

How To Master The Art Of Inner Exploration

A Course On Finding and Mastering Your Inner Resources



Welcome!

You'll want to refer to this course over and over again. Print each page out, pour yourself a tall glass of your favorite beverage, bring along a pen to jot down some notes, and take it all to a quiet corner. Learning a serious subject is so much easier when you're comfy. ;-)



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The Awakening Path
2500 Broadway, Suite B, #250
Grand Junction, CO 81503



Day 1

INTRODUCTION

by Vidya Ishaya

Let's start with what the purpose of this course is, and what you'll get out of it, by the end.

First of all, why is "inner exploration" so important? I suspect I don't have to say much about that, as you wouldn't be reading this, unless the idea appealed to you. After all, don't we spend most of our lives looking outside of ourselves for enjoyment and fulfillment?

What if we were looking in the wrong place? What if all the fulfillment and happiness we ever sought are right here, right inside of ourselves?

If that was the case, then the real question to be asked is, "How can we find what's within, in the fastest and easiest way?"

And why should it be at all difficult to know what was within ourselves, in the first place?

By the end of this course, it'll become clear what we mean by "going within." You'll know exactly why it is so important to look within. And you'll discover a way to find what might have held you back in your life. After that, you'll know why lots of people think they're limited or insignificant.

You'll be invited to understand why you may have the feeling (like so many thousands of people) that "something is missing in your life."

You'll begin to see that perhaps (just perhaps) you are actually much greater than you think you are.

You'll discover that the process of self-discovery, of self-knowledge and self-fulfillment is completely natural. It's something everyone wants (whether they acknowledge it, or not). And it's already happening to everyone, with or without their knowledge.

Recently, I sent a little note to the subscribers of my email newsletter, "The Seeds of Joy," asking them, "What do you want most out of life? What would your ideal life look like?"

Here are a few of the answers I got back:

- ◆ I'd live from my highest vision and most wonderful dream.
- ◆ My life would be filled with purpose, joy, passion and compassion.
- ◆ I'd know that I'm a "finder" rather than a "seeker." (That "hole inside" I yearn to fill would be gone.)
- ◆ I'd know in my heart exactly what I am committed to. I'd be delighted with that, and always moving towards more of that.
- ◆ I'd have total clarity in my life.
- ◆ I'd realize that my freedom is always present, and not dependent upon money.
- ◆ I'd have the courage to do what I choose to do.

Did you notice that all of these wonderful desires are "inner desires?" We're not going to be able to go somewhere and get these things — it's an inside job.

If you're like a lot of people, you may think that it's a difficult, time-consuming and effortful job to "go inside," and to uncover your "innermost secrets," those things that you even hide from yourself.



Actually, nothing could be further from the truth. It's actually quite simple and effortless. But there is one qualification necessary to reach full self-knowledge. You've got to WANT it. And you've got to WANT it, more than anything else. And if that's the case, nothing can keep you from it.

What does life look like for someone who has mastered inner exploration — who has found how to access and utilize their inner resources? Of course, this will sound totally attractive, but know this — these are not denied to anyone, and are available to you, whenever you want:

- ◆ Stillness, peace and contentment are accessible in every moment whether in the midst of a solitary wilderness or in the chaos of city streets or (formerly) stressful jobs.
- ◆ Fulfillment is not a fanciful dream, but a moment-by-moment reality.
- ◆ No more seeking after a “purpose in life” because you're doing it — and you know you're doing it.
- ◆ Trust becomes a way of life. Fear becomes a thing of the past.
- ◆ “Money issues” have evaporated — because you have discovered it was never really about money, in the first place.
- ◆ What you used to see as “hidden agendas” in others no longer bothers you — because you no longer have any hidden agendas of your own.
- ◆ And perhaps the BIG one for you (as it is for a lot of people): You no longer see yourself of low worth and poor self-esteem — because you KNOW what your value is. And everyone else's too. For anyone who masters inner exploration, it's impossible to have low self-worth.

Do you find the above list attractive? If you're like me, you'd say, “Well, of course!” But how many of us live life, having mastered all of these? How many even think these are possible? And how many would give their eye teeth to have all this?

I'll make a statement which I suspect you'll find difficult to believe, but I know from my own experience that it's true: it's not difficult to attain all this. In fact, it's nowhere near as difficult as most people believe it has to be. It can be as simple, and as effortless as you desire — but therein lies the key point. How big is your desire?

If you know, beyond a shadow of a doubt, that THIS is what you want in your life, and that you're willing to do what it takes, then the plain fact is — you can have it all. And probably a lot faster than you think.

Oh — about that phrase “willing to do whatever it takes.” When I first heard that, I thought it meant being willing to endure anything, to undergo hardships. Now I know something different. Now I know it really means being willing to give up the concept that it has to be difficult.

And it can be incredibly surprising just how difficult it is to give up the idea that it must be tough. I've seen people put themselves through the most amazing hardships, until all of a sudden, they see what they're doing, and go “Oh!” And give up all difficulty — just like that!

We'll start getting into all the juicy details starting with the next lesson. For now, I'd like to make a suggestion. To get the most out of this course, you'll find that it's best not to try to figure out all the words, not to analyze or try to dig out meaning with your mind. It's best to simply let it “resonate” within.

Because I guarantee — a part of you knows exactly what we're talking about, and is totally excited and overjoyed that you're hearing this. But there's also a part of you that habitually wants to “know,” to figure things out, to experience the world through the mind.

There's much more to you than just that analyzing mind, so it's better to let things “sink in.” A quiet corner, a secluded room or comfortable space is best for this. You'll get the most out of the course that way.

Over the next few days, we're going to cover a good amount of ground. In that time, you'll be given all the information you need, so that all of the benefits we just mentioned can become an integral part of your life. You'll discover just how easy it is to open your own “doorway to everything.”



Day 2 The Grooves In The Mind

Over the next few days, we're going to be taking an interesting and rewarding journey together. You'll learn exactly what is needed to remove all stress from your life, and find your highest fulfillment.

OK. Let's get started. So how do we master the Art of Inner Exploration? How do we gain all the benefits you read about yesterday? Things like stillness, peace, contentment, fulfillment, freedom from fear?

You've seen that everything in that list is an "inside job." You can't go to McDonalds to get these things. No one is going to give them to you for Christmas. No amount of searching in the world will help you find them. Why? Because they're all inside of you. And that's where you'll find them.

How to do that? Well, obviously, it takes some self-investigation. It's a process of finding out what makes you tick. And not just on the surface, but at the uttermost, deep levels of who you are. It means "going within" all the way, deep, deep, deep. And seeing what's there to be seen.

Uncovering Every Single Aspect Of Ourselves

Does that sound a little scary to you? I mean, who knows what you'll find when you go there? Are we really talking about uncovering every single aspect of ourselves, with nothing at all remaining hidden anymore?

Yes — that's exactly what we're talking about. Let's start immediately. You'll probably notice something right here, and now. Did you notice that when I mentioned "uncovering every single aspect of your inner being," that there's some part of you which is uncomfortable with that? That some part of you may even be fearful about doing that?

Listen — that is not a bad thing! That's totally natural. And expected. Let me tell you what's so great about what you just noticed...

Whatever you noticed... is just a part of you. There are many parts of you. There's a part which is fearful about all this. There's a part which is overjoyed about the prospect of going deep within. And there's also a part of you, which couldn't care less. As we go further into this self-exploration, you'll find many parts of yourself; some that you hadn't even suspected were there.

But the beauty of all this is that you have a choice. In fact, the major discovery of self-freedom is that you always have a choice, in every moment. You have a choice which part of yourself you wish to focus upon, which part of you that you wish to pay attention to.

Whenever fear or mistrust arises, you have the choice to put your attention on that — to choose for fear as how you're creating your life, at this time. OR you can put your attention on the other parts of yourself — the ones that see the beauty, joy and wonder of life.

The fact is — you can choose for things like praise, gratitude and love whenever you wish. You're not forced to pay attention to the fearful, mistrusting, "negative" aspects of your life — unless, of course, you'd prefer to do that. Freedom means you're free to do anything you want. But if you see that you DO have a choice — will you choose fear — or will you choose something else?

And that summarizes the basis of this course.

First, we talk about powerful tools you can use to see all aspects of yourself, clearly. Some people have been known to sit peacefully, for many hours at a time, to go within, but it could take many years to uncover all of your inner world that way. Some people even say it needs to take lifetimes. But with the proper tools, with the inner searchlights, you can get results amazingly quickly.

As that occurs, you get to express whichever aspect of yourself that you want to pay attention to — through the power of your choice. Then as you choose more and more of stillness and peace, you get to open up more and more of yourself. Until the day you find — there's no more to fear, there's no more problems, — there's nothing but the freedom of utter fulfillment and love.

And once again, I'll repeat — this can be as difficult or as easy as you wish — it's your choice!

Complete Joy and Freedom In Every Minute of Every Day

So why don't you experience all of the benefits we described yesterday, right now? These things are your birthright! When you were born, you came into the world, completely free and innocent, totally peaceful and happy.

You can see that is obvious, whenever you hold a newborn child. So what has happened in the years since then so that you don't experience complete joy and freedom, in every minute of every day, of your life?

There's a very good reason for that! And once you know the reason, you can choose again. You can stop being a "victim" of your life, and start being the "creator" of your life. Let's take a look at what has happened in the years since you were born...

We come into life innocently. As children, we live completely in the present moment. There's no regret about what happened yesterday; there's no worry about what may happen tomorrow. And perhaps most important — a baby has no habits, no ingrained way of looking at things. A baby just experiences things as they happen with no preconceived ideas.

Because the baby doesn't attempt to live in the past or the future, the power of a baby's mind is awesome. Consider how quickly infants master a complex language. Adults generally can't learn that quickly. Why?

Because an adult's mind is absorbed in so many habitual and preconceived ideas about "how the world must be." These beliefs and judgements keep the mind running in thousands and thousands of thoughts every hour and every day. Let's just take a moment here for a little reflection. Ask yourself these questions:

- ◆ Is there a part of you (or a lot of you) that wonders what will happen to you tomorrow, next week, next year, ten years from now?
- ◆ Is there a part of you that regrets some behavior you did in the past, and judges it as unacceptable?
- ◆ Is there a part of you which is so much absorbed in some other moment that you're not really appreciating what is happening in this moment?

This tendency to live in "some other moment" is a habit of the mind. We're constantly evaluating what happened in the past and what may happen in the future. These evaluations are based upon ingrained beliefs and judgements we've picked up in the course of our life.

It's important to know where all these beliefs and judgements came from. Because once knowing that, then we can choose for something different. We can live a life free of all erroneous beliefs and preconceived judgements.

Where did all these beliefs and judgements come from?

Well, one source is our parents. As infants, we only desired love. But perhaps our parents weren't ideal and couldn't give us all the love we needed. Maybe our father had a bad day and shouted at us for leaving a toy in his way.

Or maybe our mother was just too tired to be completely loving. Thus, we develop a little way of thinking that says, "I'm not worthy of love." This becomes a habitual thought and continues to operate inside of us on a very deep, quiet level.

Even when we're no longer children, this thought pattern still affects us. We may have a tough time with relationships because there's this little part of us (that we may be completely unaware of) that's saying, "Hey, you don't deserve this loving relationship."

We can pick up these habitual thoughts (which we'll call "grooves" like the grooves in a record) from many different sources, not just our parents. I had a lot of brothers and sisters; naturally, there was competition and I always seemed to come out on the short end of the stick, feeling criticized and unappreciated. Thus, I picked up a groove that operated in me for many years. I took everything very personally — like the whole world was out to criticize me.

Fortunately, we do not have to live with these grooves forever. There IS a way to erase the grooves. We'll get to that in a little while. But first let's consider what happens when we go to school. We learn to compete, not to create. We learn that we don't do math as well as Billy, so we stop doing math. We put every bit of our creative energy into a drawing and we're told, "Ewww, how ugly!"

Part of us totally believes everything we're told; most of us stop drawing by the age of six. What if Monet or Picasso had been told, "That's a crummy picture!" and what if they believed it? The point is that these stresses picked up so innocently through our experiences freeze our lives into a strict form. We make a definition (or identity) of our life, based on things that happen to us, things that seem beyond our control.

And many of our grooves (or internal programming) come from the society we live in. We all have cultural conditioning; we're all part of the collective consciousness of our society. Now, some of these beliefs are useful; and some are not. Most of us don't need to know how to climb a coconut tree for food. Instead, we're taught how to shop at the supermarket.

But if we were born in the tropics, our society's knowledge would be very different. A jungle dweller would not survive very well on the Interstate. We probably wouldn't survive very long in the jungle.

The point here is that some of the beliefs we've adopted are useful; some are not. It's useful to remember which house we live in, so that we don't have to ring all the doorbells and ask, "Hello. Do I live here?" It's useful to remember how to drive. But many of our internal programs, our grooves, are not serving us, in any way. Many of them are damaging.

And the grooves are subtle. They're operating at a level below our ordinary, everyday awareness. Have you ever tried to break a habit and failed? It's practically impossible to root out the source of our destructive behaviors through effort, through trying hard.

Effort Is Simply Not Required

The good news is that effort is not what's required. What's required is a tool that shines a bright light on that which is hidden within. When we actually see (and see clearly) what's been hidden from our surface awareness for so long, then it becomes quite a simple matter to make a different choice, if we so desire.

What happens when we're not aware of all these subtle grooves operating inside of us? Don't we all want good things like ideal relationships, ideal jobs, great health, and a fulfilling life? The problem comes when all these quiet, internal programs are saying, "You don't deserve that!" or "Come on, be serious, you're not good enough for George (or Mary)." If you're quiet enough to notice these little voices, you'll become aware that they sound just like your mother or father, or maybe a teacher you once had. They could all be long dead, but they live on in you: criticizing, condemning, causing you to fail before you even begin.

When the mind works against itself like this, your ability to succeed in any area is greatly diminished as is your ability to be happy, or even healthy! In the average adult person, the mind is full of these judgements, criticisms, and self-destructive grooves. How could it not be, when that's what we've been told, most of our lives?

What is left of the baby's innocent, silent mind?

Have you heard how much of the mind is used by the typical adult? Scientists have estimated it to be about 5% to 10% of the mind. That's all that's left! And what is the rest of the mind doing? Thinking, incessantly thinking, chattering away, never stopping for a rest.

Stanford Research Institute scientists have estimated that the average person thinks more than 60,000 thoughts a day.

But it's not that we're sitting around thinking up symphonies or creating works of art. It's usually, "What's for dinner?" or "Why did he say that to me?" Or "Why did I marry her?" — and on and on, over and over, pointlessly chattering away. Going nowhere, creating nothing but fatigue.

The Silent, Innocent Coherence Of The Child's Mind

Wouldn't it be nice if we could once again have the silent, innocent coherence of the child's mind? No regrets about the past, no worries for the future. Simply being Here and Now? Imagine if you could learn to still the internal chatter, learn to experience life again in the present moment. Then the full power of your mind would be available to you, at any time.

And that's exactly what is available to you. As we continue in this course, you'll see that, even though the last few paragraphs paint a picture that seems very negative, it's actually a pretty simple process to reverse the effects of all those grooves and habitual patterns. It's not anywhere near as difficult as you might think.

We can learn to utilize the full power of the mind. How do we do that? Well, that's the subject for the next lesson. At that time, we'll discuss more about the mind, and it's potential for total coherence, stillness and peace. We'll look at what's been called, "peak experiences" — and better yet, how to make those peak experiences repeatable.

It's a fascinating subject, especially when you realize you can have all these things, without a lot of effort.





Day 3 Utilizing The Full Power Of The Mind

Previously, we talked about the “grooves” in the mind, and where they came from. Today, we’ll discuss how we can go beyond (or rise above) the grooves, and live a more effective, joyful and peaceful life. OK? Let’s get to it...

How can we utilize the full power of the mind?

The mind is like a pond. The thoughts moving in the mind are like the waves moving in the pond. Have you ever dropped a single stone into a quiet pond? What happens? Perfectly concentric ripples spread across the water. This is like having only one thought moving. The mind is coherent, it is orderly, it is powerful.

But what happens when you drop a whole handful into the water? The waves become very choppy. It looks chaotic. This is like the mind, when it is caught by those continually running habitual thoughts and grooves. It just keeps going and going — and nothing comes out of it.

This has actually been measured by scientists. Hooking EEG terminals to the left and right hemisphere, they find that the measurement of the 10% thinking level of the mind looks very much like a chaotic pond — lots of different frequencies, very little coherence. And this is the way most adults think.

But not everyone. Research done by psychologist Abraham Maslow shows that the mind can become completely coherent. He found that this happens during a Peak Experience. And he defines a peak experience as “those moments of pure, positive happiness, when all doubts, all fears, all inhibitions, all tensions, all weaknesses were left behind. Now self-consciousness was lost. All separateness and distance from the world disappeared...”

These experiences are rare, but can come at any unpredictable time and completely transform life. People have adopted whole new belief systems from one single taste of a peak experience.

A Still Mind Living In The Present Moment

What if these experiences were not unpredictable? What if you could choose for those moments, whenever you wanted to? What if you could have a mind that is still, that is in the present moment, not caught by regret for the past or worry for the future?

A mind that is working like this is creating a healthy body. Your body is already spewing out millions of chemical reactions every second. When your mind is tense, anxious, nervous, your body responds by producing tense, anxious, nervous molecules, like adrenaline and noradrenaline. When your mind is calm and peaceful, your body produces calm and peaceful molecules like Valium. When your body produces Valium, it makes you feel tranquil but without making you feel like a zombie. When your body produces anti-cancer drugs and anti-bacteria drugs, there are no side-effects. The body does this absolutely naturally, in the right amount, at the right time. Your body does this for you when it is not stressed. How often is your body unstressed?

How do we unstress the body? How do we keep new stresses from accumulating? How do we learn to maintain inner peace and tranquility in the face of the hectic pace of the modern world? How do we learn to stop undermining ourselves with destructive internal programs? How do we learn to expand our minds (from 10% to 100%) to our full potential?

Finding a way to do that is the purpose of this course. Let’s start talking about specifics of how this can happen...

What would we need to defeat the old, internal programs that have been running for so long inside of us, at a level we may not even be aware of? First, we’d need something that could shine a bright light on these grooves, so that we could be aware of what’s going on.

Next, we’d need some way of refraining from thinking those old thoughts. The thoughts we think, in this moment, are what bring our future, in the next moment. So we wouldn’t want to continue to think our old self-defeating thoughts. We’d want to think uplifting, expanding, creative thoughts — thoughts that not only bring us into a new life of joy and fulfillment, but help us to release all the old beliefs in lack and low self-worth.

And above all, thoughts that are so effortless and so charming to the mind that we can continue to think them all the time. What would be the use of effort? Who wants to work hard at enjoyment? How about if we could go straight there, and stay there?

Well, we can.

Expanding The Mind Permanently

What you are being offered is a series of natural and effortless techniques to expand the mind permanently. And they also have the effect of clearing all stress from the nervous system, permanently. Because these techniques help us to rise beyond our old ways of thinking, we call them “ascending thoughts” and we call the process “Ascension.”

It's NOT a belief system. It's NOT something mystical or strange. It's down-to-earth, everyday usage of techniques to help the mind become familiar with expansion — with clarity— with coherence and stillness. These techniques are purely mechanical. They work, whether you believe they will, or not.

As the mind becomes more familiar with expansion, life in the present moment returns. The self-defeating beliefs and habits, the incessant hammering of the grooves and internal programs gradually cease. Then the mind becomes quiet, unless we wish to direct it in a specific direction. The creative power of the mind is maximized. The full resources of the mind are available in every moment. Life start becoming easier and easier.

The result for the body when this expansion of consciousness happens is deep rest, actually much deeper than that of sleep at night. This deep rest removes the stress and fatigue of the intense pace of our modern civilization so that health automatically begins to improve. The entire body settles into a profound state of rest, but the mind remain clear and alert.

What happens when you begin to “ascend” (translation: “use these techniques”) is that your life starts to function more effectively. As stress decreases, every area of life starts spontaneously and naturally developing. Why? Because Ascension deals with the most fundamental area of life: our consciousness. It's like the root of the tree of our life. If a gardener wants a plant to be healthy, he goes to the root — he tends to the nourishment of the root. Similarly, if we want our lives to develop in all ways, we must deal with the root of our life: the nervous system.

Every Area Of Our Life Improves

As the stress decreases in the nervous system, every area of our life improves. Happiness increases. Our ability to be successful in relationships and work improves. Our memory works better. Our level of energy and achievement rises. Our health improves.

And this does not come about because we are focusing on simply one aspect of life. Consider a self-destructive habit like smoking, for example. Everyone knows

smoking is damaging. They've known this for years. Why do so many of us, then, continue to smoke? Why is it so hard to stop? The reason is that the motive for our smoking is deeper than the conscious level of our mind. Some pernicious little groove inside keeps running and inspiring us to engage in damaging behavior.

How do we get rid of these damaging programs? By expanding the conscious level. By coming to the point where that pernicious groove stands out clearly. And we can see it. And why it's there. And we can choose to do something about it. Ascension helps shine a bright light on all the grooves. And it is completely natural and effortless.

These techniques are mental. They're used by the mind. They're frequently called “attitudes.” They involve no concentration or control. No work or effort is involved. Nor is it necessary to change your behavior in any way. The only requirement is the innocent willingness to give them a chance.

Let's look at these attitudes and why they are so incredibly effective...

First, I'd like to mention that Ascension is and always has been completely natural. Ever since the beginning of time, we have had the ability to rise in our thoughts, i.e., to Ascend. It's easy to imagine these attitudes coming up at different times in different parts of the world, whenever anyone realized that it must be simple and natural to return life to the innocence of the child, to life in the present moment.

Built Into The Fabric Of The Human Nervous System

People have experienced it jogging, staring at the stars, at the beach, during childbirth, over a full desk on a crowded day — everywhere throughout the full range of human experience. Ascension comes to people at any unpredictable time. It is something built into the fabric of the human nervous system. All we're doing by using the Ascension attitudes is making it repeatable and predictable.

And it's a simple thing to do. I'll give you a small illustration. I remember being in a hurry to get somewhere on a crowded highway, and there would always be this one car that was leisurely taking it's time rolling down the road. Invariably, I'd end up stuck behind it. I'll tell you this —it's a good thing the driver of that car couldn't hear the words I used to say. Of course, the only thing that happened was that I ended up feeling totally aggravated. In that moment, nobody else felt this way — just me.

Now, it's different. Sure, I sometimes end up behind a Sunday driver, but now I'm able to catch myself starting to "descend." And so I choose to "ascend" instead. Nothing really changes. I don't get past the car. I don't get anywhere any faster. But I sure feel a heck of a lot better when I get there.

That, of course, is a very basic example. But you get the point. Through the use of these Ascension attitudes, we find we have the power to bring our lives back to stability and clarity, with the innocence of a child. It's a life free of anxiety, free of difficulty, free of anything we don't choose for. Life full of wonder, full of satisfaction, full of peace and stillness.

What if we had a tool that instantly brought us back to the present moment? A tool that helps us make the choice for upliftment rather than aggravation? A tool that helps us see clearly why we get so aggravated — a tool that illuminates our inner self so brightly that we can always choose for the biggest part of our being, rather than the smallest.

I'm sure you've guessed what I'm going to say next. Yes. That's exactly what the Ascension Attitudes do. Consistently and easily.

In the next lesson, we'll examine the attitudes in detail. It won't be really necessary to fully grasp all this in detail. The attitudes work, whether we understand why, or not. But some people find it helpful to know exactly what they're working with.

As we take a closer look at the attitudes, it'll become clear why they work so well, and how you can use them in your life. We'll also bump up against a biggy — that one root stress that seems to be a common denominator in everyone's life. And how to shoot right past that...

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How to Reach the Highest Levels of Awareness

- A Direct, Personal Experience of the Infinite
- Fully Experiencing Your Divine Essence



Day 4 A Closer Look At The Tools

I hope you've been enjoying this course, so far. Up to now, we've been talking about the benefits you can get from using the tools of Ascension. Today, we'll look at the tools themselves, and gain some understanding of why they're so powerful and effective.

OK. So what's up with these attitudes?

Each has three parts: one for the heart, one for the mind, and a part that the full power of the heart and mind is applied to.

Let's start with the heart, which is usually considered the seat of our emotions. Scientists say that our emotions are centered in the right hemisphere of the brain. This "right brain" is intuitive, creative, artistic, and emotional. And it is the emotions the most cause us to ascend — or for that matter, to descend. Negative emotions, like anger and fear, cause a lowering of our life — a descension.

So we have two directions we can go in. We can either ascend or descend. Anger, for example, shuts down the brain and speeds up the heart. We go into the classic "fight-or-flight" response. That used to be needed when you were faced by a saber-tooth tiger, but there's not too many of those around anymore. Even so, when someone cuts us off on the freeway, or our boss yells at us, still the fight-or-flight response is turned on. Our blood pressure goes up and stays up. The internal organs start shutting down: we're talking heavy-duty descension here.

But, of course, everyone also has built into them all of the positive emotions, too. These cause ascension. When asked what the most powerful ascending emotion is, most people automatically reply, "Love." Love is totally uplifting.

Love Is The Most Powerful Way To Ascend

That's why almost every culture in the world has said, "God is love." The fact is — love is the most powerful way to ascend. Whenever we feel love, our minds function more effectively and our bodies respond by producing the molecules of health. You don't notice surface imperfections when you're in love. Stub a toe when you're in love — and you hardly notice it.

But if you break up a relationship and then stub your toe, then it's "Why is my life so cruel? Why am I so miserable?"

How you feel when you're in love — that is the sweet influence of ascension. However, there's a small problem with love. You just can't turn it on, at will. You can't just tell two people to go over in the corner, and fall in love. It may work — or it may not. Probably not. For most people, love is hard to make happen. That's why we don't start with a Love attitude. Of the three primary emotions that cause ascension, love is the hardest to create at will. But there are two others.

Let's look at another one. Similar to love, but not quite as powerful, is gratitude. Thankfulness produces similar changes in the body and mind. It's a definite ascending emotion, lifting you up. However, it's a lot easier to culture than love. If I were to give you a pile of money, it's pretty certain that you'd feel some thankfulness to me.

But again, gratitude sometimes has a bad name in the world. We've been told to be thankful so many times when we're not actually thankful. I can remember getting a green sweater for Christmas one year when I really wanted an electric train set. And then I was told I had to be grateful anyway. Some of us have been told to be grateful so many times that we'd rather eat nails.

So even though gratitude is easier to develop than love, it's still not totally easy — which is why the Gratitude attitude is the second, not the first. What could the first attitude be? What is an emotion that is certainly uplifting, and at the same time, simple and effortless to turn on, at will?

The answer is: appreciation. Or in one syllable, Praise. Appreciation is almost as powerful as Love and Gratitude, and it's a lot easier to choose for, at will. You can simply shift your mind toward appreciation instead of continuing to focus on criticism. When you do this, your body responds by making you healthier and your mind becomes happier.

How is it a simple choice? Because if you're holding a half-full glass of water, you can choose to be sad that it's half empty. Or you can choose to be glad that it's half full. It's the same thing — just a different choice. And the simple truth is that condemnation never helps anyone improve, whereas appreciation always does.

If you criticize a drawing that a child brings home from school, will it inspire her to draw better next time? Not likely. And yet if you offer praise to her, then you can almost guarantee that the next drawing will be much better. Praise works like that.

Praise Is Like Magic

Praise is like magic, for anybody, for everyone, always. And it's just a choice: a choice for joy and life. It is the easiest of the ascending emotions because it grows from simply making the decision to appreciate rather than criticize.

Sure, our society and our world may have programmed criticism rather deeply into us, but whenever we find ourselves moving down the descending path — whenever we feel our emotions and energy sinking due to condemnation — it's an easy choice to turn upward again, simply by finding something to appreciate. Anywhere, anytime, always.

So for the right brain, the force, the driving emotion that causes upward ascending comes from choosing to praise rather than to criticize. What about the left brain? Is there something that causes the left brain to experience an upward, ascending energy? Well, sure, there is.

The left-brain is logical, analytical, and rational. Thoughts that cause ascension in the left brain are thoughts that bring on an awe-inspiring wonder — an expansion into wonderment. Think, for example, what it's like to stare at the sky in January on a moonless night. What happens when you realize that there are as many as four hundred billion(!) stars in our Milky Way? When you remember that some of those points of light are really distant galaxies with more stars than ours? And that there are as many as one thousand billion galaxies in this Universe? The whole thing is so huge! And awesome.

In some people, such a thought causes a degree of ascension in the left brain. For others, different thoughts are more awesome. Some, for example, feel awe when considering the order in the human body. Fifty trillion cells are all operating in harmony. And inside each of the 50 trillion is a molecule of DNA; something so complex that if any one DNA molecule was stretched out, it would be six feet long. Whew! That's amazing, isn't it?

So these are examples of left brain ascending thoughts. They involve some sort of analysis of life to create expansion, awe, wonder. It's an incredible, magical universe. Everyone sees this in a different way, through the filter of his or her left brain.

The Ultimate Thought For You

What you want for ascending, then, is not any old awe-inspiring thought, but the Ultimate Thought for you. It is a thought that means your ultimate conception of the greatest force for good, for you and everyone else. It is your personal, private part of the Ascension attitude.

At this point, I'd like to mention again that it doesn't matter if you believe these attitudes will work or not. You don't have to believe in Ascension for it to be effective. Part of the mind would like to believe in it, part of the mind would like to reject it; this makes no difference. Why?

Because belief is from the surface level of the mind, and the whole point is to ascend that. This is what happens immediately, as soon as we start using the Ascension attitudes. We're creating your most effective path to complete self-awareness and fulfillment. This is built on a series of individualized techniques; it's simply not a belief system.

Now we take these two, appreciation for the right brain, and our Ultimate Thought for the left brain, and we add one final thing. Remember it was said that these techniques have three parts? The first two put together do cause some ascending. You can feel this right away. You get some upliftment by using the two together.

But now what we want to do is take this uplifting motion and apply it to the root stress of life. By this, I mean that one stress that is at the foundation of all our stresses. These attitudes have the power to help us get rid of all of our stresses in life — by chipping away at the one fundamental stress.

No More Stress!

If we want to tumble a building, we don't do it by removing one block at a time. We remove the foundation block and the whole thing comes right down. Similarly, it's a long, hard path to work on each individual stress in your life — but if we get right at the foundational stress, then voila! The whole structure of your internal habitual patterns comes apart at the seams. No more stress!

You see, some of the stresses in our life are supporting others. If we can remove the root stress, all the others will leave, because their support will be gone. So.. what do you think is the root stress of your life in the world today?

I suggest taking a moment to reflect on this before continuing further. You might even want to take time out, and write down a few for yourself, so you can see clearly where we're going with this. OK? So time out for a minute... right now.

TIME OUT!

We're back. OK. Let's consider what some people say the root stress would be. I've known lots of people who say, "Lack of money." Other people say, "My lousy job." For others, it runs the gamut from relationship anxieties to lack of fulfillment to health problems. But what is common amongst all of these stresses? There is one thing that stands out as being part of each and every one of these stresses. And what would that be?

Simply stated, that "something is wrong with my life." Something is just not quite right, and it needs to be fixed or adjusted so we can have more of what we want. Now, this is not saying that there aren't things that could be improved — just that the focus on what's wrong causes a general descension — the opposite of what we're looking for.

These, then, are the three parts of the first Ascension attitude. Appreciation for our heart; the Ultimate Thought for our mind; then a focus for healing. We move upward, we ascend; then we apply that ascendant energy onto the fundamental root stress. Although appearing simple, this is an amazingly powerful process.

Next, I'll have the opportunity to tell you about my own personal experiences with learning the attitudes, and what I discovered practically immediately. We'll see how many attitudes there are, how they're arranged, and then we'll take a look at the origin of these techniques — a little history, if you will. And we'll also talk about where we go next.

P.S. Want more? If you'd like to find out more about Ascension, there's lots more articles at:

<http://www.awakeningpath.com/articles>

"Thank you very much for the work you do. It is worth it, believe me. Whenever I am doubtful, lost, lonely, or whatever — I am guided to the power of the attitudes I have been learning, and I use them again, and my world improves noticeably. God Bless You!"

...Elisa Mangual

"I just want to say thanks again for the MIRACLE ascending has been, and is, in my life. I brought in the new year ascending. WOW, it was a great experience! The whole world is becoming more safe for me, more and more I see love about me, and the beauty around me is always jumping out at me in all it's magnificence. The last several days, my longing has been to go even slower, to stop, to go even deeper. Maybe one day I will find the words to tell of the deep healing I am experiencing as a result of ascending."

...Thanks, Daria





Day 5 Experiences With The Techniques

Now, I get to tell you about my own personal experiences with the Ascension techniques. And you'll also find out about getting the exact attitudes for yourself. Let's start...

Remember we talked in the beginning about mind chatter? About how scientists have found that people think about 60,000 thoughts per day, and more? The First Attitude is away to add one new thought to the ocean of thoughts we think every day. This new thought can help replace the 60,000 thoughts we normally think throughout the day. But the really significant point is this: the mind can only do one thing at a time. So if we continually introduce this one new thought, we replace all the old habitual thoughts.

By choosing over and over again for the Ascension attitude, all the other thoughts race away. This becomes the new root thought in the mind; all the small and mean and false thoughts are erased. You feel lighter, clearer, calmer and more peaceful.

And it's not about effort. There's no effort involved in remembering to use the Ascension attitude. It may sound like there is, but no. This new thought is so charming to the mind that it likes to think it. It's like candy for the mind. Do you have to force yourself to eat chocolates when they're offered to you? Of course not. And it's that easy for the mind to be charmed by the attitudes.

Here's where I get a chance to tell you about my experiences after learning the Ascension attitudes. I took the weekend course (called the First Sphere course) in September of 1997. At the time, I was working at a mountaintop retreat in the Blue Ridge mountains of North Carolina. I was laying down in the grass, ascending (i.e., thinking the attitudes) when all of a sudden, I had a powerful realization.

It may sound simple, but at the time, I was blown away. What I realized was that I now have a choice, in each and every moment, what kind of thought I wish to have. And that choice was the choice for happiness, for silence, for coherence, for fulfillment. I was no longer a "victim" to my circumstances; I could choose to be uplifted and happy whenever I wanted to.

This is so much a part of my life now, that I find it hard to remember that it didn't used to be there. And my great joy, now, is to share these Ascension attitudes with others, and see them come to the same realization.

For me, that is personally very fulfilling. And it's available for everyone. The only qualification is your desire to have it.

Ascension Requires No Effort

And it's the simplest thing you'll ever do. It takes less effort to ascend than practically anything. Those who think it's difficult believe that the mind is like a monkey, jumping from branch to branch. They believe the only way to stop its erratic jumping is to beat it and whip it and force it to be still. But this tires the mind and is effortful. It is not and never will be effective for Ascension.

Consider this: if you want a dog to remain at your back door, you could chain it there. But what would happen? It would howl and moan and complain all the time, and bite you if it got the chance. Forcing the mind is like that.

But suppose you open the door from time to time and put out dog food, something the dog really loves. That dog will never leave your porch! He'll be your best friend for life.

Following that analogy a little more, yes, the mind can be compared to a monkey jumping from branch to branch, but only because it's seeking the Ideal Banana, the Ideal Experience. The mind is more than happy to follow its own bliss, as Joseph Campbell put it. But the bliss, the fulfillment, the ultimate joy is already there, deep inside. Ascension points the way to it. The Ascension attitudes are simply very powerful tools to bring us deep inside, right to that source of peace and happiness.

Each of the techniques of Ascension has a meaning on the surface level of the mind. But because of their Source, each also has the unique quality of being more true and more enjoyable at deeper levels of thinking. Because of this, the mind is effortlessly drawn inward, to its deepest levels. Once started, the process continues because the mind loves it.

The Fast Way to Peace, to Joy, to Fulfillment

That's why it is stated that no effort is required to Ascend. In fact, even the slightest effort, or working at it, or trying hard, will simply slow down the process. It helps best to be totally innocent about Ascension.

Which means giving up all concepts about the way you want things to look, and just accepting whatever is there in your life. This is the fast way to peace, to joy, to fulfillment.

How many Ascension attitudes are there? Well, we've pretty well described the First attitude, or the Praise attitude. The Second attitude is the Gratitude attitude. When one is immersed in praise, then gratitude just seems to arise spontaneously. Which leads to the Third attitude, or the Love attitude. This is followed by a Fourth attitude, called the "cognition technique." Cognition meaning "direct perception."

These four attitudes make up a "sphere" of attitudes. So the first four make up the first sphere. Similarly, in the second through fifth sphere, there are four attitudes, one each of Praise, Gratitude, Love and Cognition. We're mainly discussing the first sphere here; we'll talk about the other spheres later.

Now you'll notice that so far, I've only described what the attitudes look like in general. You may be asking yourself what the attitudes are, exactly? For that, you'll want to attend a Weekend Course. These techniques are only passed on, orally, by personal sharing from one enlivened heart to another. You'll never see the actual attitudes themselves appearing in print. When one person passes on the attitudes, person-to-person, this is how they'll be most effective.

There's many reasons for this. One reason is simply hard experience. The attitudes seem so simple, and easy, that we've found they tend to get fluffed off, and not used, if they're simply read about. But by hearing from a teacher of Ascension during a weekend course (and there's so much more to find out about these attitudes that it does take a whole weekend), we've found that people actually take them to heart and use them. If used for only a short time, their effectiveness becomes so obvious that their use is continued. And then the full benefit can be gotten.

My desire is simply to give that full benefit to everyone. Learning the attitudes in the weekend class is simply the most effective, easy, inspiring and profound way to learn. Much more about these classes being taught world-wide by well over one hundred qualified teachers will be found later on.

Where Do These Ascension Techniques Come From?

You've probably been wondering by now, "Where do these Ascension techniques come from?" Yes, there is a history behind the attitudes. This history is quite long and beautiful. Several segments of that story are recounted in the Thunder series of books, which hint that Ascension has been active in the human sector for many thousands of years — far longer than most historians would consider plausible.

You can find out more about the Thunder books at: <http://www.consciousbooks.com>

But the important thing (at least in my way of looking at things) is this: I like to ask the question, "No matter where they come from — do they work? Are they effective?" And to that question, I can emphatically answer **yes!**

Today, the teaching continues to expand wherever the interest is expressed. Since 1994, well over thirty thousand people have taken the weekend class. As it has in centuries past, the Ishayas' Tradition continues to serve the desire of all who choose to remember their natural birthright of total awareness.

Let's look at the attitudes you'll learn during the weekend a little more. Each of them have a profound effect on the nervous system.

So let's do this by examining the weekend class itself:

THE FIRST FOUR TECHNIQUES

1. **Praise Attitude**

The Praise Attitude is the most basic, the most fundamental of all the techniques. The Praise Attitude corrects the fundamental stress of the modern world, that something is wrong with the individual life. It helps us see beyond any thought that "something is wrong with my life."

The Praise Attitude usually proves the most useful for transforming the grossest levels of belief and judgement about life. It can be used any time, day or night, with

the eyes open or closed, to cause a calming and healing effect. Practiced with the eyes closed, this technique produces deeper rest than sleep. Because of this profound rest, deep-rooted stresses that are never touched by sleep dissolve.

2. **Gratitude Attitude**

Similar in power for transforming the root stresses is the Gratitude Attitude. The focus here is on the objective world; this technique is designed to cure all erroneous beliefs and concepts about the body and the external Universe. It is the master key for unlocking belief in the limitations of the body. It is invaluable for healing disease of any and all kinds.

3. **Love Attitude**

The Love Ascension Attitude heals another one of the fundamental misconceptions that keep us from experiencing who we truly are. The Love Attitude deals with our relationship to the Source, the Ascendant, the Absolute, the Infinite. Many people find this the sweetest of the first three techniques.

4. **Cognition Attitude**

(also called the Compassion Attitude)

The Cognition Attitude heals the fourth fundamental stress that keeps us from evolving. This technique deals with our relationship to all of humanity. This technique is used in conjunction with the other three techniques because our relationship to humanity is connected to our relationship to the subjective, the objective and to the Source, the Ascendant.

Together these first four techniques work to heal all self-destructive programs, all stress, all past limitation or painful belief that keeps our awareness bound up. They are the universal keys to the "Door of Everything." They are pure magic and it is with great joy that we pass these techniques on to you.

Next, you'll see how the First Sphere Weekend class is structured. And you'll discover just how much fun it can be, to expand your consciousness further and further.

Thanks for being a part of this.

... Vidya

P.S. What? You say you want more? OK. How about e-books? You can get yourself some free e-books (including one entitled, "How to Completely Eliminate Stress In Your Life") at this address:

<http://www.awakeningpath.com/download>





Day 6

A Look At The Weekend Course

Congratulations for making it this far in this course! You've gotten a whole lot of information thrown at you. The good news is that this is the last lesson.

Here's where you get a chance to take a look at the Weekend Course, and see how easy it is for you to participate. And you'll also find some enthusiastic kudos from people who have already taken the class. OK? Let's do it...

Here's how the weekend course is structured...

The Weekend Course Format

Friday 7:00pm - 10:00pm

- How to reverse the ingrained habits of a lifetime.
- How to access deeper levels of the mind and awareness.
- How to get the full benefit of using the attitudes.
- Why effort is not required.
- How to practice Ascension most effectively.

During Friday evening, you receive the Praise Attitude, and have the first opportunity to practice using the attitude.

Saturday 10:00am-6:00pm

- How does Ascension work?
- Why does it work?
- How stress is automatically released when the body sinks into a deep level of rest.
- What are the nature of thoughts during Ascension?
- How your nervous system can be completely cleared of the imbedded stress of a lifetime.

During Saturday morning, you receive the Gratitude Attitude, and use that by itself, and in combination with the Praise Attitude.

Lunch Break (Usually vegetarian potluck.)

Afternoon

- What are States of Consciousness?
- How to reach deeper levels of awareness.
- Where we're headed as individuals and as groups.
- Why we see an "inner world," an "outer world," and how to unify both.
- What are further opportunities with Ascension?
- Why are there more spheres?

On Saturday afternoon, you receive the Love Attitude, and have the opportunity to practice that for awhile.

Finally, on Saturday, questions and responses that continue as long as attendees wish. (My favorite part of the weekend.)

Sunday 10am-6:00pm

On Sunday morning, you receive the Cognition Technique, and then have the opportunity to fully practice and experience all you've received during the weekend.

For many people, the difference between Friday evening and Sunday afternoon is so intense that it's hard to leave the course setting. Sometime, the teachers and attendees sit around and chat for hours. It can be a remarkable time of the weekend.

The tradition of Ascension is bountiful. It provides many avenues for accelerated awareness and growth. The path for more and faster growth is amply discussed during the weekend. Just these few simple techniques will, by permanently removing root stresses from the nervous system, provide unlimited opportunities for the growth of consciousness.

I will say this, though... As the body decreases in stress and the mind increases in clarity as a result of regular Ascension, the desire will naturally grow to learn ever more powerful and subtle techniques. That's why there are five spheres. Each sphere of techniques is greater than the preceding: each sphere is more subtle and more powerful than the one before. They make a spiral of increasing experience, perception and knowledge.

Weekend Course Fees

The current cost for the Friday, Saturday and Sunday course may be found at <http://www.awakeningpath.com/about.htm>

At any time thereafter, as often as you wish, you may audit a weekend course anywhere in the world, free of charge.

Here's how you can take a Weekend Course:

Weekend Courses are held frequently in towns and cities across the USA and Canada, and many parts of the world. To request the location of a course near you, please go to <http://www.awakeningpath.com/learn.htm> and submit the request form you find there.

If there is no course near you, why not invite teachers to come to you? All of the teachers of Ascension are dedicated to this teaching and will go where requested. For lots more info about inviting teachers, please go to: <http://www.awakeningpath.com/host>

Let me say a few words about hosting right now. It's really easy.

All you need is someplace for the teachers to stay while they're there for the weekend, and a living room or office to hold the course in.

You'd simply put the word out amongst your friends, associates, etc, and see what happens and who comes. That, in a nutshell, is how all the courses we teach are setup and handled.

A few details: Two teachers come to every course (depending upon the size of the class, of course. We will do a 1 or 2 person class, occasionally.) It's good to read the Thunder books (and the Ascension! Book) first, but definitely NOT a prerequisite. You can find out about the books at <http://www.consciousbooks.com>

There's no real need to wait until someone else schedules a course because teachers will be delighted to come and be with you, whenever you like, however you want to arrange it.

It really is easy. Again, if you'd like to read a little more about hosting, may I recommend: <http://www.awakeningpath.com/host>

FINAL NOTE FROM VIDYA

I have to say it's been a real pleasure to share this information with you. There's a question which was once asked by a wise person, which I like to ponder, "If the whole world followed you today, would you be happy where you lead it?" For myself, I'd have to answer that question with an unqualified, "Yes!"

The Ishayas' Teaching is, without a doubt, exactly what I was seeking my whole life. Now that I have committed myself to this path, I find that I am more fulfilled and joyful than I could ever have imagined. I literally jump out of bed every morning, excited and enthusiastic about sharing what I have with others — with you!

I'd like to leave you with another invitation. I publish a bi-weekly newsletter called the Seeds of Joy. It's an email newsletter available at: <http://www.awakeningpath.com/news>

If you've liked what you've found here, and want to keep in touch, my invitation is for you to subscribe to the Seeds of Joy (plus there's a whole lot more goodies to download there, too!)

Thanks very much.

...Vidya Ishaya
Editor/Publisher of the Seeds of Joy
<http://www.awakeningpath.com/news>

Testimonials

...LaVern McKarem

Would you like to hear from some folks who have taken the Weekend Course? Sure you would!

"I have been ascending for just over a year now, but that year has created a whole new lifetime for myself! Thank you!"

...Arthur Withers

"I have been Ascending for only one week and I have already noticed a difference in me and my life. I am grateful for this opportunity and for all of the Ishayas."

...Amanda Grace Campbell

"Well, what can I say?! The weekend was truly incredible. I feel as though I've been on vacation for a week. Great to have such a beautiful experience."

...Karen Atzert

"I was introduced to Ascension in November 1999 by way of the Introductory Audio. I cried all the way home as my prayers had been answered. Then I found out I had to wait until March 2000 to attend a First Sphere Weekend. Well, that was the longest wait, I tell you. But now I am awakened and moving at a fast rate to who I know I am, and loving every minute of it

....Robyn Evans

"Taking the Ascension Workshop was one of the greatest gifts I've ever given to myself! I truly haven't been the same since. I work at night and find I'm able to remain alert and energized by Ascending once or twice throughout the night. Ascending before I go to sleep has improved the quality of my daytime sleeping wonderfully, too. I sincerely believe everyone across the globe would benefit from doing these easy, gentle and very profound techniques."

...Cathy Boyd

"I have called myself a recovered 'workshop junkie' and it has been a long time since I felt guided to experience one. This was the exception. More 'Inner Space' has opened up for me as a result of the Ascension workshop."

About the Seeds of Joy email newsletter..

"Well, you've done it again! Another brilliant issue! From untangling the frazzled mind to the secrets and purpose of all existence... Great supportive and enlightening copy. The Goodies and Jokes were even better than usual. AND... it arrived just at the perfect time. So now I'll drop another attitude and Ascend instead of going out to lay down in the freeway. Ahhhh... what a relief!"

...Bill Kohlmeyer

"Wow!! Thank You!!! The newsletter is great and super informative, inspirational, enlightening, and silly. What more could I ask for? I love the links to other sites. I've already passed it on to 4 other cyber-buddies. Ascend! Ascend!"

...also from Bill Kohlmeyer
(I think he likes it!)

"I have found Ascending a useful tool when life seems to be giving me problems that are beyond my personal control. I begin to ascend with eyes open right there, in the middle of the situation, and one by one "walls come tumbling down". Things that seem impossible suddenly turn possible right before my eyes. To recap, trust Ascension, persist in your Ascending Attitudes. Your life, and the lives of those around you does change for the better. Happy ascending to all!"

...Elisa

"I would just like to thank you... the you being anyone involved in Ascension or who has helped it to spread. Thank you. Without you and the course sponsors, the Lawson family (in particular Tom! - I love you!) I would never have had these wonderful experiences and wouldn't feel as great as I do about life. You are wonderful. Thank you. I love you!"

...Lucy Everett

"I have to say, the BEST thing about Ascending is that those relatively few precious words have changed everything, my past, present and future. Those unfair events that crowded my past are now blessings; the present is exciting and the future will forever be nothing to worry about. The BEST thing about that is that in my mind, it is not some sanctimonious or obscure philosophy — but a real and totally "usable in every moment, for all occasions, anywhere, with anyone" fact."

...Love, Marta Jurica

...Estrellita

"I used to spend hours analyzing and planning strategy and got nowhere. Now it all seems effortless. I can't tell you what a relief it is, too. No more stressing out about how to make things happen. I just go with the flow and it all just happens perfectly."

...Blessings & Love
Salina Martins

"I just wanted to share, that a week ago I went to an advanced weekend, here at Morelia, Michoacan, and on this weekend, to Santiago, Tianguistengo, Mexico. I'm so happy, and I feel great. This Ascension has given me back my inner peace and joy for life."



The Awakening Path

**2500 Broadway, Suite B, #250
Grand Junction, CO 81503**