started noticing my mother's reactions. Noticing and observing were a constant part of my life at that age. The biggest change came about when I began to feel my body and the feelings that came with it. As this happened, people around me could now relate to me as a person. Everybody was excited to see me alert, aware and able to learn and imitate them well. All was going as planned; I was leaving the invisible state that was without boundary and entering the consciousness of this world. This spinning took on momentum. By this time, I could recognize my parents and siblings, and so on. This was when the feeling of 'mine' entered my pure consciousness. Before, everything just WAS, but now, it was divided into mine and yours.

Here the thinker is being developed. Me and mine is getting stronger. The sense of survival and self-preservation that comes with the thinker is felt, and the child has now left HOME. The child now sees home as where the parents are, and the memory of the Origin is faded amongst all the stimulation of this life that we come to know as

human beings. The child is miss-identifying with its body and mind and as the child grows, this misidentification is all the child knows. He or she accepts all the titles given to him or her as oneself: a son or a daughter, student or a brother, and so on.

We should notice here that the child is each of us; every ONE of us. The child that once was in the state of BEING, is rapidly becoming divided into pieces. The feeling of 'I am somebody' takes the place of 'I AM.' This is a good time to stop reading and ponder over the process of birth. The body was born, but was I born? Or did I believe it through acceptance? If I was never the body, and yet the body was drawn on the canvas of my being, and later the consciousness of the body came about, then would I not be prior to the body-mind consciousness? Did I not accept a false identity of myself only to later find out that it did not feel good or natural and that it was full of effort? Didn't this division make me feel small and in need of help? Didn't it make me believe in my finite body and mind, leaving me tossed between good and bad? Didn't this idea of two - my body and yours - not start a chain of misunderstanding, fear and trouble?

As adults, have we stopped to question why life, in most cases, is not comfortable no matter how much effort we put forth? Do we not see that what we take ourselves to be is not what we are, and

should we not rejoice in this good news? Shouldn't our goal in life be going back HOME with full awareness of this wisdom? We take ourselves to be this personality, which is no more than an idea. The more ideas we accept, the stronger this personality or ego becomes. Here, it is important to notice that our reality is neither the personality nor its shell. We can also gradually end the dreaming for ourselves and see the reality of our child as it is and emphasize on his or her reality more than the mere body. This way, we as well as our child can live in this world with full awareness of the Origin. This is what these writings are pointing us to: going back HOME while embodied, and raising a child, while being fully aware that the child is not just this body, personality, thinker or ego.

After the development of the thinker, there was a time in my youth, during which I remember wondering what had happened to me. Where did all of this discomfort come from at such a young age? Why are my thoughts so uncomfortable? Why do most of my thoughts make me either fear them, run away from them or fight them? I did wonder what happened. If I didn't do anything, why am I miserable? This was the time when I sat in a room, alone, and screamed for help. I did not know what had happened to me. I was not given a way out. Why was I not comfortable in my own skin?

Every Being that has left HOME will eventually scream, if wisdom has not been given to them. Some come to scream sooner, and some later. I did it at a young age. How can wrong identification feel right? How can one be happy when every thought seems and feels real? We were never that which we were taught to be.

From that moment of sitting in the room alone, my crusade to find the truth and the cause of suffering started. Now many decades have passed. These writings are the essence of my findings, in hopes that our miss-identification will loosen itself and that we will prevent our child from miss-identifying. Questioning life as we know it and turning our curiosity towards our Self is the way to go. Suffering, pain and struggle are not our reality. However, due to wrong identification they are accepted to be so by humanity.

I could not just sit by and witness babies being born, and watch them go through the same belief system. I did not want to see the same old process carry out generation after generation. With the birth of my grandchildren, the desire to write became urgent in hopes that as parents we can remove the cataract of ignorance from our vision by the light of wisdom.

Now this saying makes more sense to us. *Jesus said, 'Let the children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.'*



# Parents' Preparation

There is a saying that goes like this: 'Anytime you catch a fish from the water, it is fresh.' This means that unless the fish is dead in the water, it is always fresh to catch and eat. Here, as long as we are not dead and can breathe, we can change and have a new approach.

Nowadays, every person is busy. Every person is bombarded by not only his or her own thoughts but also by collective thoughts. Every person has so much responsibility and work. Working is no longer nine to five, but ongoing. Please note that this chapter is not just for people who have it easy and have time to make changes. No, there is no need to rearrange our lives. We just need to see that what the world calls a "normal life" is neither enough nor comfortable. Therefore, we need to have a better understanding of the way we view life. The change does not require time, it only needs interest and being tired of the bondage.

Most people who want to have children are fearful. They wonder if they could afford to provide a good future, if they would have enough time for themselves or if their lives would change drastically, all out of the fear of responsibility. As much as all of these concerns are valid and should be considered, what is far more important is making sure that the child is not born into an emotionally, verbally or mentally dysfunctional family, regardless of the

family's money or income. There are so many reasons for why preparation before having a child is paramount. It is true that a child is happy with a simple life. But, it is the quality of the parents' hearts and minds that affects the child the most.

To prepare way before the idea of a child is formed, the willingness to take a few simple steps will not only change the parents' lives, but will also give the child a life that aims towards the upkeep of his or her purity. Now this is worth being born for.

Every being who takes birth has to eventually learn where his or her peace and true HOME is. Everyone deserves to know their Origin. Each of us deserves to know what we are doing here on earth. When two people meet, they ask each other: What is your name? Where do you come from? What do you do? And they each answer. Now we also need to ask ourselves these questions: Who am I really? Where did I really come from? Why am I here? These questions are the key to finding a map that guides us through life. These questions result in us living a conscious life.

Now, what is conscious living and what is unconscious living? Through my realization, I have come to experience it this way: unconscious living is when the attention is not present in Now. Instead, it is watching and conversing with images in the mind. For example, you are looking out your

window, but you are not seeing what is outside. What you are seeing is the habitual occupation of the mind, conversing irrelevantly and relentlessly with itself and stealing your attention. When you are unconscious, the thoughts pop out out of nowhere, one after the other and stories are made. When we are not conscious, we are daydreaming. A person leading a normal life - as the world calls it - lives unconsciously. They do not feel themselves, as if they do not exist in this moment.

What you are perceiving seems to only exist for you. Truly, if you look at it closely, it can be seen as a dream; being tossed from one story to the next, and we are nowhere to be found. Say we are sitting as the body in a room, but our attention could be on a story that has nothing to do with the room we are sitting in and we are involved in irrelevant imagery. In this state, we are not using our all-ness, vastness, and endless potential, because we are not feeling our Existence, our Being-ness.

Now, what is conscious living? When you are wise enough to see the unconscious living, and you wake yourself up moment to moment, in Now, or in the presence of your Existence. This realization of shifting attention to Here and Now and feeling Oneself, puts you in harmony with your all-ness. You no longer function on one cylinder, you are now conscious and aware.

Let's put it this way: those who are unconscious are like sleepwalkers - which most of us are - and those who are conscious are living as it was intended. In the chapter on youth, the way to achieve this awakening is written. Now here we see, just by knowing the difference between conscious and unconscious, we can be alert to stay present. Going back to how we can prepare ourselves for the birth of our child, here are a few simple steps:

**Step One:** Take a few moments during the day or night to close your eyes and feel the silence within. Even if you are in a noisy place, make it a habit to feel your silence, the ever-presence in you. Most of us have a habit of feeling our unpleasant emotions, our physical tiredness or our unpleasant thoughts. Here we stop to only feel the silence. Nothing needs to change, no need to find a quiet place, just shift your attention to silence as often as you can remember. It is simple; it does not require extra time.

**Step Two:** Be conscious when you wake up in the morning or when you are leaving home for work. Being conscious in Now, is not time bound, in fact it knows no time. It is being present in our presence. Being conscious of all you see: nature, clouds, air, wind, the wetness on the ground, colors, smells ...

these keep you present, and being present does not experience past or future. It is happy and new.

**Step Three:** When you find your attention is with the unconscious thoughts - the ones that filled your vessel during or after childhood - just watch and know that they are not real and they are not you. They belong to the ego and the body identification. The only reality they have is our belief in them; without that belief system, there is only an empty vessel.

Now, as simple as these steps sound, they need constant practice. To keep awake is not an easy practice, but it must be done for emptying the mind. By doing these three timeless steps, the peace and joy that we were once born with, will be uncovered little by little. We begin to march towards HOME or the Natural State, instead of going away from it and taking our child with us. This is a true and right preparation, not only for having a child, but also for our own freedom. Money comes, money goes, worldly comfort comes and worldly comfort goes, and as precious as these are to have, they are not as essential as following the above-mentioned steps. They are offerings that are priceless and timeless for your child.

Many think that material preparation for their child is enough. Let's look and see if that has

been enough. All we have to do is look around. My heart aches with every drop of false concept and wrong belief that parents and society pour into the child's vessel. The white canvas is painted out of falsehood and wrong values, but we can change that by changing our ways of understanding. We need to take inventory of our inner as well as our outer life. Working hard in order to feed one's body and entertain one's mind is not the only sign of living. What about feeding what really counts for our physical, mental and emotional wellness and balance? What about finding a way to become independent and free of need by getting nourished from the roots of our existence?

I am not being a pessimist if I say that the world we live in is a mental world, a world of information that cannot give us true transformation. An empty living is the result of a full vessel. This has to be reversed. A full life comes from an empty vessel. We each can do it for our own sanity. Go back to that child that is explained in the first chapter. Know that our thoughts do not belong to us, nor are they us. Stop conversing with every passing thought. Leave the imaginary world behind. We are in reality that pure, infinite, unbounded child who knew no concept and just watched with joy. Let's go back to that place and leave the damage behind. Let's give our child, not an idea of life, but life itself.

Let's preserve our perfection by associating with this immense silence that is Omnipresent. Let's use our mind in the moment, and use it well, as it was meant to serve us. But let's stop being misused by it by refusing to submit to its vagary and the false reality of its contents.

Now I would like to share one of my own personal stories with you. When my youngest son was about to have his first child, I asked him to come with me to a beautiful garden. We sat by a calm lake and meditated for a while. After meditation, I told him that I had a gift for him, one that will be most necessary to remember and use as a new father. Then I gave him a package. When he opened it, he was surprised to see an empty picture frame. In the frame, I had placed a white sheet of paper. Because of his upbringing, he had some idea of what I was communicating to him. I said to him, 'Your child is this pure sheet of white paper and his body is the frame. Your only job is to not write on it too much and to keep it as white as you can. If you can remember to do that, you have performed your fatherly role above and beyond.' He said he would do his best. That was all the advice I needed to give him and it was all he needed in order to preserve his child's integrity.

On that sheet of clean, white existence one needs to write the right way of living. Since the child

does not know of this world, a map should be drawn of what brings true happiness, peace and SELF confidence. A confidence that comes from the realization of who we are, not confidence in the changing personality. This is when we understand the importance of our steps for ourselves and our child; for ourselves to unlearn and for our child to be taught the Art of Living.

It is noteworthy to mention that working hard, providing a comfortable life and doing everything one wants in order to fulfill his necessity and desire is great and a part of life, as it should be. I am not against work; writing this book is work, doing one's duty is work, playing one's role is hard work, but none of these should interfere with our sense of presence. Leaving the present awareness for work is not the Art of Living; being present at work is.

The body has to have activities; it is impossible without them and it can even be harmful. The mind must have creative thinking and inspiring ideas. Should we not add conscious living to this list, to bring all as one?

To those readers who have already had their children and have already gone through the process of raising them, please do not feel left behind. Remember, ANYTIME WE CATCH A FISH FROM THE WATER, IT IS FRESH.



# **Raising Your Child**

As we prepare ourselves to have a child, by changing our ways of life, we will have an understanding of the fact that our most important role in parenthood is building a strong foundation for our child in the first few years of his or her life.

A child that gets unbounded love and time from the parents, a child who is a part of every aspect of his or her parents' life, is a happy child. What does it mean to be a part of the parents' life? It means that now we are three. Parents can no longer have their own time as before, when they were two. It has been shown that when we don't willingly and happily spend time with our child and more often seek time for ourselves, the child will most likely grow up without knowing his or her own worth.

Parents who do not spend joyful time with their child, who are often unavailable, will most likely raise a child who grows up with insecurities and a sense of abandonment. The child will also be filled with mistrust and fear. I know this because I have seen many of them. My own parents loved me a lot, but they were unavailable unless I was sick or in trouble. Even though I had very loving parents, I felt scared and unloved. I was left with others, those whom they truly trusted, but some of whom did not deserve their trust at all. Having parents who were greatly absent during the first few years of my life - the most important years of my foundation building

- and being left with others when I was still incapable of explaining my days, deprived me of a strong foundation, one that to some degree could have prevented the day that I screamed alone for help many years later. Although they came around as I was old enough to keep their company, it was too late for me. I had fears and anxiety attacks, and I wondered what had happened to me. I had wonderful parents, money and all of the things that seem to create a secure, loving home, but being left with different people did not serve me right, and as kind as many of them were, I did not always feel safe. I felt fear without my mother being visible and by my side. I felt unloved. I have to mention that this was only my experience. I am sure my parents' memory of my childhood is totally different. I know they did their best as far as they were concerned. Later on in life, my mother and I were inseparable, but it took me many years to clear the damage. This is why for a child, from the moment they are born until they can freely express themselves, which would be around eight or nine years old or later, it is so very urgently important to have the presence of a mother or father.

As an adult, we look at situations differently than a child does. What is okay and safe to the adult is not necessarily so for the child. The child finds safety only with very few, if not just in the arms of

his or her mother. I knew and could see that my mother loved me. Although she was there for me in times of need, at that age, times of need were sometimes too late. Now when I look back, I realize how important it is for parents who have to leave their child with a babysitter to be very choosy and make sure that the person is suitable for their child until the age where they can ask the child, 'How was your day?' and get the details of what they did from the child, rather than only asking the babysitter about what the day was like. When it is done this way, we are also encouraging the child to develop the capability to freely tell it as it is.

Here I would like to point the reader's attention to the fact that loving your child is more than just being loving; it requires embracing the role of motherhood and fatherhood. A child's home is all the child knows for the first few years. In that home, the child should be told as often as possible, that they are divine, they are the light which shines as bright as the sun, they are joy, pure joy. In the home, the family should put aside a time that works for them lighting candles, playing soft meditative music, and teaching the child silent sitting. These periods are antidotes to all the world's noise that the child by his keen observation is taking in. We need to give to our child what we did not get. We cannot continue having the same approach to raising

children that we resented our own parents for having. Yet most tend to gravitate towards that direction anyways. We need to be careful not to pass on what caused us discord in our childhood. Spending time, having heart to heart time with your child, even before they can talk, is showing our presence in their life. Activities like walking in nature and teaching them how to listen wholly to the sound of a creek teaches them to stay present. Just turning their attention to the silence that surrounds nature keeps the natural state visible.

Parents who out of their own understanding, guide their child to reach within to find peace, joy and silence, or to reach within to find solutions, are raising a self-confident and capable child. These little changes in our parenting will ensure a balanced child, a happy child. A child who is using his or her unbounded capability is a brilliant light onto him or herself and those who enter his or her life. They are truly a gift to humanity. These children will not have their consciousness filled with the concept of "lack" but of "abundance."

Is this not worth it? Is this not far more beneficial than giving endless toys and things to pacify our child for a few hours which results in developing more desire that creates more emotional ties? This in turn causes the child pain and heartache and later the habit of chasing the rainbow throughout

his or her life. Is this type of love mixed with wisdom in the home not far better than anything we can provide to ensure the child's wellness? Now should we not prepare ourselves as parents by raising our own consciousness, which will translate into raising our child rightfully?

Children are not a reservoir that we should hurry to fill up with ignorance and clutter, or only worldly knowledge. Children are not racehorses, where every morning we open the gates and bet on their success. No, they are divine beings in our hand to be nourished by our love and time and to be recognized as not just the body but that BEINGNESS, that EXISTENCE, which is sacred. The future of a child, that we as parents worry about even before their birth is now only in every NOW. Every NOW is an indication of what is to come; we have to spend it wisely with our child. Our child does not care about how much money the parents make, or what car they drive; the child is not worried about the future. The child only wants the company of happy parents and a calm home, whether they can say it or not. They crave a home that is close to their Origin, peaceful and joyful, a home that is like a temple, a sanctuary for them.

Look at your child not just as a body or somebody. If we only see the body, we miss the truth totally. We need to feed our child, not only

with the mother's milk, but also feed that place within each child, by noticing his or her reality, recognizing his or her divinity, and remembering his or her light. This is the way to keep the vessel empty until the child is able to reject the false by him or herself. This is when the job of the parents is done, and the Art of Living is now in motion in their lives.

After all, did we not desire a child to enrich our lives by being able to take care of a being? Then let's help this process by placing time, love and value where it counts. Instead of being concerned about lack and worried about every little encounter, we can break the cycle of the so-called norm by finding the peace within and giving the child a peaceful home. A peace that is always available to us. A peace that ends our struggle, worry, pain and also ends our unwillingness to be in the presence of our presence. A peace that is not of this world, nor can it be found in it. All we have to do is to reach within and avoid searching outwards.

Now I would like to share a little bit about how I prepared myself before becoming a mother. A few years before the idea of having a child entered our minds as parents, we started meditating. We changed our ways completely. The way we ate and what we ate (we became vegetarians for no immediate reason). Our pastime changed from idle association to

reading books on meditation, reading stories and teachings of the great and realized ones. Our desire turned into a deep interest towards the journey within. Our free time was spent in reflection rather than useless talking and meaningless activities. We were not forced into this lifestyle; it just happened that we wanted to help ourselves and have more peace and more joy. I really did not see any value in the old ways. I was tired of being at the mercy of my emotions and thoughts, which made it easy to change my life. Our home became far more quiet, and what we listened to, read and ate did matter because they were supporting our desire to find peace at that time. I always tell those who come to me and ask for ways to have peace of mind, 'If you want peace, support it.' You get peace by not disturbing your peace, by not going with un-peaceful thoughts, by not feeding the un-peaceful situations, by not dwelling on un-peaceful events and by not strengthening the idea of one's personality (ego).

Going back to the story, now we were so much more ready for the arrival of our first child than had we had him before the change. Again, all we did was raise our own consciousness, and by that we were willingly able to share time and love with our child. As I said before, the atmosphere of the home was such that it would invite us to silence and a reflective life. After the birth of our child, the only

thing I would remind him of over and over again was who he really is. I would consciously recognize his Divinity and also let him know. I would say to him, 'You are the light, the light surrounds you, that light is with you wherever you go.' And I did the same with our second son.

Shortly after they were taught to reach within and seek answers to their questions, as they knew how to meditate from infancy. They would meditate in our arms as infants and at the age of five they were taught how to meditate on their own. Therefore, it came easily to them to know where to go to get answers to whatever they wanted. They were taught that they are the source of knowingness. So every time that as a family we needed to make an important decision, we all would meditate together. In deep silence we would ask our question, and invariably we would come up with identical answers, and the four of us would rejoice in the fact that we all had the same source of information. This way of life went on until they left their physical home for higher education. At that time our job as parents was done. Now they needed to nourish that source by their own remembrance and interest.

A child is not a good or a bad child. He or she is not a personality. If we can go past the form and say they are the light, and mean it deeply, it will be precious. If you cannot relate to light, choose your

own truth. You can say, 'You are perfection, you are a divine child, you are unlimited,' or anything that you like which indicates they are more than just the body and mind. Let us not rely on society and different helpers to mold and teach our child. May every one of us as mothers invest in our peace and our source once again and share that in our home and with our child. May every father follow the lead of a wise mother. May every child get a chance to be raised wisely, so that in turn, he or she can pass it on to the next generation. May this simple sharing bring joy to everyone's life.

As I was finishing this chapter, one of my young students who just became a mother of a newborn reported to me that her newborn does not sleep much and cries all the time and that she does not know what else she can do. This is what I told her, and when I asked her a short time later she said her baby had calmed down and is sleeping well. Here I would like to share it, in hopes that those mothers that have the same problem with their newborn can also put it to use and get results.

There are babies born that have a very tough time adjusting to their environment. They cry all the time and the new parents have no idea what is wrong with the baby. No matter what effort the parents put forth there is no result. The doctors usually diagnose the baby with colic. No one knows

what that actually means or how to treat it. The parents become desperate and exhausted. The child sleeps very little and wakes up with uncontrollable cries as if he or she is in terrible pain. This situation normally subsides after a few months if nothing is done about it. Now why is it like this for some, and what is there to do about it?

Well what I have come to realize is that sometimes a baby is born whose body and undeveloped nervous system has a very tough time adjusting to this world. It is as if he or she is not ready. These babies have not fully completed what was needed to be done in the womb, and they are now going through the process while embodied and outside of the womb. They need more time and lots of understanding and comfort from the parents or whoever is in charge of them. Again, what is happening has nothing to do with the reality of the infant and on that level, since the vessel is empty, he or she can not feel it but nevertheless the body acts very unhappily.

What I do when it comes to those who have a newborn that is adjusting to his or her environment is that I first explain the cause to them and then, I ask them to comfort the baby by continually whispering to the child that all is well, that he or she is protected, and that mommy and daddy are there to make sure that all goes well. When you hold the

infant, caress its body and keep saying “it’s okay, I know you are having a hard time adjusting but I am here for you.” Just comfort the baby without desperation. Just knowing what is going on makes a huge difference for the baby and the parents. I know of a few who put this approach to practice and calmed the baby down and rapidly changed things.

In a whisper, we talk to the baby and keep repeating that he or she is the light and that we understand what is going on and we are there to help and give love. We should do this with a firm understanding until the period has passed.

By just knowing what is going on, parents can handle this hard situation much better for themselves and the baby. The mothers that have come to me with this problem have also reported how soon the baby responded and calmed down. Now logically this does not make much sense but the result speaks for itself.

**Youth**

The youth are my favorite. The ones that come to me are very frustrated, wounded and fed up, but the pain has not become chronic. They still rebel against discomfort. They are young. They are not accepting it as a life sentence or something to be tolerated. They want solutions and they want them now.

They are tired of chewed up concepts from others who chronically endure life. They know something is gravely wrong with this picture. But like myself, they do not know what happened to them. Their short lives seemed okay, and then they were not. They feel depressed and have anxiety, but they are looking to know why. What brought them to this condition? Their condition is not personal. It is miss-taken. They have no idea that the life we live and believe in has resulted in this condition. They have no idea who they are and how they left HOME and made their mind their home and their body to serve that home (mind). They have no idea that all of humanity is having the same problem, but that it appears as many problems.

There is really only one problem in humanity and that is the fact that we left HOME, with it, leaving our vastness and purity. We put on a tight garment and called it 'me' and 'mine.' Although the world believes that there are endless different problems, they all stem from one. This is why no

solution to uproot war or famine, or epidemics or a million other problems from the face of the earth has worked. You fix one by the effort and another comes up. Do we not see this?

When young adults come to me I secretly rejoice, even if the appearance of it is painful to watch. Because to me, they are going HOME now. There is no turning back. The pain has served them well. Now they are ready to listen, to absorb, to practice and to empty the vessel.

The first step is the full and unconditional acceptance of them. No judgment, just understanding. Followed by reassuring them that what is happening is the force to free them, or a wind beneath their wings. The second step is to give them the tools they need to stand up and to feed that part of their being that has been neglected and forgotten, without which there will be no peace. I try to help them unlearn, and then relearn in wisdom and application of the truth.

What appears to be a horrible life of a young adult, I see as an opportunity to end suffering and readiness to break the norm. This is why I say, at any age, at any time, if you can catch a fish from the water, it is fresh. Of course, it is better to start at birth, but no life is beyond release if we are receptive to change and young adults are very ready and

enthusiastic to put to use, through practice, what they learn.

If I attempt to write all the steps I take with young adults, that itself would be a book. So here, just a brief outline will be mentioned:

As humanity, we live as we are taught, but what we learn is not enough, nor is it the way to be peaceful and aware. Therefore, later on in our lives, we each look for stability and contentment in the wrong places, and we find none, or just enough to pacify us for a while. Yet, all along, we were the source of what we were looking for, but nobody told us the truth because they also did not know it. If we look hard enough, there are always signs throughout history that point us to the truth, but we have to be alert. Signs like: *'BE STILL AND KNOW THAT I AM GOD.'* *'THE KINGDOM OF GOD IS WITHIN YOU.'* *'I AM THAT, THAT I AM.'* *'THE I IN THE MIDST OF ME IS MIGHTY.'* *'FEAR NOT, I AM WITH YOU.'* *'THERE IS NOTHING BUT GOD.'* *'I AND MY FATHER ARE ONE'* and many more. These are not just pretty and inspirational phrases, they are the truth of who we are. The youth need to contemplate on these truths, and accept them. The youth are in need of a true map to live by, to navigate their way through life. Worldly education is not enough; they also need to have an education that leads them to a life of stability in the world of

changes. Our education today is mostly trash, and the remaining portion is just to survive a material life. The youth have their senses uncontrollably running outwards in so many directions, to the point where their minds and bodies cannot keep up with them. They rush through life, oscillating between the past and the future, and NOW is lost in becoming. Let's see what it is that we can do to help them. How can we point them to a life that is more natural? One that feels right and feels at Home?

For starters, again the atmosphere of our home is important. As parents, have your home be a place that invites you to silence. As an example, in our home, a room is dedicated to meditation and it is a silent zone. There are always flowers, candles and music, which invites us to just stay, to just be. A big statue of Buddha welcomes you as you enter. There is a tree outside that we call the meditation tree, under which I have done thousands of meditations. To have a home that inspires you to be quiet is all that a youth's tired body needs at the end of the day, whether he or she knows it or not. If they are no longer living with parents, they can do the same in their own living space. Before going to sleep, as a family or alone, it would be great to meditate.

What is meditation? There are so many different methods of meditation taught by the great

ones all over the world. To me, an empty mind is a realized mind. So for me, meditation should aim at emptying the mind. How do we do that? With eyes closed, open or half-open, draw your attention inward and just watch. Be still. Be very still. Just feel and look for silence and stay aware of the silence within. All your attention is on watching but not on a specific thing. Your whole being is one big inward watch. Watch does not mean converse, it does not mean push and pull, or avoid or embrace. It simply means to watch while you are aware of the silence. If there are thoughts, watch, if there is silence, watch, if there are feelings, watch. Just watch as a bolt of piercing attention. All through the day, watch, again and again, a few seconds or a few minutes each time. Remind yourself that you are not the thinker or the thoughts or the thinking. Reject anything that comes from these three, and keep quiet. This is a true meditation, without imagination. It does not put your mind into a deeper sleep. Instead, with the sword of attention, you cut the curtain of ignorance. Remember, every child, every youth matters. They are important, their well-being is important. They cannot be neglected or ignored. When we look at the big picture, we see what we do can affect the whole life of our child, whether it is in a positive or negative way. We see that negligence is not an option. What can be more important than this?

What job? Which activities? What kind of providing is as lasting as teaching the youth how to get themselves out of an uneasy life? For example, when a child sees a parent's reaction to death and dying, it leaves a deep impression on his or her mind. If the parents see it as a joyous time and explain to the child that dying is not the end, the child will view death and dying as such. But if the parents show grief and mourning for a long time, the child or the youth see it as that. They will develop a fear of death and dying. The difference in these two scenarios is only the level of our understanding of what is true and what is not. A positive outlook is a must in life, but it is not enough. What makes it work well is a positive outlook coming from deep wisdom. It is one thing to say, 'all is good' which of course is far better than seeing all as bad. But the best is when we say, 'all is good,' and deeply know why all is good. We know it by our realization that it is good because we are not a limited, fearful being and 'all is good' because we are the perfection. This realization, this wisdom, truly erases the wrong picture. It really does. I have seen it time and time again. The youth should come to realize that they can be anything they want and can achieve anything once they realize their greatness or better said, their Origin. This can be achieved by silence, contemplation, questioning what does not feel right, reading the

teachings of great ones, having people around that can inspire them, having a positive view of life through wisdom, not believing and identifying with painful thoughts, rejecting unpleasant feelings and moods, watching wholly, hearing wholly, and being wholly present. Little by little, the weight falls off their shoulders. They find themselves smiling for no reason. They realize that fear does not stop them and the depressing thoughts are gone. They will no longer have anxiety attacks and they feel at home in their own skin. They genuinely become a brilliant light onto their lives and those who cross their path.

I would like to say to the youth, 'start early, don't waste time and free yourself quickly.'

# **Bringing the Body, Mind, Senses and Emotions in Harmony to Support the Cause**

**>Body**

**>Exercise**

**>Mind**

**>The Five Senses**

**>Feelings and Moods**

## Body

We start this chapter with the physical body of our child. We all know that what we put in our body is what we get out of it, as the body is sustained and fueled by food and water intake. A balanced diet is not what the advertisements and the media dictate to us, which changes as though it is fashion. Most are based on making money and not what is good for the consumer, as we all see and know.

Each body is different, and each body's need is different. What is good for one may not be so good for the other. But one diet is sure to be suitable for everyone and that is a simple diet. What is simple? One that is without a page-long list of known and unknown ingredients. Let's take bread, the most common food, as an example. Bread in the old days was made with flour and water and it was simple and plain. However, bread with a long list of ingredients is not. This is just an example. Simplicity is the key.

We all know and have experienced that too much food intake at once does not make us feel good. We do not need to be told this by nutritionists, who think that they have made the most unique discovery. No, all we have to do is eat more than we should, and the same point is easily proven to us.

We all have done it, and we all have experienced the negative result.

Also, if food is simple, it should not be unrecognizable from its original form. This means that if flour or sugar or other simple ingredients go through so much processing that they end up not even remotely looking or tasting like what they were originally, then we can be assured that they are too processed. Rather than having the consumer's best interest in mind and offering healthy foods, companies strip the nutrients from it for the sake of presenting something new to the public. When food looks simple and tastes simple and goes through a simple process of cooking, it is a suitable diet for all.

Here we notice, that even with food, keeping the integrity of the ORIGIN is key. It is also far more beneficial than adding, changing or processing the ORIGIN, to the point where the food loses what it was meant to be and what it was originally. It is clear that even with food we should use the same principle of keeping the ORIGIN - the natural state - intact.

The next important point of eating is eating happily and consciously. A happy meal leads to a happy body, and conscious eating equals being present. It gives our food life. Being present is silence, and silence is God, or the Origin. Eating this way turns food to fuel for the body and for the mind.

In this day and age, most of us follow endless suggestions from other people and other sources; suggestions that change from one moment to the other. By following the constant outpour of advice and opinion of what is good for us and what is bad, we lose sight of the most precious and inborn gift: our intuition. This intuition knows what is best and most beneficial for us at any given moment. It is tailor made for our wellbeing, and it is not uniform for all.

There was a time when people would crave what their body was lacking. In other words, the body would intuitively seek balance by sending a craving signal and this was the normal way to go about it. Still, some pregnant women experience this type of craving, as I did during my pregnancy.

The simple rule is: hungry, eat; thirsty, drink. Why make a big fuss for our body? We should follow the simplest way of maintaining our body in order to realize the truth of our being. No more and no less. Body is not permanent. Why spend so much time up keeping its youth, when simplicity is the best and the surest way to keep the body happy? The same goes for our child. Give the child simple food during a happy time. We need to teach them to be conscious of the process of eating and drinking so they can develop the habit of being present. This habit of being present, in my experience, is the most

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important part of living. Being conscious in everything and anything we do, whether it is eating, talking, listening, working or any other activity is the key.

## Exercise

It is easy for those parents who are avid sport lovers to keep their child physically active. But for those parents who have jobs that consume their mind all day, the ones who have no time or interest to exercise, it is much harder to give their child a love of sports or exercise. Those parents should remember simplicity. We need not spend too much money or time for different classes. If we take our child's hand and go for a run, or explore the nature nearby, play ball in the yard, or go for a bicycle ride around the neighborhood, it should be enough, and it is so enjoyable for the child to spend this time with one or both parents. We do not need an elaborate exercise plan with our child. Simple time with them is more precious than waiting for the day that we have the time or money to give them the best of the best classes and trainers. One on one time with very simple outings is just enough for the first few years of a child's life. While the child is little, some parents exclude the child so that they can do their exercise freely, which is understandable. However, we also need to try to include the child in the habit of outdoor activities no matter how small they are. If we can enjoy our child without a sense of duty, without a sense of 'my time, not their time,' we will see how enjoyable it actually is to spend this time

together. Always having a self-agenda takes away from real time with our child. Please note, if we are going to take anything from this chapter, we have to take that the main point throughout every aspect of raising a happy, strong and confident child is to have simplicity and consistency in the forefront.

Doing simple activities together means just opening your front door and having a genuine and good time with your child. These simple activities can also include: walking, hiking, running, bathing in the nearby creek if there is one, exploring, discovering, gathering rocks and leaves and hearing nature, animals and people as you walk. Simple ideas are endless if we turn our attention to see simplicity. When we explore happily with our child, we become a child as well, and a joy bubbles up in our heart. We can remember how it was to be childlike, carefree, in the moment. It is wonderful to learn from our child how to be joyful. Simplicity means to avoid dragging too much equipment out to do activities with our child. Why stress out? Just get up and go. Make life simple. Why complicate our lives? Many of the best athletes in the world come from poverty, from a very simple and effective life. As an example, Pele, the most famous soccer player in the world, used to make his soccer ball by stuffing his mother and grandmother's socks together. He played outside of his simple home on the dirt road

with the other kids. He did not have a truck full of stuff. What he had was very little, except for his love and interest in playing ball which was enough. When our mind makes everything complicated, we lose interest in executing the activity. Even if we go ahead and endure the waste of time and effort, still it leaves us exhausted, and our child ends up getting the short end of that. When our two boys were growing up, we did everything together. We did not think of another option, nor did we want to. To us, this was our life and it was good. We played, traveled, meditated, sang, and even at times slept together. We played like four kids, enjoying the same thing. Our children were not excluded at all. Why should they be? They are what makes the family a unit.

These days, people get married so much later in life. They are so used to catering to their own desire and need that they resent not being able to do the same after having a child. They justify this by saying that it is healthy to have activities and time for themselves. But too much time and exclusive activities is just too much. Having time alone is a must, but let it not be so important, at least not in the first few years of a child's life. Some say, 'I want to give quality to my child and quantity is not important.' I say in the case of a child both are equally as important and have to go hand in hand.

**Bringing the Body, Mind, Senses and Emotions in Harmony to Support the Cause / Exercise**

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A child relies solely on his parents or those that are to raise him or her. This should be enough reason for why quality and quantity are both needed in the life of a child. Raising a child is difficult but doing it selflessly can make it enjoyable.

## Mind

Living in the mind or as the mind is hell and most live there. Then we wonder why life is so miserable. Most have made their home there. What a chaotic home! Once an eternal, peaceful home is now a mess. Why? The attention has wandered ceaselessly to the polluted mind and its creation. The attention that freely and unknowingly once stayed on I AM without form or differentiation, is now on many things, many ideas, many fears, many desires and many repeated thoughts and endless stories.

This subject has been my lifelong quest so now I can freely write out of my thinking, saying, doing, living and realization.

Here I would like to share one story of how my first and most important lesson came about. This happened a few years after I started my search. I had by then been meditating for a few years. I had endless devotion to my newfound Guru and also to God. I was chanting ceaselessly. My home had become a place of worship and service. My home accepted anybody who needed help. Although all of it was heartwarming and effective to the extent that I was feeling lots of love, still I had not found my peace. I was fighting, pushing, running away from my endless, frightening thoughts. Silently I was

suffering. Silently, I was dying. Nothing would give me long relief. As I was watching this discord within me I increased service to others, did more worship, more meditation, gave more love, but it was temporary. It was only relief for stretches of time. I was like a helpless lamb marching towards the slaughterhouse, but it seemed as though I never got there. I never actually got to die, just continued to envision my painful end. Those who suffer mental anguish and their lives become a battlefield know what I am sharing. One day like any other day, I walked to the one and only mall in our little town at the time. As I was pretending to enjoy life, my anguish peaked to a height that I had not experienced before. I could not see a reason for it other than normal living in pain.

Suddenly, a silent scream rose from my stomach and reached higher than I could see the end of in my body and beyond. This scream was shouting, 'I cannot go on like this for one more second!' A deep silence followed the scream within me. The scream was not audible to others but it was immensely powerful. In the aftermath, I saw my biggest release thus far. A knowingness came upon me, to just be, unmoved, unshaken, untouched, just be. I got it. I totally understood it. The release that came with this event was nothing I had experienced before. It was on that day that I learned Stop

Meditation, which I have been assisting others with ever since I started teaching. I was taught through understanding of the silence that screamed, and the silence that spoke.

I came home, went to our meditation room, sat down and just stayed. Everything in my life had changed forever, yet nothing seemed to have moved. My meditation became watching, unmoved, unshaken, aloof to what I was looking at, a passive gaze. I was able to confront the thoughts that were so real, so frightening in a very deep stillness, with or without eyes closed, with or without sitting down. I kept my attention unwaveringly still, like a cat that is about to catch a fish. My whole being was a blade of undivided attention, seeing movements without mixing with them or being moved by them. I would stay full attention. In the beginning, as before, the thoughts were many. But this time, something had dramatically changed. Now I was able to just BE.

When I look back, I see that I was given an invisible sword of discrimination, one that could sort out the false from the truth and one that could empty my vessel of all the falsehood. A sword that I did not know existed within me. A sword that would never again let me be fooled like before. I used this sword daily, hourly, or any time pain looked real. I used it for years without telling anyone about it. This was my passport to freedom,

ONLY if I used it. I could not show others what I had until I had done my work with it or until I was empty enough. The sword was now my teacher, the watcher, the peaceful, the perfect one, the one that was not the thoughts, nor the body, but the pure child. The BEING.

I do not want to give you the wrong impression as though this was an easy task. No, it was not at all. I failed a million times and still do. The beliefs, concepts and habits of thinking were like soldiers marching to fool me, to make me believe in them, and to sustain the thinker. But my choice was either to go back to a place where it was not comfortable, or to stay still no matter how many times the chain of attention would break. I had tasted freedom. I was not about to voluntarily return to an old prison, a fake prison. Practice became my hidden lover, my internal companion, one that my freedom depended on. Now I had an island to go to when the ocean became fierce.

From that day on, the personality of the thinker that I believed was me, was being recognized by the child (the ORIGIN that I AM). Really, this is the story of each of us. My story is the story of how the child leaves HOME and wanders from one crowded bazaar to the next. All along thinking that this is his home even though it does not feel good or

right. The teaching that I was given through the sound of silence was the way back HOME.

An empty mind is a realized mind. The rest is imagination and imagined. We each have to eventually come to realize the truth of our being. The sooner, the better. The less drawing on the canvas, the easier to see the real. This is why starting at an early age with our child is so very important.

We each find our own way through whatever method we choose. But I have realized that all the steps are only stepping stones to show that nothing works unless it is aimed towards the elimination and illumination of human and collective mind. It is the mind that causes problems but also tries to solve them. It is all a play of the mind. Therefore, here, I will offer a few easy steps to release the hold of the mind. A few steps that can help us on our way back HOME:

**Step One:** Keep quiet every day for some time, as you go through your daily activities. Unmoved, watch without involvement.

**Step Two:** Remember that you need to use the mind in NOW, meaning that if you need to go to an appointment, use the mind to get you there, but leave extra stories aside. Do not be interested in prolonged imagination or an unconscious state;

even if it is pleasant. Know that no imagination is as pleasant as a quiet mind.

**Step Three:** Make a habit of being aware of yourself, in stillness, unmoved silence.

**Step Four:** With your joyful and positive outlook, unfold your confidence in your unbounded Self. Being positive is the key. What is meant by being positive? It means rejecting all the limiting, constraining feelings, thoughts and moods. How do we do this? As often as we are interested in gaining our natural state, we need to reject the acceptance of the old, and in its place notice silence. Any thought of judgment, toward ourselves or others, needs to be rejected and watched without involvement. As an example, if a thought knocks at your mind's door and says, 'I do not have the strength nor the time to practice what she is saying,' right there say, 'No. it is not true.' and mean it. Then feel the peace and silence behind this rejection. The key to doing this effectively is: when we say 'No,' it is really no. Leave no room for debate and negotiations. We have to mean it, believe it and trust it. What is called "normal," has reduced itself to thoughts, feelings, moods and a reactive life. We all have become unconscious and habitual puppets. In truth, we are not that. This is why, as I said before, it does not feel

right. When a person eats spoiled food, they will not feel right and get sick. When one wears tight shoes, they will not feel right and get blisters. Could we not apply this to the life we live?

**Step Five:** As parents, we need to remind our child over and over again how perfect, unlimited, divine and full of light they are. Daily, we need to remind them of the truth of who they really are and also who they really are not, namely their moods, feelings and thoughts. They need to be taught that they are not the mind but can use the mind any time they want. This way, with the help of awakened parents, the child is able to grow his body and mind, imbued in truth.

A few days ago, I was passing through a room in my house and noticed that the television was on. The program was showing a young father who had his little daughter standing on a chair, facing a mirror. The father was telling his daughter: 'You are the most beautiful,' and the daughter would repeat it with a face full of joy as she was watching herself in the mirror. The father continued to say: 'You are capable. If you fall, you get up. Fear cannot stop you.' Again, the little girl would repeat with excitement. Tears came to my eyes as I watched the last few moments of this inspiring show. Without a doubt, that girl will be different. Now

multiply this by an even deeper truth, when we say to our child, 'You are the light. You are unlimited self. You have endless potential. You can reach within yourself and always find joy, solutions and peace.' Imagine what would happen to the child whose mother has instilled faith in his or her reality. It is easier for the child to stay HOME by their parents' wisdom than to later in life try to find HOME once again. By raising a child this way, it is truly the biggest gift of life we can give them. Now we can better see why material life which consists of comfort, security and so on - as important as it is - is not permanent or lasting. They do not hold as urgent and as important as the Art of Living. However, they both do complement one another.

I remember a friend came to me a long time ago and complained about not having enough money at the end of each month. I told her: "The first step is not to make more money, but to learn how to spend within your means. Otherwise, no matter how many jobs you work, you will come up short at the end of each month." I told her this because she had not learned the art of saving. In the same manner, if we do not learn how to stay HOME and also do not help our child gain sight of the HOME within, then no amount of comfort, money or even security will be enough.

**Step Six:** The Art of Living is not opening the old, outdated luggage which contains old memories, old hurts, old beliefs, old fears and old stories. We open them neither to ourselves nor to others. It is a brutal habit. Dwelling on lack, sickness and unpleasantness over and over again is to not live in NOW. When we dwell on our unpleasant memories, anticipation and regret, we realize that we are entertaining a thief that steals our peace, joy and equanimity. Why should we let the thief in? Open luggage keeps the ego alive. I know that by living the truth that these simple practices provide, you can see miracles in your life.

## The Five Senses

It is obvious that we do not knock on every door and try to enter homes in which we are not invited, don't know the owner, or have no reason to. We do not knock just out of curiosity. Similarly, our five senses should only knock for what is wholesome, useful and loving. We do not randomly send them to wander. Too much curiosity is like knocking on doors that have nothing to do with the wellness of our lives and can often disturb our peace. The five senses are allies of the mind. A calm mind is one that keeps the five senses close. When the senses are not kept close, they create a field of judgment for the mind. As an example, you see a person through the sense of seeing. Immediately, you have an image of that person which really has nothing to do with who that person is. Every sense, be it seeing, hearing, touching, tasting or smelling, does what it is there to do, but the mind constantly interferes with its pure information. This is how the pure seeing becomes an avenue of stories and judgments. The seeing just sees, but the mind has many stories of each sight. The mind uses old concepts, acceptance and memories to tell stories. Now those of us who want a calm mind need to reverse this tendency.

In a child or a newborn, the eyes see. The seer is infinite, empty and without stories. As a result,

there is no division. Only one endless seeing. It does not see one, two or many. There is only seeing. The same goes for the other senses. Just seeing or hearing without any thoughts behind them is the pure state, the child state. As an adult, we need to go back to that pure state. Now, every one of us as a child's body and mind has picked up ideas and with it the purity of our senses has gotten lost. Instead of just BEING, the senses are constantly being sent out. The seer is lost in the seeing and interpreting the sight. Now, as parents, we need to remind our child as well as ourselves to practice seeing wholly, hearing wholly, smelling wholly, tasting wholly and touching wholly.

How do we do that? Why should we do that? This is how I practice with my grandchildren. I just put my finger to my ears and say: 'Let's just listen, let's listen to hear silence,' or 'Let's listen for the sound of the birds, water, music or anything else that we can listen to.' Immediately, the feeling of silence comes upon us. Immediately, the attention becomes one big endless hearing and the mind stops. This way, there is no attention going to the mind, because all is towards hearing. In that moment, our mind is empty and the sense of hearing is in its natural state. We are alive, alert and present. A silent observation is the way. This way the subtle senses are recharged and we become aware of

things that we could not have been aware of before, since now there is no more hindrance to distract from their purity.

Now let's talk about the sense of seeing. Again, we put our finger to our eye, and we say to the child: 'Let's just look at a sunset or the wind blowing through the trees or the peak of a mountain. Whatever is in front of us.' When we say 'listen' or 'see' it should be in a whisper of a voice so it invites the child to calmer listening and calmer seeing. Again, in that moment of pure seeing, silence is felt because the mind is quiet and the seer is visible as infinite seeing. In that moment, the seer is not divided, it just IS as it is. We can do the same practice with the sense of touch, taste and smell, depending on the need and situation. Doing this practice with our child or by ourselves will take us to our own perfection, purity and NOW.

My oldest grandson and I have done this exercise of seeing wholly and hearing wholly many times together. I remember one morning I walked into his room when he had just woken up. I said: 'Hello sunshine.' He put his finger to his ear and said: 'Majoon' (this is the name they call me by), let's just listen.' His window was open from the night before. He came into my arms and we both went to the window. At that moment, there was nothing but silence, observing and hearing between us. Whether

he knew it or not, at that moment, he was being his all-ness as we were both in the natural state. The mind was empty. Nowhere to go and nothing to do.

If we let the mind smear its ideas on everything that we experience with every one of our senses, it will result in an unrestful mind and exhausted body. The habit of going back to the basics is the way to simplicity. What is basic? The fact that eyes see. Period. Now, instead of analyzing the sight, we give our total attention to the seeing and from there the seer becomes visible. Here, instead of making up stories about what we see, we are getting to know our SELF again. This practice is the end of life as we knew it before. This practice is the ultimate self-recognition and self-realization. This is the gift we have to give to ourselves and our child. In conclusion, use each sense wisely, without judgment and preconceived ideas. When not used, let them be silent. Thus, the mind becomes empty, the senses are in their natural state, and 'I' is no longer personalized as a limited personality. Now with these practices, we no longer knock on useless doors nor do we open the door of our consciousness to useless knocks.

## Feelings and Moods

This is a very important topic for raising our child. Here lies the joy or lack thereof for the child throughout his or her life. Here lies either the reactive life of an emotional roller coaster or the life of serene living.

Raising a child who has a positive outlook and a child who is well versed in the art of releasing negative moods and feelings should start at a very early age. Not only is this urgent, but it is also crucial for the well-being of the child throughout his or her life. Hence, preparation is very necessary.

One important point that needs to be mentioned is that our child will still have to fulfill his earthly life as the body and mind, according to his or her tendencies and memories of his or her past lives' beliefs and desires. When the moment is right, the old will rise to the surface. By Living with this approach and also teaching it to our child, we have given the child ways to release and self-help at any given moment. It is not to say that they will have a perfect personality, which is impossible to have when the personality is born out of duality. No, they will have moods and feelings and they will go with unpleasant thoughts and emotions and they will forget their reality at times. Our aim is to keep the reality of the child in the forefront so that no

matter what comes and what goes, the child is able to be in control and use his or her wisdom to wake up. Whereas had we not taught the truth, the child would not have known that he or she has the power of TRUTH as an option, which is the most effective remedy to all dis-ease.

I would like to now focus on the child and by doing so, parents can follow the same for their own release. The new age approach, as I have witnessed, is that when a child throws a tantrum, the mother or whoever is with him or her, asks: 'Why are you sad? What is making you so sad? Why are you angry?' Parents express sympathy and love to the feeling of sadness that is being felt in the consciousness of their child.

Our realization is that sadness is not the child or of the child. It is not his or her ORIGIN. The child knew of no sadness until he or she started learning and then feeling it. Why dissect a mood or a passing feeling that is not even the child? Why analyze the false instead of teaching the child how to release the emotions? Why should we feed the weakness by giving our attention to it? This is how personalities are formed: believing what we are not and forgetting our own strength and greatness. Our child needs to learn that these feelings are not them nor do they belong to them. Otherwise, they learn to hold onto every mood and feeling as humanity

tends to do. By developing the habit of holding on, every mood and feeling becomes a part of the child's life and will affect them deeply and can stop them in their tracks.

When we repeatedly remind our child who he or she is, the child begins to know that he or she cannot be their thoughts, feelings and moods. The second step is to keep quiet when these feelings appear in the child until they pass. Subsequently, tell the child how wonderful it is to not go with anger, fear or sadness, as these feelings do not feel good to go with. We do not need to stay with what does not feel happy because these feelings do not belong to us. We have to reinforce that not going with these feelings will make the child a hero, one who wins over his or her feelings and moods. Often, make your child feel bigger and more capable than the passing moods and feelings. We should reward them any time that they are successful in letting go of the unpleasant. If the child decides to throw tantrums anyway, we keep quiet. Afterwards, we can have a talk about how to let go of these feelings and moods and how the unpleasant feelings would evaporate if they allow their light to shine. Here we use the example of the sun. We tell our child that they are like the sun that gives light and life. If the clouds appear to obscure the sun, it does not mean that the sun is affected by them. The sun never minds

the clouds because it is clear that the clouds are much smaller. Likewise, you are much greater, bigger and more powerful than the clouds of moods and unpleasant feelings. Always remember that you are that brilliant light and that the moods are just like clouds. Therefore, they have no power over you. At every given opportunity, reinforce to your child the fact that he or she is a divine being and that he or she is not the thoughts, feelings or the body. As long as the child knows his or her reality and can differentiate between what he or she is and what he or she is not, then the child has found freedom. You as a reader might not be used to telling your child about their true nature, which is God, existence, pure awareness and pure consciousness. I feel like I am cheating the readers if I beat around the bush in order to avoid resistance to this truth. Our child, as well as ourselves, crave for the truth and the true way of freedom no matter how out of the ordinary it might sound. Our child needs to know their real nature, their ORIGIN. When a child is adopted, the adoptive parents feel as if their child needs and deserves to know that he or she is adopted and that if they do not tell the child the truth, the child would eventually go in search of his or her origin. Now can you imagine how much more urgency there is for parents to tell their child where he or she has come from? Again, we as parents have to show and live by

example. If we feel in our heart that what is being said is the truth, then we should apply it to our lives and the life of our child. By telling the truth, we can end the unpleasant moods and the reactive life of a child.

We need to be persistent in reinforcing this way of release for our child. In a short period of time the child believes who he or she is and also what he or she is not. As a result, we can see how quickly the curve of going towards the unpleasant and getting stuck there would be released into the light. The child needs to learn how to free him or herself at every given moment. Again, these truths will eventually make the child an expert in un-involvement with unpleasant feelings, thoughts or moods. What a gift this is! This wisdom is the key to the Art of Living in a child's life.

The child learns not to identify him or herself with the moods, feelings, thoughts or the body and that the body and the mind are theirs to be used wisely. The child learns that when a thought or a feeling comes to their mind they do not have to be overwhelmed by it, nor do they need to hold onto it.

Now, let us go back to our reaction towards a child who is experiencing unpleasant feelings. We do not condemn our child nor do we embrace our child in times of mood attacks. We watch in silence and endless love and we persist on teaching the

right way that guides the child to stay with peace when the feeling of un-peacefulness comes upon him or her. Another important point is to teach them how to turn the sadness into happiness by not staying with it. To teach them how to stay with courage when the feeling of fear overpowers them and to turn their face towards the courage instead of fear.

This is what I tell the youth who come to me. I tell them, 'When your mind does not want to be quiet, it is the best time to be quiet. When you do not want to be alone out of fear, enjoy your alone time. When you do not want to be happy due to some feelings you are experiencing, be happy anyway. When you have no hope and the feeling of hopelessness is upon you, this is the time to be hopeful, very hopeful. When you do not want to dance, dance. When you do not want to sing, sing. When you feel fear, go ahead and show courage and take your step forward anyway. Do not go into a fetal position, paralyzed by feelings. You are the ruler and feelings are only imagination which are believed to have substance. Whereas in reality, they have no substance at all. Do not throw in the towel. Just let go of the unpleasant feelings as soon as they come. If they are entertained, they will stay. Remind yourself of who you are.'

I read something that stayed with me. A realized person described it this way. He said: 'If an uninvited guest comes to your home and you give him attention and cater to him, he will stay much longer.' This applies to our moods and feelings as well. If we do not entertain a feeling and show no involvement with it, most importantly by not believing it, it will die down just by the mere lack of involvement and catering to it. We need to repeatedly tell our child that they are not the moods and feelings and also tell them who they really are. Silent sitting will allow this truth to sink in.

So often parents follow the rule of 'Do as I say, not as I do.' They try to teach their child good habits but they themselves do not demonstrate them through their actions. The child observes through seeing the contradiction. Here it is noteworthy to mention that lectures we give to our child are not as effective as what we show them. For instance, if we want to see our child keep silence, then we need to take time for our own meditation with or without the child. If we want our child to talk softly, then we need to bring our own voice down. If we do not want our child to eat sweets, we also should not take sweets even if it is behind the child's back. If lying is not accepted in our home, we have to make sure that we ourselves tell the truth. As we teach our child how to let go of anger, fear and so on and so

forth, we also need to do the same. This way, what we teach becomes our own teacher. When we live by example, it keeps us alert, vigilant and in the present time. We are no longer teaching our child unconsciously and on autopilot mode, which results in failure.

Here I would like to tell a story of a prophet who can demonstrate this for us. One day, a woman took her young son to a prophet in hopes that the prophet could help him. She told the prophet that her son does not listen to her. The prophet asked: 'In what way?' She said that dates [dates are a fruit that were commonly used in the old days; people ate them regularly] make her son sick, but the son does not listen to her and eats them anyway. The prophet kept quiet for a while and said: 'Mother bring your son to me tomorrow and then I am able to advise him.' The mother was puzzled and asked why they had to wait until tomorrow. The prophet said to them that just before they arrived he had taken a few dates at lunch. Therefore, on that day, he was not in a position to tell the boy not to eat dates.

This story is an immense teaching demonstrated by example not only for the mother and her son but for whoever hears it. The power of words can change us only when it comes from someone who is one with his or her advice and words.

**A Child's Curiosity  
Is Divine**

Around the age of two the child starts asking questions and these questions are multiplied day by day. Clearly, the child is saying: 'Look! Everything is new for me and there are so many things that I do not understand.' At this age, the child takes the parents or other grown-ups to be his or her guru, guide or teacher. Therefore, we can not take this position lightly. We are their information center. Naturally, they trust that what we tell them is the truth. On the other hand, we as parents are wondering why our child is asking so many questions and this at times can make us frustrated. We are okay with a few, but it becomes hard for parents to answer endless questions that some kids ask and rightfully so.

The most important point here is to not feel pressed to have an immediate answer to the child's every question. Because, if unanswered once, we can be assured that they will ask again and again until they get an answer. But what is most important is that if we do answer our child, it must be the truth. If we do not know the answer, we should just say: 'I will come back to you when I know the answer.' If the question is a hard one and we do not know how to answer it in a way that a child can comprehend, then we need to wait until we have a suitable answer. By no means should we just throw out a baseless answer or one that springs from our own personal

fear or belief system. Most answers should expand the consciousness of our child, not fill it with fear and doubt. I have had parents share some of their child's questions with me. Some questions are the deepest inquiries anyone could make. I am always amazed at the metaphysical and deep nature of these questions. These deep inquiries are the ones that the child only makes once. This is because, stemming from the child's ORIGIN or HOME, they come unknowingly. These are ones that, if answered with much care, can create an amazing opening. Here as an example, I would like to share a personal story of the imprint that an adult can have on the minds and hearts of little ones just by how they answer their deepest questions.

I was about six years of age and in the first grade. One day I was walking hand in hand with my mother and I remember feeling very happy. It must have been around sunset, even though at that age I did not yet know what sunset was, nor did I know that it could have such an effect on the sky. I clearly remember looking up and seeing the red and purple sky. It was unlike any other time I had seen it. The colors were so alive and had stretched in what seemed to be all directions. It is hard to describe how different the sky was compared to any other time in my life. This scene generated a strong fear in me. I felt as though it was the end of the world. I

clenched my mother's hand tighter and asked her who or what had made the sky this way? She simply said: 'God.' Then I said: 'Who made God?' She said: 'It is best not to ask these types of questions. It is not good for you to go too deep.' No more was said after that. In my world, the sky had left a very deep sense of curiosity in me as to why God would make it so scary. Later on, the same thought came again. Okay, God is the one who made the sky look like blood that day. But who made God? As this question popped up, I lost all sense of my surroundings, as if I had gone beyond the mind where there was no mind and no body. All I can say is that I was only aware of being aware and this awareness took me to a very spacious and endless place. Suddenly, I felt a wave of fear, accompanied by the thought that suggested that I could get lost here. Immediately, my mother's words came to me: 'We do not go there.'

The whole experience was very unknown to me. There I was, sweating with the fear of losing my world, instead of realizing what a rare experience had occurred only by having asked the right question. After that day I did not ask any more questions about God nor did I show any interest. I was done. The thought of God was never again dwelled upon during my childhood. Until I was eighteen years old, I considered myself an atheist.

It was clear that my mother did not know who had made God, but nonetheless, she did not say: 'I do not know. Let's find out together.' My mother is only a symbol of all mothers. At times, we all answer our child with the un-truth because we either do not know the answer or we fear telling the truth.

Later in this chapter we will look at some of the deeper questions that children have asked in hopes that if other parents are asked the same or similar questions, they could have clearer and more honest answers, ones that would better guide the child. With every question, I will answer clearly what I think is the right of a child to know. I will not consider the child to be too young or too small to know the truth. My experience has been that the younger they are, the more open they are as they have not completely left HOME and their vessel is still not full. They have not yet fully identified with the mind and body. Therefore, they are fully open to taking the truth as it is, without concepts and ideas. This is the purest form of understanding. Even if they still cannot grasp the truth completely. The answers that are given below are timeless. The sooner we give them to our child, the easier the child will accept them.

**Mommy, where did I come from?**

Sweetheart, your beautiful body was created in my tummy and was nourished by what I ate. Your body

needed nine months to fully grow before it could come out. This is your body, but who you really are is not just this body. You, on the other hand, were never born. You just took on a body to be mommy and daddy's child and play a role. What you are is unlimited and pure divine BEINGNESS.

**Mommy, where is God? And what is God?**

God is who you are. There is a light energy that runs your body and mind and makes them work. This energy is called God or I, which is you. Everything works because of this energy. It is like space. It is everywhere and everything. You are THAT.

**Are you also that energy?**

Yes, we all are. Everything is the same energy.

**Even the trees and dogs?**

Yes, there is nothing that is not this energy. Some people call it God. We can call it God or energy of light.

**Mommy, will you ever leave me?**

How can I leave you? We are both the same energy in different bodies. As energy we are inseparable. So no matter where your body is or where my body is, if you feel silence inside yourself, you are also feeling me as that soothing silence. Remember, we can never be apart even if our bodies are in different places, because we are not our body but the existence or the light energy that runs it. This is why I always

tell you that you are the light and also, that the light surrounds you. This is the truth that mommy is saying to you.

**Mommy, what happens when people die? Where do they go?**

Well, the energy leaves the body and the body becomes lifeless. But only the body dies. We never die because we were never born. Remember the light energy that we all are? That light energy leaves the body. That is all.

You ask where do they go? Well as I said, the body drops as if it is old clothing.

The mind will continue without the body for a while. Who we really are never goes anywhere because it IS everywhere. The light energy is always peaceful and always present.

**Mommy, is it true that we all die one day? And why can we not always stay alive?**

Honey, we will never die because we were never born. Yes, our body which is made out of food and water will one day die because it was born, but it is not the end of us. We, as that energy, move on. Now you see that in reality we never die. We always exist as existence.

**Mommy, I have so many thoughts, what should I do?** Everybody's mind thinks. But I will tell you a secret which will help you a lot and if you remember it

often, you will have peace of mind all the time. First, know that you are not your thoughts. They happen on their own. You just watch them come and watch them go, just like clouds in the sky. The sun watches the clouds come and watches them go. The sun does not care about them moving. Just watch and keep quiet. If a thought scares you DO NOT believe it; just look and let it go. Only believe that you are the light and perfect. If the same thought comes back, say to yourself: 'NO, THIS IS NOT ME OR MINE.' Again, just let it go. Just look and do not be affected. They are not real. Say to yourself, I am not my thoughts. I am much greater, much bigger. When playing outside or walking in nature, give your attention to the silence inside and around you.

[This is the time for parents who have not done silent sitting with their child to start doing so.]

### **Mommy, why do I have to share?**

You are not sharing your toys, you are sharing your love. When you share your belongings with a friend or family member, you are only showing your love for that person. Whenever we show love, it gives us joy. So when we share, we get joy because love makes joy in our heart. When someone shares their love with you it makes you happy and in turn your joy makes them happy, so everyone is happy.

Now, if you have something that you want to keep private, then put it away so no one can see it and

when you are alone, you can take it out and play with it.

[Here as parents we have to give our child room to not have to share all the time. After all, we do not share everything we love with others. Then why should they have to? If we force our child to share everything at every given time, he or she can become resentful and their sharing becomes out of obligation and not willingness, which comes out of love. The best way for parents to decide is to know that every situation is different. Where in one sharing is right for our child, in another it may not be.]

**Mommy, what do I do when I get angry?**

If you do not like to be angry, it is because it does not feel good and this shows how wise you are. Whenever you feel or think anything that you do not like, just drop it like a piece of paper in your hand. Just drop it. It is that easy. What is wonderful about it is that the more you drop, the happier you are and the less angry you get. Say to yourself: 'NO, I do not have to stay angry.' Say to yourself: 'I am the ruler of my body and mind. If I do not like to feel the anger, all I have to do is to drop the feeling and smile.'

**Mommy, what do I do when I feel sad or afraid?**

Sweetheart, just remember that you are the light. Sadness and fear are only passing feelings and you

feel them sometimes. But remember, they are the clouds and you are the sun. Look at the feeling of fear and instead of accepting it, show courage. Be like a lion. When you feel sad, afraid or angry, remember again that you are the ruler of your body and mind. You are a perfect divine being. Let this make you drop the feeling fast and you will see that in its place you will feel joy. Always tell yourself that I am not these feelings. Always choose to be happy whenever there is an unpleasant feeling. What you will find is that inside of you there is an endless source of happiness.

**Mommy, how can I not be scared of the dark?**

By knowing that you are the brightest light and that there is nothing to be afraid of. The room is the same as when the light was on, so when the light is off focus on your own Light.

**Do people who do good and the ones who do bad go to the same place after they die?**

When the bodies of people who do good die, their minds still move on in the state of joy and satisfaction. When the bodies of the ones whose actions cause harm die, their minds are not happy and they do not feel at peace. On the other hand, you see, when we realize or understand that we are not just the body, mind or feelings then we can live a peaceful and

happy life. In that case, when our body dies we are only the unlimited joy and peace.

**Mommy, teach me how to always be happy.**

Everyone feels unhappy at times. We all want to be happy. We can make ourselves happy when we feel unhappy. All we have to do is to drop the unpleasant feelings because they do not make us feel happy. Sometimes we feel unhappy because we have to share something that we love with our brother or sister. This can make us want to cry and not want to give our toy away, even if we are not playing with it. Instead of feeling sad, we can choose to drop the feeling of sadness as if we are dropping a piece of paper from our hand. We say to ourselves: 'Well let him play, I will get it back later. It is not a big deal.' Just remember that who you are is happiness, so being happy means always being yourself. Sometimes our thoughts do not feel happy. We can end this just by not believing in the thoughts that are not happy and letting them pass by. Mommy will remind you every time that you feel unhappy so that you can let it go, feel the silence and find your joy again. Keep telling yourself: 'I am happy, I am the light.' Instead of saying: 'I am mad, I am sad.' [As parents, our outlook should be cheerful no matter how we feel so that we can be an example for our child. Many times, an unpleasant feeling can come upon us and by being cheerful and letting go of the mood, we can

forget what even caused it. Children can develop either a positive or negative outlook. By developing the habit of sticking to unpleasant moods and feelings, the child will have an unhappy personality. It is up to the parents to correct it as fast as they see it developing.]

Here we see that we are repeatedly pointing our child towards the fact that he or she is a divine being and not the passing moods, feelings, thoughts or even the body. As a result, they will be in control of their faculties. Many people of all ages suffer from depression because they are a victim of universal mis-understanding. Most people feel helpless and lost because of this. They do not know that there is a way to live a happy life in the midst of life's activities. This I call the Art of Living. It does not matter if one leads a busy life, experiences hardships or has gone through losses. In any case, knowing the source and getting nourishment from it makes any situation better and helps remove misery. So whether you have time or not, whether you have money or not, whether you have misery or not, it does not matter. Every being has to know their Origin sooner or later. Without it life becomes meaningless and one loses interest in it and therefore becomes depressed. In every situation like this, the person begins to look for a more meaningful life.

# **The Essence**

It is important to summarize what has been said in hopes that the main points would not be overlooked.

The existence that we are is boundless and has no need for birth and death. By the birth of a body upon this immense EXISTENCE, little by little, we take the shape of somebody. For example, water takes the shape of the glass. Although water inherently does not really have a shape. The only reason why a glass has any worth is because it can carry water and quench our thirst. Similarly, only because of the Omnipresent, the all-pervasive EXISTENCE, the body is activated. The body is formed in another body, the mother's. Strangely, the bodies are created through thoughts and ideas and fed by food and water, just as the glass is made out of someone's idea and the material that makes the glass.

The first idea or thought started what we call creation. The first thought created I am somebody with name and form and upon that first thought endless ideas sprang to create a personality that never was or is real and true. This is how life is lived, by make-believe or better said by identifying with an entity who we are not.

A child's reality is the EXISTENCE ONLY, no more and no less. Before birth, during the span of the body's life, at the end of it and even beyond is

ONLY that permanent IS-NESS or EXISTENCE without differentiation, just whole.

Now why is it important to see and understand this? Because humanity is struggling and suffering through this mis-understanding. Furthermore, we pass the wrong information onto the next generation. By the birth of the body, the pure consciousness, the EXISTENCE that just IS, is filled with ideas and concepts that are not right or real. Here we see that falsehood is in motion. Through this process, the entity that is called by many names takes on individuality and endless personality.

The wheels of fear, good and bad and this or that pick up momentum in the earthly life. To realize that the CHILD is pure existence and pure consciousness in disguise is to be in the world but not of it. It is simply knowing the truth and living with the realization of that truth. If the wisdom that has been given to you in the prior chapters touches you deeply, then it should be put to practice.



**The Illumination  
and  
Elimination of Thoughts**

An empty mind is one with the source. When we see what we took ourselves to be was only an entity made out of thoughts in the form of ideas and endless concepts and the belief of those concepts, then we have seen the truth of who we are not. Every child, whether they are still a baby or now an adult who has taken on different roles, should know their true ORIGIN.

Here is a very important point to notice and that is that during the first five years of a child's life, every idea that is given to him or her lands deep in his or her empty vessel, the pure consciousness. We cannot take this lightly because what lands deep, stays for a long time and affects the child deeply.

For instance, say you have an empty bucket with nothing but empty space in it. You drop rocks in this bucket. The first few land at the bottom. Once the bucket is full, it is much harder to take out the first few rocks that landed at the bottom than the ones that landed on the surface. The same applies to when we drop the idea of fear, violence or anger in the child's empty vessel during the first few years of his or her earthly life. It would be much harder to get rid of them, because every idea of fear or any other negative emotion branches out into multiple ideas and concepts. This is why it is of paramount importance to create a loving, peaceful and joyful home which lacks drama and tension.

Now we might argue that the world is not like this or we might say that I want to raise a tough child. We need to realize that there is much strength in developing a peaceful outlook and a loving heart. Tough people have to upkeep a facade that strips them of joy and their own goodness. We do not need to be tough by having a tough personality, because we are not our personality at all. We are the EXISTENCE before the development of the personality or ego. Therefore, the ideas that we instill in our child have to be those that support his or her godliness and not the ones that make him forget his goodness. We need to understand that the first ideas given to the child would be the base upon which every concept and idea would be nourished and built. By applying good and wholesome ideas and concepts, the child will have a much easier time finding his original HOME again.

[Please remember that the child is every one of us, not only our child.]

As a grown up child, by the understanding of what these truths are pointing us to, we can stop feeding our personality with more ideas and concepts. By watching the mind with a sharp attention, unmoved and unaffected, we can empty our own vessel once again and end the pain and struggle once and for all. All we need to have is repeated attempts and total interest in freedom. Who we take

ourselves to be is only collective ideas that have made up a persona of who we are not at all. These concepts attach themselves to past memories and events, which are only images that were created by wrong learning. We carry the olds and wonder why our lives do not change for the better. We protect our ego or wrong identification at any cost. We do not realize that by protecting it we have insured its existence and thereby, we have prolonged our struggle and pain. What to do? Again as the grown up child that we are, our aim should be emptying the mind of all that we thought we were. How? By not feeding our personality. Meaning that we should let the past bypass, free of memories. Having pity for ourselves, condemning ourselves, feeling as though we are the victim of circumstances, being unable to let go for the sake of more peace, are the habits that keep us in bondage. There are those who energize themselves by repeating stories of their past and they tell it with such a power of negative energy. They think that this approach is what will remedy their lives, not knowing that when the past comes to NOW, NOW will never be new but a continuation of the past miseries. We need to consciously let each moment be empty of the past and also empty of anticipation for the future, so that in this newness we can find our true SELF.

Let our attention never find refuge in the mind's weakness and sorrowful stories. Be determined to uproot the false ideas that were given to you during childhood by not supporting the old beliefs and concepts that were dropped in your pure consciousness. Dare to BE nothing. Saying to yourself: 'I AM NOBODY AND I KNOW NOTHING' creates an empty space that enables you to feel what is REAL. Meaning the real joy, goodness and unshakable peace which are not of this world. The good that is not outside of you and can not be taken away by the outside influence. This is the way to unchain oneself. Remember, each CHILD IS THE LIGHT.

**YOU. ARE. THE. LIGHT**



**“Who i am not”**

## *“Who i am not”*

*They told me I was born on such and such date;  
I believed them.*

*They told me this is your mother and that is your father;  
I believed them.*

*They told me I am a girl and girls do this and they do that;  
I believed them.*

*They told me being naked was shameful and I believed them.  
They told me wear this, or you will catch a cold;  
I believed them.*

*They told me a woman gets married,  
and this is only right and proper;  
I believed them.*

*They told me to be strong and;  
I believed them.*

*As I believed, I hardened into a rock.  
My beliefs made me concrete.*

*They told me that fire burns and you can't go through  
walls; I hardened some more.*

*They told me this is good and that is bad;  
I believed them all.*

*But why, with all of these directions;  
did I feel worse and worse?*

*How can you limit the unlimited and make it feel better?  
How can you put the infinite into the finite and  
think that you are teaching the truth?  
My beliefs became chains upon my soul;  
I undressed shamelessly, dropping the veil.*

*I broke the statue that was made out of my beliefs.  
I spat at their goodness  
I turned my back to all their ways and  
I vanished from the make believe state.  
Every morsel of their beliefs I swallowed until  
I could take no more.*

*They<sup>1</sup> told me the world is flat and they told me it is round.*

*They told me cancer kills, but the flu does not.*

*They told me time exists, that future is important,  
education is the means, and money is survival;*

*I believed them.*

*They told me death is bad and being born is good. Bad  
people are dangerous and good people are to seek after;*

*I believed them.*

*So one by one we became a fool.*

*Nobody ever questioned or admitted that their beliefs were  
someone else's beliefs or hearsay.*

*No one really explored what was truly real, so this world  
became the products of beliefs without any base to stand on.  
A baby grows up with layers of beliefs, not living but being  
a puppet of fear, shame, hesitation, and that was good.*

*Well I say I have no use for all that I have ever learned thus  
far; to me they are infested with the unreal.*

*Victims of our own beliefs, all swimming in the ocean of  
falsehood, most don't even know it.*

*The unlimited-the absolute-looking as confined as a rock.*

*What a joke!*

*We pay to buy the falsehood, "worldly knowledge"*

*We become a bundle of desires, a slave to our beliefs.*

*We desire to be good, wealthy, healthy, and ever young. Yet  
all along, we were perfection. We had abundance; we were  
never born, so the health was not even an issue.*

*Unlimited, timeless, absolute, acting bounded.*

*Now, this is absurd!*

**Sat**

**July 20, 1999**

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<sup>1</sup>"They" refers to the state of ignorance, the visible world.

*From that day on, the personality of the thinker that I believed was me, was being recognized by the child (the ORIGIN that I AM). Really, this is the story of each of us. My story is the story of how the child leaves HOME and wanders from one crowded bazaar to the next.*



*There is really only one problem in humanity and that is the fact that we left HOME, with it, leaving our vastness and purity. We put on a tight garment and called it 'me' and 'mine.' Although the world believes that there are endless different problems, they all stem from one. This is why no solution to uproot war or famine, or epidemics or a million other problems from the face of the earth has worked. You fix one by the effort and another comes up. Do we not see this?*



*I always tell those who come to me and ask for ways to have peace of mind, 'If you want peace, support it.' You get peace by not disturbing your peace, by not going with un-peaceful thoughts, by not feeding the un-peaceful situations, by not dwelling on un-peaceful events and by not strengthening the idea of one's personality (ego).*



*An empty mind is a realized mind. The rest is imagination and imagined. We each have to eventually come to realize the truth of our being. The sooner, the better. The less drawing on the canvas, the easier to see the real. This is why starting at an early age with our child is so very important.*

**SAT**