

*To  
Sven and Essy,  
my parents,  
who taught me  
what love is*

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## Foreword

It has been now more than 22 years since I first met Swami Dhyan Giten and we established our timeless friendship. It was on a sunny July afternoon on a street in Stockholm in 1982. It was my first of several trips there during the 80s and early 90s. He was with his then girlfriend and I stopped them to ask a question. Very quickly the conversation became warm and friendly and they invited me to join them for a coffee.

It is certainly true that the seed, the beginning, determines the fruit. It is more than curious and certainly not random coincidence, that pretty much that was how most of our meetings took place through the years. We would run into each other, often at places we both frequented, but mostly on the street. And in most cases, if not all, we were both available for the cup of coffee and the conversation of the moment which always seemed to have significance for both of us. It was magical. Whenever I arrived in Stockholm, I knew that within a few days I would run into Giten. And so, I did, again and again and again, throughout the 80s and into the early 90s. Now that I no longer visit Stockholm on any kind of regular basis, we run into each other on the virtual streets of the Internet.

While we were both interested in meditation and both of us conducted groups of various types - in Sweden I worked as much with companies in the creativity and communications field as I did with individuals - the topic that most often was the center of our conversation was the matter of intuition, the inner attention, listening to the whispers of the heart. It's possible that Giten was one of the few who were able to grasp the significance and implications of the inner creative language model I had developed without having to get overly involved in the specifics, although he was quite aware of their existence and validity.

In *The Whisperings of the Heart*, Giten points at the variety of ways in which our inner being expresses itself in terms of our actions and our relationships. He also provides insights in various areas, including of course, those of healing and intuition, meditation, art and creativity, communications, loving relationships with both friends and family, working with people from love and awareness and spiritual maturity. His comments are both useful as well as joyful and inspirational. More than anything, they motivate us to taste where we may not have fully tasted before, to taste the beyond.

Giten invites us to a celebration, a feast for the soul and delights us and inspires us with capsules of insight and conscious affirmation of the deliciousness of the divine.

### **Eric Rolf,**

International lecturer, course leader,  
personal consultant to John Lennon,  
Yoko Ono, Paul Simon and Carlos Santana,  
author of the book *Soul Medicine*

# Song of Meditation

- **An interview with Swami Dhyan Giten**

## **The inner journey**

*Can you say something about your own inner journey?*

Life is like playing hide the key with God. God has hidden the key and now it is up to us to find the key again. It also takes us a while to realize that the key is hidden in our own heart. The heart is the door to allow life to guide us. The heart is the door to say "yes" to life. The heart is the door to surrender to life.

The most valuable insight I have got through my own inner journey is how Existence continuously has guided me towards a greater awareness that life is fundamentally one. Existence has continuously guided me with a greater lovingness and caring than I ever could imagine. Long before I was even aware of it, life has continuously guided me through periods of love and aloneness, joy and sadness, light and darkness, success and failure and negative and positive experiences. My own inner journey towards awareness and meditation has step by step developed the trust, sensitivity and subtle listening, which is necessary to surrender to life and to allow life to be my teacher.

Life is continuously communicating with us and it is a valuable experience to look back and see how life — despite my sleep, unconsciousness, lack of trust and resistance — continuously has guided me towards a greater awareness that life is one. Life has continuously lead me to the people I need to meet, to the situations I need to experience and to the places where I need to be. There has never been any real reason to worry since we are all small rivers already leading to the ocean, to the whole. Awareness is not about swimming faster or fighting with life, it is about relaxing and floating with life in a basic trust that life is already leading towards the ocean of consciousness, towards the whole.

The deepest pain in my heart is to be separated from life, to be separated from the inner song of meditation, to be separated from the Universal song. The most important thing in my life is to discover the inner song of meditation in my own heart and being. Sometimes I hear this song further away, sometimes I hear it closer to me - and sometimes I am one with it. But the most important thing is that I hear it, which shows that I am on the right track.

Being and working with people in courses has also been a meditation in itself for me. It has been a valuable experience in learning to trust and listen to my intuition, to the inner source of love, truth and wisdom, to the Existential voice within. It has been a lesson in how we through our intuition, through the silent whisperings of our heart, are in continues contact with Existence.

## **An early meeting with death**

*You began to meditate when you were 15 years old. Can you say something about your own way to meditation?*

Early in this life I lost two of the people, who I loved immensely. First when my mother died when I was 15 years old and then when my father died when I was 21 years old. This early meeting with death led to an early spiritual awakening and awoke early the fundamental existential questions in me: "Who am I?" "What is the meaning of life?" and "Where am I going?" It made me ask myself early what is really important and meaningful in life.

This early meeting with death created a fundamental inner feeling of aloneness in me, a sense of not being loved and a feeling of meaninglessness in me. It was an insight for me, when I many years later in a relationship with a woman could express that I felt alone and the other person did not leave me or stopped loving me.

This meeting with death created also early independence and a fundamental sense of aloneness in me. In the beginning this aloneness was only painful and every time I went deeper into love and relationships, it was like death was staring back at me. This made me painfully aware of my own fundamental inner aloneness. It also made me aware that the deeper we go into love, the more we find our own inner aloneness.

This meeting with death also early made my intuition, my inner source of love, truth and wisdom, my inner teacher and guide in life. Instead of being directed from without, of being directed by other people and outer circumstances, it early made me directed from within, from my inner source of love, truth and silence.

It was first after many years that I had short glimpses of another kind of aloneness. It was a meditative aloneness in which I could rest in myself and in my own inner aloneness as a source of love, joy and silence. It was glimpses of a pure aloneness in which I could be so happy and satisfied in myself that I did not need anybody or anything outside of myself. And I also noticed that this meditative aloneness could be an inner door to that which is larger than myself, that it could be a door to oneness with Existence.

Before I was 15 years old, I was also close to die two times through drowning. I can still remember with crystal-clear sharpness how this experience gave me an ice-cold insight that I will never die. It was an insight that there was something inside myself, which will never die and which is part of the deathless and eternal. This insight shock up my whole image about myself and about life.

This early meeting with death created a kind of spiritual dissatisfaction in me. It created a thirst, a longing and a restlessness in me after something that I could only vaguely sense, but which I did not really know what it was. This spiritual dissatisfaction, this thirst and my own intuition became my beacons far out on an unknown, dark and open sea after something that I did not really know what it was. This led me to begin to meditate when I was 15 years old.

My first passion in life when I was 15 years old was to become an actor, which I also worked with until I was 23 years old. Working as an actor taught me a lot about empathetically understanding other people and about life. It was first after I had worked as an actor for a number of years, that I realized that this early passion for theater was really an unconscious search for a spiritual discipline. It was when I realized that I had been a disciple to the Russian enlightened master George Gurdjieff in my former life, that I understood my early passion for theater. Gurdjieff used intensive theater techniques in his way of

working with his disciples to take them from a state of mind to a state of no-mind, to meditation. When I realized this, I began to feel a thirst to be and work with people in a more direct way in awareness and meditation.

## **Teaching awareness and meditation**

### ***What do you work with in seminars and courses?***

I do not work with a specific technique anymore — or even a goal. I work with meditation. But not meditation as a specific technique or as a static sitting, but meditation as the capacity to be aware. To do whatever we do with awareness. That is meditation. Awareness is meditation. Awareness is acceptance. Awareness is the capacity to be aware of thoughts, feelings, sensations in the physical body and outer stimuli without evaluation or judgments.

There are basically two different ways of working with people. The first way is personality- therapy and the other way is being therapy. Personality therapy includes what conventionally is described as therapy, which focuses on analyzing and solving the individual's internal conflicts and psychological problems. The focus in being therapy is to awaken and develop the inner being, the inner essence and authentic self, of the individual. The term being therapy is really a paradoxical term, since the inner being is already perfect as it is and needs no therapy. But it is also paradoxical, that at the same time as the inner being is already perfect, it also develops. This is the focus in being therapy.

When I began to work with courses 18 years ago, the emphasis was on a personality level. The emphasis was on personality therapy and to solve the internal conflicts and psychological problems of the individual. But as I went deeper within myself, this level became more and more unsatisfying for me and the emphasis in the courses changed to awaken and develop the inner being, the inner essence and authentic self, the meditative quality within. The emphasis moved from solving the psychological problems of the individual to find that which is already perfect within a person. The courses did not focus anymore on fighting with psychological games, problems, darkness, drama and defenses on the personality plane, but the courses was about becoming aware, to turn on the inner light. The courses was about realizing the deeper inner potential of the individual to live his or her life with love, joy, trust, intelligence, truth, silence, freedom, wisdom and creativity. The courses were about finding more space and freedom in the movements of the individual. The courses were about living one's own truth.

## **In the hand of Existence**

After teaching awareness and meditation for almost 16 years, I did a course for myself with a therapist. The theme for me in this course was my role and identification with being a therapist and course leader. This therapist said to me: "You do not need positions to be loved". This made me aware about my identification with being a therapist and how much this role was an investment in being special and being loved. This course created a process in me of letting go of my identification as a therapist and I noticed how this awoke feelings in me of not being special and of not being

loved for who I am.

This therapist also said to me: "When you let go of leading groups, Existence will invite you to lead groups". This awoke all my fundamental doubts about that I am OK as I am and that life really takes care of me. It was really a period of letting go of my role as a therapist and about finding a deeper trust in life and Existence.

During 6 months, I simply let go totally of courses and the therapist role and left the whole question in the hands of Existence. It was like letting go of this whole question in the trust that if it is authentic and genuine, Existence will support and uphold it - and if it is not authentic, it will change. After these 6 months, strange things began to happen by themselves. Unexpectedly, it suddenly began to come invitations and support from different directions. At this time, I no longer knew how to do a course. These invitations also resulted in the book ***Song of Meditation — About Meditation, Relationships & Spiritual Creativity*** and in the website Giten's World — A School for the Heart, which has been visited by thousands of people. This made aware that I actually have a deep trust in my heart and being that Existence will use me as a facilitator. Not as an ego gratification, but as an expansion of being, an expansion of love, joy, truth, silence, wisdom and creativity.

I still have a wish that people will understand the difference between saying "yes" and "no" to themselves. But in one of my recent courses, I felt that what I can do is to present two choices and possibilities and then it is up to each person to choose for themselves how they want to live. People are like plants on different stages in their psychological development process towards spiritual maturity and our spiritual growth basically depends on our thirst and commitment to our own growth. Some people will understand what they can of meditation and some people will understand something deeper. I no longer feel identified with if people understand this now, if they understand this in 10 years or if they understand this in the next life.

To be and work with people on a spiritual plane is also the deepest source of joy for me. To be and work with people, who have enough life experience to say "yes" to discover their own authentic inner being, means that I also continuously can go deeper within myself. This also made me aware that I had created a space and an invitation to allow things to happen by themselves through letting go of my identification and involvement with being a therapist and course leader. This allowed me to discover a deeper trust to Existence. And to those moments when Existence lifts and turns you in an unexpected dance.

## **The difference between the personality and the inner being, the authentic self**

*How would you describe the difference between the personality and the inner being?*

The human consciousness consists of two general layers: the personality, the psychological I, and the inner being, the authentic self. The personality is the surface of our total consciousness and the inner being is the depth of our consciousness. It is like the relationship between the waves on the surface of the sea and the depth and silence at the bottom of the sea.

The personality is the created sense of "I", which consists of all our accumulated experiences of the past. The personality consists of 3 layers: thoughts, feelings and the physical body. The personality consists of all ideas, feelings, and learned concepts, which we have been taught by parents, by

teachers and by society. The personality is also a defense and a separation from life. The personality is a "no"-attitude towards life through our separate ideas, desires, ambitions and concepts.

The inner being, the authentic self, is a "yes"-attitude towards life. The inner being is the door to oneness with life. In the inner being, we begin to experience the original life source beyond the layers of personality. The inner being is the inner place, which is beyond conflict and duality. In the inner being, we can rest in ourselves. We can rest in a presence, in a silence and emptiness, without fighting, without trying.

In this presence, there is no sense of "I". Just a presence, a light, a joy and a truth in the moment. The personality gives us the feeling that we are somebody special, but in reality we are no one at all. And to be nobody is the greatest joy there is. To be a nobody, a presence, a silence, nothingness, is to be one with ourselves. And to be one is to be in joy.

## **The inner being, the authentic self**

### **Yes and No to Life**

*Can you say something more about the "yes" and "no"-attitude towards life?*

Imagine life as a fast flowing river. In this flowing river we have two possibilities. We can either chose to swim upwards in opposition to the current of the river or we can simply chose to let go and allow ourselves to float with the river.

The first choice is a "no"-attitude towards life and the second choice is a "yes"-attitude towards life. The "no"-attitude means to relate to life through our ego, through our separate ideas, desires, ambitions and preconceived conceptions of how life should be. The "no"-attitude means that we separate ourselves from the continuous flow and change of life. The "no"-attitude is a defense and a separation from life.

When we did some practical exercises in a course about the "no"-attitude towards life, one of the participants exclaimed surprised: "This is exactly how I have always reacted to people and situations". She had not been aware before that this was her automatic way of reacting to life.

Our heart is the door to surrender to life. Our heart is the door to a "yes"-attitude to life. Our heart is the door to learn to say "yes" and to allow life to guide us. The "yes"-attitude means to relate to life through our inner being, through the meditative quality within, through the inner silence and emptiness, through the capacity to surrender to life. The inner being is an openness and availability to life. The "yes"-attitude is a deep acceptance of the reality of the moment without any desire or wish that the moment should be different than it is. It is to move with life in a deep harmony without expecting life to fit with our ideas and expectations.

An awareness exercise we can use in every moment in life is to ask ourselves if we act out of a "yes-" or "no"-attitude both in relation to ourselves, in relation to other people, in relation to creativity and in relation to life itself.

## **Meditation, Relationships and Creativity**

*Can you say something more about the relationship between meditation, relationships and creativity?*

Meditation, relationships and creativity are the three life areas. These life areas describe the three areas in life, which creates a rich, creative and satisfying life when all three areas are developed and functions in balance and harmony. The three life areas also describe a balance between the inner and outer world, which simultaneously relates to and enrich each other.

The first life area is meditation, which is about creating a conscious relationship to oneself. This life area is about discovering the authentic inner being, the authentic self, the meditative quality within. The second life area is relationships, which is about creating a conscious relationship to other people. The second life area is about learning to relate to other people from the inner being, from the authentic



self. This life area is about learning to relate to other people in love, joy, trust, acceptance, friendship, playfulness, sincerity, truth, silence and freedom. It is about learning that relationships are not a chain, but an invitation to follow the silent whisperings of our heart. Often we can be when we are alone, but we reduce ourselves together with others. We have forgotten the true nature of love.

Our male and feminine sides express themselves in the form of outer relationships. The second life area also includes developing and embracing both our male and female sides. It is then that the spark of love is lit naturally within ourselves.

The third life area is creativity, which is about finding and developing our inner talents, passions and gifts. The third life area is about learning to follow the silent whisperings of our heart in creativity. It is about expressing our love, joy, intelligence, silence and passion through creativity. This life area also includes the professional area through which we love to express our creativity and which gives us a deep feeling of joy, meaning and satisfaction. The third life area also includes the theme generating and attracting money with the basic understanding that Existence is abundance.

The criteria for how our meditation is growing in our life are that it begins to enrich both our relationships and our creativity. It also means that we develop a balance and harmony between all the three life areas. It is to understand that meditation is not a phenomenon, which is separate from life. It is when the meditative presence and quality begins to overflow from our inner being, from our inner life source, that we understand that meditation and life are not two separate things. It is then that we understand that meditation and life are one.

# 1. Intuition & Heart

Intuition means to learn to listen to the silent whisperings of our own heart.

Intuition is our inner teacher, our inner source of love, truth and wisdom, in life.

Intuition basically means to develop a deeper trust in ourselves. Intuition means to develop a deeper trust in our heart and inner being.

Intuition is basically a function of our heart and the heart is the door to develop our intuition.

Intuition is a “yes” to life. Intuition means to develop a trust to life. Intuition means to learn to listen to life. When we allow ourselves to follow the silent whisperings of our heart, the fragrance of love arises.

Life is like playing “hide the key” with God. God has hidden the key and now it is up to us to find the key again. It also takes us a while to realize that the key is hidden in our own heart. Our heart is the door to allow life to guide us. Our heart is the door to say “yes” to life. Our heart is the door to surrender to life.

Intuition means to follow the silent whispers of the inner in a basic “yes” to life.

Life is really very simple. In each moment, we have the opportunity to choose between saying “yes” or “no”, to listen to our intuition, to listen to our true inner voice, the Existential voice within ourselves. When we say “yes”, we have contact with Existence and we receive nourishment, love, joy, support and inspiration. When we say “no”, we create a separation from life and begin to create dreams and expectations of how it should be. We begin to live in the memories of the past and in the fantasies of the future – as if any other time than here and now really could make us happy and satisfied.

Life is our teacher. Life communicates with us all the time and it is a lesson to see how life continuously have led me to the people I need to met, to the situations I need to experience, and to the places I need to be. There has never been any real reason to worry since all small individual rivers are already on their way to the ocean, to the Whole. It is not about swimming, it is about relaxing and to float with the river in a basic trust that life already leads towards the sea of consciousness, towards the Whole.

## Intuition means to develop a trust in ourselves

Intuition means to know from within ourselves. Intuition is our true inner voice, our Socratic Daimonion, our inner teacher.

Intuition is about being present and taking creative decisions.

Through learning to listen to our own intuition, it develops to a constantly available inner source of love, truth and wisdom. We can close our eyes, go within, and always receive the

right guidance.

Intuition is the art of the moment. Intuition is always in the moment, in the here and now.

Intuition means to develop a trust in ourselves, a trust in our own joy, intelligence and creativity, a trust in our own individuality.

The intellect gives insight, logic and understanding, the heart gives joy, acceptance, trust, intuition, compassion, friendship, playfulness, humor, creativity and a sense of oneness in love and the inner being gives silence, a rest in ourselves, meditation and a sense of belongingness with life.

The human heart is a healer, which heals both others and ourselves.

The human heart operates from two premises: "I Am Responsible" and "Only Love Works

Love is what creates the freedom and relaxation to be who we really are.

The greatest gift we can give to another person is our love.

In the depth of our heart, we already know that we are perfect as we are. In the depth of our inner being we already know that life is perfect as it is.

Fear and hate create separation, love and joy creates belongingness and wholeness.

Acceptance means to learn to love and respect ourselves as we are.

Acceptance is to love and embrace everything that we find within ourselves like a mother embraces her child.

When we stop judging others and ourselves, our heart begins to open.

Acceptance means to bring out everything from inside ourselves out in the light.

Everything we give love and attention to grows and develops.

Meditation is the way to develop the inner clarity, which is the base to develop our intuition.

Intuition is a capacity of our heart. Our heart is the door to allowing Existence to guide us, instead of being directed by our ideas, desires and expectations. Since the days of Aristotle's, we have been taught that logic is the only way to reach a solution. But while logic works in a step-by-step-process to reach a solution, intuition simply takes a quantum leap to a solution without any intermediate steps.

To see life from the perspective of intuition is to have vision. To see life from the perspective of intuition is to see life from the perspective of wholeness. It is to understand that life is basically one and that we are part of life. While the intellect can only see the details, intuition sees the whole. To see life from the perspective of intuition is like looking at life from the summit of the mountain, whereas seeing life only from the perspective of intellect is like looking at life from the foot of the mountain. Through learning to listen to our intuition, we learn to be in contact with the Whole.

We all have the same capacity to develop our intuition. Meditation and love are the basic nourishment to develop our intuition. People with a quality of heart are often intuitive.

Intuition is the art of the moment. Intuition is always in the moment, in the here and now. While the intellect always moves like the pendulum of a clock between the memories of the past and the fantasies of the future, intuition is always in the moment, always in the here and now. The more we develop our inner being, the inner source of love and truth, the inner quality of being here and now, the more we also have access to our intuition.

Intuition is about moving out of our own way. Intuition is about moving out of our limited sense of "I". It means moving out of the way of our ideas about how things should be and just be with what is. It is to be with the living reality of the moment.

Our heart is the door to allowing Existence to guide us. Our heart is the door to allowing life to support us in our psychological development process towards spiritual maturity.

Intuition is the voice of our inner being, of our authentic self. Intuition is the Existential voice within ourselves. Through listening to our intuition, we are in contact with the Whole.

Intuition is a trust that if we follow our heart, if we follow our love, joy and truth, the Whole becomes enriched.

Intuition is already in contact with Existence. Intuition is already in contact with that, which is larger than ourselves.

## 2. Healing

Within each one of us there is a healer. Healing has always been a way and a deep source of joy for me. Healing is basically our own energy, which overflows from our inner being, from the meditative quality within, from the inner silence and emptiness.

Healing is pure love in essence. Love is what creates healing. Love is the strongest force there is. The sheer presence of love is, in itself, healing. It is more the absence of love – than the presence of love –, which creates problems. Healing is a quality, which we can freely share without any ownership. Healing is not something that we can claim as our own; healing is to be a medium, a channel, for the whole.

Healing is a medium through which we can develop our inner qualities of presence, love, joy, intuition, truth, silence, wisdom, creativity and inner wholeness. Healing comes originally from the silence within, where we are already in contact with the whole, with the divine. Healing is what makes us spread our inner wings of love and silence and soar high on the sky of consciousness and touch the stars. Healing is to be in service of God.

People who have a quality of heart and sensitivity are naturally healing. With some people that we meet, we feel naturally uplifted and inspired. With other people that we meet, we become tired and heavy. With people, who can listen without judging and evaluating, it is easy to find the right words to share problems and difficulties. And with other people, it seems almost impossible to find the right words.

People, who have a healing presence and quality, can support our own inner source of love, truth and silence through their presence. These people also seem to have an intuitive sensitivity to saying the right words, which lift and inspires us. This is the people whose presence can mirror the inner truth, which we already know deep within ourselves.

The human heart is a healer, which heals others and ourselves. It is the hearts quality of love, acceptance and compassion, plus communication through words that creates healing. A word that comes from the heart creates healing. A silent listening with a quality of presence and an accepting attitude creates space for healing to happen.

**Without love it is only possible to reach the personality of the other person, to reach the surface and periphery of the other person**

The gift of healing comes when we see the other person with love and compassion. It is the quality of heart, which creates the love and the genuine caring for the other person. When our words are carried by the quality of heart, you can say almost

anything to the other person and he will still be able to be open and receptive. But if our words lack the quality of heart, it also becomes difficult for the other person to continue to be open and receptive. Even if a therapist is very skilful, technically, or has a clear clairvoyant ability, and still lacks the natural roots in the soil of the heart, then his words will not touch the heart of the other person.

When I began to work with people almost 22 years ago, it was an insight for me that I really cared about the other person, and that it was this love that was communicated beyond the words to the other person. One of my course participants – who are a teacher – described this very beautifully when he said that he was impressed by my intuition and by my way of conducting therapeutic work – or, as he would rather call this, “giving insights into love”. Love is what allows us to go beyond the surface of the other person and to touch his inner being, his inner essence. Without love, it is only possible to reach the personality of the other person, to reach the surface and periphery of the other person.

Meditation is the way to develop our natural healing abilities. Healing comes originally from our inner being, from the inner source of silence and wholeness. In the silence, we can let go of all our problems, frustrations, fears, anger and sorrow. Healing happens when we bring everything that we find inside ourselves out into the light. Healing is to embrace and accept everything that we find inside ourselves without judgment or evaluation. Healing happens when we discover an unconditional love and acceptance for ourselves as we are with both our light and dark sides.

A male meditator says that he made a deep insight in a course about what healing is, which has guided him much in life. He says: "I did a course and had been feeling very good during the week before the course. The first two days of the course I still felt very good. But the third day of the course, I began to feel uncomfortable. The question why I suddenly felt uncomfortable arose in me. But instead of asking somebody else, I asked myself this question and the answer I got was: "To receive attention". *Could it be so simple?* I thought, and then I closed my eyes, went inside myself and gave myself attention. Through this I discovered that I could give myself healing. There were also many things that I suddenly understood through this about the question: "What is healing?" It became clear to me that healing is to give attention and that healing and giving attention are synonymous terms".

Healing is not only a specific method, healing is also to invite another person into our own inner light, to invite another person into our presence, love, joy, acceptance, humor, understanding, playfulness, meditation and silence. Healing can also be a loving word, an understanding glance, a present touch, a silent listening or simply joking with another person and making him or her happy. Humor is also one of the strongest healing powers to see our situation and ourselves in a new and creative light.

When I pursued an education in healing in the USA in 1984, I was told that I had the capacity to become a crown chakra healer, a spiritual healer, to act as a channel and catalyst for spiritual energy from the 7th chakra through the heart. At that time I had no idea what a crown chakra healer really was and since then it has been a continuous process during the last 17 years to deepen and develop my understanding about what a crown chakra healer is. This process has resulted in a way of working I call "Synchronicity – Transmission of the Light", which uses

healing and energy work from the Source on a formless level. With this way of working I have worked with groups up to 80 people. It is really a way of working, which goes around the ego and speaks directly to the heart. It allows a person to come in direct contact with his own inner being, with his own life source. With my intellect I still do not understand how this way of working functions. It is not a way of working, which can be understood on a method plane. It is a way of working, which relates directly to the heart and which can only be understood through insight and experience.

One participant in Gothenburg described his experience of Synchronicity as being like a thousand suns suddenly had been lit in his own consciousness. He says: "It was like an inner explosion, an expansion of my own consciousness – and I felt only love for the other people in the room".

The greatest teacher in healing is nature itself. To be out in the nature is like being surrounded and embraced by love. Trees are also very beautiful people, who have their own innate wisdom and who are already in oneness with Existence. And the sky whispers its silent message that, beyond everything, there is only one sky. A female meditator describes it like there is a basic meditative quality in nature. She says: "There is nothing in nature that questions each others existence like people do. Everything is allowed to exist and everything is allowed to be exactly as it is – and seasons come and go. It is not strange that people love to be out in nature and experiences that they come in harmony with themselves, because, in nature, there is nothing that tries to change them. There is a quality in the air, which can be called a meditative quality".

Healing is to be in the light of our own consciousness. Healing is an inner light, which exist as a natural radiance around a person. This inner light is in itself a healing force beyond words. This inner light disperses darkness, like when you lit a candle in a dark room and the darkness disappears by itself. This inner light exude s a subtle influence through its mere presence. The more the light in our own consciousness is lit, the more it creates a subtle effect in the world.

### 3. Roots and wings: The inner man and woman

What are the inner man and woman? Our being consists of two energies: the male and female aspect. Irrespective of if we are a man or a woman, we have both a male and female side.

Life develops through opposite poles and tendencies for example yes and no, joy and sorrow, light and darkness, positive and negative, day and night and life and death. Just as electricity needs both a negative and positive pole for a spark to arise, the human consciousness has also two poles. These two poles are the male and female side. The right side of the body represents the male side and the left side of the body represents the female side.

We all have both a male and female side, which is represented by the right and left side of the body. Our inner male and female sides are expressed on the outside as relationships. Often our longer and deeper relationships with an outer man or woman are a mirror of our own inner man or woman. In every meeting with a man or woman, a conscious or unconscious comparison occurs with our own inner man or woman. If there is a comparison with our inner man or woman, we fall in love.

#### **Relationships are a development and a dance between our inner male and female sides**

A one-sided development of the male side leads to ego, struggle, destructivity and a separation from life. A one-sided development of our female side leads to dependence and passivity. It is when we have developed a balance and harmony between both our male and female side that a new spark of joy, creativity and wholeness arises within ourselves.

The basic problem with the world today is the unbalance between the male and female aspects, the unbalance between our inner and outer world, the unbalance between knowledge and wisdom, the unbalance between intellect and intuition and the unbalance between activity and rest.

Relationships are a development and a dance between our inner male and female sides. It is a balance and a dance between love and freedom, between aloneness and relating, between strength and receptivity, between closeness and distance, between intellect and intuition, between relaxation and activity and between meeting and leaving.

Outer relationships are a mirror of the relationship and communication between our own inner male and female sides.

Outer relationships with a man or a woman are a possibility to understand our own inner



man or woman. Outer relationships with a man or a woman are a mirror of the relationship between our own inner man and woman.

Embracing our own inner man and woman means to understand the inner drama that happens between our male and female aspects, which manifests on the outside as relationships.

Love means to understand the drama that happens between the inner man and woman. It means to allow both the inner man and woman to find their creative roots and expression. When we have developed a trust in both our inner man and woman and they can nourish, support, communicate and cooperate with each other, a love begins to flow between them.

Often we are identified with either the inner man or woman, while the other side is hidden and unexpressed.

Outer relationships are a mirror of the relationship and communication between our own inner man and female side. Sometimes one side is dominant, while the other side is submissive. Sometimes one side is developed, while the other side is undeveloped. Sometimes one side takes responsibility for the other side. Both the inner man and woman need to find their own integrity and independence. When both the inner man and woman takes responsibility for themselves and lives their own truth, a joy and love begins to flow naturally between them.

Through understanding both the inner man and woman, we understand that outer relationships simply mirror the relationship between our inner man and woman. This understanding gives us the opportunity to take conscious responsibility for our choices and our further steps towards spiritual maturity.

Through becoming aware of how the inner man and woman relates and communicates inside ourselves, it creates a joy and satisfaction in the three life areas that they influence: our meditation and inner growth, our relationships and our work and creativity.

The heart is the door to our inner woman. The heart is the door to our inner world. The power chakra relates to the inner man. The power chakra relates to the outer world. Irrespective of if we are a man or a woman, the inner woman is the center of our consciousness. The inner man is the periphery of our consciousness. It is also the inner man that takes care of and protects the inner woman for example through putting up creative boundaries.

The meeting between a man and a woman on the outer plane creates a relationship. This relationship is not a conflict, but they complement each other. The outer meeting between a man and a woman also creates integration between our own inner male and female sides. It is when our inner male and female sides meet within ourselves that a new spark of love, joy, and wholeness arises within ourselves.

When I meet a woman who matches my own inner woman, I notice that it creates a joy in my heart. It is the joy of recognition, a longing after inner wholeness between my own inner man and woman. It is the inner longing that the outer relationship will help us to reconnect the relationship between our inner male and female sides and makes us whole. In this way our outer relationships becomes a possibility to develop and integrate our inner man and woman in the relationship with an outer man or woman. In this way the outer relationships creates a possibility to learn to love both our outer partner and our own inner male and female side. It is when we develop both

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