

# A Sign of the Times AQUARIUS

FREE!  
Paid Subscriptions Available

Volume 6, No. 3 • August 1998

\* S · E · L · F \*

## STREETSMART SPIRITUALITY

by Marie-Claire Wilson

Susan Shumsky, author of the beautiful book *Divine Revelation*, has taught thousands how to develop a deep spiritual connection with themselves by learning to listen to and trust the still small voice within. She will be participating in the Whole Life Expo again this year. I had the opportunity to talk with her a few weeks ago.



**Can you give some brief examples of spiritual techniques for opening the heart?**

Sit down, close your eyes, take some deep breaths. Get quiet, still, centered and balanced, and then ask. Just ask. Ask a question, ask for healing, ask for help, ask for inspiration. Just ask. You will be amazed at what you can get when you ask for it. The trouble is that we forget to ask.

**Religious institutions don't have any incentive to help you go direct to the source. Why?**

Due to their need to control. When you go direct and cut out the middleman, it's bad for their business. When you do that, it's like buying wholesale instead of retail. It is my belief that these holy people have not signed an exclusive contract with God.

**What do you consider to be the best method of meditation?**

There is no best method. All methods are valuable. When you break through the barrier separating you from the personal God, then you come home again to His/Her loving presence, Who welcomes you with open arms. It is a moving, emotional experience. It can only come when you let go. You must do nothing in order to get this experience. Do nothing and less than nothing. By asking for the experience and then getting into the do-nothing state, you will get the experience.

**What would you say to people who have blindly followed the wrong guru and didn't realize it until too late?**

I would say that they made no mistake, because we learn from every experience. Sometimes we learn better from a

negative experience rather than a positive one. I spent 21 years of my life in a cult, yet I also gained a great deal of spiritual understanding and experience from that. If you're going to join a cult, you had better make sure that what you will gain is worth what you will lose. Sometimes it's a trade-off.

A lot of people are opening themselves up indiscriminately. That is just like opening your door to a stranger and inviting him to take over your home. You would never invite strangers to take over your home, so why invite strangers to take over your mind or body?

People are often taken in by a soft soothing voice or a beautiful appearance. We think that if a message is complicated and impossible to understand that it must be a high message. We think that if it has a strange accent or uses weird gestures that it must be spiritual. We believe that any odd occurrence must have an extraterrestrial origin.

The funny thing is that often those who appear to be the most "holy" and "wise" often turn out to be the ones to avoid the most. The ones who are more down-to-earth and level-headed may have something valuable to offer. Judge them by their fruits. Ask yourself, What are the people like who have been using their teachings? Are they happy? Are they healthy?

**What key for success would you recommend for people who want to change their life?**

My philosophy is that first you must find out what to desire by listening to your still small voice and then trusting its guidance. The divine intuitive voice of our higher self speaks to us in our mind or our heart and gives us guidance, healing, wisdom and inspiration from within ourselves. Follow that guidance with full faith. When you discover what your true purpose is and you begin to take steps to fulfill it, then your life will take on new meaning and tenor. Your life will become miraculous. You will begin to live a life worth living, a life Divine.

It's often challenging, because you will be guided to do things that you may not believe you are capable of doing. But when you begin to do them, you will find you can do a lot more than you thought you could.

You hold the fate of this planet in your hand. Be a guardian of the Earth and treat her with gentleness. Then she will give back to you hundredfold and millionfold. But when you treat her with disrespect, you wreak havoc on the Earth. Start to live your life in harmony with nature rather than antagonizing her.

There is a rich bounty of love and joy that is your birthright. Accept it and live in harmony with Spirit. You are the guardians of this planet. Guard her well and she will give well. Live in God-Spirit. Trust your inner voice and follow it with faith. You are loved. Be at peace.

*Marie-Claire Wilson, author of the Spiritual Tarot, does readings at Hoot Owl Attic. Call 404-303-1030 for an appointment.*

## A Potato Prayer

Pray for peace and grace and spiritual food, for wisdom and guidance, for all these things are good. But don't forget the potatoes.

MARCH 1998

VOLUME 6, NUMBER 3

# The Awareness JOURNAL

A NEWSPAPER  
FOR BODY, MIND & SPIRIT

## Being spiritually street-smart means listening

*It's popular now to listen to the inner voice — angels, spirit guides and others. The problem is opening up to the voices indiscriminately without having any idea who or what it is that you're talking and listening to.*



PHOTO COURTESY OF SUSAN SHUMSKY

Susan Shumsky has taught thousands to listen to their divine intuitive voice.

By Greg Smith

At the Grand Canyon, during a heavy fog, all she could see was white nothingness — zero visibility. "There were tourists there with me from all over the world. They were so disappointed that their one chance to see the beauty of the Canyon was passing. I began chanting 'fog lift, fog lift, fog lift' but nothing happened. I had to get out the big guns. I called upon an aspect of God, a divine being that was within me, and said — in a very loud, strong voice — 'LIFT FOG! LIFT FOG NOW!' Within 10 minutes, there was no fog — completely gone!"

Such is the faith and — to those who may believe — the power of Doctor Susan Shumsky.

Strikingly and naturally beautiful at age 50, Susan Shumsky was once on the personal staff of Maharishi Mahesh Yogi, founder of Transcendental Meditation and guru to the Beatles for seven years. She spent 21 years in the guru's ashrams (learning institutions). Secluded in the Himalayas and Alps while on the guru's personal staff, Shumsky often didn't speak for months at a time. She was confident in her silence and seclusion that Transcendental Meditation was the only path to enlightenment. She knew it all, as she says. Bliss was hers.

Speaking in a soft, sensual voice, the doctor begins the tale of her journey: "As long as I can remember, I had a deep desire to communicate with God directly; I often tried to ask God questions myself, expecting to hear a booming voice answer from the clouds. No voice came. Yet the idea of God replying

directly to me never left me."

In college, after reading about Nirvana from Buddhist texts, Shumsky realized she longed to attain that level of knowledge and contentment, that personal contact with God's love. On the advice of a friend, Shumsky attempted to meditate. Successful in her first attempt to the point of being propelled into an ecstatic state but unable to repeat the experience, she sought help from a meditation center, soon achieving samadhi, described by her as "a state of profound inner peace and happiness."

The thirst for more enlightenment and knowledge led her to seek out Maharishi Mahesh Yogi, where she eventually became a meditation teacher in his ashrams. "But, regarding him as the source of my new-found power, I became so dependent on him that I was blinded to the real source of spiritual power, which is within," she says. "Because my guru was wise and wanted me to discover where God really dwells and where my true source of power lies, he eventually sent me home."

"There and then, after 21 years with my eyes closed, I woke up one day and noticed that outside of meditation, life wasn't bliss. I was not displaying what I would call spiritual qualities of patience, compassion, love, generosity, kindness, gentleness. I was a 'b' with an 'itch'. That's when I began to discover how to be spiritually street smart," Shumsky says.

To be "spiritually street smart," of course, requires both an inward learning from the Spirit and an outward sharing with humanity, the latter being a particularly difficult task for a woman who says she became an introvert from the isolation of the ashrams. However, Doctor Shumsky portrays an air of confidence and contentment that usually is attained only by seasoned public speakers, her every word carefully considered before being spoken; finely crafted in style; and delivering through tone and with determination her now powerful outward sharing skills — skills obviously a product of her own need and determination to share herself with humanity. As to the "spiritually" part of her "street smarts," Shumsky's 21 years of isolation and profound inner search for a connection with True Spirit convinced her that the best guru is the one within each self; that the divine being exists in all of us; and that we need only find among the many voices within us, this special, divine one to guide us through this existence and beyond — all exactly what Maharishi Mahesh Yogi had hoped she would discover on her own, she later understood. Further guidance from Doctors Peter Meyer and Ann Meyer Makeever and Rich Bell of San Diego refined Shumsky's thoughts and directed her to a place where she discovered more aspects of the self, the inner voices.

No longer a "bitch" and now definitely street-level-smart, Shumsky — who also

Continued on Page 10

### Street-Smart ...

Continued from Page 15

holds a Doctor of Divinity degree from the Teaching of Intentional Metaphysics Institute and is associated with several prestigious organizations — travels about the nation in an old Ford van promoting her book (*Divine Revelation*, Simon & Schuster) and offering her inspiration to anyone who'll listen, often sleeping in the vehicle at truck stops.

"I live completely on faith," she says. "I trust in God. When I started on this tour, I was broke. I've traveled all over the country on blind faith alone. Have faith and trust Spirit and you'll be supported by mysterious, unknown forces — that's what I teach, that's how I sustain," she says.

"It's popular now to listen to the inner voice — angels, spirit guides and others. The problem is opening up to the voices indiscriminately without having any idea who or what it is that you're talking and listening to," she says. "Without any safeguards, road maps to your inner life or any tests to authenticate just where and what that inner voice is — it's like allowing a stranger into your home to take over just because you heard him knock at the front door. Quite dangerous, really. But that's what indiscriminate listening to any and all inner voices really is."

Shumsky tells us there are many different voices on the inner worlds and the inner planes, and a lot of people "tap into these other realms of existence thinking that each and every contact, voice, comes from the true divine realm of Spirits with a capital 'S' — angels, divine beings, deities, archangels, ascended masters, the safe and positive realm. But that's not necessarily the case. Besides the true divine realm, some — perhaps a majority — are, instead, contacting one of three other possible areas of existence."

The three other realms, Shumsky says, are 1) the mental plane, the race- mind conscious of mankind — the thought-forms of the human race and 2) the individual subconscious mind of our own self, in which one could be, basically, doing little more than

talking to one's own self. "Connecting with your own memory bank. Listening to the brainwashing that is within your own mind, your habits, beliefs, patterns that you've learned throughout your life — that means all the books you've ever read, teachers you've ever listened to, everything you've ever learned in this world — all the while believing, of course, that you're in contact with the true divine plane. I call that your B.S., your Belief System." And 3) the astral world of the lower astral plane — ghosts, demonic beings, other negative entities. Shumsky believes it is this level of contact that causes much of the misguided practices in cults.

"You need a road map, a means to test the inner voices," she points out. "There are nine tests, nine ways in which you can distinguish and discern between the true voice of Spirit and whatever else is in your mind."

Her book is about those nine tests and listening, learning how to hear the "still small voice within" — the divine, intuitive voice and how to use it in practical ways to solve everyday problems and receive divine guidance and healing from within one's self. The book is based on her 30-plus years of knowledge and experience on the subject and her own "awakening." It is apparent from her writings she no longer searches for that cloud with God's booming voice emanating from it — a Hollywood version of the true Positive Force.

Today Dr. Shumsky has five words to tell us: "God speaks small and within."

Short, yes, but then all religions themselves can be broken down to only two short sentences of just four words total:

God loves. Love God.

Susan Shumsky simply attempts to explain how to remove the space, the dividing gap, between those four words.

Shumsky will be in Tucson, Ariz. in October 1998 at the Natural Choices Expo. She can be reached by writing to: *Divine Revelation*, One N.Y. Plaza #315 New York, NY 10004 or calling 212-946-5132.

Greg Smith is a freelance writer living in Phoenix, Ariz.