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## How to Reach the Highest Levels of Awareness

### “Interview with the Ishayas”

(Conducted by Rick Martin,  
Senior Correspondent for the Spectrum Newspaper)

### The Art of Inner Exploration



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# How to Reach the Highest Levels of Awareness

## Interview with the Ishayas

### Four Powerful Techniques

**Rick Martin:** I'm speaking with three teachers of the Ishayas' Ascension. Their names are Gomati Ishaya, Himavat Ishaya, and Vasistha Ishaya. Let's start with you telling me something about this teaching...

**Vasistha:** This teaching is based upon the use of four powerful techniques (or "attitudes") that help heal all stress in the nervous system, and also raise your awareness to the highest levels of human consciousness.

What's unique about this teaching is that these attitudes have been cognized by the enlightened, and have been held for humanity since the beginning of time. What's so unique about the attitudes is, because they come from the deepest level of being, the ground of all being, which we call the Ascendant, you use them from wherever you're at—and they always, always take you into the deepest level of being—always.

At first, your awareness may not be able to follow the attitude all the way in. It's like, when you have a large onion, if you take a knife and poke it to the center of the onion and pull the knife out, you only see a cut on the surface of the onion. You can't see the center of the onion. But if you make several thousand cuts, eventually there's an opening where you can actually see the center of the onion. And psychologists have considered humans like onions, where you have to peel off layers before you get to the core of the true level of being where pure unconditional love exists. This is a direct path in, where you don't have to peel-off layers—you cut right through the layers to the center of being.

**Gomati:** And there's no "belief" required. We talk about this in our classes during (what we call) the First Sphere weekend: that everything we say, including the answer to the question about the origins of the techniques—everything we talk about is for you to believe or not, as you choose. It does not affect "the experience." The experience is uniquely yours, and that is really what the focus is on. That's what it's all about—being infinite on the inside, and experiencing that fully, regardless of any belief.

**Himavat:** I could share with you my experience of the attitudes. The very first attitude, the praise attitude, is one which I come back to over and over, no matter how many I may have learned. And my experience of using the attitude is that I've begun to redefine what a miracle is in my life because of what I experience, using these attitudes.

For instance, I'll be in a conversation with someone; we might be disagreeing and really wanting to hold a position, and then I'll remember to introduce this first ascension attitude into my thought-stream, and all of a sudden, I'm not invested as much. It's like I've lost half of the investment in needing to hold a position. Then I'll do it again and, by God, almost the rest of my needing to have to be right is gone.

And, for me, I've come to understand that THAT'S the miracle! (*laughter*)

**Vasistha:** The other thing that's so awesome is this: almost everybody on Earth is familiar with mind-chatter, where your mind is active all the time, whether it's emotions, or thoughts, or pictures, or sounds—the mind

is moving all the time. One of the gifts these attitudes give is that you can actually experience the mind shutting off, being still—I mean **being still!** It is the first stage, the very beginning stage of experiencing the Infinite, on the inside, when the mind gets still.

**Himavat:** We also tell people that all you need is the first ascension attitude to significantly accelerate the growth of your consciousness. We also say this is not the only path. This just happens to be the most powerful path I've found, which is why I'm excited to be making it available to other people.

And so, over the First Sphere weekend, which starts on a Friday night, and goes all day Saturday and Sunday, we teach the first four ascension attitudes so that there can be more than just the beginning to work with.

The mind loves to be charmed. Vasistha was talking about the ascension attitudes coming from the deepest level of consciousness. My experience is that they work all by themselves. And when I was told by my teacher that these ascension attitudes already exist at the cellular level inside all of Creation, and that they resonate naturally—which is why they are so easy to do—it gave my mind a context in which to begin to understand how this is so easy.

I've never found a teaching that is so easy. I've tried to meditate. I've tried dozens of different techniques and had a few teachers and read hundreds of books, and every time I used a technique, I would use it for a while and it would be wonderful, but then there would come a point where it seemed to be too much like work, even if I would do it anyway.

Ascension has given me the experience of how easy it can be to evolve in consciousness. There's another miracle for me: It is effortless.

### There Is No Outer Guru

**Gomati:** Between the three of us sitting here, Rick, we had 50 years of meditation experience **before** we came to ascension. All three of us were seekers, in our own way, and tried a lot of different things. And one of the things that excited me about this path, is the fact that **there is no outer guru**. There is no person who stands between you and Source.

We did have a teacher named MSI, but he's no longer in the body. What he always talked about is what we live now—which is to know the guru within, to know our own Universe, and to know what we know from our intimate connection with the Infinite, and not to put any other person between us and Source, but to know that that connection is always there, within us.

**Rick Martin:** Well, see, that's the key. I believe that's the key, going directly to Source and never forgetting that. And the tendency in this culture is to forget that, to be programed to either traditional religion, or cults, or guru situations; it's very unfortunate.

I grew up in California; I caught the tail end of the '60s and went to college in the early '70s in the San Francisco Bay Area. So, I've ridden the "guru wave" for many years. I've done a lot of spiritual reading over the years. I heard Ram Dass talk many times, and Alan Watts, Lama Govinda, Swami Satchidananda, Krishnamurti, and others—and, the conclusion has been, for me, that there should be no separation between Source and self. The answer lies within. Just like Christ always taught, "The kingdom of God is within you." It's music to my ears to hear you say that it is an experiential thing, and that it is with self, and that there is no guru. It is individual, and it is direct, and I think that is really nice. And I should step off my soapbox here, for a minute, and let you talk.

**Vasistha:** What you had to say was awesome. There's one thing that is taught very clearly—that it is a natural, normal stage of every human being to experience the Infinite on the inside. We're subnormal when we're not living from that inner space. It is just because of the habit of riding the senses outward that we have lost contact with the inner self.

**Rick Martin:** I agree!

**Vasistha:** And this is a teaching that effortlessly re-trains the senses to go inward to the Source of Being, and then to come out from there. It has been confirmed by everybody who has been able to touch this Source that yes, things do come from there; and yes, techniques do take you there, very easily; and yes, there may be some stress in the way. Almost everybody is stressed. When you're so wrapped-up in stress, you can't feel deeply enough on the inside to find the peace or the stillness that underlies everything.

So, the First Sphere is designed to move stress out of the nervous system so that you can experience the inside — that which has no edges or boundaries that the mind can grab ahold of.

Usually, when people first begin to experience this silence, the only similar experience the mind knows is sleep. So many times, at first, the mind and body will say, "I must be asleep." That is not the case. Over time, you can bring the stillness from deep inside you closer to the surface of your being, so you can walk it and live it all the time.

With this practice, you can do it while you're walking, while you're talking, while you're driving. And it's safe to use while you're driving because it gets you more present in the body, **not** spaced-out of your body. It brings out more of you, instead of just the 5 percent we're usually using. It brings all of you to be present in this moment, right now.

And that is what happens every time we introduce an ascension attitude. It gives us an opportunity to let go of everything that we think we are, and allow Source to come through us more purely, to let go of any conceptions.

### A Direct, Personal Experience of the Infinite

**Vasistha:** How can you know the Infinite if you don't know it, if you don't have a direct experience of it? You can have all kinds of ideas. So, the way you begin to find out who you are is to let go of all conceptions of who you are. That's like the clouds in front of the Sun. When the clouds move, the Sun dawns naturally. It's not like it wasn't there. It's always been there!

**Rick Martin:** Right.

**Vasistha:** All you need do is let go of what stress needs to move, what fears and hurts need to move out of you — and then who you are dawns naturally. It's already there! It's the normal stage of human life.

**Gomati:** This is so contrary to what we have been programed to be our whole lives, which is to strive to achieve and work hard and "make something happen." The whole system is very much about letting go and relaxing into your own enlightenment. It's about letting go, and letting go. What I find in my life and my process is that there's always more ways I can let go. When I find those and release whatever it is that I'm still holding onto, the growth is incredible. My experience of the Infinite expands every time that happens, as well. And so, it's constantly a process of being willing to **be**, be present, and let go. So—let go!

**Vasistha:** Actually, the ascension attitudes facilitate that quite naturally. It's not like something that you have to consciously do. It's like when you're hit in the arm and it hurts so you clench around it. Your body clenches around it because it's painful. When we have emotional pain, we tend to clench around that too, and what that does is not lock the pain out, but it actually locks the pain in.

Because these attitudes take you toward deeper states of relaxation and rest, naturally, without effort, when you're totally relaxed, you can't clench. Whatever

stress is in there begins to move naturally and effortlessly because you're so relaxed you can't hold it in anymore. So, it moves out of you.

Quite often it moves out gracefully, and sometimes it moves out where you're not even aware of it. But anyway, it comes out of you, and that's awesome. The result of letting go of what is stuck on the inside is like letting the mud in muddy waters flow over the dam so that what's left is crystal clear water.

**Gomati:** One thing, Rick, that makes this teaching really unique and was such a powerful attractor for me is the fact that this is the only teaching I have ever found that helps to release **all** of the emotional blocks that have built-up over a lifetime of living on planet Earth. It heals all the times, all the ways that we believe, or have believed in the past, that we were "less than perfect", that there was something wrong with us, that we're disconnected from Source, that our bodies are unattractive, we're unlovable, we don't deserve love — all those basic root-stresses that life on planet Earth seems to engender in all of humanity. I used to think that it was just the U.S. But I've been traveling around the world teaching ascension; I have found it to be a common denominator.

**Rick Martin:** Right.

**Gomati:** And this is what keeps you from being fully aware of who you are. Because it is the emotional attachments to these old, limiting beliefs that keep you from being fully present in the moment, that cause you to be scattered, to go over past moments, or even to project fear into the future, or worry—as opposed to being in the Absolute Present Moment.

### Praise, Gratitude and Love and Compassion

**Rick Martin:** Let's talk about what you call the First Sphere weekend, which consists of learning four attitudes. What are those attitudes and why are they so important as a foundation to your teaching?

**Vasistha:** OK. The four attitudes are based on praise, gratitude and love and compassion.

**Himavat:** One of the loveliest things about this whole teaching is that it is only about your experience. In other words, there's all this stuff that I may believe or not believe, and it is irrelevant to what we teach. Because what we teach is this: when you use these ascension attitudes, you will have an experience, and that, for me, is truly the beginning and the end of what

this is all about. Even where it came from doesn't matter.

**Rick Martin:** Right.

**Himavat:** In praise, for instance, we take an attitude that is an ascending emotion—an emotion that's uplifting, an emotion that helps to align you with the ascending currents of Creation.

**Rick Martin:** Ok.

**Himavat:** It's really that simple.

**Rick Martin:** What do you find, in your First Sphere courses, as some of the most difficult blocks for people to overcome in order that they can move forward?

**Vasistha:** What I face a lot is: "Why do you charge money? If it's Truth, why don't you just give it out for free?" Money is the sticking point for a lot of people.

**Rick Martin:** Well, sure. A lot of people can't afford it.

**Vasistha:** Or they say they can't. To those people who say they can't afford it, I say, "It's not about the money. It's about whether you really want this. Can you get what you want in life?" When you have a really solid desire, the Universe will support that.

The second thing is: "Do I want to support people's limitations?" We don't choose to support people's limitations. The hardest thing for the ego to do is ask for help, and say, "Can you do something else for me? Can you work something else out for me?" And each of the individual teachers is willing to work with people who ask.

How does a flower receive the infinite light of the Sun and let its inner essence out? By opening — but the opening has to come from the inside of the flower. There has to be an opening. So what's required to grow is to take a step and not know where your foot's going to land.

**Rick Martin:** Right.

**Vasistha:** So, you pay your fee for a First Sphere weekend and you don't know if it's going to be worth it or not. You think, "I've been to 10,000 other workshops, and is this going to disappoint me, again?" You decide to do it, and you find out. And that's a step of unknowing. Then you get to experience the result of your trust, and it's just an awesome gift for people take that step.

**Himavat:** Something that I notice in myself, and just about everybody else who I come across, is this: I have an incredible tendency to focus on the problem. Like, "I cannot do this, because..." or "What's wrong?" And what the ascension attitudes teach us is to focus on the solution. So, what do you want? Focusing on the problem or the solution?

When I find something to praise — in you or anyone else who I'm talking to — then the miracles start to happen. What I'm doing is shifting my awareness to focus on the truth of the ascending currents of Creation, and then any problem gets washed away.

I'd spent a lot of good money on therapists, for a long time; all we did is focus on the problem and we made a little progress. Focusing on the problem is just so slow and tedious. Yes, we acknowledge the problem. There is no "Pollyanna" here. I can feel scared (or whatever) and I notice it, but I don't focus on it.

### **We Focus on Solutions. That's When the Miracles Happen**

We focus on solutions, which is in finding praise, finding gratitude, finding love, and finding compassion. And when we focus on that, that's when the miracles happen.

That manifests in all kinds of ways. Sometimes it's money, sometimes it's a place, a simple venue. "Oh, my house is too small." I was in Japan teaching and there was so much self-consciousness about people's homes. They were really scared to bring the teacher into their homes because they had all this self-consciousness. It all boiled down to that same thing, that "there's something wrong with me." What we do is cut to the chase and say, "OK, that's your belief and that may be your experience, but I'm going to give you what I see in you that's praiseworthy, right here, and right now." There's the miracle.

**Gomati:** I find that there's a lot of people who experience pain of love lost, or pain from feeling hurt by a loved one, lifetimes of repressed pain, sadness, rejection and abandonment. All those deep issues go way back, and they underlie a lot of programs that get run in the head — about not being worthy, about not being deserving, about not being able to do things, about not understanding anything beyond the limitations that are imposed by those underlying beliefs.

And so the ascension attitudes go right to the source of all the old, limiting beliefs that people come with. They help release the emotions related to those beliefs. And sometimes they come out while you're sim-

ply ascending. You could be lying down, totally relaxed, very peaceful — and old emotions will release without even being expressed. And other times, there may be strong emotions that come up which need to be spoken out — where you have a “charge”, where you just need to say whatever it is you feel the charge is about, so that you can move the emotions.

The process of healing the “emotional body” is key to expansion of consciousness; it’s integral. And so, it is a natural part of the process, and it automatically evolves with the use of the attitudes.

**Vasistha:** One of the things we discuss in an Introductory Talk is that your mind begins as a blank slate; at birth, there’s infinite potential there. And then the mind gets covered with life experiences of hurt and pain until by the time we’re adults, we’re pretty predictable in many ways and we use less than 5% of our brain consciously. Most of our actions become unconscious; most of what’s running through our head is unconscious.

When we try to change all of our unconscious stuff, from the conscious level, it is almost impossible. It’s like one stone in the river trying to divert the river. But when you go beneath, below all the unconsciousness, to the level of the Source of Truth, then from that level, the stuff can move gracefully out of your nervous system.

**Rick Martin:** Let’s talk about emotional blocks, and about these attitudes of gratitude and compassion. On an experiential level, it’s very easy to live in the country and be compassionate as you are walking and looking at the blue birds and watering the garden. But then you go to the post office and you run into a big long line. Then somebody pulls out in front of you in the parking lot. And there goes compassion, right out the window. So, how do you maintain that “center of peace” while living in the “real world?”

**Himavat:** We lose that center all the time, don’t we?

**Rick Martin:** Absolutely.

**Himavat:** And so, what I have now is the most dependable tool, the most reliable vehicle I’ve ever had. In other words, I get angry. I get frustrated. I project out. I have all those feelings. They’re not compassionate, and they’re not gentle. But I have this vehicle, this tool. I introduce this thought into my consciousness, and it works all by itself. I don’t have to figure out how I’m going to be a nice guy, or how I’m going to change my emotions. When I introduce the ascension attitude, the anger goes away. The urge to push, to have it my own way, goes away.

It doesn’t mean they don’t come back. Full human consciousness includes everything. It includes wanting to have it our way. It includes the anger, the frustration, the sadness, the pain, the deep emotional scars. What we learn to do is embrace them.

When we engage the ascending attitude of love by using the love technique, something happens that is beyond my conscious mind. It goes to Source. And so, these ascension attitudes begin to wake-up the part of us that’s been asleep, the part of us that knows that there’s no separation, the part of us that *does* create miracles all by itself. And so, if someone cuts me off in traffic, I introduce an ascension attitude and I’m not angry like I used to be. It’s really that simple.

### **With a Cleared Nervous System, You Get to Fully Experience Your Divine Essence**

**Gomati:** Using the attitudes with the eyes open, all day long, as you go about your life, is what’s referred to in the Bible as “praying without ceasing.” It is the constant connection with Source that shifts consciousness. It is the nervous system being cleared. And it takes a cleared nervous system to be a perfect vehicle for consciousness. It is through a clear nervous system that you return to who you really are, and you get to fully experience your Divine Essence.

So, when you are using the attitudes all the time, things just don’t push your buttons the way they may have in the past. You have this awesome gift and you can choose to be totally connected with Source at every moment.

**Vasistha:** You take a step inward, and then you’re in this ocean of peace. So how can the outside be more dominant? How can the outside twirl you around, when you take that step inward?

And it is something you can choose. Usually, people on First Sphere weekend get so relaxed over the course of the weekend that they say they feel like they need a month of sleep; they’re finally aware of how tired they really are.

It’s all that negative stuff moving out. A lady I taught in Australia smoked. She was a mile-a-minute talker, so you know she had a lot of “mind chatter” going on. Six weeks after the First Sphere, she was out picking grapes and she looked up. There was something wrong. She was looking around and there was something really wrong.

**Rick Martin:** *(laughter)*

**Vasistha:** What was wrong was: the mind was totally silent.

**Rick Martin:** It was quiet. (*laughter*)

**Vasistha:** It was quiet. She went on working and she'd look up again, and it was still quiet on the inside. It was like a shock to her — it was so quiet. And that's the gift!

If you have inner quiet, what disturbs your ocean of peace? The little wind that blows on the outside isn't enough to disturb the depths. Also, when you're in this place of inner quiet, whatever energy comes out of you has a coherent, laser-like quality that touches every nervous system around you. This can touch people just because you're there in that awareness, so powerful and so coherent. It goes out from you as a coherent, unified field; it touches everything around you. It's awesome.

The inside and the outside begin to match. It's like you're the bringer of peace into your environment, not because of a behavior pattern, but because you're actually experiencing peace in a deep way. This peace is the natural condition of human life. The mind-chatter and the stress are self-abuse that we've done to ourselves all our life, by getting lost on the outside and not knowing that we had any other choice. So now, with these ascension attitudes, we have a choice that makes a huge difference. And all of Nature and all of life support this, because it is built into the structure of Creation.

All of life supports everybody in waking up. What if it's really true that each one of us is an Infinite, Immortal Being who just forgot and believes the forgetfulness?

**Himavat:** One of the subtle things that happens, every time we introduce one of the ascension attitudes, is that our awareness is brought inward. Everything in our culture, and all around the world, is wanting to draw our awareness outward. And so, we have all of these belief systems that are based on "going outward to get your answers" and "going outward to deal with the world".

What we're saying is, you now have a choice. When you go inward, something different is going to happen, and you're going to begin to have different experiences based on this new focus.

**Rick Martin:** Very often, I have had the experience with people who just want to withdraw on the inner. Their inner life becomes so rich that the outer life becomes less and less important. You see that in India a

lot. So, using the ascension attitudes, I guess the question would be, how do you balance a rich inner life, and still function IN the world without becoming sucked into being OF the world?

**Vasistha:** It sounds like some people try escaping, and that's not what this does, because it does bring you totally into your body, totally present, and more able to function. You know, I've had meditation tapes that say: "Do not use while driving or operating heavy equipment."

**Rick Martin:** Right.

**Vasistha:** But the Ascension attitudes are: "Safe to use while driving or operating heavy equipment." This brings you more present, and at the same time, more peace. It's like there's more of you available, with less stress.

For some, planning for the future is because our past hurts and pains have told us that we have to do something in the future to prevent pain from happening in the present.

When we begin to heal the pain, then we can let go enough to be open to much more of the Universe coming to us. Most people have thoughts like: "I want the perfect job, the perfect wife, the perfect family, the perfect whatever, great income" and yet we don't manifest that in our lives because 95% of the undercurrent in our lives, called the unconscious, says: "You don't deserve that." "You're not worthy." "You're not good enough."

This happened as a child, and because this happened, you shut down a part of yourself, emotionally or mentally. And these Ascension attitudes heal those layers of internal, unconscious hurts and stresses that have blocked us from fulfillment in our lives, blocked us from knowing, from direct experience — that the Universe really does support us, totally.

That is, we're supporting the Universe, and the Universe is supporting us in a unified way that's beyond the mind's ability to comprehend. This begins to wake-up, naturally, on the inside. It's a natural evolution called expansion of consciousness, expansion of the mind, and expansion of the heart.

### **We Love to Be Available for Support**

**Gomati:** And a natural part of that is when you share it with other people. In North Carolina, we have 90 teachers. When we're here, we have each other and a lot of support, in a really beautiful setting. The energy

is really intense because we ascend here 24 hours a day, 7 days a week. And yet we all choose to go out and teach and be in the world because sharing what we have is such a great gift. It's so rich and fulfilling for each of us that we are very enthusiastic about traveling all around this country and the world, meeting people who also are excited about being who they fully are, and growing.

It's such an organic, natural extension of inner expansion to share it on the outside, and to be there for other people so that when they go through stages of experiences that you have had, you can be there to support them through those stages. And it can be a whole experience in itself, just that opportunity to be there; it's such a privilege and such an honor, and such a high. We all just really love it.

**Rick Martin:** It's part of what we call giving and receiving.

**Himavat:** Did we define for you what an Ark is?

**Rick Martin:** No, not yet.

**Himavat:** It's a word we use to define a way that we go out traveling as teachers. For instance, I might go out with Vasistha, and he and I would decide to go, say, to California and Arizona and New Mexico. We'd travel in that area for an extended period of time. It might be as briefly as a week or two weeks; it might be as long as three or four months. We *allow* the Ascendant to show us where to go. And, of course, we make phone calls, we make plans, we make commitments.

We also have advanced classes, or advanced meetings for anyone who's taken the First Sphere course. Sometimes, those advanced programs are built into the Ark. It's very individual. Each teacher or group of teachers will define it, depending on how they are moved, and how sponsors have invited them. All kinds of factors play into it. Hopefully that gives you some idea of what we mean when we say that we're going out on an Ark.

### **A Small Number Who Wake-up Can Shift the Whole Human Consciousness**

**Rick Martin:** Yes, it does, perfectly. As you've traveled out in the world and throughout the United States, over the last few years, have you noticed that the planet is shifting and increasing in frequency? There is a greater "love vibration" or "God energy" on the planet. The Millennium is a key time, spiritually, for the planet, and also evolutionarily—geophysically and emotionally and spiritually, on all levels. Have you noticed a

change or a shift over the last few years? Has your reception been even warmer and better in the last year or two than earlier?

**Vasistha:** What I've noticed is that people start further along. When I first started teaching just 4 years ago, the starting point was much lower. And now, people are much more conscious when I teach them.

People are much further along — much more awake. All the unconscious stuff is being made conscious. The hidden stuff can't be hidden anymore. Also, more people are reaching to wake-up. And it doesn't take everyone to wake-up for the whole field of human consciousness to wake-up. Actually, it only takes a very small number, who wake-up, to shift the whole field of human consciousness.

**Gomati:** One of the ways I've observed the shifts and changes happening are in the cultural changes that have been going on. For example, in Ireland, as recently as 2 or 3 years ago, there would have been a lot of activity every Sunday in the churches. In Southern Ireland, in particular, it would be the Catholic Church. What has evolved over the last couple of years is that attendance has dropped off in the Catholic. Vacant Catholic Churches have been turned to alternative uses, like lighting-fixture stores, cafes, clothing stores. This would have been sacrilege only 3 years ago.

The life that existed for the Irish people after work—of going to the pub, and sitting around and sharing beer with your buddies, and exploring all of the emotions that are stuck in there, has totally shifted. Now home and the heart are with the family, much more. And the pub is more an outer accouterment than a place that people go for their social belongingness, and their ability to work through emotions, and live in the world.

It's not just in that culture but in a lot of cultures where I've taught. All these old customs and traditions are falling away. It's like the old programs that kept people locked into patterns that were not helpful for their growth, and which kept them thinking small and feeling small, are slowly but surely falling away.

In Asian cultures, there is a Confucianism whereby the children gave their power away to their parents, not just during childhood, but even after adulthood. Their parents decided who they would marry. Their parents decided what job they would have. Their parents decided what their life would be like. And that has been honored for centuries in a lot of Oriental cultures. Again, it's falling away.

Finally, people are starting to ask: "What do I want? What is MY future?" And to actually believe that they deserve to know fully who they are, and explore their

own spiritual growth. All kinds of exciting things like this are happening, everywhere on the planet. It's getting more and more speeded-up so that people are coming to their deepest desires. They're wanting to know who they are, and feeling for the first time in their life the freedom to explore those options to find out the answers to those questions.

**Rick Martin:** Art Bell liked to use the expression "The Quickening" and I think that's a very appropriate phrase.

**Himavat:** In the First Sphere classes, no matter where I teach, whether it's in Japan or Australia or anywhere in the United States or Canada, the people who come to the First Sphere weekend quickly understand material that used to take a lot of time.

In other words, over the First Sphere weekend, we like to talk about things that help the mind and the heart to come together. I find that I'm not hardly using that material any more.

Most people get it so quickly that I find myself simply sharing my experiences. At the beginning of the weekend, I find that they're sharing their experiences. It used to take much longer.

It's awesome that people get so deep, so quickly now, with these Ascension attitudes. Three years ago, I might see 1 person out of 8 really become vibrantly alive. Now, it's 6 or 7 out of 8 that are lit-up like Christmas trees, even before the weekend is over. This truth wants to come through us. It's so much faster now then it was three years ago; there's no comparison.

**Rick Martin:** Is the goal of the Ishayas to all go out into the world and teach this teaching? Are there those among you who are writing a lot? Are you publishing? Is your task more oral? To teach this method and that's basically it?

**Vasistha:** Actually there is a goal, and the goal can be stated several ways...

One way is for 144,000 people to reach the first stage of enlightenment, or 10,000 to reach the Unified consciousness stage. That will be enough to shift all human consciousness out of the sleep state and into awareness of the Infinite, on the inside, as a reality. The peace that passes understanding will be a viable experience in human consciousness, not something that's just talked about and was only experienced a long time ago.

**Himavat:** It's like a play, where it's opening and evolving and writing itself every day, as long as we continue

to focus ourselves by using these ascension attitudes, all the time, day and night; then we are moved to respond to all that's out there. People want this.

Some people already know that this is what they want. Some people know that they want something, but they don't know what it is. So we get to see the beginning of the bridge for those people who don't even know what it is they want; they just know that they want *something*.

### **We Make This Available to Whoever Wants It**

So we make this available to whoever wants it. The ways we make it available continue to evolve. Some of us like to write. Some of us prefer to offer Ascension on the Internet (at [www.awakeningpath.com](http://www.awakeningpath.com)). Some of us like to travel. So there's all kinds of ways that we are getting this out.

**Gomati:** While we have 90 people who have already gone through teacher's training, we have another 60 (as of July 2000) who are in the process of becoming teachers of Ascension.

In North Carolina is the Teaching Academy for people who are ready to make the commitment to dedicate their life to their own healing, and in so doing, heal the planet. This begins from our own internal healing, our constant connection with Source, so that we can then affect those around us, and hence the entire planet.

What we've found, just being here in the last 4 years, are amazing changes in the local area. There have been marked decreases in fatal accidents and emergency room visits. It's been huge. We're seeing how consciousness impacts the area.

**Vasistha:** And that's with an increase in population!

We do continue to teach teachers, and it's not by the intellectual process. It's by ascending as much as possible, and going inward to have a direct experience that can become a continuous direct experience, which is what we require for teachers to go out and teach. MSI says in the first appendix of the *Enlightenment!* book what a travesty it is to have anyone teach about God who does not have a continual, direct, conscious experience of that, 24 hours a day.

**Rick Martin:** What would you say to people who may be feeling alone or isolated in their given area?

**Himavat:** We have books. We have a website. We have an introductory audio tape. We have the *Ascension!* book on tape. We have teachers who travel. Once

you learn to ascend, you get a monthly newsletter. We are always willing to talk, 24 hours a day, on the phone.

It's just a matter of how people want to create their lives. If they want to be out and appreciate that alone time, then that's what they've created. And we go as far as we can go, when there are groups of people who want to get together. We do everything we can to support people. Once the First Sphere class is over, our intention is to continue to support people. We encourage people to call and write, use the Internet, the e-mail, the phone, whatever.

### No One Is Alone

**Gomati:** The First Sphere class is not over at the end of the weekend. We don't walk out of people's lives because we have dedicated our lives to this and it's not like a job or something like that. We are there for anyone who wants us, who can reach us in all the different ways Himavat just mentioned.

And we would like for everyone to know that they are not alone. No one is alone. We've never been separate from Source in the past; we aren't now; and we never will be.

It's very much an individual choice in terms of how a person wants to connect and how it fits into their lifestyle. What they want to create for themselves? There are a lot of options available — they could create a group right where they live, in the middle of nowhere, if there are like-minded people who also want to learn how to use these techniques. Then, once the weekend is over, they can choose to get together on a regular basis to share their growth together. This is a very powerful way for people to not only connect with each other, but to grow emotionally and spiritually in their own right.

We just came back from a class in Massachusetts with a group that meets regularly. Most of the group of about 10 or 12 people have been meeting consistently now for about 4 months, and they have supported each other through some major emotional growth periods. In the absence of a teacher, they are a powerful support group for each other, a powerful love-force for each other, and constant inspiration for each other.

Then, when we're in the area, we attend their advanced meetings. In that case, we offer what we can offer in that moment, but it's something that people can do wherever they live on this planet, and whatever they're doing in their lives. You can be in constant connection with Source, on your own, whether you choose to live in isolation or in the middle of a very active city.

**Vasistha:** When people ascend together, it seems to amp-up tremendously. If you're living out in the mountains, then all of Nature supports you waking-up. And, actually, the deepest part of you supports all of life everywhere in reaching higher levels of being. It's the natural connection, inside and outside, that can occur very easily.

**Himavat:** One of the root stresses that can come up for people is that they begin to feel that "aloneness." The sense of separation gets bigger. We do everything we can, as teachers, to encourage people to call at any time, and to call each other. Because a lot of times, people will be experiencing a lot of the same issues at the same time.

**Rick Martin:** Sure.

**Himavat:** We do everything we can, because we do say that stress will move, and sometimes it will a lot, and sometimes it will a little. We just continue to ask people to call us, or at least call each other, so that when the stress moves, you have a chance to talk about it. That's why they're called emotions, of course—they're emotions that move! People have a tendency to repress them, so we encourage people to call—especially for that root stress that deceptively says that we are alone.

**Vasistha:** It's like having a hug on the inside all the time. You know from direct experience that you are loved, you are connected, there is an unlimited amount of support for every one of us.

### What Do You Really Want?

**Rick Martin:** A lot of people struggle, day-to-day, to make ends meet. Day-to-day life has to do with survival issues, money issues, getting the children to school, picking the children up from school, getting to work, driving in traffic. I can almost hear some of those people saying: "Well, yeah, ascension attitudes. It's easy for you to say. You're on a beautiful property in North Carolina; but what about me? I have 4 kids and a wife and a job, and I'm just trying to pay the rent!"

**Himavat:** That's an excellent question; I'm glad you brought it up. What I remember, and what we teach, is that WE ARE CREATORS!

The opposite of that is to perceive ourselves as victims: "I cannot do this." "The Universe will not support me in this." "I am broke; I don't have the money." "I don't have the time; I cannot do it."

What I ask people is: "What do you really want?" And then, let's see how the Universe is going to support you. The bottom line is: What do we *really* want? Because sometimes we'll say: "I really want this First Sphere weekend" or "I really want enlightenment". But it may not be true. It may just be what we *think* we want.

Maybe there's something more important in our nervous system that we really do want. And so, we get a conflict. We're telling the Universe two different things at the same time. And so, what I do with people is, I stay with them. I listen to them. And I ask them questions that help them to know that they ARE creators. I help them to know more in that moment, whether they learn to ascend or not, what it is that they really do want.

Then I say: "Let's watch how the Universe supports you."

So, we continue to hold people in the knowingness that they're creators. And if people want to perceive themselves as victims, Ok! I try to remind people, "Look at how you've already created certain things that you do want and the Universe has supported you." That's what I focus on, the solution to the problem.

**Gomati:** And at the risk of repeating what we've already said, when you use these attitudes with your eyes open, it shifts and changes all those stresses that are seemingly big and bringing you down. Using the attitudes helps you to view everything with a totally new perspective. It offers you a fresh perspective in every moment.

Everything on the outside stays exactly the way it was before you learned how to use the attitudes. But now it feels totally different. Again and again, I've taught people who have said: "Everything in my outside world changed." or "All my friends have changed." What actually happened was that the person changed from the inside. The perception that everything was changing was coming from seeing the world through different eyes.

**Vasistha:** You're always going to have thoughts and emotions. That's part of life! So you can choose thoughts and emotions that bring you stress. Or you can choose thoughts that bring you peace. It's real simple.

For example, try criticizing everything you can for about 5 or 10 minutes and see how you feel. It's likely you'll feel bad. And then think of something you can appreciate, whether it's the light in somebody's eyes or the shine off somebody's hair. Focus on something you can appreciate. Do that for 5 or 10 minutes and see

how your body feels. You'll be surprised at how different that is.

And yet, we don't even say to do that. We don't say you have to make a shift on how you deal with everything. All we say is, if you're going to have a thought, choose a thought like an Ascension attitude that makes a difference, that takes you inward to the Source of Being.

If you're going to have thoughts, choose ones that make a huge positive difference. This is really simple because you do not have to change your behavior. Just spend time choosing these thoughts that have tremendous power to them, and are supported by an alignment that goes back to the beginning of time and space.

## Food For Thought

**Rick Martin:** Can we leave our readers with some food for thought?

**Vasistha:** Food for thought? Sure. Here's a real simple question, "What is your purpose here on Earth? Why are you here? Is it to work 9-5 for 50 years?" You don't have to answer, but it is something you might want to look at. Why are you here?

**Himavat:** My experience of all the great teachers and all the great teachings is they have consistently pointed the finger back to my own heart. I am so excited how this teaching has given me the most dependable, reliable vehicle I have ever experienced. Words cannot tell you how much love I feel for myself and for all the people I come in contact with. It's so easy. And it's not about anything I say. It is totally about the experience YOU have when you introduce this one, simple, new thought. That's what I love about it.

**Gomati:** Some people have been on spiritual paths for a long time; others have never even thought about spirituality. The techniques that we teach reach people right where they are. They work with everyone, regardless of where they're coming from. People progress at the rate they're ready to go. It's an organic process. It's very natural. It's very powerful. And it transforms people's lives.

I get to see how much it transforms people's lives every day. I feel, very strongly, that now is the time because this IS the great period of transformation on planet Earth.

There are so many changes and shifts happening, and it is so important to be grounded during all of this and to be connected to Source, constantly.

That is what's being asked of us, now—to choose to

be in the Infinite all the time, and to make that choice, constantly.

**Rick Martin:** That's a perfect place to end. Thank you all for such an uplifting discussion!

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“Regardless how stressed the past, regardless how self-destructive the behavior patterns or abusive habits, there is not one person who cannot realize the One Ascendant Truth.

“However deep the hole dug by past painful beliefs and actions, the One is deeper and bigger.”

...MSI

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