

THE INNER VOICE

A Source of Light for Unfolding Consciousness

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How to Get Instant Healing

By Susan Shumsky, D.D.

IN a world of chaos and uncertainty, we can no longer depend on solid, steadfast institutions we previously counted on, even for our very survival. There is an increasing, sickening fear about the future, which is taxing our mental and physical health. As our lives and livelihood appear to be sliding into an abyss, there seems no way out of this madness.

Is there a way to reverse the downward spiral of inner turmoil and frustration? Yes, you can. By using simple affirmation formulas, you can experience immediate healing, comfort, and solace. Affirmative Prayer is a non-denominational, universal, time-tested method of spiritual healing, proven by millions who have used it over the last 150 years to change their lives within minutes.

To instantly transform your state of mind, or the surrounding mental atmosphere, just read the formula audibly and then let go and allow the magic to happen. You can now discover how the power of your spoken word, with intention, produces miraculous, instant results.

Every affirmation works. It either produces an instant visible result, or else it creates an instant healing that moves you towards your desired goal. So keep affirming, and never, never, never give up.

Here is an excerpt from my book *Miracle Prayer*, which describes Carolyn Hanson's extraordinary healing, in Fresno, California:

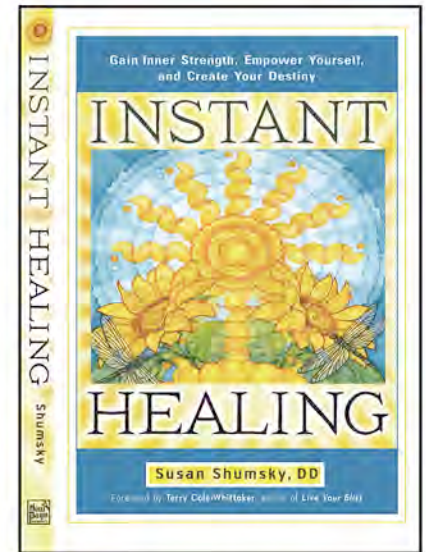
"One day I was walking my dog Arthur, an afghan, with my bike. Instead of putting his lead on the bike, I put it on my left wrist. As we turned the first corner, Arthur made a beeline for a bush to pee on, and he cut in front of my bike. Not wanting to injure him, I slammed on my brakes and

flew off my bike to the left. I thought my arm was broken. After several attempts to get up, I finally managed to get my dog home before going to the emergency clinic.

"The doctor at the emergency clinic x-rayed the arm and said it was severely separated and would require surgery. He further stated: 'You won't be able to lie down to sleep for two weeks (I thought, 'cancel, cancel'). You will be in severe pain for a year ('cancel, cancel'), and that step on your shoulder will never go away ('cancel, cancel'). This is how I handle it, I get up in the morning, have a pain pill, a cigar, and a coke.' (Now I really thought, cancel, cancel.) His last statement made me realize this wasn't what I wanted to create, so I separated my reality from his.

"My appointment with the orthopedic surgeon was in three days. Driving home, I reminded myself that the doctor told me the 'facts,' but it wasn't the 'truth'. I went into meditation and prayed for perfect healing. I saw my shoulder perfect. I repeated a prayer treatment morning and night. That night I taped my arm to my side and went to bed lying down. During the day when the pain was severe, I calmly said, *'Thank you God, that every cell in my body knows its perfection and now manifests that perfection.'* The pain left.

"When the surgeon looked at my x-rays three days later, he asked whether I had the right x-rays, because they did not match my shoulder. I thrust my seemingly separated arm into the air saying 'YES.' My doctor still calls it a miracle—I simply call it the Truth. "We are constantly creating our reality and have the power to change the effects by simply realizing they aren't the truth about us—just the facts."



Learn 243 healing affirmations that will transform your life instantaneously in Dr. Shumsky's book: *Instant Healing*. She is the author of other award-winning, best-selling books.

For more information please visit: www.divinerevelation.org

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THE WORLD OF SPIRITUAL TRAVEL: See page 44

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MAHA KUMBH MELA 2001: *The Ultimate Sacred Pilgrimage*

by Dr. Susan G. Shumsky

Time slowed from the moment I stepped off the plane and onto the jetway in New Delhi, India. Passengers walked at a turtle's pace, in step with a sari-clad, elderly woman at the head of the pack. When I slowed down to match her stride, my breathing quieted, adjusting to the tranquil, languorous breath of India. Shuffling along at nearly a standstill, my body became serene, preparing to move softly forward into this magical land of enchantment.

In keeping with the mystical air of our arrival, as we moved into the chilly night a dense fog blanketed everything in smoky haze. It was as if we stepped onto a mist-filled stage on which the drama of Kumbh Mela would be played. Kumbh Mela is something I always dreamed about, ever since I first set foot in India in 1969. But this Kumbh was different, as it coincided with a powerful planetary alignment which also occurred in January of 2001. This very rare alignment happens every 144 years, bringing dramatic changes in the destiny of humanity.

Maha Kumbh Mela ("The Great Festival of the Pot of Nectar of Immortality") is a Hindu religious event that occurs every three years in one of four places. Every twelve years, the big one happens in Allahabad, India, at the confluence of the Ganges, Yamuna, and mythical Saraswati rivers. This confluence is called the *sangam*—a place where saints, sadhus, seers, sages, sanyasins, swamis, and seekers come to bathe.

The guru of the famous Indian master Paramahansa Yogananda met his guru, the legendary Mahavatar Babaji, at Kumbh Mela. Megasthenes, Greek ambassador to the court of King Chandra Gupta, attended the Kumbh Mela in the fourth century BCE. Hieun Tsiang of China toured India in the seventh century CE, where he reported half a million people gathered on the Ganges banks. In 1977, fifteen million attended the Kumbh Mela. The 1989 Kumbh Mela brought an estimated thirty million. A staggering one hundred million people attended the 2001 Kumbh Mela, as estimated from satellite photographs—the largest gathering for a common purpose in the history of humanity.

Kumbh Mela began at the very beginning. Legends say that at the start of creation, the Gods were under a curse that made them weak and cowardly. Brahma, the creator God, advised them to retrieve the *kumbh* (pot) containing the *amrit* (nectar of immortality). The Gods sought help from demons, and together they churned the primordial ocean to retrieve the nectar. When Dhanwantari, the divine healer, appeared with the *kumbh* in his palms, a great fight ensued for control of the pitcher. During the fierce battle, a few drops of nectar dropped out of the sky, falling at Allahabad (Prayag), Haridwar, Nasik and Ujjain.

Since then, when the planets align correctly, pilgrims and devotees converge to commemorate this divine event. Maha Kumbh Mela at Allahabad occurs every twelfth year, coinciding with one round of Jupiter through the Hindu sidereal zodiac. In Allahabad, it takes place with Jupiter in the constellation of Vrishabh (Taurus), while the Sun enters Makara (Capricorn).

The central event of Kumbh Mela is the Prayag Snan, or bathing in the holy rivers. This takes place during an auspicious planetary position believed to medicate the Ganges waters and turn the river into nectar. Millions purify their inner selves through holy bathing rituals, washing away all sins and overcoming karmic results. The cycle of rebirth and death purportedly ends as the soul attains divine union, oneness with God.

At sunrise on January 14th, 24th, and 29th, 2001, we witnessed a magnificent procession of radiant saints. To watch the Kumbh Mela processions was to witness the march of the ages. As the holy saints rode by, showering rose petals on the onlookers, they transmitted continuous waves of powerful *shakti* (spiritual energy) to the awe-struck pilgrims.

Approaching the river at dawn, the glorious saints, clad in orange robes, carrying elaborately carved silver staffs, or naked and ash-smeared, brandishing giant silver swords, relinquished their clothing and ran with abandon towards the river to take their *shahi snan* (holy dip). According to tradition, each group proceeded to the river and bathed in a particular sequence. After all the holy sages bathed, millions of pilgrims took their turn.

The Dalai Lama and Paul McCartney were among the sea of humanity present at the Kumbh, and Sharon Stone, Richard Gere, and Madonna were also rumored to be in attendance. We met many amazing saints at the festival, including a private audience with Vasudevananda Saraswati, who is one of the Shankaracharyas—the four religious leaders responsible for the spiritual well-being of India. Looking into the eyes of a saint transports you into a realm of exalted awareness.

An aged, beautiful, naked saint from the Himalayas, whose youthful, unwrinkled skin shone with dazzling radiance, blessed us with his presence. After he cut up a watermelon and fed us right from his plate, he said: "Tell everyone in the West to support India, because India upholds the spiritual well-being of the planet. Without the blessings of the saints of India, there will no longer be a world."

Our group was granted several audiences with a powerful saint named Hans Baba. When the ancient guru Devaraha Baba died several years ago (at the reputed age of 250), his soul transmigrated into the body of Hans Baba. In his presence we entered an altered state, compelled to dance a joyous dance of God.

Meeting the holy saints and bathing in the Ganges is a rare experience, particularly for a Westerner. When we experience the Kumbh Mela, we are reminded of the *kumbh*, the pot of nectar within our own hearts, the seat of spiritual enlightenment in the blossoming of divine love.

Dr. Susan G. Shumsky is a tour guide to sacred sites, as well as the author of the best-selling book, *Divine Revelation*, published by Simon & Schuster. Visit online at www.divinetravels.com, or call 503-471-1608.

→ marriages are made in heaven, but they ALL have to be maintained on earth. ♦ Unless you can create the WHOLE universe in 5 days, then perhaps giving "advice" to God isn't such a good idea

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SOUL-ORIENTED SOLUTIONS IN THE WORK PLACE

How to Protect Yourself from 'Bad Vibes'

by Susan Shumsky

Negative attitudes, competition, back-stabbing, and general bad vibes pervade the atmosphere in the corporate world. Any person who is sensitive to these vibrations has an agonizing experience on the job.

Many of us feel that people around us are like psychic vampires, draining our energy all day at work. How can we protect ourselves from psychic vampires?

Some of us drag through our days, absorbing the bad vibes around us, just like a sponge absorbs water. After being dragged through the mud all day, by the time the day is done, we can only flop onto our beds in utter exhaustion. How can we learn to not be psychic sponges?

A simple affirmation to attain greater self-authority can help you to close off your energy field to the lower vibrations and open you to the higher planes.

Here is the affirmation:

"I am in control. I am the only authority in my life. I am divinely protected by the light of my being. I close off my aura and body of light to all but my own higher self. Thank you God, and so it is."

Say this affirmation anytime you feel that you are being unduly influenced by your environment, whenever you feel intimidated by others, before you have to meet with clients or authority figures.

You will find greater confidence and self-reliance from speaking this affirmation a few times before any important meeting or presentation.

Susan Shumsky teaches employees how to maintain greater self-authority, increase self-protection, and heal the work place of lower entities and bad vibrations in her book, "Divine Revelation," (Simon And Schuster) www.divinerevelation.org

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Dr. Susan G. Shumsky is a dynamic speaker, and author of *Divine Revelation; Exploring Meditation and Exploring Chakras*. Visit her online at www.divinerevelation.org or email her at divinerev@aol.com. Susan will be visiting **Unity Church of Melbourne on January 23**, talking on **Divine Revelation**, and giving a workshop **Breakthrough To Spirit**. Call 321-254-0313 and see ad on page 16.



Perhaps you've studied meditation and spiritual development for decades. Even if you think you're an expert, this test just might stump you:

1. What is your higher self?

A. The divine within me. B. My soul. C. The good part of myself. D. Myself after death. E. Part of myself that's above my body. F. A '60s flashback.

2. What is meditation?

A. Concentration of mind. B. Contemplating a profound statement. C. Quieting mind and body. D. Going into a trance. E. Repeating a mantra. F. Something naughty you do with the door closed.

3. What is a mantra?

A. Any word used in meditation. B. A meaningless sound that's chanted. C. A name or phrase used as an invocation. D. Japa. E. A prayer. F. A secret handshake.

4. What is samadhi?

A. Stillness of mind and body. B. A yoga exercise. C. An East Indian philosophy. D. Freedom from karma. E. Meditation. F. Saturday in the south of France.

5. What is yoga?

A. A specific type of exercise program. B. To yoke. C. Getting into certain postures. D. Eastern philosophy. E. Breathing exercises. F. Booboo's pal.

6. What is kundalini?

A. Enlightenment. B. Mystic coil. C. A sign that I'm experiencing higher consciousness. D. Sexual orgasm. E. An Indian goddess. F. A pasta.

7. What is a chakra?

A. A wheel. B. The center of the body. C. A clairvoyant sight. D. When it opens, I become enlightened. E. A nerve ending. F. That awful screeching blackboard sound.

8. What is karma?

A. Getting back what I deserve. B. Action. C. Reward or punishment for past lives. D. Good or bad luck. E. Reincarnation. F. My mother's Ford Taurus.

9. What is dharma?

A. What I should be doing. B. The path for more highly evolved people. C. Ethical morality. D. My career. E. Following my true heart's desires. F. An expletive.

10. What is unconscious trance mediumship?

A. Letting divine beings take over your body. B. Letting unknown entities take over your body. C. Demonic possession. D. Spiritualism. E. Getting higher knowledge from entities. F. Sleeping through your trans-Atlantic ocean voyage.

11. What is an astral entity?

A. A demon. B. A person who died. C. An evil spirit. D. An earthbound spirit. E. A higher being who gives information through channeling. F. A baseball player from the Houston team.

12. What is intuition?

A. Insight. B. Something women have. C. Psychic powers. D. Predicting the future. E. Telepathy. F. A hospital, school, or prison.

13. What is ESP?

A. Seeing, hearing, and feeling things without the senses. B. Getting higher knowledge. C. Moving things telekinetically. D. Predicting the future. E. Having subtle sensory experiences inwardly. F. A cable TV network.

14. Who is called a psychic?

A. A person who may or may not have ESP. B. A person who knows the future. C. A person with supernormal powers. D. A person who reads cards. E. An astrologer. F. Someone who makes money on TV.

15. What is a guru?

A. A cult leader. B. One who brings light to the darkness. C. A person who should be worshipped. D. A teacher to whom I should surrender. E. A teacher who knows better than me what is best for me. F. The past tense of goyim.

16. What is maya?

A. Being ensnared by a beautiful woman. B. Being worldly. C. Being materialistic. D. Not knowing about enlightenment. E. That which doesn't exist. F. A famous African-American poetess.

17. What is reincarnation?

A. Transmigration of the soul. B. Being born again as a lower life form. C. My past lives. D. Predestination. E. Punishment for bad karma. F. Giving me a flower that someone gave to you.

18. What is enlightenment?

A. Knowing who I really am. B. Being a guru. C. Being higher than other people. D. Freedom from all responsibilities. E. Release from the world. F. Finally losing that ten pounds.

1. If you got 18 right, your spiritual IQ is 200. You don't need to read my book *Exploring Meditation*, you should write your own.

2. If you got 14-17 right, you're a DOCTOR OF SPIRITUALITY. You have insight into spiritual development and your spiritual IQ is 175.

3. If you got 10-13 right, you're a MASTER OF SPIRITUALITY. You know a lot, but you have things to learn. Your spiritual IQ is 150.

4. If you got 5-9 right, you're a BACHELOR OF SPIRITUALITY. You still know a lot, but you have more to learn. Your spiritual IQ is 125.

5. If you got 1-4 right, congratulations, the odds are with you. You've successfully proven that random selection works. Your spiritual IQ is 100.

6. If you got them all wrong, I wouldn't be surprised. Your spiritual IQ is 75.

7. If you chose any of the F's, you get an "F" for Funny Farm. You need to think seriously, not about intuition, but about institutionalization.

Above is an excerpt from *EXPLORING MEDITATION*, published by Career Press. Copyright 2002 by Susan Shumsky

The answers to this quiz are:
1:A, 2:C, 3:C, 4:A, 5:B, 6:B, 7:A, 8:B, 9:E, 10:B,
11:D, 12:A, 13:E, 14:A, 15:B, 16:E, 17:A, 18:A.

THE EDGE

EXPLORING THE EVOLUTION OF CONSCIOUSNESS

THE UPPER MIDWEST EDITION • TWO SECTIONS — 52 PAGES • JUNE 1997

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Divine Revelation

Dr. Susan Shumsky offers guidance on path toward truth

by Juan Martinez

If you are like me, you have been disillusioned by inauthentic gurus, spiritual leaders and would-be saints. For me, both traditional and non-traditional religions and spiritual methods have come up short.

I admit to being a proverbial seeker, spiritual malcontent, or otherwise dissatisfied spiritual customer. I want more than what is being promoted as spiritual paths. Unfortunately, there are people who are too willing to take advantage of these spiritual longings; they would pervert and misuse this genuine and earnest spiritual aspiration to their own ends.

I think the suicides of the Heaven's Gate cult members have left all of us with a clear example of how misguided and dangerous certain so-called spiritual leaders can be. It seems like the extremism of "end-time" philosophies and religions are everywhere and getting worse. Less extreme religions, philosophies, paranormal, and occult offerings have left me confused, too. Everyone claims to have the truth about something or everything, especially my spirituality!

Choosing discernment

How can I/we safeguard ourselves from phony, bogus and harmful messages and spiritual figures without closing ourselves off to real, true and good spiritual teachings and teachers? I think the answer is to practice what Dr. Susan G. Shumsky, author of *Divine Revelation*, calls "safe spirituality."

Dr. Shumsky says one needs to become "spiritually street smart." She knows what it is to be in a cult; even a seemingly benign cult can still lead to years of being spiritually stationary.

She spent seven years as personal staff of Maharishi Mahesh Yogi (Transcendental Meditation) and another 14 years studying

for her master's degree at various teaching institutions before she founded the *Divine Revelation* method. This is her method for connecting with one's higher states of being and the divine directly.

At a certain level, one's higher states of consciousness and the divine are indistinguishable. Dr. Shumsky has shown others how to escape psychic deceptions while still developing their connection with God. She believes this profound experience of personal empowerment can eliminate the "hole in the soul" that drives trusting people towards cults and other false religions.

I was very intrigued by the message of *Divine Revelation* because it teaches one how to connect with the divine directly. This doesn't mean you stop living and walk around with your head in the clouds all day long! Nor does it mean you take on a holier-than-thou attitude towards your fellow humans (I believe we are all joined at the hip spiritually).

What it does mean is that you do not have to rely on any medium, guru or other religious or spiritual leader to get you to heaven. In fact, you become your own spiritual liaison and leader.

Divine Revelation is a "... technique of intuitional development, a way to hear the divine voice within," Dr. Shumsky writes.

It "is a method of augmenting intuitive abilities, identify the source of intuitive messages and test their authenticity, overcome resistances to divine contact, and become self-reliant in solving personal problems."

In *Divine Revelation*, Dr. Shumsky shares her proven techniques for opening one's heart, mind, and spirit to the richness of inner divine contact. Dr. Shumsky's words came as a godsend (excuse the pun) to this weary spiritual seeker. It said that I was responsible for my spiritual progress ulti-

Breakthrough intensive

Dr. Susan Shumsky will conduct her Breakthrough Intensive workshop, based on her *Divine Revelation* work, from 9 a.m. to 6:30 p.m. Saturday, June 21, in Saint Paul, Minn. Please call 612 771 6421 to reserve your spot for what could be a life transforming event.

mately. No longer did I have to seek answers externally or have a spiritual interpreter or guide. My spiritual advancement was in my own hands.

Nine-point test

As in this world, there are beings on the various planes, willing to take advantage of the unwary or naive spiritual traveler. In my frank opinion, many of the philosophies and techniques promoted for spiritual advancement are deception, dangerous and damaging. Channeling and other "out-of-body" spiritual discovery methods leave one open to entities that do not have our best interests at heart.

Dr. Shumsky speaks to this issue as well. She provides a nine-point test, which works on this and other planes, for discerning the truth and helpfulness of the spiritual messages one may receive. Without this nine-point test, one is putting out an indiscriminate invitation; you never know who or what may show up.

If Marshall Applewhite's messages were put through the scrutiny of the nine-point test by his followers, we would have never had the tragedy of Heaven's Gate. They would have seen the messages as being against spiritual good, not for it.

One of my favorite movie lines comes from Buckaroo Bonzai. The line, spoken by Peter Weller, is, "No matter where you go, there you are." The same is very true spiritually. For no matter where you go spiritually, how you get there or who you may choose to follow, you will always have yourself to fulfill. No one else can do this for you, no matter how holy or spiritually connected they claim to be. ∞

Juan A. Martinez, who originally is from New York state, has lived on the the east side of Saint Paul for five years with his wife of six years. He is committed to civic and spiritual improvement for himself and others. He is a board member of two statewide organizations.

In *Divine Revelation*, Dr. Shumsky shares her proven techniques for opening one's heart, mind and spirit to the richness of inner divine contact.



The Magazine

Good News

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Practicing What She Preaches

How A First-Time Author Got Published By Simon & Schuster

By Dr. Susan G. Shumsky

Sometimes it's challenging to listen to the "still small voice" within your divine intuitive voice and to trust its guidance. But when you follow it with faith, miracles can happen.

For example, I followed that inner voice during each step of writing my book *Divine Revelation* and getting it published. The book seemed to write itself and came in flashes of divine inspiration. After I finished, I asked my divine voice how to get it published.

I received a very practical answer through inner guidance, namely, to find a literary agent to sell the book to a publisher. As I researched various literary agents, one name rang a bell—Jeff Herman. It didn't make much sense, because Jeff's agent's business books for Wall Street. Yet I had a gut feeling about him.

I sent out proposals to thirty agents who I thought might be interested in representing me. (I didn't quite have enough faith in my inner voice to write only to Jeff.) Amazingly, Jeff was the first agent to respond! He called just two days after receiving my proposals. I thought to myself, I must be doing something right. I signed with Jeff and proceeded to brag to all my friends about my New York agent.

Jeff Herman started to shop my manuscript around to several publishers. After he received a few rejection letters, I received a letter from the Jeff Herman Agency: "We have had a recent staff shortage in our agency, and we can no longer represent you."

I was devastated. The rug had just been pulled out from under me. I landed squarely on my rear end. How could my divine inner voice guide me to sign with Jeff Herman and then have this happen? I was too humiliated to tell anyone.

In order to receive clear direction, I went into meditation. That's because the easiest way to receive divine guidance is to quiet your mind so you can hear its message.

The message I received was truly bizarre. My inner voice said clearly, "No. Jeff

Herman is still your agent. Don't try to sign with another agent, and don't try to sell the book yourself." Although this message seemed like nonsense, I believed it. When I know it's clear, I trust that inner divine voice, no matter how strange it seems.

Therefore, I sent Jeff a letter, although I found it really challenging to do this. Remember, Jeff doesn't agent metaphysical books, and I assumed he knew nothing about intuition. Yet I was guided to send him a letter, stating, "My intuition tells me that you would be the best agent to represent me." What a joke!

Of course, as you might expect, Jeff wrote back a couple of months later, "We appreciate your faith in us. But we still cannot represent you."

Now it started to get really difficult. My faith was on trial. It was too late to go back to the other agents, especially after Jeff had rejected me. What did I do? I went into meditation once more. Again I received a weird message: "No. Jeff Herman is still your agent. Don't try to sign with another agent, and don't try to sell the book yourself."

I began to think I was going out of my mind. Yet I followed this inner guidance with faith, even while wondering whether I should get my head examined. I knew the message was clear, and I had to trust it, no matter how challenging it was. I sent yet another letter to Jeff, "My intuition still says that you would be the best agent to represent me."

Another two months went by, two months of staring at my manuscript sitting on my desk, gathering cobwebs and dust.

Just as I was about to give up, Jeff Herman suddenly phoned me enthusiastically: We are very impressed by your perseverance. We've decided to represent you. Come to my office and meet my partner, who will handle your book."

I went to the office in New York City. Stacks of business books covered the walls. I met Deborah, a beautiful woman with long black curly hair, and immediately felt a heartfelt affinity to her. At the end of our

meeting, she turned and said sternly, "I have to talk to you privately."

In a panic I thought, Now what? Will they burst my bubble again?

To my relief, Deborah, a business book agent, began to give me a psychic reading, which was completely out of context! I thought to myself, maybe this is why I was guided to stick with this agency.

A few months later Jeff called to report he had sold the book to Simon & Schuster. My mouth went dry and hung open as my face turned white. I nearly went into cardiac arrest! I stuttered, "Simon & Schuster?" I had expected a small publisher to buy the book—not the biggest publisher in the world! I thought, Simon & Schuster only publishes celebrities' books, not first time unknown authors.

My editor at Simon & Schuster told me that *Divine Revelation* (now a BEST SELLER in the Book-of-the-Month Club) was the best written book she had ever edited since she began working for Simon & Schuster. I never studied writing. I never intended to write a book. I simply wrote the words that Spirit gave me. I listened to the divine inner voice with faith, trusted it, and followed its guidance.

The moral of this story is: When you listen to your inner divine voice and follow it with faith, miracles will start showing up all over your life. Even if your inner guidance is challenging and difficult to follow, even if people think you are crazy, follow it anyway. Trust your inner voice, and live the life divine. You have the power. Use it to create miracles. You are an all-powerful divine being. Live your true nature and trust in the light of God. Love yourself and live in faith.

Dr. Susan G. Shumsky is the author of *Divine Revelation*, published by Simon & Schuster. She can be reached at One New York Plaza #315, New York, N.Y. 10004-1901. Her phone number is (212) 946-5132.



POINT OF LIGHT

Celebrating Wellness of Body, Heart and Soul

Spring 1999

Celebrating Wellness of Body Heart and Soul



Lighter Points

Being Spiritually Street Smart

by Suen "Kiss My Root Chakra" Hosford

There's a tremendous revolution taking place in America today which is largely ignored by the mainstream media, perhaps because reporters lack the frame of reference to understand it. Media types are by nature cynical, inquisitive (that is to say nosy) and have a large capacity of questioning authority. They take nothing at face value.

But this revolution is one of spirit. By its very nature eluding the grasp of the hard-nosed reporter, as it takes faith and a belief in miracles to understand what's happening today. Today's spiritual pioneers are looking beneath dogma to seek the the patterns – the metaphysical framework – that underlies not just religions, but all of life. We seek a total union of the Sacred with every aspect of daily life; seeking the miracle of each moment; believing we can create our lives using the same energy and principles with which The Creator made us.

And while the chip-on-the-shoulder types miss the wonder of the inner world, there's another blind spot here. The spiritual adventurists often take too much on faith when some healthy skepticism might be advised. In short, just because it's happening in the non-visible universe, doesn't necessarily mean it's good for you. There are many diversions which can send you down what the Esotericists call "The Left Hand Path." That's when you think you're doing the best things for your spiritual growth, but you're really just being dazzled by fairy lights and led into the murky bog.

Happily there are people who can help us navigate this new metaphysical landscape. Susan Shumsky, author of *Divine Revelation*, is one, and is also one of the most astonishingly direct people I've ever met. Maybe you've met her at last year's Health & Life Enrichment Expo in Pittsburgh, or the Whole Life Expo in Cleveland.

Let's make no mistake, you should be careful in there – that place you go when you meditate. In her book, in her seminars

and in person, Shumsky leaves no thrown stone unturned in her quest to point out the pitfalls. As we learn to listen to that small still voice within, we must learn to differentiate the True Voice from the voice of your cranky old grandmother running leftover tapes of your childhood programming. Or the prevailing winds of the race consciousness that says "No, you can't do that, you must obey the rules," exactly when it's time to break them. And let's not forget non-physical entities of the astral realm, lurking on the nearest Ouija board, ready to cause metaphysical havoc.

Shumsky's information comes as a breath of fresh air among the cloud of New Age euphoria that touts the notion that all you have to do is think good thoughts, say a mantra, drink clean water, breathe, wear a crystal and all will be well.

Hooley.

There are many diversions which can send you down "The Left Hand Path." That's when you think you're doing what's best for your spiritual growth, but you're really just being dazzled by fairy lights.

The reason this work touches me deeply is because it's related to work that put me on the spiritual path. (Cue the time warp music.) 1980. I'm stationed in Long Beach CA: a 20-year-old, hormone-filled swab jockey in Uncle Sam's Navy. Through a series of adventures, a book fell into my hands. *Being a Christ*, by Peter and Ann Meyer, was a distillation of the Teachings of the Inner Christ course they taught in San Diego. In direct, concise, logical, practical terms it presented a blueprint for living a life in conscious contact with your Higher Self. One single idea that stuck out like a beacon: that the word "Christ" can be defined as a state of being within our consciousness, a higher aspect of ourself, more

fully infused with Divine Substance. This state of being was demonstrated by Jesus, but we can all achieve that level of development. (Ah. So that means Christ is not Jesus's last name, as some evangelist or some country singer has probably said.)

So when I met Shumsky, and opened her book, it was a pleasant surprise to see that she received her doctor of divinity degree from the Teaching of Intuitional Metaphysics in San Diego, founded by Dr. Peter Meyer. I felt an instant kinship.

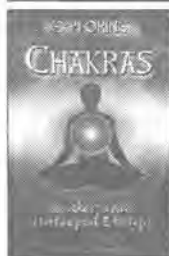
Shumsky outlines nine steps to test the voice (or entity, or old programming or visitor from the planet Zirconium). They range from the direct (Challenge it. Ask it if it's from God.) to the subtle (What is the feeling you get from this voice? Do you feel uplifted, nurtured and energized? Or anxious, fearful and agitated? If the latter, it could be the Zirconium Ambassador on the line.

Divine Revelation is a wonderful paradox of heart centered spirituality and practical shmarts. Shumsky pulls no punches in describing some of the trouble you can get into if you muck about blindly in the Astral Realm. Besides severely hampering your spiritual development, this havoc can range from the dangerous to the hysterical. She tells of two women at a UFO convention that got into a knock-down, hair-pulling fist fight because both claimed to be the One True and Only Reincarnation of Mother Mary.

Cruising the inner realms is not for sissies. It takes guts, resolve and street smarts. There won't always be a ghost-buster nearby when you need one. What Shumsky demonstrates beautifully in her life and in her book is that living a Divinely-led, heart-centered life does NOT mean you have to be a shrinking-violet, milque-toasty, quiche-eating weenie. Swagger a little.

Alright, I'm exaggerating, but you get the point. Now I'd like to expound further, but I've got a certain Ambassador on line 2, and he doesn't like to be kept waiting.

Your Subtle Energy System by Susan Shumsky



You are a multidimensional being of light, living in a multidimensional universe. Although this statement sounds fantastic, it entirely concurs with the latest findings of modern physics—this universe and all abiding therein consists of vibration and light in multiple dimensions.

Similarly, your own body is made of light and sound. And this physical shell is not the only form you inhabit. In fact, your body is multilayered and multidimensional. According to yogis of ancient India, several sheaths (called "koshas" in Sanskrit language) surround and permeate your body. These sheaths are invisible to ordinary human sight but visible to clairvoyant sight. These radiant, brilliant, multicolored sheaths

of pure crystalline light make up your "aura" or "auric field." Your fivefold sheath consists of:

1. Your "annamaya kosha" (physical body or food sheath), so-named because it is a product of food, requires food, dies without food, and, after death, becomes food for plants and animals.
2. Your "pranamaya kosha" (vital sheath), through which your vital life energy ("prana") flows.
3. Your "manomaya kosha" (mental sheath), a mental body that stores your thought-forms, habits, conditioning, beliefs and experiences.
4. Your "vijñanamaya kosha" (intellect sheath), which consists of higher mind, your intellect, as well as your ego, or sense of your "I"-ness.
5. Your "ananadamaya kosha" (blissful sheath), a mere reflection of the true radiance of your real "atman" (higher self).

Each subsequent sheath is larger than and permeates the former sheaths. In addition to these five sheaths, you also have three higher bodies of immeasurable beauty, bliss, truth and glory: your "I AM body," your "God body," and your "Absolute body." The fundamental component of your being is consciousness, and the life force called "prana" is the medium through which consciousness expresses in this universe and in your individual life. The life energy in prana flows through your subtle bodies, sustaining all levels of your being. Without prana, you would cease to live.

Pranic energy flows through your pranic sheath (pranamaya kosha) in fixed pathways called "nadis" (conduits or channels). In your pranic body, are hundreds of centers of concentrated vital energy where many nadis intersect, called "chakras" (literally "wheels"). However, the nadis and chakras are by no means physical. If you dissected a corpse, you would detect no nadi or chakra anywhere.

The three most important nadis through which prana flows are "sushumna," "ida," and "pingala." Sushumna is the median channel reaching from the base of your spine, near the tailbone, all the way up to the top of your skull. Ida and pingala coil around this central canal. These two nadis govern your sympathetic and

parasympathetic nervous systems. Sushumna nadi is the conduit of "kundalini," often called "serpent power" or "mystic coil," a special spiritual cosmic pranic energy that remains dormant until it is awakened, usually through spiritual practices.

The term "kundalini" derives from the Sanskrit root "kunda" (curled up), because, in ordinary humans, it remains dormant, coiled at the base of your spine. As kundalini wakes up and rises up your spine, it opens specific chakras while traveling to its destination at the top of your skull. Opening your chakras brings greater health, well being, energy, and ultimately, spiritual enlightenment.

The fourteen main chakras through which kundalini energy flows are as follows: 1. Muladhara, the root chakra located at the base of your spine near the tailbone, is responsible for excretion, sense of smell and the element of earth. 2. Svadhishthana, the sacral chakra in the coccyx region, governs sexuality, procreation, sense of taste and the element of water.

3. Manipura, the navel chakra in the lumbar region, oversees digestion, sense of sight and the element of fire. 4. Anahata, the heart chakra in the thoracic region, is the seat of consciousness and your soul. It is the gateway to higher consciousness. This chakra manages the sense of touch and the element of air. 5. Hrit chakra, right below the anahata chakra, is the seat of devotion to God and fulfillment of all desires. 6. Vishuddha, the throat chakra in the cervical region, deals with sense of hearing and the element of ether and creative expression.

7. Talu, the nectar chakra in medulla oblongata, is related to the uvula, the current of pranic energy and the flow of "soma" (nectar of immortality).

8. Ajna, the third eye chakra, in the pineal gland, seat of the self (atman), is responsible for higher wisdom and clairvoyant sight. 9. Manas chakra, in the upper part of ajna chakra, is the center of your lower mental vehicle: instincts, impressions and habits. 10. Indu chakra, in the front part of the brain, is the seat of your intellect and higher mind. 11. Nirvana chakra, at the top of your brain, is associated with the annihilation of your ego. 12. Guru chakra, above your head in the lower part of sahasrara chakra, is the center in which divine light dispels the darkness of ignorance. 13. Sahasrara chakra, the thousand-petaled lotus above your head, is the center of divine union, integration and illumination. 14. The Bindu point, in the upper sahasrara chakra, is a center of infinitely concentrated energy, the fountainhead from which your entire subtle energy system springs.

You can learn much more about your subtle energy system in Dr. Susan G. Shumsky's new book, *EXPLORING CHAKRAS* (New Page Books; 2003). Dr. Shumsky is also author of *Divine Revelation* (Simon & Schuster) and *Exploring Meditation* (New Page Books). For more information about her books, products, seminars, retreats and tours to sacred places, visit her web site at www.doctorsusan.org, email: divinercv@aol.com, or phone her at 1-800-DIVINE-8.

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