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What You Can Do Now to
Quickly Awaken to Complete
Self- and God-Realization
in Your Current Incarnation



do To perform or execute. To carry out or diligently attend to the requirements necessary to achieve a goal or accomplish a chosen purpose.

quickly Happening in a short period of time.

awaken To become aware.

complete Whole. Skilled or accomplished.

realization Direct experience along with accurate knowledge.

current Presently existing and progressing.

incarnation Interval of physical embodiment.

The *Self* (permanent self-identity) to be realized is your pure-conscious essence of being. That which is commonly referred to as *God* is the one, all-pervading Reality of which you are an individualized unit. Because you are a unit of the one Reality, at the innermost level of your being you have all knowledge of it and its processes. As you progressively or quickly awaken to the truth of what you are, all of your innate qualities and capacities to perceive and express, along with all knowledge of the one Reality, will be unveiled and Self-revealed.

Whether your awakening is slow or fast will be according to the degree of your concentrated endeavor to be Self- and God-realized. If aspiration is mild or endeavors are erratic or misdirected, progress will be slow. If aspiration is fervent and endeavors are wisely chosen, consistently applied, and effective, progress will be rapid.

You have within you the potential to fulfill your spiritual destiny while you are in this world. Avoid thinking that you do not have the ability to do it or that mundane concerns are more important than your spiritual growth.

If you want to be spiritually awake as quickly as possible, do these things:

- Firmly resolve to be Self- and God-realized in your present incarnation and immediately follow through with decisive, well-chosen actions.
- Acquire a comprehensive understanding of your essence of being and of the reality of God. You are not your mistaken sense of self, mind, personality, or physical body. You are a seer: an observer and knower of what you observe. Discard former, erroneous beliefs or opinions about what God is.
- Learn what you need to do to rise above ordinary, modified states of mind and consciousness. Insightful study of what spiritually enlightened people have taught (and teach) will be helpful. When examining what you read, acknowledge what may be of value for your purposes. Apply what is learned to test its usefulness and acquire more knowledge by experiential practice. Choose to know what is actually true rather than be satisfied with only believing.
- Skillfully proceed with all of the knowledge and abilities that you have. You will soon learn to live effectively and nurture your spiritual growth.

Awakening to Self- and God-realization is not a process that can be caused to occur; it occurs naturally when psychological and physical conditions which interfere with it are removed. When your innate urge to be fully awake is allowed to be influential, spiritual growth will be effortlessly spontaneous.

Attempts to cause Self-realization to occur can only produce a self-created, illusional effect rather than an authentic soul-liberating realization. *Authentic* Self-realization results when awareness is completely restored to its original, pure wholeness. As this redemptive process occurs, your powers of intellectual and intuitive perception will improve and your functional abilities will enable you to more easily accomplish your purposes and achieve your goals. Spiritual awakening is always psychologically transformative. Thoughts are rational and subconscious influences that were formerly troublesome are weakened and neutralized. Physical well-being is easily maintained. Biologic aging processes are slowed. The nervous system is refined. The capacities of the brain—through which consciousness is pro-

cessed—become more highly developed. It is easy and natural to always be energetic, enthusiastic, optimistic, and creatively expressive.

Souls are produced within the one Reality by the blending of its purity with its projected vibration (Om) of cosmic power. When souls identify with outer phenomena their awareness of their pure-conscious nature becomes blurred and they are inclined to become further involved with material substances and the processes of nature. Thus deluded (not knowing that their essence of being is pure) they wander in space and time until their innate urge to again be fully awake begins to overcome the influence of inertia that confined their awareness to a mistaken sense of selfhood. They then begin to desire to be restored to the freedom of Self-knowing and may endeavor to learn how to allow it to be experienced.

For many people, a common obstacle to natural spiritual growth is their tendency to identify with their mistaken sense of self-identity and personality characteristics. Thus inclined, they endeavor to maintain their modified states of mind and consciousness and continue to think and behave in ordinary ways while only hoping to be Self-realized.

Go the Innermost Level of Your Essence of Being

During interludes of quiet reflection, ask: What was my awareness of my true nature in relationship with the Infinite before I identified with modified mental states and external conditions? What did I know when I was individualized as a pure-conscious unit within the one Reality? As you objectively ponder these matters, you will have glimpses of what you are. Continue to inquire until your knowledge of it is clear and permanent. Then think, feel, and live from that realization of being.

The real purpose of spiritual practice—of self-disciplined thinking and living, profound metaphysical study, inquiry into the essence of your being and the reality of God, and seeing through the mistaken sense of self-identify—is to enable you to remove your attention and awareness from conditions that confine and restrict you.

Why Self- and God-Realization is Not More Commonly Actualized and How to Avoid or Rise Above the Conditions That Interfere With Direct Perception of What is True

For thousands of years, millions of people have sincerely endeavored to be more spiritually conscious and to have a satisfying relationship with God. They have believed in a variety of forms of God, hoped that a messiah might release them from their conditions of bondage, offered sacrifices and worshipped in a variety of ways, experimented with systems and methods both old and new, prayed, and meditated. Yet, in the current era, as in past ages, only a few persons among the many who have endeavored to know God, have experienced a satisfying degree of spiritual growth.

Why is it that so many spiritual aspirants are not yet Self- and God-realized? Some of them are not aware of their habit of clinging to habitual ways of thinking and behaving—or, if they are, are reluctant to make the necessary changes. Some have not yet acquired an intellectual understanding of their true nature and relationship with the Infinite. Others are not sufficiently self-disciplined or alertly attentive to adhering to wholesome lifestyle regimens and effective spiritual practices. Many are tenaciously attached to their erroneous beliefs and emotionally dependent mental attitudes and behaviors or are inclined to be mentally perverse: to twist or distort what they learn to serve their self-centered inclinations.

When you are aware of mental attitudes or behaviors that interfere with your spiritual growth, assume mental attitudes and behaviors which are more constructive. With practice, you will discover that you can easily choose your thoughts, states of consciousness, and behaviors. Observe how you respond to events and to what others say and do. Notice that you are instinctively inclined to adapt your mental attitudes and behaviors to circumstances that prevail.

When you are alone, be serenely soul-centered. Refuse to allow your attention to be preoccupied with moods, problems, or unpleasant memories. Nurture peace of mind, emotional stability, and soul contentment when you are alone and at all other times. In the midst of activities and relationships you will be a

soul-centered observer of transitory events and circumstances, freely living in this world, but not of it, competently functional without being unduly influenced by external conditions.

Cultivate inner stillness. During occasions of mental and emotional calmness, notice that you are Self-satisfied in the present moment, more conscious your essence of being.

How to Quiet the Hidden Influences That Cause Mental Restlessness and Emotional Unrest

Below the threshold of your conscious awareness a variety of impulses cause waves of fluctuations and changes to arise in the mind and contribute to emotional instability. Like small eddies (whirling currents in water or air) their movements stimulate and arouse thoughts and emotions. When they are restrained and pacified, mental peace and emotional stability prevails when you are sleeping or are awake. When you are meditating, as their influences are diminished, you can more easily remove your attention from ordinary states of mind and consciousness and concentrate without being distracted. When they are completely still, your flawless Self-knowledge will effortlessly emerge into conscious awareness.

It is not only when meditating that subliminal influences which contribute to restlessness and fragmentation of awareness can be restrained and pacified. At all times, nurture peace of mind and emotional stability; calmly relate to events and circumstances; avoid activities and personal involvements that overly stimulate the senses or emotions. Be attentive in the moment. Live with a clearly defined sense of meaningful purpose. Concentrate only on essential matters; disregard or minimize what is not essential for your total well-being and spiritual growth. Discern the difference between your essence of being and what you observe or experience.

You are constantly choosing your thoughts, behaviors, and circumstances. How are you habitually thinking and behaving now, and what are your prevailing circumstances? Decide: do you want to complacently live as an ordinary, self-centered human being, or do you sincerely want to be Self- and God-realized? The right choice should be easy to make.

Behind your thoughts and emotions, your pure essence of being remains ever what it is: serene, joyous, whole, and Self-and God-knowing. Instead of trying to “become” enlightened, by meditative contemplation examine that which you already are as an immortal unit of the one Reality. Acknowledge your true nature. Let your innate qualities, capacities, and powers of perception and expression come forth and be actualized.

Practical Guidelines

If you need support and encouragement to stay focused on your awakening path, read informative literature to nourish your mind with positive ideas. Clearly “see” yourself as being spiritually awake. Firmly believe that you can—and soon will be—fully, spiritually awake. Remind yourself that you are destined to consciously know all that can be known about your relationship with the Infinite.

Acquire valid information about the facts of life and how to easily and quickly awaken from ordinary states of mind and consciousness to superconscious states, cosmic consciousness, Self-realization, God-realization, and complete illumination of consciousness that frees you from all limitations. Wisely and proficiently use the knowledge that you acquire until you are able to experience the results that you want to have. Aspire to be Self-and God-realized while diligently attending to your daily duties and spiritual practices. Be patient while learning to meditate and experiencing the psychological changes that occur during the spiritual awakening process.

Patience is the capacity to calmly endure a situation when it is necessary to do so. Learn to be patient by being inwardly peaceful regardless of existing circumstances. Being patient (while optimistically expecting to have the ideal experiences you want to have) will also calm subliminal influences that, if allowed to be influential, may cause emotional unrest, interfere with rational thinking or efficient performance of duties, or elicit feelings of anxiety, incompetence, or sadness.

Spiritual enlightenment is not a result of filling the mind with philosophical concepts or opinions, believing a religious doctrine, or performing rituals. To be fully enlightened is to have

spiritual wisdom: complete, accurate understanding of what is true, right, and enduring, that does not waver.

The foundation spiritual practice to be learned and used is superconscious meditation. Passive sitting, preoccupation with random thoughts or fleeting, mind-produced, subjective perceptions, or complacent enjoyment of pleasant moods are neither transformative nor truth-revealing. When meditating, be intentional: endeavor to transcend ordinary states of mind and consciousness. Expand your awareness beyond your mind and body. Contemplate omnipresence. Imagine that you are free in space; unconfined and unlimited. Rejoice in the pure soul joy of Self-knowing. Meaningful insights will then be had. Absolute (pure) knowledge of your essence of being and the reality of God will be revealed from within you.

Affirmatively Declare

Without hesitation, I choose to be Self- and God-Realized in my current incarnation. From this moment forward, I will discipline my thoughts and behaviors, profoundly study to acquire accurate knowledge of higher realities, meditate superconsciously, and allow my innate qualities and capacities to be fully actualized.

When self-conscious states are controlled and one is tranquil, that devotee is stable in Self-knowledge. – *Bhagavad Gita* 6:7

Mental, moral, and spiritual strength are acquired by contemplation on friendliness, compassion, and other noble qualities.

– *Patanjali's yoga-sutras* 3:24