

ONENESS UNIVERSITY NEWSLETTER

Published Article

Like a fern plant stretching upwards desperately seeking air and light for survival, I entered this world as a seeker. Leading with fervent curiosity, I always asked questions, read books, listened carefully to others who had interesting things to say, and studied world religions. I didn't always know what God was, or even knew if such a being called God existed, but from my earliest memories, I always felt partnered and guided by a force more powerful than I.

As a single mother of two precious daughters most of my adult life, I have been through many personal periods of loneliness, broken heartedness and despair (financial, emotional and spiritual). Surely, during some of these more desperate moments, I wanted to die. But a greater power let me know that it was not my time. I was to persevere. There was more ahead for me. I raged at these messages... and persevered.

Before attending the 21 Day Mukti (Enlightenment) Process, I had become a devotee of: first, Meher Baba, and then, for a decade of my life, Swami Muktananda... both Indian gurus. Both these teachers have had a profound impact on both my personal and professional development, and my first trip to India (twenty years ago), was designed to pay tribute to them both after they had left their bodies. Living at Meher Baba's Pilgrim Center in Puna and Swami Muktananda's Siddha Yoga Dham in Ganeshpuri remain highlights of my life. They deepened me spiritually.

In the last decade, yoga as a sadhana practice has become my spiritual path. On the mat (and even off), the Goddess-in-me emerges and my personality drifts away. Deep inner peace manifests while the internal mind chatter calms and quiets. Divine Grace flows through me during asana practice and deep meditation permeates my breath and being. I love living my life as a yogini.

I did not have too many preconceived ideas about enlightenment. It seemed a God-like state and I knew I was a mere human. Enlightenment was deemed for the deities. I yearned for higher consciousness and deeper connectedness. I didn't know

before the Mukti Process that what I yearned for was enlightenment. I do now.

There is a song on a C.D. by Gem entitled, "It's just a ride," whose lyrics I love. When singing about life, she says, "It's just a ride. It's just a ride. No need to run. No need to hide. It'll take you all around. Sometimes you're up. Sometimes you're down. But don't forget; it's just a ride." That is how I experienced the 21-Day Enlightenment Process. It was a healing, emotional, cathartic, spiritually uplifting, arduous experience/ride surrounded by Grace, Gratitude, and Divine Love.

I came with doubts and questions. I left with clarity and answers. I came alone and left connected to a greater global community. I came exhausted and needing to rest. I left exhilarated and eager to serve. I arrived to celebrate a big birthday in my life. I departed honoring my birth and my life in sacred, spiritual ways. I came feeling somewhat separate from God. I left intimately united, grateful and aligned with God's greater mission on earth... ONENESS...a deepened communion with ALL!

As a psychotherapist and international workshop leader/presenter, I am used to "running a tight ship" organizationally. The design format can make or break a program's flow and intentionality. The 21-Day Enlightenment Process was a mastery design in process. With Bhagavan and Amma at the helm and the dasas (seven male and seven female ordained monks) at the oars, this ship flowed flawlessly through the oceans of causeless joy, limitless love and oneness with all/God. I felt graced to be a passenger.

The daily, rock-steady, loving presence of the dasas was deeply inspirational and highly motivational. People around the Oneness University of Bhagavan and Amma are not only enlightened, they are additionally loving, compassionate, smart, strong, committed, precious, and helpful. They were always there to answer questions, to find greater ways of enhancing our comfort, and to push against us if need be. Role-modeling Bhagavan's teachings, the dasas served as valued reinforcement of the enlightenment possibility.

The movies, the videoed testimonials, the teachings, the exercises, the hommas (fire rituals), the deekshas... each served as a tool of transformation in our enlightenment tool kit. The deekshas (the offering of sacred healing touch) by the dasas and the visits to the respective ashrams/lookas of Bhagavan and Amma held the most transformative power for me. To be in the presence of Divine Beings on earth who possess God Consciousness was a true privilege, a divine grace, a blessed event.

It is now one month since I have returned from India. I took an extra week off from my private practice as a body-mind-spirit psychotherapist because I wasn't sure about the state I would be in or the energy level I would have. The truth was, I didn't have to. I returned home feeling enlightened, alivened, energetic, filled with God's Grace and overflowing with love for all... including myself. I felt re-united with the Divine, re-connected with larger truths, aligned with a sacred mission, part of a spiritual community ready to serve, and now ordained by Bhagavan, Amma and the attending dasa to offer deeksha.

I healed most unfinished relationship business during the process, and felt liberated from childhood, birth, and past life traumas (Self-Realized). I believe my spiritual search is over now that I have sat in God's garden at the feet of the Divine and drank the nectar of Bhagavan's Grace. My wishes during the Phala Deesksha (a sacred ceremony where we were asked to offer our deepest desires and wishes to a holy fire) are already coming true, and my greatest desire, "intimacy with God," has been realized. (God Realization). The 21 Day Mukti (Enlightenment) Process has brought me to the deepest sense of spirit and the highest experience of love I have ever known. As a result of this process, I have become the woman and the healer I have only always dreamed of previously.

Thank you Bhagavan! Thank you Amma! Thank you dasas (monks)! Thank you – to me.

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