

THE GLOW

THE ORIGINAL IDEA BEHIND THIS MEDITATIVE STATE WAS TO OBTAIN THE SENSE OF AWARENESS THAT THE BUDDHA DEMONSTRATED I.E. THE ABILITY TO ACCURATELY REPORT ON THE MOVEMENT OF A BLADE OF GRASS ANYWHERE WITHIN 12 MILES. A FAIRLY EXPANDED AWARENESS. AND, NOW DAYS, ANYONE THAT HAS TRULY STUDIED THE DIVINE BEING, SAI BABA, CAN TESTIFY THAT HIS AWARENESS EXTENDS TO LITERALLY ALL POINTS ON THE GLOBE WITH EASE. AND, OF COURSE, HE, SAI BABA, JESUS, KRISHNA, BUDDHA ET AL, CONTINUALLY STATE THAT WE ALL CAN DO THE SAME THINGS. OK, SO, THE GLOW IS A SMALL BUT QUITE SIGNIFICANT STEP TOWARD GETTING THERE I.E. EXTENDED AWARENESS - EXTENDED HAPPINESS - ENLIGHTENMENT - JOY - GRACE. THIS SYSTEM IS RELATIVELY SIMPLE TO IMPLEMENT AND PRODUCES A TANGIBLE SENSE OF EXPANDED AWARENESS AS ADVERTISED.

HOWEVER, GENERALLY SPEAKING, ALL SPIRITUAL PURSUITS ARE BEST UNDERTAKEN WITH A PARTNER OR WITH THE FULL SUPPORT OF THE FAMILY AND/OR CLOSE FRIENDS. AND, THIS ALL IMPORTANT GROUP MUST REALISE THAT YOU WILL CHANGE - YOU WILL NOT BE YOUR OLD SELF AND YOU WILL GAIN SOME EXTRAORDINARY ABILITIES THAT MAY CAUSE FEAR OR JEALOUSY IN OTHERS.

ON WITH THE GLOW IN SIMPLE TERMS:

1. LEARN TO MEDITATE. DEVELOP THE ABILITY TO CONCENTRATE ON ABSOLUTE NOTHINGNESS (OR AN EMPTY BLACKBOARD) FOR AT LEAST FIVE MINUTES. THIS IS ONE OF THOSE 'JUST DO IT' THINGS - USING EASY BELIEF THIS IS ACCOMPLISHED BY TELLING ONES SELF DURING THE DAY THAT YOU CAN EASILY CONCENTRATE FOR FIVE EVEN TEN MINUTES.
2. FEEL WHAT IT FEELS LIKE TO BE IN JOY AND HAPPINESS OR FEEL LIKE YOU'VE JUST HAD THREE QUICK GLASSES OF WINE OR BEER, GET THE LITTLE BUZZ AND CONFIDENCE THAT GOES WITH IT.
3. NOW, SEE A LITTLE PURPLE FLAME (OR WHATEVER COLOR COMES UP FOR YOU) IN YOUR HEART.
4. SEE THE GOLDEN WHITE LIGHT COMING OFF OF THE FLAME.

FEEL IT, LET IT SPREAD, FEEL IT, LET IT SPREAD, WATCH THE FLAME, FEEL THE LIGHT, LET IT SPREAD, LET IT SPREAD. FEEL IT, LET IT SPREAD, WATCH THE FLAME, FEEL IT, LET IT SPREAD.

NOW, LET THE INNER GLOW MINGLE WITH THE BUZZ ON THE OUTSIDE.

NOW, YOU ARE NOTHING BUT A BALL OF LIGHT. USING THIS BALL OF LIGHT YOU CAN EASILY SENSE THE BEINGNESS OF THINGS AROUND YOU. YOU CAN FEEL (AND BE) THE CHAIR, THE WALL, THE FLOOR, THE RUG, THE TABLE - ACTUALLY DO THESE EXERCISES I.E. SENSING AND BEING THINGS (YOU CAN GO INTO PEOPLE LATER).

5. NOW, GET THE GLOW AS YOU ARE GOING TO SLEEP AND HOLD IT UNTIL

YOU GO TO SLEEP WITH THE FIRM THOUGHT IN MIND THAT YOU WILL WAKE UP WITH THE GLOW. HERE YOU ARE COMMANDING THE SUBCONSCIOUS TO INTEGRATE THE GLOW INTO YOUR BEINGNESS.

YOU CAN USE THE GLOW TO FIND THINGS IN YOUR CLOSET THAT YOU FORGOT YOU HAD.

6. WAKE UP WITH THE GLOW AND HOLD IT AS LONG AS IT WILL STAY WITH THE FIRM KNOWLEDGE THAT IT WILL COME ON YOU SPONTANEOUSLY DURING THE DAY.

7. WHEN THE GLOW COMES ON YOU DURING THE DAY, HOLD IT AS LONG AS IT WILL STAY WITH THE EASY BELIEF THAT IT WILL BE WITH YOU PERMANENTLY. SOON YOU WILL BE GLOWING MOST OF THE TIME.

8. USE THE GLOW TO MAKE DECISIONS FOR YOU, THE GLOW CONTAINS INTELLIGENCE AND IT WILL LEAD YOU IN THE RIGHT DIRECTION AND IT WILL FIND VIRTUALLY ANYTHING AND EVERYTHING THAT YOU ARE LOOKING FOR. BUT, YOU MUST FOLLOW THE GLOW SENSE I.E. THE OUTER EDGE OF THE GLOW AND SPACE JUST OUTSIDE YOUR BODY WILL LITERALLY GUIDE YOU TO CHOOSE PROPERLY. DO NOT MAKE JUDGMENTS WITH YOUR HEAD - THIS MUST STOP NOW - JUST FOLLOW THE GLOW - YOU ARE ON AUTO-PILOT.

9. THE BEST WAY TO ANCHOR THE GLOW INTO EVERY FIBER OF YOUR BEING IS TO EAT WITH THE GLOW: EACH MOUTHFUL OF FOOD THAT THE GLOW PICKS FOR YOU - YOU EAT WITH DIVINE REVERENCE: CLOSE THE EYES AND WATCH THE TEETH COMING TOGETHER ON THE FOOD AND FEEL THE GLOW THAT IS RELEASED BY CHEWING, PAY RAPT ATTENTION TO EACH AND EVERY BITE AND CHEWING ACTION; SOON YOUR MOUTH WILL BE FULL OF LIGHT AND THE GLOW; SWALLOW THE GLOW AND FEEL IT FLOW DOWN INTO YOUR STOMACH - WATCH AND FEEL IT ALL THE WAY DOWN; TAKE THE NEXT BITE AND DO THE SAME THING EAT IT AS IF IT IS THE BODY OF CHRIST, BECAUSE IT IS.

STOP EATING WHEN YOU FEEL FULL. THIS WILL BE AFTER ONLY THREE OR FOUR MOUTHFULS. DO NOT MAKE ANY JUDGMENTS. JUST STOP EATING KNOWING THAT YOU HAVE BEEN FULLY NOURISHED. TRUTHFULLY, OUR BODIES DO NOT LIVE ON FOOD BUT ON THE ENERGY THEREIN - THE GLOW LITERALLY TRANSFORMS EVERYTHING WE EAT INTO LIVING SUBSTANCE.

I ATE TWO OR THREE LEAVES OF LETTUCE PER MEAL ONLY, EVERY DAY FOR TWO AND HALF YEARS AND DIDN'T LOOSE ANY WEIGHT.

AT THIS POINT YOU ARE GLOWING CONTINUALLY AND VIEWING EVERYTHING OUTSIDE OF YOU FROM A VERY SAFE AND PROTECTED HIGHWAY. THINGS AND PEOPLE BEGIN TO TAKE ON A MYSTICAL QUALITY AND YOU GRACEFULLY FLOW AMONG THEM.

THIS IS NOT FULL ENLIGHTENMENT BUT IT FEELS LIKE IT AND YOU CAN GAIN MOST OF THE TALENTS, LIKE TELEPATHY, CLAIRVOYANCE, CLAIRAUDIENCE ETC. BUT DON'T TELL ANYBODY UNLESS IT IS ABSOLUTELY LIFE THREATENING... THIS FORM OF MINI-ATONEMENT SKIPS THE DARK NIGHT OF THE SOUL (OUR KARMA) BUT IT WILL COME STRAIGHT BACK IF YOU DISPLAY ANY SPIRITUAL EGOTISM BY SHOWING OFF YOUR ABILITIES.