

CONVERSATIONS



ROY POSNER

DISCUSSIONS ON PERSONAL, SPIRITUAL,
AND SOCIETAL GROWTH AND EVOLUTION



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Introduction

This new collection contains a number of conversations with Roy Posner over the years; mostly from the period 1998-2007, several more recently.

We hope these discussions on personal, spiritual, and societal growth and evolution are of interest to you and touch something in your life.

Sri Aurobindo's Vision of the Future



In this conversation Roy describes what attracted him to the teachings of Sri Aurobindo, what His vision of the future for humanity is, and how we can use His ideas in a practical way in our own lives.

PART I: First Contact

Welcome to this first of our conversations series.

Thank you. I am happy to be here.

You have been involved with the eastern teachings of Sri Aurobindo for many years. Is that right?

Yes, I have. But please allow me to correct you at the outset. Sri Aurobindo's work is not really an eastern teaching. It is both a western teaching and an eastern teaching, and yet it is neither. Actually, I believe it transcends both.

Why is that?

As a young man Sri Aurobindo was educated at Cambridge in England, and as his later writings reveal, was quite conversant with virtually aspects of western literature, including its great fiction. He was also very well versed in world history, and the social, religious, and spiritual movements of the last ten thousand years. In his thought processes as well as his writing style, he was a very modern thinker. He could jump from analysis of the works of Freud and the latest forms of psychology, to a critique of the works by DH Lawrence and Tolstoy; to a profound discussion on how the emerging UN could influence the future of humanity. And yet he could still explain the deepest

aspect of spirit for the individual, and to the underlying Divine forces that enabled the universe.

He had a staggering grasp of the main issues and developments in the world of politics, science, history, literature, the social movements of the time, and had a deep and broad understanding of the religious and spiritual writings and teachings of the major, and even minor, religious movements of the world.



Sri Aurobindo

He had an extraordinary English vocabulary, as expressed in his letters to his disciples, and in his massive body of writings, that included works of metaphysics, mystical poetry, and social and literary commentary. If it weren't for the more metaphysical and spiritual topics, you would think you were reading a contemporary writer or thinker who published in the London Times. Of course, he also wrote spiritual philosophy and metaphysics, which is not the typical fare of an English journalist. Yet, even there he expressed himself with great precision, with impeccable argument and logic, with beauty of language, almost unparalleled in the history of man.

And yet on top of this vast knowledge of contemporary life, he became perhaps the greatest spiritual figure of the last 100 years.

So did you get involved with his teachings?

Yes, I have been involved in these teachings for many years; since around 1973 or 1974. Like all of us at that time of great discovery, i.e. in the turbulent and wondrous late 60s and early 70s, we were immersed in a sea of change.

At the time a close friend of mine, was not only reading but was also practicing the ideals set out in Sri Aurobindo's teachings. We grew up together on the same street in Queens in New York City, played baseball on the little league team my father managed, and knew one another in high school. When I went off to college and returned home, I saw that not only had he gotten involved in Aurobindo's teachings, but that it had deeply affected him. He seemed to emanate an inner glow that I was not the only one to recognize; a light that could only come from a person who was connected to something deep and profound.

One day at my parent's home, after returning from college, my friend gave me a copy of French author Satprem's book *Adventure of Consciousness*, which was sort of the definitive introduction to Sri Aurobindo at the time. It was a very inspiring and thrilling work to a young man of 23. The book not only presented Satprem's impressions of Sri Aurobindo's teachings, but also included pictures of Auroville, the international, UN-sponsored spiritual community that was rising out of the red clay in southern India near the former French enclave of Pondicherry. This was very exciting to me at the time. It was here in Auroville that a part of Sri Aurobindo's vision was being played out.

After a while I began to not only absorb Sri Aurobindo's ideas, but began to feel a very real inner change within my own self; as a new spiritual feeling began to well inside me, paralleling my rising interest in his teachings.

So that was the decisive change for you?

Well there was another incident that also played a big part in my turning to these ideas. At the time (in the mid-70s) there was a big interest in alternate living communities. There was, for example, the development of the new age community of Findhorn in Scotland; famous for its ability to grow an astounding variety of the world's plants in a difficult soil. They claimed they used spiritual means to enable this to occur; even using fairies and elves!

Well, there was one particular gathering that was to have a huge impact on my life. It was a big gathering at the vast St. John the Divine church in upper Manhattan near Harlem in New York City to present to the public three key new age communities -- Findhorn of Scotland, Lindisfarne on Long Island, and Auroville of South India. I knew of all three; and of course, was most interested in Auroville, which was the international UN sanctioned free spiritual city developed by Sri Aurobindo's spiritual partner, known as "The Mother."

I walked into this immense church -- I believe it is the longest in the world -- and climbed up to a high side balcony, where I watched the presentation of the three communities. As I watched the narrated slideshow on Auroville -- including the new futuristic architecture, the incredible gardens and trees that were emerging out of the terra cotta clay soil, the latest environmental technologies that were being developed there, -- I sensed a new world arising there, guided not by wealth or status or survival, but on profound progressive

spiritual values. The entire city was to be an experiment in consciousness. It was overwhelmingly inspiring for me. Some deep chord inside me was touched; the world within me was changing.

I remember one thing in the presentation that really struck me was when the speaker's statement that one of the NASA astronauts on one of his orbits around the earth had seen an incredible light emanating from the area around Auroville. This made me feel that there really was something special going on there.

At the time, I was an aspiring magazine journalist who had hoped that by covering the gathering, I could write an article on one or more of the three spiritual communities for one of several new age and other cultural issues that were coming into the fore back then. Instead, I came away overwhelmed by the vibration I felt whenever Auroville or Sri Aurobindo or The Mother was mentioned. However, instead of pursuing a career as a journalist, I followed another path -- to follow the path of Sri Aurobindo and the Mother, and to somehow find a practical work environment where I could meld my efforts to those inner ideals.

So that was how your connection to Sri Aurobindo began?

Yes, that's where it began. First, my close friend who emanated the vibration and introduced me to some of his works, including Satprem's wondrous breakthrough introductory book on the life of Aurobindo, the Mother, and Auroville. Then the gathering at St. John the Divine where I saw and felt the spiritual power trying to be born in the new futuristic township of Auroville. And finally, and most importantly that sense inside of something different, something profound and future-oriented that began to well inside me. It was this presence that has guided my life since.

But now that you had the inner feeling of the spirit, what vehicle did you have to make it real; I mean in a practical way?

Well, that's the next part of the story; the decisive part.

(pause) A few years later, after going through a profound two-week darkness from which I awoke from through a spiritual-type experience, I moved out to California and came in contact with a group of individuals in the San Fernando Valley in Los Angeles who were taking the ideas of Sri Aurobindo and applying

them to practical, everyday areas of life. For example, they started a business to distribute products from Auroville and nearby Pondicherry, trying to apply Aurobindo's principles in the activities of their work, whether it be going down to the port to pick up goods, or selling out in the field, or keeping the accounting system up to date. In all aspects, they were trying to apply his principles -- not just business, but in Indian development, in literary thought, and others. When I saw what they were doing, I very much wanted to get involved. It was the fulfillment of a dream, to connect spirit with my practical working life.

So that was the next great turning point of my life. It was in 1976. Applying Sri Aurobindo's ideas to all of the activities of work became the focus of my life, and continues to be so today. After all, he did say that all life is yoga; meaning that every bit of work we do is an opportunity to apply spirit to it, to enable its infinite potential of life to emerge through it. It was thus a dynamic, practical spirituality, which was just what I was looking for.

So what happened next?

Well, that's the next part of the story; the final piece of the puzzle.

Well after a while, I moved back north to the San Francisco Bay Area, where I felt more at home, and where I started my own distribution company -- selling the goods that my friends were importing from India. I continued to try to practice spiritual disciplines in my work. E.g. before I would talk with the buyer at a store I was trying to sell to, I would open myself to "the spiritual Force." The idea is that when you open to that power, it takes over, enabling everything to go right, including getting the sale! Some of the results were absolutely astounding, as life would respond to my efforts in the most extraordinary way. Now only was there a presence emerging within myself, but I saw how the spirit could be applied to the practical details of life outside myself.

(pause) So now I had come full circle in my life. I had found my inner calling; and it was supported by an outer work, in which I could apply the power of the spirit. I was now in essence reborn into a new life; I had gone passed through some great opening to a new way of living.

That's an inspiring story. It sounds like it was a time of great adventure.

It was an overwhelming adventure. And it was taking place inwardly and outwardly. Or as Satprem called his book on Sri Aurobindo, "Adventures in Consciousness."

(pause) Now I have a different sort of question. I can understand why you would be attracted to a spiritual genius like Sri Aurobindo, and feel that kind of presence, but what were the ideas that appealed to you; to your intellect? Or were you just led by the feelings, the presence, and the experiences you had?

That's a very good question. Though many of us at the time were having all sorts of inner and outer experiences, from drugs to gurus, which definitely attracted our emotions and feelings, there was also the intellectual aspects, the ideals and metaphysical teachings and philosophy of Sri Aurobindo that had a great impact on me.

After all, I had just spent years at Syracuse University expanding my intellect in areas such as history, science, psychology, and sociology. Also, the world was also changing very rapidly around us in the mid-70s; creating great intellectual ferment and change as well.

At the time, I had been reading many spiritual ideas and principles from many authors, including Lao Tsu's Tao Te Ching (The Way of Life); Alan Watts' synthesis of eastern and Western thought; books on comparative religion, and the new, emerging spirituality. I began to move in circles where all sorts of new, stimulating, fascinating ideas about society and the future of humanity were available to me. Add into this fertile mix the tumult or events of that time -- the winding down of the Vietnam war, Nixon's impeachment, the upheaval in China, hippies taking to the roads in the US, gurus popping up like poppies -- and it was an overwhelming time of ferment and creative change.

Still there was no body of work, teaching that put all of these disparate ideas and principles together for me. Something deep inside me was missing; intellectually and spiritually. There was no world view, no comprehensive understanding of life; only bits and pieces of the puzzle of existence. However, when I came in contact with the teachings of Sri Aurobindo, I felt all the loose threads binding together; all of these rich ideas and principles coagulating into a comprehensive knowledge and teaching that was pure, profound, deep, complex, yet crystal clear.

When I read Satprem's explanation in *Adventures of Consciousness* of Sri Aurobindo's vision of the future, I finally discovered what I had been subconsciously yearning for: the integral truth of existence: the roadmap and pathway to our spiritual future. I had come upon the great vision of the future that I had aspired for somewhere deep in my heart and mind.

Perhaps even more important was the fact that in reading Aurobindo's works I felt a spiritual presence welling up inside me. Increasingly, I felt a subtle something radiating from within. And yet what I felt was something very different, unusual in a spiritual sense; infinitely creative, undiscovered, visionary, and futuristic.

This was something very unexpected. This simultaneous feeling of the spiritual presence, and that which had a sense of the future about it. It must have been what my modern soul had yearned for.

It sounds like a great turning point in your life.

Yes it was. I had begun to come in contact with the very purpose of my existence. Perhaps the individual soul in me had somehow come in contact to its universal and transcendent purpose in life.

(pause) Well, I guess that would bring us to the subject at hand, Aurobindo's vision of the future.

You mention Satprem's book *Adventure of Consciousness* as the starting point, the work that first brought you in contact with Aurobindo's teachings. What was it in the teachings that really got to you?

First, let me speak of Satprem, and his style of writing. To a young man of 24 his prose was very exciting. Satprem as you may know was the main disciple of the individual known as The Mother. The Mother was really Sri Aurobindo's great spiritual partner who worked with him to implement his vision for a new, spirit-based Divine life on earth.

Satprem described in glowing, sometimes apocalyptic prose, how life on earth in its current form had reached its limits. He suggested that society had gone as far as it could go; in its old thinking, in its old perceptions of what is real and true. Satprem felt that we couldn't continue any further without society imploding, which in many senses it has. The world had now moved to the

breaking point, with acute strain, due mainly to its limited perceptions of the nature of reality, and to the inability of the human mind to grapple with the enormity of its existential and practical problems. For Satprem, Sri Aurobindo vision of a new existence, of a new spirit-based humanity and divine life on earth was the way out. It was for me a very different and new way of thinking; an entirely new worldview.

(pause) I like using the expression "New Thinking." It's a term Gorbachev, one other great hero of mine, had popularized. His country had gone to the boundaries of its possibilities, and could go no further. Instead of testing them -- its old forms and limitations -- he simply gave up the entire system, and opened the doors to infinite new freedoms and possibilities.

In the same way, Sri Aurobindo gives us an opening to a world beyond the spent boundaries of the old thinking; but for the *entire human race*. Aurobindo gave us a vision of what a future society could be like if we transcended our limited vital and mental views of existence; beyond the stifling materialism of the West; beyond its material, empirical view of existence; beyond the static view of life of the East; and embrace a dynamic spirituality; an evolution of consciousness; a new way of experiencing life through the power of the spiritual Force now readily available to all in the world.

Naturally, this was very stimulating to me as a young man newly engaged in the world.

(pause) Sri Aurobindo's vision seems rather modern; unlike the traditional spiritual views of existence.

Yes, very much so.

In fact, one of the things that made Sri Aurobindo's vision so compelling to me was the belief that in *all* activities, situations, circumstances in life one could bring to bear the spiritual Force, and thereby evoke the infinite from the current finite. Whether you were a businessperson, a writer, a politician, or a homemaker, it didn't matter. Everyone and everything was to be included in this upward, evolutionary movement of endless progress and higher consciousness.

In his view, one does not experience the Divine by withdrawing from the world to some spiritual retreat or hermitage, or otherwise separating ourselves from the daily activities of life. Instead, spirituality is to be brought into and expressed *through* life; through every act, circumstance, and situation, evoking the infinite potential within it.

For Sri Aurobindo everything is part of this upward, evolutionary movement. Everything is part of an unfolding of consciousness, which from the perspective of the Supreme, from the supramental viewpoint is actually a Divine unfolding.

(pause) The main problem of course was that we humans were profoundly unaware of this evolutionary movement of life. So Sri Aurobindo comes along to reveal to us what was unknown; to give us a vision of what was possible.

That as you may know is the great purpose of the Avatar: to bring the world a vision of a new possibility that is ready to emerge in society. In his case, to reveal an ultimate possibility for a new, divine existence beyond the current vital and mental life; one in which we could evolve from our current limited nature to a new supernature -- overcoming all of the strife, suffering, pain, ignorance, division, conflict and contradiction on earth; replacing it with harmony, oneness, truth, wisdom, goodness, creativity, light, love, beauty, delight, timelessness, and infinity.

He indicated that if we were to perceive the Spirit that is embedded, hidden, involved within us, as well as connect to, tap into the spiritual Force that surrounds us, we would actively participate in our own personal evolution; as well as the evolution of society; even of the universe itself! That is, we could actively participate in and affect the destiny of the human race.

He repeatedly suggested that we could infuse the various planes of our being -- physical, vital, and mental, -- with the Spirit in order to uplift them, including the activities we are engaged in and the circumstance that come our way, whether in work, in our families, in our business, or the social institutions we partake in.

So everything in life was to be included in this upward, evolutionary movement! Nothing and no one was to be left out, denied. Even the murderer, the dictator, and the promiscuous lover played a role in the universal unfolding. That is because everyone, and every individual matter or

thing can rise to a higher level than its current condition. That is, the consciousness and spirit can be evoked in each thing so that its infinite potential that is involved, hidden within it can be realized.

In this way, we move beyond the boundaries of what we perceive as possible. We overcome the boundaries and difficulties of life that Satprem had so passionately railed against.

Now we understood that the final frontier is not outside ourselves, but is within.

That changes the whole dynamic of life; the equation of existence. It opens the doors to a new world, a new future possibility for humanity.

PART II: A Vision and a Boon

You've expressed the events that led you to Sri Aurobindo, but was there something in Aurobindo's thinking or a book of his that attracted you to his path?

Yes, very much so. Both of these.

First of all I was taken by his use of extreme logic, and utter rationality of thought. Something, by the way, that any serious western thinker would envy.

Take his opus *The Life Divine*. In this book he attempts in the most complex of metaphysical terms to systematically uncover the process by which the universe came into being; as well as the nature of existence; the purpose of existence in the universe; the means of individual transformation; and the destiny of humanity as a whole. He takes us through this extraordinary journey of discovery in an extremely rational way.

By the way, at a further point, you realize that these metaphysical expressions of the nature of existence are not mere speculation on his part, but are real experience of his; the experiences of a spiritual voyager non-parallel who had reached the summits of divine insight, experience, and realization.

And yet what really inspires are the staggering conclusions he has come to.

Which are ...

Which is that there is a future before us so utterly different than our current existence. That there are cosmic forces and powers at work so staggering, that we must give up our current views of life, dismantle these intellectual underpinnings, and develop a new vocabulary for a new, divine, infinite-like existence.

Is that where this concept of Supermind that he is so identified with comes in?

Yes, that is the ultimate instrument and force for change that he discovered.

(pause) However before I go into that, I think I need to explain the goal he envisioned; in particular, where he felt humanity was heading.

(pause) Sri Aurobindo's vision begins with the assertion that humans may not be the final rung on the evolutionary scale. That we might witness the emergence of a new species; one that is above and beyond the current humanity. Or, perhaps we could say that it is the same human species, but that has evolved to a new level that appears to be very different in functioning, inwardly and outwardly, from the current human individual. Different, emotionally, mentally, spiritually -- even physically!

He has developed this vision of a future humanity or a new human species, depending on how you look at it, based on a logical, rational evaluation of the past and a visionary projection of the future.

Among the topics he addressed head on in his evaluation and projection are: what is the source of the universe? how did it come about? what is its purpose? what is our purpose? to what degree has the universe and the human race progressed to this point in time? what are our human limitations? what is our human and spiritual potential? what would a future spiritualized existence be like? and what is the evolutionary possibility for the entire human race?

In this stupendous evaluation of existence, he traced an arc that reached back to the original principle or source of things -- which he called the Divine Reality -- , to the creation that emerged from that source; to our present state and

condition, to our psychological and spiritual potentials in the not too distant future.

Perhaps what is most remarkable is how he systematically shows how the past and the present conditions of Man inevitably lead to this new, transformed, spirit-based status of humanity.

Finally, Sri Aurobindo also tells us how we can make that fantastic future possibility occur.

And what is very appealing to me, is that this very different human future he envisions can come about rather quickly, much of it even within our lifetime, if we systematically follow the process he has outlined. In other words, by knowing the steps in this evolutionary plan, we can consciously follow it now and hasten its arrival.

Were there any indicators in the world, or that you experienced in your own life that Sri Aurobindo's vision could come about?

(pause) Well, it was certainly very appealing in 1975 for a young man of 24 to see the gardens and futuristic small modern edifices rise in Auroville in India -- the City of Light the Mother envisioned that had arisen out of the arid clay land there. It was even more interesting to learn of how some inhabitants there were making an effort to create a new spiritual-based existence -- at both the material and spiritual level. That is, not only through the new pavilions, residences, gardens, and forests they forged out of the barren land, but also through their own individual experiments in personal growth and higher consciousness.

But what is Auroville actually?

I guess you can think of Auroville as a giant laboratory and experiment in consciousness. Put a number of pioneer-oriented individuals in a community where they could forge their own lifestyle, where money is no longer used, and let them create a new world based not solely on physical and technological values but on psychological and spiritual ones.

Also, don't tell them too specifically how to create the new world, or how to conduct their lives, but let the experiment be on their own and determine what

is the best way to make their way to this new Man, to the new species that Sri Aurobindo and the Mother envisioned.

(pause) The only obligation on the Aurovillians was that they agree to collaborate in building a new world based on a higher consciousness; on spiritual, inner, psychological oriented values. If individuals from all over the world could come and work together and build a new city, while making the effort to change themselves inwardly, then the foundations of a new human existence could be founded.



The Matramandir in Auroville

Of course I later found out that one did not have to live in Auroville to undertake this experiment in consciousness. One could do it done anywhere -- perhaps even better if you were outside of Auroville!

After all it is in the small moment and movements of our daily lives that the right consciousness could be brought to bear, which would become the first stepping stones to manifesting Sri Aurobindo's future vision. In that sense, time and place is irrelevant; and what is relevant is the deeper and higher consciousness we bring to any work or activity; which means that it can occur anywhere, any place.

Life's individual moments and circumstances is the cloth out of which the new world is to be woven. It is the attitude, awareness, and values we bring to any act in any moment in time, and the way we make use of the spiritual Force, that would build the bridge to this new world.

So this sounds like it requires a pioneering spirit; requiring individuals to live a very different sort of lifestyle; not tied to the old social mores.

Yes, it required a radical change from the traditional middle-class lifestyle. One that demanded a psychological and spiritual orientation. One that could be a forerunner of a new human existence, a New Humanity.

(pause) By the way, speaking of a revolutionary lifestyle, did you know that Sri Aurobindo was himself a revolutionary activist? In the early part of the 20th century he worked for Indian independence, and engaged in radical politics to try to loosen British colonial grip on India.

Also, since he was a revolutionary in those early days, the British were very eager to have him captured; and did in fact have him arrested and then incarcerated in the Alipore jail.

And yet it was there that he had the first great religious experience of his life, where he reached complete mental peace and silence, which led him to give up his revolutionary activities.

Moreover, to avoid the British authorities who were trying to hunt him down, he retreated to the French enclave of Pondicherry, south of Madras in South India, where he assembled a small group of followers. There he began a massive effort to understand the nature of existence, and began to write enormous tracts on metaphysics and yoga. At that point, he had begun his own personal and spiritual transformation in earnest.

So what did Sri Aurobindo write about?

One of the themes he consistently addressed was the nature of the evolution humans were going through. He described how we were slowly evolving from a physical orientation focused on survival; to a vital life of want, desire, interaction, and expansion; to a predominant mental existence in which we perceive more of the truths of existence, and we more consciously direct the course of our lives. Through education and other opportunities to engage in purer, more logical thought, we are slowly becoming more rational beings, even as our mentality is still influenced by our physical and vital wants and desires.

Sri Aurobindo tells us in such works as *The Life Divine* and *Synthesis of Yoga*, that we as a race are slowly moving from the inconscience, inertia, and incapacity of the physical plane; the passions, irrationality, attachments, and ego of the vital/emotional plane; to the knowledge, perceptions, and insight of the mental plane; a process that has radically accelerated in the last several generations.

Are there any contemporary examples of this?

Well, just look at the Internet. It is really a new, more complex form of organization. And organization itself is a power of thought and mind. So the power of mind is beginning to expand exponentially in the world through this powerful technology.

And yet Sri Aurobindo believed that our ascendance to a logical, rational mental being was just the starting point for something much greater -- what he referred to as domain of the Spirit. Just as the mental is for the most part a vast leap beyond the vital/emotional, mostly animal nature of the human being, the spiritual is a vast leap beyond the limits of a mental orientation.

At the level of spirit, the mind expands from an essential Ignorance and partial knowledge to an integral, many-sided truth of things through experiences of light, vision, intuition, revelation, and supramental perception. Through an opening to the Spirit, one discovers our true inner nature, our True Self, which he called the Evolving Soul, which fosters experiences of true oneness with others and with life; while enables the mind to expand to the spiritual experiences I just mentioned. Also, one experiences the spirit by having intimations of a transcendent, divine Influence and Power; a spiritualized Force that one can open to that can divinize life around us, while transforming all aspects of our being.

Thus, Sri Aurobindo envisioned that the human race had the capacity to fully move beyond the passion and ego centricities of the vital plane; could rise beyond, surface mind to true rational and logical mentality; and the exceeds these and break through to the spiritual domain of Mind, Heart, and Self.

In fact Sri Aurobindo believed that rising to the spiritual domain was our ultimate destiny. He envisioned a future world where all activities would be infused with the spirit, which would lead to our own perfection as well as the perfection of life around us. If enough individuals were able to rise to this higher consciousness, they would be forerunners of a New Human Existence; one that would culminate in what he referred to as a "Divine Life on Earth."

This is a very powerful and inspiring vision. (pause) And yet hasn't the Spirit been there all along? Why hasn't the world embraced it all this time?

Well there are two points to consider. First of all, though the spiritual domain has been acknowledged for thousands of years, only a very few have functioned from that profound poise. Even those who have risen to that level have done so in a somewhat limited way, especially when you consider the range of experiences, powers, and aspects of the Spirit.

Now however thousands of years after the Rishis of India connected with the Absolute in their ecstatic experiences with the Divine Source, we too now are

beginning to understand the vast complexity, richness, and possibilities of the spiritual domain. As we garner the psychological and spiritual experiences of a great variety of cultures; as we move away from the limits of religion steeped in dogma and single lines of truth, we have the opportunity to know the spiritual in its various aspects: as the Silent Being and Witness behind All, as the Infinite Consciousness, as the Lord of Creation, as Soul within; and so forth. We also have the freedom and opportunity to experience from among the many spiritual qualities -- including that of peace, silence, oneness, knowledge, wisdom, truth, creativity, delight, love, timelessness, and infinity.

It is important to note that Aurobindo has eloquently mapped out virtually all of the domains of the Spirit, and has even uncovered new ones, such as Supermind, i.e. Truth Consciousness, as well as the evolving soul within us. He has done this all the while coaxing us to experience spirit in any and all dimensions so that we can change our nature and evolve to spiritual-oriented being.

(pause) The other point about the Spirit always being there is that the spiritual plane is itself evolving! This is where Sri Aurobindo looms large in the picture. After tracing in *The Life Divine* the source of the universe, what he calls the Absolute, and how the universe was created and unfolded from out of It, including we humans, he uncovers something that is unique in the history of consciousness. He has discovered in essence a new aspect and quality of God.

What do you mean?

Well, he reveals that the Divine, God, Brahman, the One, whatever name you give it or experience you have of it, would never have become the universe, the creation if it weren't for a particular cosmic power. He calls that power "Supermind," also known as "Truth Consciousness." This supramental power is the force of the Infinite Divine that created the Many, that is our universe, our world, us, out of the One, the Absolute, infinite Omnipresent Reality.

In essence, 15 billion years go by, and a gentleman named Sri Aurobindo has perhaps the deepest, most profound, and most varied inner experiences any individual has ever had, and makes a great discovery. He has discovered the very spring that activated the universe. Moreover, he tells us that we too can discover and harness this Force and Power, make it a tool in our lives, which will enable us to create infinitely as well.

Sri Aurobindo believed that if we discovered and utilized this Truth Consciousness in our lives, then we could rise to a level of consciousness and being that is unprecedented in human history. That we could call down its power into our being to transform our mental consciousness, our emotional/vital being, even the very cells of our bodies and our physical makeup.

He then tells us if enough individuals made this decided, radical change that we could witness the arrival of a new human species, with powers, capacities, and experiences that are far beyond the current human; as different from the current human as Man is from the animal.

But how did Sri Aurobindo know that this Force would have this effect? Was it a philosophy, a mental construct, or something he knew was true?

Before he could broadcast his belief of the existence of the supramental, truth consciousness and power, he had to see its effect in his own life.

In his own experiments Sri Aurobindo utilized this new power to see how it functions. He began to understand its nature, how it must have played a role in the creation of the universe from a divine Source, and how it can be the lever through which individuals and humanity evolves itself into a higher nature. He in fact spent much of his later years trying to "bring down" this power into the world in a more fully formed way.

For example, he had discovered that this force would only have power

in the world if it was fully absorbed into the earth's atmosphere. Therefore, along with his partner The Mother (Mira Alfassa), he worked inwardly to bring about the descent of this Truth Consciousness, which he called "Supermind," into the earthly realm. At one point in 1967 (seventeen years after Sri Aurobindo's passing), in the midst of the student rebellions in Paris and elsewhere, the Mother one day announced that the supramental truth consciousness and power had fully descended into the earth consciousness, a breakthrough in spiritual history. The result was that it was now beginning to affect peoples, governments, and circumstance in untold ways. By the way, the Mother also indicated that anyone born after that time was more fully under the influence of Its power.



The Mother

That is pretty startling stuff! On the other hand, was there anything a little more practical, you know, for the average person, that he observed about the workings of Supermind?

Yes. Fortunately, along the way, he also discovered some unique and practical functionings of this power. For example, take the idea of accomplishing something in life. Normally when we want to achieve a goal we have to have knowledge about what we aim to accomplish, plus we also have to have the corresponding will for it to come about. One without the other is not very effective. too often in life, we have the knowledge of something, but not the will for its achievement; or the will, but not the knowledge. To have both is a rare thing, but those who do will usually succeed in the long run.

Well this new supramental functioning and power gives us both powers simultaneously. When we are under Its supramental Influence, we have the sudden, complete, integral knowledge of the thing or matter under consideration -- such as the specifics of how to achieve it -- plus we garner an inherent power for it to manifest as a real living thing in the world!

We gain both powers simultaneously when we open to Supermind, to Its Supramental power. This is not something humanity has never known before, in any way, shape, or form! It is a new and unprecedented power in the world.

Obviously, this is something far beyond our current way of living, of functioning. Presently when we want to accomplish anything, we need to plan out what we want, develop a will and aspiration for it come about, make the full, persevering effort; and then hope luck is on our side; not knowing if in the end we will be successful.

Well, when we open to this supramental truth consciousness and power, we garner the integral knowledge about the matter, even as it suddenly manifests as a living reality in the world! The thing we hoped to accomplish through considerable planning, time, and effort just happens on its own; in totality; in a perfect perfection.

By opening to Supermind, the universe broadcasts into our Minds a total, integral knowledge of the matter, while tending to manifest it as a living reality. What we hope to understand and accomplish, quickly or even instantaneously, happens on its own.

That is the power of opening to that spiritual Force, to the supramental power Sri Aurobindo had uncovered -- which, by the way, was the power that enables the universe to emerge from a Divine Source.

To instantly bring total knowledge about a matter or object and its full manifestation instantly or very rapidly is an overwhelming power of Life. What can be more practical?!?

That's astonishing. It would obviously change life as we know it.

(pause) Could you fill us in on any other ways this power operates in the world?

(pause) Well, there are new sorts of life perceptions and awareness that we experience when we open ourselves to and are guided by the Supramental power: by this descending spiritual Force.

Normally when we function in life we are focused on ourselves, and the things outside ourselves are perceived as separate or different from myself. However, when we open to this power on a regular basis, we begin to forge an inner life; a witness consciousness, if you will, that looks out on life and feels one, not separate from it. In other words, through constant consecration of circumstance, we begin to connect with our Inner Being, which can culminate with a bond with our True Self and Soul, what Sri Aurobindo calls the Psychic being, the Evolving Soul

Stationed in that poise, we perceive less division between the world outside ourselves and our selves. There is no sense of separation, which causes us to look out on things from the poise of Ego, which is separativeness and selfishness. Instead we feel a unity with the life beyond our bodies, including a deeper bond with others, and a more embracing and connection with life's circumstance; with the flow of events.

In essence, through constant consecration, we forge an opening to our Inner Being, which causes us to calmly look out on the world, and thereby become One with all of it. This leads to harmonic feelings towards others, to a life of less stress and turmoil, to a constant welling up of good feelings and high energy, to deep insight and awareness of the nature and flow of life, to making right decisions that lead to more perfect outcomes, even attracting additional good fortune in the process.

Ultimately it creates high achievement, broader and deeper awareness, a more elevated consciousness, and a deep happiness and joy in being alive.

Again, this would seem to create the possibility for a radical change in the way we function in life; to how the world would operate.

Yes, if we learn how to open to the spiritual Force, we begin to live in this astounding new way; a way that has no precedence in human history. As a result, every problem could be solved. In fact, they can be solved instantly through an intuitive knowledge capacity and also just occur on its own spontaneously as a movement of life; a life response movement.

Also, through an opening to this Divine Power everything that happens occurs at just the right moment. People appear on the scene just when they are needed. Needed and necessary resources come out of nowhere. Actions taken lead to startlingly creative and perfect outcomes. Life cooperates; people and things are in sync. There is a perfect rhythm to life around us; as well as inside in our own feelings, thoughts, and actions.

Essentially, the Force opens up the doors to infinite possibilities and potentials. Things that we perceived as limited in scope -- whether involving a mundane business transaction, a relatively innocuous scientific matter, or whatever -- now blossoms in directions one could not have imagined. The scope moves from the current finite to an unexpected Infinite.

As a result of the Force's ability to bring out the infinite from the finite, all notions of possibility are changed; of limits of quantity and quality are altered. Also as a result of the "instantaneous miraculousness" of the Force, of the action of the supramental power, our perceptions of how space and time operate are turned on their head; and our perceptions of the nature of cause and effect are completely altered, as the old models of what can logically happen, and in what sequence things can unfold are completely thrown overboard. And so on and so forth.

It kind of takes your breath away!

Yes it does.

(pause) Such an altered, infinite-like unfolding of life must obviously have an effect on how much we can accomplish in life?

Yes, to say the least!

Through the causal action of the spiritual Force we can accomplish not at twice our current level, but many more times; actually dozens, or hundreds, thousands, infinitely times greater.

The Force forces the Infinite to emerge from the Finite.

Just as the Force was there in Creation, enabling an Infinite-like universe to emerge from Its own Consciousness, so to it can act to create infinite like possibilities to emerge from the current finites -- whether material, sensational, vital, or mental.

(pause) Actually in every finite lies the potential of the Infinite; just an enormous redwood huge tree can emerge from a tiny seed. That potential in there, hidden, involved in every aspect of life -- from matter to animated life to life forms, to plants, animals, and humans; in our actions, feelings, and thoughts.

Across the spectrum of existence, on any plane -- whether in terms of thought or action or physical manifestation -- the infinite can emerge. Thus, from out a small truth can burst a plethora of truths related to that matter that one does not perceive at first. Or from the smallest life movement, lies the opportunity for vast results we would never have imagined.

We all are aware of how a vast amount of energy can be released from the bombardment of infinitely small particles. In the same way, the smallest act can be an opening to the greatest possibility; especially when done through the highest consciousness, or when we open to this spiritual Force before engaging in it. The infinite potentials of life suddenly spring forward. Life responds positively out of all proportion.

That same infinite potential is there in us; hidden, involved, ready to come out. In that way, anyone can become a genius; anyone in the right spirit can have a major impact on society; anyone can rise above his current status and evolve and transform the mental, vital, and physical aspects of his nature.

But what makes that possible?

It's because the Infinite Consciousness and Force, that is the source of all, has buried itself in all things, has plunged itself into an unconsciousness, and yet can be released in any form it inhabits.

We are capable of making contact with that Essence and bringing out that hidden potential within us and with the life around us. It requires us to know the laws of consciousness and make use of the methods that evoke the infinite from that finite; that turn facts into an idea of genius; that turns a small insignificant act into a startling result. When I change a wanting attitude; when I apply the right personal value; when I take the right action based on life conditions, the world around us suddenly cooperates. The small thought turns into a Big Idea. The routine act turns into a major benefit. The acute problem quickly resolved. The pain suddenly ceases to ache; and so forth for every aspect of life.

(pause) Fortunately, we do not have to do it all on our own. We can make use of the descending Supramental Power to bring out that Infinite. Thus, when we offer any circumstances to the spiritual Force, life responds with astounding positive results, essentially replacing the current finite condition with something so much greater.

Solutions to problems arrive from out of nowhere. Limits of success are turned into limitless outcomes. Small mental perceptions turned into vast lights of integral knowledge of Truth. And so forth

In essence, what Sri Aurobindo called the Truth Consciousness -- the Supramental power -- releases the infinite possibilities from the current finite. It brings forth the hidden, involved as potential Conscious Force in a thing or matter; the seed I spoke of earlier; and brings it to the surface of life so that things manifest a much wider potential.

This staggering, infinite-like Power that overcomes space, time, cause, effect, and possibility, and evokes the infinite involved in the finite, is what Sri Aurobindo uncovered for the world. He came to perceive this Force and dedicated himself to bringing it into life so individuals would have access to it.

He came in contact with that Knowledge and Power, and worked to bring it down into life. In 1956, through the startling inner efforts of the Mother, that Truth Consciousness and Power descended fully into the earth's atmosphere.

Ever since, the world has subtly been under Its influence. And ever since that Force is readily available to anyone who opens to It and calls It into his or her life.

Many I know have been opening to that spiritual Force on a regular basis, and are evoking astonishing "life response" results. Thousands of tiny or large miracles are occurring in every facet of life: enabling vast accomplishment, quickly overcoming huge challenges and problems; evoking stunning insights about existence; resolving impossible conundrums; overcoming illness and disease; and even solving huge problems for society.

I understand that the Mother plays a significant role here.

Yes, she is the channel by which followers of the Force open to it. I.e. these spiritual devotees open to the Mother and let Her be the conduit for the Force to enter their lives. Invariably, a series of wonderful outcomes follow.

Opening to the Divine Mother is the most direct and concentrated way to gain access to this ultimate, Causal Power of the universe.

(pause) So this completely changes the equation of life. This ultimate plane and power of Supramental Force is what Sri Aurobindo discovered and worked on his entire life to call down into the earth's atmosphere.

So that's where we begin; by opening to this spiritual power?

(pause) Actually, he asks us first to Aspire for something higher in our life; for a new consciousness, for ourselves and the world.

He also asks us to make a sincere effort to overcome parts of our limited nature: our current mental, vital, and physical deficiencies. That is what we might call "personal growth" today. He asked us to strive to overcome our wanting attitudes, our fixed habits, our narrow beliefs, our movements of ego and desire, and so forth. That is, recognize the deficiencies in ourselves, and wherever we can, make the effort to overcome them. That is a personal effort to bring about higher consciousness in our being, which will in turn enable us to have a more positive relation with life. Through our efforts of control and overcome our deficiencies, we take the first steps away from the normal human nature of ignorance, suffering, incapacity, and failure, and move to a higher status, consciousness, and being.

And the spiritual power?

Yes, and finally he asks those who were sincere in their aspiration for a higher life, make the effort to open themselves to the Supramental force and power, and use it in their everyday lives: for any act they are going to engage in, into the details of their work and businesses, for problems they are having, for opportunities that have come their way, and so forth.

For example, if one opens to it just before an important meeting, everything starts working right, people are friendly and cooperative, new opportunities seem to arrive out of nowhere. It is too incredible to believe, but that is precisely what happens when you open to the Mother's Force before engaging in any activity.

And you have had this experience?

Yes, dozens if not hundreds of times.

(pause) What is interesting is then when we utilize this power the world becomes completely different. We are instantly freed from the barriers of life that Satprem railed against. By opening to that power, we attract the infinite into the current finite, while changing the rules of space and time. Life cooperates from all quarters due to the consciousness and power we have evoked.

(pause) Actually he asks us not just to open to this Power, but to Surrender our very being to it. In other words, one level is to open to the spiritual Force to bring us benefit or alleviate a problem; but a further stage is to simply to Surrender to It, to the Divine Mother, so that we are guided by Its Purpose and Intent. In that way, we become instruments of the Divine Purpose. We sense what the Divine is asking of us, and we are fully determined to act that way, do that work, and move along that Path on Its behalf.

So this force can help us in our own personal development, and even in society's as well?

Yes, exactly.

And there's more.

While I have spoken of this power to evoke startling infinite-like results in the world -- infinitely more accomplishment, success, happiness, and so forth, for ourselves, for society -- there is also an even deeper purpose that It serves for us. It helps us realize our destiny and purpose in relation to the destiny and purpose of the cosmos itself.

What Do You Mean?

Well, according to Sri Aurobindo this universe emerged from a Divine Source so that the forms, including us could have the Joy of discovery of our true nature. That is precisely why the cosmos was created by the Infinite consciousness in the first place: so that a multiplicity and diversity of forces and forms, including we humans, could experience the Delight and Bliss experienced by the Creator.

So when we open to this Supramental Truth Consciousness and the world is dramatically altered around us, we feel an intense Delight and Joy of being alive. That in turn fulfills the very reason and purpose the Infinite Divine evolved a universe of forms from out of Itself: Delight.

Through the Supramental power we also become instruments of progress and evolution. We fulfill the Intent of the Infinite Divine to have all of Its Divine Aspects -- Peace, Oneness, Truth, Knowledge, Goodness, Creativity, Beauty, Delight, Love, Timelessness, Infinity, etc. -- manifest in the details of life. By opening to that Power, we not only become human instruments that realize that Divine Intent, but we discover our own Destiny and Purpose in life.

(pause) That is a very powerful conception of life. But where would we begin?

(pause) I think first we have to ask ourselves if we want to participate in this journey; if we want to collaborate in this cosmic, yet very personal process.

And if we did, what would we do next?

I think the first step is to have the aspiration to grow, develop, and evolve as an individual. That is the minimum. It is what we normally call "personal growth." We can even aspire for its more dramatic form -- personal evolution and transformation, for ourselves and the collectives we are part of.

We can also collaborate in this Divine process by opening to and bringing down this higher power, this Truth Consciousness, into the details of our lives so that we can evoke good fortune for ourselves and life around us.

Better yet, we can call in that Power to change our wanting nature -- our limited attitudes, opinions, actions, and beliefs; uplifting all aspects of our being; and all limitations of consciousness around us. In that way we can change our current limited nature into a new Supernature, filled with the Light and Truth and Love of the Infinite Divine.

If a number of individuals collaborate in this endeavor, embark on this divine path, we might see the emergence of a new humanity; one that is filled with the light and powers of the Infinite Divine.

In the final analysis, it is Divine Life on earth that Sri Aurobindo has offered humanity. It is a stunning yet infinitely practical Vision he has offered the world.

"I saw them cross the twilight of an age,
The sun-eyed children of the marvelous dawn,
The great creators with wide brows of calm,
The massive barrier-breakers of the world
And wrestlers with destiny in her lists of will,
The laborers in the quarries of the gods,
The messengers of the Incommunicable,
The architects of immortality.
Into the fallen human sphere they came,
Faces that wore the Immortal's glory still,
Voices that communed still with the thoughts of God,
Bodies made beautiful by the Spirit's light,
Carrying the magic word, the mystic fire,
Carrying the Dionysian cup of joy,
Approaching eyes of a diviner man,
Lips chanting an unknown anthem of the soul,
Feet echoing in the corridors of Time."
(from the canto 'The Vision and the Boon,' from the 24,000-line epic poem *Savitri* by Sri Aurobindo)

PART III: Making it Practical

So how do we start? How can an individual practically apply himself to begin to achieve these results?

To answer this let me begin with a story. I was working as a salesperson in the San Fernando Valley of Los Angeles in the mid-70s. I was involved with a company called "Mere Cie" that was selling products from India, particularly from organizations dedicated to Sri Aurobindo and the Mother. Interestingly, the people at Mere Cie had dedicated themselves to applying Sri Aurobindo's ideas in the details of their daily work.

I remember one time I sat in front of the owner of Mere Cie (Gary Jacobs, a friend of mine now for over 35 years) and he asked me to sell the one product that I most disliked to sell; a beautiful but expensive line of marbled scarves. Startled by his remark, I told him that nobody wanted to buy these things. At one level, he agreed, but he then added a remark that struck me to the very core of my being. He said that if I were to open myself to the Mother, to the spiritual Force before I entered the store or spoke with the buyer, I would open up the doors to sudden, unexpected success.

To be honest I did not follow his advice very well. I remained pretty much unwilling to sell what I perceived to be hard-to-sell products, and more importantly I only rarely took up his advice about opening to this Higher Power before commencing a sale.

Twenty-five years later I use this technique often, and as a result continuously experience positive, even overwhelming results. For example, if before I lead a training session, I open to this Higher Power, at the end of the day I realize how smoothly things went; that life seemed to cooperate at every turn; that people seemed happier; that the atmosphere was buoyant and positive; that my students were stimulated and energized.

So I practiced this technique of "consecration," i.e. opening to the spiritual Force before commencing any major activity, with startling life response results.

By the way, this is a spiritual technique that anyone one can practice to evoke enormously positive outcomes. We can call in the spiritual Force before major activity, when a problem arises, when an opportunity presents itself, when

we want to change some wanting aspect of our nature, or just to experience the calm and delight that invariably follows.

If you experience the powerful results even once, you are likely hooked for life. You sense that there is more to life than what you may have come to believe. You feel a sense of deep gladness inside, even as you realize that you have the potential to harness an infinite-like power. Ultimately, you realize that from within you can become the Master of all Life.

That is very encouraging. It would seem that we are not helpless victims of fate, but can be spiritual like beings who can control the outcomes of life!

Exactly!

(Pause) In any case, our ability to open to this power, which he referred to as the "Supramental Force" or "Mother's Force" is one of Sri Aurobindo's great revelations to the world. He showed us that through this Cosmic Power we could shape the world in our highest image, and bring about a more harmonious, perfect, and divine life on earth.

(pause) So Sri Aurobindo mostly worked at the level of future possibility; of what we could create from a higher view using this cosmic power. It seems like he didn't like to focus much on the past, or what we humans are going through now.

Well, though Sri Aurobindo wrote in great detail about this power and a future humanity that would evolve into something greater in the light of this power, he also wrote extensively on how humans are currently evolving -- even if they never come in contact with spiritual powers, or are being part of some kind of future spiritual destiny.

In books such as *The Synthesis of Yoga* and in his thousands of letters to his followers he mapped out what human beings basically are made up of, what our positive and negative qualities were within that makeup, and how we can learn to shed those negative qualities, and learn to open to the spiritual realm, the Force, so that we can grow and evolve, which makes us far more healthy, productive, happy people. I think for most people that is enough! Being an instrument of universal creation and the cosmos is beyond the purview of most!



Fully accepting the majority of the tenets of Darwin and his evolutionary scientific view, Sri Aurobindo was able to clearly show how matter, life, and mind evolved on earth (and perhaps elsewhere) through the mineral, plant, animal, and human form. What made his thinking unique in this area is that he went a step further back to trace the *causes* of our limited nature, and the evolution it necessitates.

E.g. he explains why there are both positive and negative in the world, and how these dualities manifest in our bodies, our emotions, and our thoughts, producing our current limited human condition. He indicates it can be traced back to the creation itself, to an Involutionary process in which all consciousness was left behind, even though forms of Force were enabled.

For example, humans get sick, have illness, and ultimately die. This is because of the limitations of our original nature; in particular, the limits of unconsciousness of matter that is the basis of our *physical* makeup. Likewise, the body is also filled with inertia and "tamas," an Indian term related to inertia and immovability. The body does not want to change and move out of its fixed habits and what is familiar. Again, this can be traced back to the original inconscience of matter that we humans emerged out of.

The same is true for the *vital* realm of being that evolved out of the physical. Although the vital is filled with energy and sensation that the purely physical plane lacks, it is also filled with its own limitations -- of desire, want, need, pain, limited attitudes, etc. Because it evolved out of the ignorant, unconscious physical plane, it shares some of those same qualities. Like the physical body which is separated from other bodies, our feelings and emotions are divided between pleasure and pain, mostly due to the separative nature of the Ego.

Then out of the vital capacities evolved further powers of consciousness, particularly in Man, in the form of Mind - that is, our ability to think. The mental plane, i.e. the brain and our thought processes also has the foundation of the Inconscience of the physical and the weaknesses of the vital, carries forth their falsehoods, and manifests new falsehoods within the thinking process and functioning. For example, Sri Aurobindo states that the mind is an exclusionary organ. It accepts one thing over another thing. That is it sees one truth and not the whole truth. Or, it is attached to one idea over another

because it is the slave of the passions, needs, and desires of the lower vital nature.

That doesn't sound very good.

Well, I have put this all in a negative context to show the weakness and limits of our nature. The positive side of our nature is also present. E.g. the abundant energy and dexterous movement of the physical body; the higher emotions and sentiments of the vital nature; the deepest and widest understandings and perceptions of the mental realm. Together they fill life with joy of being.

So there is this mixture of the positive and negative that Sri Aurobindo has identified and traced back to the process of creation itself.

(pause) So to get back to your point, what is most useful for most of us is that Sri Aurobindo concluded that if we want to be better, more conscious humans, we need to change our ignorant, false nature; our incapacities at the mental, vital, and physical levels, so that our truer, higher nature can emerge. If we made this effort, then surely we would find greater fulfillment and joy in our lives - in work, through our families, in our creative capacity, tin connection to the Spirit; in sum, in every aspect and plane of our existence.

This is in essence why we created Growth Online: to provide a vision of what we humans could become at a practical level if we overcame our limited nature, and discovered a new, higher superconsciousness and nature.

Thus, we developed a series of practical articles that can help any individual overcome particular limitations in their nature, but also powerful insights into a new supernature that they could grow into. This would result not only in greater achievement and success, better relations with others, but deep psychological and spiritual fulfillment in life.

So there is a path to move forward from where we are.

Yes. At the very least we can make the effort to "upgrade" ourselves, to use the computer software vernacular. We can overcome our mental, vital, physical limitations in many ways: By overcoming our negative attitudes and habits, by organizing ourselves better, by increasing our knowledge and improving our skills, by applying personal values to our work and other facets

our lives, by developing inner strength, by targeting our intention and goals, by overcoming our selfishness and ego-sense and turn it into self-givingness, and so forth. These approaches have the net effect of helping us become more integrated individuals; capable of accomplishing at infinitely higher levels; and experiencing deep, inner fulfillment and joy that we would never have known before.

But how does Sri Aurobindo relate to this?

Sri Aurobindo often spoke of the integration of the parts of our being so that we could live more productive and fulfilled lives. Why he has so much credibility in this area is that he was able to trace the cause of our incapacities and capacities to the source of creation; to the involutory and evolutionary processes that lead we humans to what we have now become.

He indicated that out of an Infinite Consciousness came a world of ignorant, inconscient, divided beings. He traced these limits in the three major planes of our being -- physical, vital/emotional, and mental. From this analysis, he showed a way out to a higher nature. That through a conscious effort we could overcome our limitations -- mentally, vitally, and physically -- and develop a *supernature* in which we would embrace and embody spiritual-like aspects of peace, light, harmony, oneness, truth, knowledge, goodness, beauty, delight, and love.

This we have presented at Growth Online through dozens of articles.

(pause) And yet there is something more. It is that we can garner a Power over life, and do so from within. We can learn the deepest principles of existence, and utilize that knowledge to take certain inner and outer actions that bring life to our doorstep. As a result, from within we are able to become the Masters of the outer life.

Again, at Growth Online we talk about this connection between the outer events in life and our inner perceptions. We indicate that if we change certain key negative perceptions, attitudes, reluctances, habits in our being, then life instantly responds in kind with good fortune. We call this phenomenon a "Life Response," and is an astonishing thing to experience. E.g. you change an attitude from reluctance to acceptance, and someone suddenly calls you from out of the blue with a big opportunity. There are endless examples of this

extraordinary phenomenon, and Growth Online is filled with hundreds of true-life experiences and explanations that will take one's breath away.

And Life Response is but one of the hidden pattern of life that we reveal at the sight. And it too defies our normal perceptions of how the world operates. In fact, this is an area where The Mother's Service Society ("MSS") has done tremendous research, uncovering so many of the hidden principals underlying existence. Here at Growth Online you can find an astonishing array of articles and insights describing these principles, how individuals have used them to attract startling results, and as a result, how individuals are literally able to become the Master of life from within.

The result of applying this knowledge is not only startling life response results, but deep insight into the nature of existence, tremendous accomplishment, boundless energy, and deep inner joy and fulfillment.

So there seems to be a number of ways people can learn to improve themselves and understand and master life.

Yes. An individual can at the highest level participate in the unfolding of the spiritual destiny of the universe, or, if a little less ambitious(!), can simply learn to make his being more whole by learning the fundamental techniques of personal growth -- including higher attitudes, more skills, greater and more integral knowledge, more energy, more organization, and other capacities to make them an a more integral person.

One can also learn the inner functionings of life, including the subtle principles and powers of Life Response and Consecration, i.e. opening to the spiritual Force when engaging in life. These will attract extraordinary results, and if taken up in full, with sincerity, enables one to become the Master of Life.

One can also learn, if so inclined, to understand how the universe came to be from a divine source. Such principles of creation as Satchitananda, and the nature of the Truth Consciousness (Supermind) that Sri Aurobindo has so magnificently identified and brought into the world.

One can also embark on a journey of spiritual transformation, including the discovery of one's personal evolving soul, as well as opening to the descending spiritual Force and Light that enables us to transform our physical, vital, and mental nature, thus evolving into a new spiritual-oriented being.

That can culminate in an ultimate change, a supramental transformation, where we develop a Supernature, and become harbingers of a new type of spirit-oriented individual on earth.

(pause) So which path should one take? It depends on what we are ready for. What we aspire for, what motivates us, what we hunger for, looking for, are seeking in life.

What were you looking for?

For me as a young man, when I felt the possibility of a new type of humanity, a new type of future, based on the spiritual change, it touched on my idealism. But then seeing it in action in my life, experiencing it, when I saw these magical powers at work in everyday life, it stimulated the emotions and also made me comprehend the great possibilities of how these forces can be used in one's work, in business, in society.

And yet, interestingly enough, it was not until I made the more practical decision to change my negative attitudes and habits and opinions, overcome my limitations of will and by own personal physical and vital inertia; that is, only when I made the effort to make myself a more dynamic, energetic, and integrated personality, was I able to fully utilize this higher knowledge and powers in my everyday life.

Any final thoughts?

Yes. In the end Sri Aurobindo helped us understand our limitations, mapped out a way to become more integrated individuals, revealed to us the unseen forces at work in life, uncovered a Force and consciousness that enabled infinite possibilities, and ultimately revealed the source of creation and the destiny of humanity and the universe.

Ultimately therefore, it is up to us to decide what we want, and if we are moved to do so, how we can collaborate with the astonishing realities and possibilities that Sri Aurobindo has laid out before us.

Thank you for sharing your knowledge and experiences with us. It certainly gives us a lot to think about!

It was a total pleasure!

The Miraculous Phenomenon of Life Response



Welcome!

Thank you. I am happy to be here!

You have spoken of and written extensively on the phenomenon known as Life Response. What is it?

Let me begin by relating to you my oft-repeated refrigerator incident as an example of the life response phenomenon. Here's the story:

One day I realized that there wasn't any work on the horizon in my training work, and that things seemed a bit hopeless work and money-wise. I then had the thought that I might as well better take care of some neglected duties around the house. Though I am generally a pretty organized person, I know that there is always room for improvement. For one, I remembered that the bottom of my refrigerator was filled with crumbs, gunk, spills, and other debris. I felt that I had neglected it for too long.

And so I got up from my misery, went over to my refrigerator, saw the mess, got down on my hands and knees, and started scrubbing away. It was certainly not one of my favorite things to do in the world, but I took up the effort in full!

After an intense few minutes of scrubbing, I lifted myself from the ground, huffed and puffed, and let out a sigh. However, just a second or two after I got up, I heard the phone ring. I let out another sigh, took a deep breath, and hurried over to get the call. It turned out to be my training agent. She asked me if I had a minute or two. I said yes, of course. She then asked me about what dates I had available for future work. In fact, most of my calendar was open; after all, work had been very slow recently. So she immediately began scheduling me for future dates. After a minute or so I realized that she was setting me up with work for the entire next quarter! In other words, I had suddenly gone from a complete empty calendar, to where I was desperate for

anything, to one *filled* with work. Astonishingly, I had gone from one extreme to the other in a matter of moments. My entire perspective of the coming months had now suddenly changed.

So I hung up the phone, sat down, and then had a profound realization. I realized that the very instant that I completed cleaning the refrigerator, I had heard the phone ring. I instinctively knew that the effort of cleaning the refrigerator had triggered a “life response” in the form of my agent calling with an abundance of work. I also understand that my exhaustive physical effort triggered results that on the surface seemed to have little direct connection to the phone call, but in fact had *everything* to do with it. It was the classic life response phenomenon at work.

Must have been an Aha moment for you!

Yes indeed.

(pause) Over the years I continued to ponder the issue; and came to a few powerful conclusions. One was that Life seems to respond *instantaneously* to certain inner and outer behaviors on our part: whether a shift in attitude, a decision made, an action taken, and so forth. In this case, it was shedding my reluctance to clean the filthy refrigerator, and then going ahead and taking an action that undid my hesitation.

Well it also turns out that Life responds instantly, positively, and quite substantially to any effort to raise one’s level of *cleanliness and orderliness*. There was something about taking to this life movement and behavior that triggers the *sudden* onset good fortune.

So that would suggest that all you have to do is clean your dirty refrigerator and your problems will go away.

(laughter) Something like that!

So what actually causes life response to happen?

Well, do we mean what are the subtle powers that *enable it* to happen; i.e. the secret forces, powers that are hidden in life that enable it to occur? Or do we mean what can you and I *do* in our own lives that precipitates a miraculous-like life response outcome? These are two different questions, both of which can be answered.

For now, I'll keep it simple and talk about the second notion; i.e. what we *ourselves* can do to evoke these powerful outcomes in our lives.

I think the best place to start in terms of the ways we can evoke life response results is with our own personal *attitudes*. For example, if we can reverse a negative attitude in a particular moment in time, and there is enough intensity in that reversal, there is a great likelihood that a life response result will be triggered; and often instantaneous to that change in our consciousness.

In fact we have discovered that reversal of limiting or otherwise negative attitudes, feelings, and emotions are the most common triggers of life response results. Reversals in our emotions and feelings, which reflect in our attitudes, have a vast power to attract sudden good fortune from life.

Though my story of the refrigerator demonstrated how a higher level of cleanliness and orderliness can trigger positive life response, it also indicated how overcoming a limiting *attitude* triggered that response. In the case of the refrigerator, I was willing to overcome my *reluctance* to clean up a mess; reluctance being an instance of a negative attitude toward the life around me. Fortunately, my rational mind took over from my emotions in the situation, overcoming the inertia of my body, shedding reluctance substituting action. Whenever you overcome negative attitudes of reluctance or unwillingness, life invariably responds; and often in a *very* big way.

There was also a level of feeling of helplessness, and self-pity on my part. When I gave it up and substituted the action of cleaning the fridge, that too added to the positive energy within me that attracted the instantaneous life response results, changing changed the course of my career during that period of my career.

But aren't there so many problem attitudes that we can have? Can overcoming *any* negative attitude trigger a life response result?

As you say; a wanting, negative attitude can express in so many ways. We can have a poor attitude toward others, toward our work, towards life conditions around us; even towards our own self. For example, one individual I know decided to not have negative feelings toward another coworker at work, and literally had a *cascade* of positive circumstances happen to her in the hours, days, and weeks that followed. Another individual -- a manager at a production facility -- changed his attitude about a *machine* that had broken down -- from scorn to attention -- and suddenly it started working; in fact, far better than it did before! That's the power of shifting from a negative to a positive attitude toward a thing or object. Somehow, we are able to get in touch with its own essence, which then brings out the best in it! It is life

responding to our added attention and more positive attitudinal relationship with it.

This is really fascinating!

But how were you able to figure out and prove that there were certain, particular inner qualities that trigger these outcomes?

In the past few decades we have actually documented hundreds of instances of life response in people's lives. We even had a forum online where people from all over the world have sent in their startling life response stories. Each person would invariably explain how life responded to some psychological change or shift in consciousness they made within themselves, or to some outer behavior or action they took. Most were familiar enough with the phenomenon that they were able to spot the particular psychological change that enabled life to respond so dramatically.

And so the more we shared these experiences with one another, the more cognizant people became of new responses in their lives and the shifts in consciousness within themselves that precipitated it.

So after recording scores of such incidents, we were able to identify well over 50 major human psychological conditions and behaviors that seemed to trigger these life response results. Higher levels of cleanliness, making physical things more orderly in one's life, and all manner of shifting one's attitude toward the positive were among them.

Take the attitude of inner or *psychological strength*. If, for example, you are a *weak* person and suddenly you begin to feel or act from a position of strength, positive responses suddenly start occurring around you. One man took just such a tact in a difficult situation where he finally had the courage to stand up to his superior and address an important lingering issue. Not only did his acting from a position of psychological strength there and then resolve a three month long financial conflict with his superior, but it caused an aggravating six-month neck pain to *instantly and permanently* disappear!

Wow. People must have been thrilled by the results of these experiences!

Yes very much so.

Perhaps more important than the suddenness and startling quality of the phenomenon is the fact that life response does in fact evoke real *results from life*; results in the form of things accomplished, greater success, more abundance, more wealth, more work, and ultimately more happiness and joy.

And it comes about *fast*.

Yes, very fast; often in a matter of hours or minutes or seconds. Even instantaneously.

(pause) One way of thinking about life response is that the results you receive essentially enable you to develop an ultimate *efficiency* of life. Invoking life response outcomes enables you to create the greatest results in the shortest period of time with the least effort.

Or to put it another way, limits of space, time, and possibility are overcome. What could take a long time, even a lifetime to achieve, if at all, can happen in the very shortest period of time; even instantly. That's in terms of Time.

And what might be at a distance is somehow now at your doorstep. That's Space.

Plus, where in ordinary life there is a specific, finite, reasonable result that one might expect through normal causality, now there is a kind of breaking out of Limits; into infinite possibilities being realized.

So Time, Space, and Limits are all overcome, replaced with No Time (Instantaneousness), No Space (i.e. no distance between us, and No Limits of quantity or quality coming to us. It's a completely different way of Living!

This is extraordinary!

(pause) But I wonder how often this kind of result occurs. I mean it seems like this response outcome happens once in a while, and we are energized by it, but then it is forgotten or simply doesn't happen at all. How do we keep it up? How can we take advantage of this awesome possibility? In other words, is there a way to make it regular or constant?

Fortunately, invoking life response is not just an *idea*. It is a *skill* that you learn very quickly. As a result of acquiring that skill, it becomes a conscious part of your being, and so you can evoke it *on demand*, as you see certain situations and know how to shift your consciousness to the positive. In that way you shift from once-in-a-while *unconscious* evocation of the response, where Life or Nature is in control, to continuous *conscious* evocation of the phenomenon, meaning the likelihood of evoking the response is increased tenfold or more because we are aware of many more moments where we can take the right inner action that evokes the response.

Yes, that makes sense.

(pause) Ok then, but what actually *causes* this life response to occur? I mean what is the science, the physics -- or metaphysics! -- going on behind the scene that explain this phenomenon?

(pause) This is a deeper issue still. However, for those of us who are looking for the deeper causes of the phenomenon, we have uncovered some startling insights.

Let's take up a few of the deeper causes of life response; starting with general observations, and then moving to the specific.

We've so far indicated that the ultimate triggers of life response are our reversals of attitudes, opinions, preferences, thoughts, prejudices, habits, and so forth. It's especially there in the attitudes. These determine our understanding, motives, and actions that enable life response to occur.

But what really *causes* it to occur? What's really going on *behind* the scenes? Why should something occur instantly and come from far away or from some unexpected point that I am not interacting with or communicating with, when I simply change an attitude, or take a particular action in the here and now?

One way is to look at it in terms of energy. That is, the shifts in energy from equilibrium to disequilibrium and back to equilibrium of energies.

What do you mean?

So at the start we can say there is an *equilibrium* of forces in the universe. In essence, all the energies are there and ready, and "waiting" in a state of equilibrium. Then something occurs in life, such as an event or an opportunity, or a situation arises in work. Depending on how we react, the intensity of how we react to that event, forces are set in motion forces that move out across space-time. As a result, there is a *disturbance* of the equilibrium of energies, which is now replaced with a disequilibrium; at least relative to the situation we are involved in.

However, the universe wishes to *return to a state of equilibrium*, which has now been "disturbed." Nature/Life thus restores the equilibrium by initiating a *fresh act*; which comes to us as a response from life in the form of a corresponding entity, person, or event to the disequilibrium we precipitated by taking to a higher level of consciousness. When we experience the response, the energy cycle is restored, albeit now to a new, higher equilibrium.

So in one sense, life response is part of a process of *Energy Flow*. It begins in stability, there is then a reaction to change, and response from life which

brings things back into equilibrium. When the other party, person, or thing comes to us, or rather we come into Alignment with it, that micro process involving ourselves in that micro moment is complete.

(pause) This Energy Flow process can therefore be thought of as the *physics* of life response; although it might seem like an abstraction to most people since it seems to be initiated and fulfilled in ways that go beyond the material realm and our mechanistic view of existence.

Yes, in fact why should this process happen at all? Or to put it more simply, why should what happens inside me have an effect on the outer world?

Yes, now we're getting closer to the heart of the matter.

(pause) Well, to answer this you need to consider the possibility that there is a fundamental *Oneness* to all of existence. That all of life, all things, all people, all events, all acts, are *interconnected* at some subtle level.

Moreover, that subtle existence occurs because there is some commonality of essence and substance that binds all things. We can call it "Energy," as alluded to earlier; or it might be better to call it spiritual substance and energy. It is my belief that there is an *Original Spiritual Consciousness* that permeates all of existence, all of the universe; that in fact enabled the existence of the universe in the first place. And because there is a spiritual underpinning, it implies a *Oneness* that is reflective of the source Consciousness.

But how are we as individuals connected to everything?

My view is that each of us is connected to, related to *particular* points in space and time through this binding cosmic substance and consciousness. At varying moment, we are connected to certain other people, to certain other events, to certain other unfolding and realities throughout the globe, extending to the universe and beyond.

These points of subtle energy and consciousness connect through a kind of vast mesh, or *web*. When we disturb, change, or affect the "string" on the web that we relate to in that situation through say our intensity of reaction to a situation, other parties, events, unfoldings that share a commonality of purpose on this string vibrate or resonate with us, and return as conditions we experience as life response.

We can simply say that when we make a shift of consciousness to the higher – such as though greater cleanliness, or discarding a hostile attitude or an outworn habit, Life *aligns us* with parties we are connected to, which appear

to come in the form of a benefit to us, such as an increase in sales or money or opportunity and the like.

Why would the average person accept such a notion? Of this cosmic connection between things?

(pause) Recent discoveries in quantum physics have proved this instantaneous miraculousness is indeed the reality of things at the physical/material level. It has been known for over fifty years that electrons from the same atom have the potential to affect one another even if they are thousands or millions of miles apart. This staggering new discovering, accepted by most quantum physicists today, indicates how one thing can affect another no matter what the distance is between them, even if there is any material mechanism that binds or connects them. This understanding of "non-local connections" is perhaps the greatest scientific discovery of the last 100 years. It turns the Newtonian world, with its rigid rules of cause and effect, and space and time on its ear.

Life response is simply this non-local connection extended beyond just the physical/material reality of measurable and scientifically identifiable physical atoms and electrons, to the workings of more subtle planes; consisting of subtle forces, powers, and energies. These subtle forces are activated through our intense emotions and thoughts, to our change in attitudes, and other alterations and transitions in our consciousness.

So these non-local spaceless and non-time constrained relationships extend beyond the seeable material to the subtle material of atoms and electrons, and much further still to our thoughts, feelings, emotions, behaviors, and actions

And this is the case for individuals as well as for groups of individuals, including any type of organization or collective, like a community, a nation, and the society we are part of. Shifts in their consciousness also trigger non-local reactions, i.e. life response events.

This is *fascinating!* Is there anything else you can say about this discovery of non-local connections, at even the material level?

Quantum physics proves that under certain conditions if two electrons are sequenced a certain way, and if one electron shifts its polarity or spin direction, the other electron of the same atom, even if it is 5000 miles away, will also shift! This is fact, measurable at the *material* level. Life response embraces this notion and takes it a step further, and says that our change in

our *consciousness* within ourselves can activate non-local connections. For example, I *react* to a situation that appears before me; I do so with a certain degree of *intensity*; and as a result, a related, corresponding response suddenly comes to me from 5000 miles away. I for example control my emotions and do not react to an intense situation, and suddenly my boss calls me from thousands of miles away of news that something wonderful has happened for the company. This is non-local connections at the level of *consciousness*; in this case my attitude of “equality of being,” not just at the level of the material level of synchronization of atoms that quantum physics has discovered.

Another way of putting it is that just as the two atoms align even though they are on two sides of the universe; also my intention and the boss’s align because I have put out positive energy in the face of a difficult situation. So in reality what we call non-local connection, which we call life response, is really alignment in space and time due to shifts in consciousness to the positive.

This *really* changes our views of how life really works!

Yes. We begin to see that the demarcation we make between what is outside ourselves and what is inside is a false one. Our whole understanding of life that we have acquired through our education system and through the influence of society around us -- even what our material senses are constantly telling -- has reinforced, concretized this demarcation. It is a barrier, a separateness that is really a *complete illusion!* The hundreds year old accepted Cartesian view that accepts the separation between ourselves from that which is outside ourselves is thus demolished.

The quantum view of non-local connections in matter, and now the life response view of non-local connections through higher emotions, feelings, attitudes, values; i.e. the workings of our subtle, higher consciousness, is the new way of perceiving how things are related in the cosmos, of how life works, and thus of what is humanly possible.

It’s an astonishing change in the way we view life.

Yes, a radical shift.

So what can our readers do to have these life response experiences? Can they evoke these wonderful benefits in their own lives?

Well first just look around and observe life. See the correlation between your positive and negative thoughts, beliefs, feelings, behaviours, actions, and all and what occurs thereafter. You will start to perceive small or large life

response situations. Once you experience life response once or twice you will be dazzled, and maybe even a little shaken.

When you have the experiences, right them down; keep a journal. Correlate any great sudden positive or negative result with an earlier shift of consciousness on your part. Write that down too. This is key; this is a way you learn to see how the results relate to your consciousness.

You will increasingly see how these extraordinary responses relate to some positive or negative emotions, feelings, or alterations of attitude. They can also reflect a new deep aspiration you have in life, some intention or outcome you are now committed to, or to some new action you have taken. All of these evoke powerful positive response from life.

After a while you become not only conscious of this relationship between your inner condition and the outer result, but you realize you can *consciously* evoke these responses. As a result, you consciously practice those inner and outer behaviours that evoke response, such as consecration, where you open to the spiritual Force, knowing in advance that that power will set right all conditions you are about to engage in.

That's a great idea. Making Life Response a *conscious* thing you can evoke, rather than just waiting for it to happen.

Yes, very true. That's key if you really want to evoke powerful life response results *on demand!*

(pause) So I ask the readers to try out these approaches. In your daily life watch out for life response occurrences. Be mindful of situations. Observe as situations unfold, and see if you perceive results, circumstance that catch your attention; that seem out of the ordinary. Watch for these unexpected instances of good or bad fortune. And correlate it to something in you; to something you thought, or felt, or did.

In this way you will increasingly see the powerful relationship between your consciousness within and the outer conditions of life. Now you can learn to master the outside from within by taking to the right inner methods, like silence, consecration to the spirit, intensely aspiring for improvement in your life, and others.

If you have but one experience of a life response event where you *consciously* evoked the result, your life will change forever!

Thank you, Roy.

You are very welcome!

Extraordinary Phenomena in Life



In this conversation Roy discusses several extraordinary phenomena in life that normally go unnoticed. However, if we learn to perceive and access their powers, we can live lives of never ending, ever-accelerating accomplishment, success, and joy. Included are discussions on the phenomena of "Life Response," "Contradiction are Complements," and "Consecration;" i.e. opening to the Spiritual Force, amongst others.

Welcome Roy.

Thank you.

You have something to tell us about extraordinary phenomena of life?

Yes, I do. But first I would like to talk about why people don't ordinarily, consciously experience these extraordinary phenomena in their own lives.

Why is that?

It's simple actually: We live too much on the surface.

To understand this, let's consider a typical day in a person's life.

I wake up in the morning. My head is filled with confused dreams, cobbled with cobwebs. I then stagger around a bit to gather myself. I walk to the kitchen and grab some breakfast, I start up the coffee machine, and gaze at the newspaper. In my mind, I begin to rail at one of the commentators, and then after a few minutes I begin to recall what I'm supposed to do today.

So far, I am more or less acting on autopilot; a mechanical being who is at the mercy of his habitual thoughts, familiar habits, and unrelenting opinions and prejudices.

So I continue on. I drive to the office, I greet others, sit at my desk, look at my to-do list, begin my first important task for the day, and before long, I am completely immersed in my work. When a coworker comes over, I barely acknowledge her, barely having the sense and wherewithal to pull myself away from my own computer screen. When I finally do react to the other person, I respond abruptly, and without much consciousness or thought.

I then turn back to my desk and suddenly realize that I might have been a bit short with my coworker. Immediately, there is a part of me that wants to run over to that person and apologize. I then I put my head in my hands, close my eyes, and begin to have a vision of how the day *should* have started.

In that vision I have just woken up. I sit up in my bed, and pause for just a moment. In that instance, I *refuse* to run off and start my day. Instead I make the effort to relax. I go within myself, to a place that is calm, that is close to my deeper self.

I then look up. But instead of rushing here and there, I am determined to keep myself centered in this inner consciousness, and remain that way throughout the day. I tell myself that I am not going to get caught up in the rush of things; impulsively responding to matters; making hasty judgments and decisions.

I am determined to maintain that inner poise; live within, in the *depths* of my being, rather than reacting and responding on the surface. I decide that I will be thoughtful, mindful, yet all the while maintain a degree of concentration within myself, at a point that is calm and quiet, rather reacting on the surface to the events and situations that transpire beyond my skin.

So now I lift my head out of my arms, and move from that vision to the real world I am now in; maintaining connection with that vision; determined to make my way throughout the day from this inner, concentrated center of being. (pause)

And then what happens?

(laughter) Well, as it turns out, the remainder plays out quite smoothly, harmoniously, wonderfully; and I might add *very successfully*. Everyone around me is friendly, there is good will everywhere; and there is an air of calm, focused work. There is a peaceful, rich feeling in the atmosphere. And everything works out beautifully. There is an absolute smoothness to the flow of events. Work is completed to near perfection. Successes and positive outcomes are everywhere.

(pause) The point of this little story is to contrast two ways of living -- one where one is living at the surface; the other where one is living from the depths.

Virtually every one of us lives predominantly on the surface. And if we live on the surface, then there is no way that we can experience the subtleties of life; including the extraordinary phenomena of life I hope to address here. However, if we live from the depths, from an *inner* state, one becomes *more* connected to the outer environment and to the people around us.

That happens because we are not fixed in our separateness and our own ego-sense, as we are when we are living on the surface of life. When we are merely acting and reacting on the surface, we tend to connect back to our own self-focus, our ego, our separateness; not the wider, deeper possibilities that are there around us. From this limited state, we tend to see things in a narrow view; have a limited framework of understanding. We are unable to see the larger picture, the wider scope; the influence and input of others; the subtle ebb and flows of our moment to moment existence; the subtleties that are there at every moment to be grasped and acted upon.

So surface living is *unconscious* living.

Yes, precisely! If we are unconscious, how are we then ever going to function at our best, let alone see any hidden phenomenon of life?

So I can describe these wonderful secret phenomena of life, but it's not going to help you much if you can't see them occurring in your own life. And if you are living on the surface, you won't see them very much at all!

(pause) So find a way to discover your Deeper Self, and be determined to live that way in the course of your day. Then you will be mindful of everything of

significance around you. Then it will be a day of true insight, accomplishment, and joy!

Life Response

So now you will reveal these hidden phenomena to us?

Well you have just learned one phenomenon of life already! Which is, if one lives from within, in the depths of one's being, one becomes much more sensitive to, in tune with the world around us.

(pause) But I am still kind of speaking about the process, the framework, the environment for these phenomena to take place; not the hidden phenomena themselves.

(pause) Then let me start with a big one first, since you have been so patient with my introduction. Throughout the Growth Online site we speak of the miraculous phenomenon known as *Life Response*. For example, this morning I received an email from a gentleman who was very taken by this topic at the site, and he's been very energized as he has experienced it in his own life.

So to begin I would like to relate my oft-repeated refrigerator incident as an example of the life response phenomenon. Here's the story:

One day I realized that since I didn't have a lot of things to do, that there wasn't a lot of work on the horizon in my consulting work, I'd better take care of some neglected things around the house. Though I am generally a pretty organized person, I know there is always room for improvement; even perfection. For one, I remembered that the bottom of my refrigerator was filled with crumbs, gunk, spills, and other filth. I felt that I had neglected it for too long.

So I went over to the refrigerator, saw the mess, got down on my hands and knees and started scrubbing away. It was certainly not my favorite thing to do. After an intense few minutes of scrubbing, I lifted myself from the ground, huffed and puffed, and let out a sigh. Just a second or two after I got up, I heard the phone ring. I let out another sigh, took a deep breath, and hurried over to get the call. It was my training agent. She asked me if I had a minute

or two. I said yes, of course. She then asked me about what dates I had open for future work. In fact, most of my calendar was open; after all, work had been quite slow recently. So she began scheduling me for future dates. After a minute or so I realized that she was setting me up for the entire next quarter! I had suddenly gone from an empty calendar to one *filled* with work. It was rather astonishing to go from one extreme to the other in a matter of moments. My entire perspective of the coming months had suddenly changed.

So I hung up the phone, sat down, and then suddenly realized something. I realized that the very instant that I had completed the cleaning of the refrigerator, I had suddenly heard the phone ring. And after the call, I instinctively knew that the effort of cleaning the refrigerator had triggered a positive life response in the form of a great amount of work.

I understand that my physical effort triggered results that on the surface seemed to have little direct connection to the phone call, but in fact had *everything* to do with it. It was the classic life response phenomenon at work.

(pause) You see, life seems to respond positively -- *instantly* under certain situations -- to certain behaviors on our part. In this case, it was my reluctance to clean the refrigerator, and then going ahead and taking the action to undo my hesitation. It turns out that Life responds *instantly* and quite *generously* to any effort to bring about a higher order of cleanliness and orderliness.

That's a powerful story!

(pause) So all you have to do is clean your dirty refrigerator and everything will be righted in the world?!?

(laughter) Perhaps!

Life Response is a phenomenon that we have been doing a great deal of research on over the last several years. Actually, my teacher Sri Karmayogi at Mother's Service Society has been examining this phenomenon and explaining it to his followers for over thirty years! He in fact coined the term "life response" many years ago.

In particular, we have discovered the *keys* that trigger life response. That is, the human behaviors that we can adopt in our lives that will cause life to suddenly, often instantaneously to respond in kind.

The thing that is startling, miraculous-like is that the response can originate from *half way around the world*; from people you have *never* known; in areas of life *never* perceived; and it can happen in the blink of an eye!

Most would call such outcomes as "luck," or shrug it off as mere coincidence. The truth is that life response is just one expression of the secret ways that life is organized at the subtle level of existence; just beyond our normal level of awareness. Just as we are unaware of certain frequencies of sounds and light, we are unaware of the subtle life forces and powers that are occurring in the universe. These forces and powers hidden behind life, form a kind of cosmic organization and backbone on which phenomena like "synchronicity", "simultaneity", "interconnectedness", and Life Response occur.

Then what actually causes Life Response to happen?

Well, do we mean what are the inner powers that enable it to happen; i.e. the secret forces, powers that are hidden in life that enable it to occur? Or do we mean are the actions we take in our own lives that cause it to happen? These are two different questions, both of which can be answered.

For now I'll keep it simple and talk about what we *ourselves* can do to trigger these powerful responses from life.

I think the best place to start in terms of these behaviors that trigger the responses is with *attitudes*. If we can reverse a limiting attitude in a given moment of time, and if there is enough intensity in that reversal, life will quickly respond in kind.

Though my story of the refrigerator demonstrated how a higher level of cleanliness and orderliness can trigger positive life response, it also indicated how overcoming a limiting *attitude* triggered that response. In the case of the refrigerator, I was willing to overcome my *reluctance* to clean up a mess; reluctance being a negative attitude. Fortunately, my mind took the lead in the situation, and overcame my limiting attitude of reluctance. And when I then acted and completed the work, life instantly responded.

(pause) keep in mind that a negative attitude can express in so many ways. We can have a poor attitude about *ourselves*, about *others*, even towards *life itself*. For example, one individual I know decided to no longer have negative feelings toward another coworker, and literally had a *cascade* of positive circumstances happen to her in the hours, days, and months that followed. Another individual, a manager at a production facility, halted his bad attitude about a *machine* that had broken down, and suddenly after a change in his feelings saw it suddenly started working; and even better than it ever did before! That's the power of shifting away from a negative attitude about a thing or object.

In our field work we have actually identified a number of limiting attitudes that if overcome tend to instantly trigger these seemingly miraculous-like positive conditions. They include overcoming-

-selfishness, ill-will, irresponsibility, obsessive desire, expectation, impulsiveness, laziness, indecisiveness, lack of interest, and close-mindedness.

But that is just the first of the behaviors that we've identified that trigger the responses. There is a whole host of behaviors that trigger it.

In the past few years we have documented hundreds of instances of life response in people's lives. We even had a forum online where people from all over the world have sent in their startling stories. Each person explained how life suddenly responded to some sort of change they made within themselves, or to some action that they took. Most were able to spot the particular *psychological* change on their part that enabled the outer life to respond so dramatically. And so, the more we shared these experiences with one another, the more people became aware of it occurring in their own lives, which helped people become more self-aware of their reactions, which enabled them to make the necessary transition which attracted even more miraculous-like response from life.

Needless to say, when such marvelous results spring out of nowhere, it creates a sense of wonder, which energize a person to no end! And that's what happened to so many, as they saw the fortunes in their lives quickly change.

So after recording scores of these incidents, we finally identified around 25 major human behaviors that appeared to trigger life response results. Increased cleanliness, more orderliness, organizing and systematizing one's life, and a shift away from a negative attitude were a few of them. There were many others.

Take the area of *psychological strength*. If, for example, you are a *weak* person and suddenly you begin to act from a position of strength, positive responses are sure to come about, and often very quickly. One man practiced psychological strength in a difficult situation standing up to his superior. Not only did his acting from a position of personal psychological strength instantly resolve a three-month long conflict with his boss, but it caused a six-month neck pain to *completely* disappear within five minutes!

Orderliness, cleanliness, higher attitudes, acting from strength when one is weak, are all examples of the human behaviors that can trigger powerful positive response.

Any others you wish to share?

These are many other behaviors, each with a great power to attract sudden good fortune. I invite viewers to read about them at the Life Response Center website, in my books, on Facebook, and so forth. We have got many real-world examples, true life response stories accompanying each of the behaviors. I'm sure readers will have no trouble relating to a number of these startling true stories and circumstance. They might even recall a few incidents in their own life where something like this occurred.

(pause) Perhaps more important than the suddenness and startling quality of the phenomenon is the fact that life response does in fact enable substantial *results*; results in the form of more accomplishment, more success, more abundance, more wealth, more work, and ultimately more happiness and joy.

One way of thinking about life response is that the results you receive bring about an ultimate *efficiency* of life. Invoking life response enables you to create the *greatest* results in the *shortest* period of time with the *least* effort. Learning about, and then actually making transitions of inner and outer behavior at critical junctures in life enables the greatest efficiency one can have in one's life. What could take years, decades, or a lifetime to achieve, can happen in the very shortest period of time; even instantly. Whereas

before there was in a given situation the possibility of a reasonable, tangible *finite* results, there is as a result of our inner transition to a higher consciousness sudden vast results that can range up to infinite results. What normally would take years of hard work, effort, and exertion, comes to you *with ease*.

You thus move from the burdens of time, from the reasonable view of what is finitely possible, from the hard, endless struggle of life, to a *new way of living*; overcoming time, bringing the infinite into the current finite.

Yes, but can this concept of life response be acquired by the average person?

Fortunately, invoking life response is not just an *idea*. It is a *skill* that you learn very quickly. As a result of acquiring that skill, and making it a conscious part of your being, whenever a challenging moment arises, you will have the conscious skill to make that inner transition that will not only make the current situation better but go far beyond and fulfill your wildest dreams!

All right, then this leads to another key question. What actually *causes* life response to occur? What is the science, the physics or metaphysics behind this phenomenon?

This is a deeper issue still. However, for those of us who are looking for answers, we have some interesting insights.

(pause) We've so far indicated that the ultimate triggers of life response are our reversals of attitudes, opinions, preferences, thoughts, prejudices, habits, and so forth. It's especially there in our attitudes. These determine our positive or negative inner or outer behavior that enable the life response phenomenon to take place.

But what really *causes* it to occur? What's really going on *behind* the scenes? Why should something occur instantly, from some unexpected point, when I simply change an attitude or take a particular action?

Our first conclusion is that at the starting point of any life response event there is an *equilibrium* of energies. In essence, all energies are a status of non-change; in a waiting state of equilibrium.

Then something occurs in life, such as an event or an opportunity; or a situation arises in work. Depending on how we react to that situation, and the intensity of that reaction, forces are set in motion forces that move out across space and time.

Now life wishes to restore that equilibrium which has now been changed or "disturbed." Nature restores the new equilibrium by a fresh act; by finding corresponding circumstance or elements in life that will accomplish that goal and thereby restore the equilibrium.

That corresponding aspect which responds and restores things to a new and higher equilibrium is the actual response from life we experience.

For example, things are initially at rest. That is the equilibrium. Then circumstance occur that I am made aware of that are difficult, which I then react to. The equilibrium of energies are disturbed. Depending on the nature of my reaction, positive or negative, I receive back a response from life. As a result, the energies are now re-established in equilibrium, though at a higher (or lower) level.

So this is one way of understanding Life Response. It is from the perspective energies in creation.

Still why should this occur at all? Why should what happens inside me affect the outer world, such as something halfway around the world being attracted to me?

Well, to answer this you need to consider that there is a fundamental *Oneness* to all of existence. All of life, all things, all people, all events, all acts, are *interconnected* at this subtle plane.

And yet that subtle existence is really a *spiritual essence and substance*; the original Spiritual Consciousness that permeates all existence; that in fact enabled the universe to exist in the first place. And that Original consciousness, that spiritual essence expresses in the universe as a fundamental oneness of being; separating into an *interrelatedness* amongst all things and beings.

Furthermore, each of us is connected to, related to other *particular* points through the forces, powers, and energies of this universal substance and

consciousness. At varying moment, we are connected to certain other people, to certain other events, to certain other unfolding and realities throughout the globe, extending to the universe and beyond.

These points of subtle energy and consciousness connect through a kind of vast invisible mesh, or *web*. When we disturb, change, or affect one of the "strings" on the web through say our intensity of reaction to a situation, other parties, events, unfoldings that share a commonality of purpose on that string across the globe, vibrate or resonate with us, and return to us as the events we experience as a life response.

Why would the average person accept a notion of interpretation and interconnection by this subtle web of life? Is there any proof?

Actually, recent discoveries in quantum physics have proved this "instantaneous miraculousness" is indeed the reality of things at the physical, material level.

It has been known for over fifty years that electrons from the same atom have the potential to affect one another, even if they are thousands or millions or billions of miles apart. Even on the other side of the universe. This staggering discovering, accepted by most quantum physicists today, indicates how one thing can affect another no matter what the distance is between them. This understanding of "non-local connections" is perhaps the greatest scientific discovery of the last 100 years. It turns the Newtonian world, with its rigid rules of cause and effect, and especially of space and time, on its ear.

And so Life Response is simply this non-local connection extended beyond the physical/material reality of measurable and scientifically identifiable physical atoms and electrons, to the workings of more *subtle* force, energies, and planes. These subtle forces are energized through our intense emotions and thoughts, to our change in attitudes, and other alterations and transitions in our consciousness; creating associations across space-time that take shape to us as life response events.

This is very interesting! Anything else you can say about this discovery of "non-local connections"?

Let's see if I can simplify this dynamic a bit.

Quantum physics proves that under certain conditions if two electrons are sequence a certain way, and if one electron shifts its polarity or spin direction, the other electron of the same atom, even if it is 5000 miles away, will also shift! This is fact, measurable at the *material* level. Life response embraces this notion and takes it a step further, and says that our change in our *consciousness* within ourselves can affect, and enable non-local connections. For example, I *react* to a situation that comes my way, that is put before me; I do so with a certain degree of *intensity*; and as a result, a related, corresponding response from 5000 miles comes my way. This is non-local connections at the level of consciousness, not just at the level of the material level of atom synchronization that quantum physics has discovered. Thus, a new science of subtle physics is born.

This new view of the world indicates that we must look to our own state of consciousness to determine what is going to happen to us; how life is going to respond to us.

Just doing things, -- that is, the mechanical, physical effort of acting, of interacting with others, -- is the way we normally perceive as the way to achieve and accomplish in life; to make progress, to have success. Yet, this seemingly reasonable approach is only a surface view of things. Our intensities of consciousness -- whether positive or negative; thoughts or emotions - can attract circumstance just as much as our material efforts and associations.

This would really change our views of how life works.

Yes. We begin to see that the demarcation we make between what is outside ourselves and what is inside is a false one; an illusion of consciousness. Our whole understanding of life that we have acquired through our education system and through the influence of society around us -- even what our material senses are constantly telling -- has only reinforced, concretized this demarcation between the inner and outer realms. It is a barrier, a separateness that we believe is real, but is really a *complete illusion!*

The hundreds year old accepted Cartesian view that accepts the separation between ourselves from that which is outside ourselves is thus demolished. The quantum view of non-local connections in matter, -- and now the life

response view of non-local connections through higher emotions, feelings, attitudes, values; i.e. the workings of our subtle, higher consciousness, -- is the new way of perceiving how things are related in life, of how life works, and thus reflects on what is humanly possible.

Moreover, this new vista of understanding can raise our levels of accomplishment a thousand-fold. I can achieve what it takes a year to accomplish in a week, or a day. For example, I can attract a customer from halfway around the world in one minute instead of through six-month marketing campaign. I can come up with a dozen new breakthrough ideas in my field in a month or week, instead of years of mental struggle and consideration. And so forth.

So all of this would suggest that there is really no difference or distinction between our inner self and the outer reality.

Yes, ultimately, as we rise to the higher consciousness, we perceive that there is in fact *no demarcation* between what is outside ourselves and our consciousness and being within. That the inner and the outer are just one contiguous reality. And thus if we change the inner consciousness, the outer instantly responds in kind, whether far or near; overcoming limits of space and time.

(pause) There is even a further stage. That if we shift our center of consciousness to our deeper selves within, -- even to our True Self and Soul being, -- we begin to realize that the *entire universe* is actually contained within ourselves. Therefore, from the deepest recesses of my inner being, I can offer to the universe, to the transcendent Divine, my deepest *Aspiration*, and evoke that result from out of nowhere.

In that way, the entire universe is at our disposal; at our beckon call.

So what can we do to have these powerful Life Response experiences?

(pause) Well first just look around and observe life. Notice the sudden onset of something negative or positive occurring. Then try to perceive the correlation between your earlier positive or negative behaviours or attitudes and what occurred after. Eg see how a negative attitude avoided, evoked a positive response from life. (Or conversely how a negative emotion on your part attracted negative circumstance.)

Once you experience life response outcomes a few times, you will begin to be truly startled by how life works.

Chances are that you will now want to understand the phenomenon in greater detail, and so you may take to reading more of the literature on the subject. You may even start writing these startling occurrences events in a daily diary.

After a while, you may even decide that you *consciously* want to evoke response, and so you decide to focus on avoiding certain negative attitudes and behaviours, and see what occurs. For example, you see that where you one felt cynically about a matter, you will now stay in a positive frame of mind, and see what ling brings your way.

As you increasingly see the true consequences of your thoughts and feelings in the outer result, you may also notice that you are starting to grow as a person. Not only are you increasingly attracting great benefit from life -- whether in the form of better relationships, higher levels of work success, and so forth) -- you will also notice that you are now on a path of higher consciousness and personal growth. Where the Life Response phenomenon is increasingly an integral part of your daily life.

Yes, that is very helpful. I think your approach will be exciting to those reading this.

I hope so!

Contradiction are Complements

Aside from Life Response, what are some other subtle phenomena can you share with us?

(pause) One involves our perceptions of what we consider *good* and *bad*.

Because just below our surface awareness is another startling phenomenon and truism of life. We call it *Contradictions are Complements*.

This is a fundamental observation of the Indian sage and seer Sri Aurobindo. That all things that seem to be in conflict, opposition, actually *depend* on one

another for their progress and evolution. And thus, things that seem to be in conflict and contradict are actually *complements* to one another, enabling the other side's further *progress*. Thus, the expression, "contradictions are complements."

This principle applies to two individuals, to an individual and an entity like a group or business, between entities like between nations, and so forth; upwards to the earth and the cosmos itself.

For example, in the novel *Pride and Prejudice* we see this phenomenon in the relationship between the two principals, Darcy and Eliza. He is proud and arrogant; she is prejudiced against him, not believing someone of his position could ever take a liking to her. These facts are brought out slowly through their courtship and the surrounding events of the story.

It is only through their seemingly conflicting interactions that each of their limiting negative character is brought out. Through their interaction, and the ensuing pain and difficulty they experience, do their individual weaknesses of character reveal themselves. Through their individual pain and suffering, they each become aware of their own limitations and weakness, after which they make an effort to change; and as a result, grow in consciousness.

Each party then is *only* able to change as a result of their conflicting or contradicting interaction. The knowledge of what they each need to change could *only* be found in the interaction with one another.

So what on the surface we perceive as a negative *contradiction* and conflict between the two parties, is secretly a *complementary* unfolding in order to bring out both party's deficiencies, which becomes the basis for their further growth and development.

So this is true for several individuals, but also for society, including various collectives.

E.g. some have suggested that the recent crisis of terrorism in the US brings out something similar. That through the conflict of these two forces, -- the fanatic terrorists and the US, -- the terrorists are forced to overcome their limited view of the world, while on the other side, the US and allies learn how its past actions or its neglect in the world in not dealing adequately with global

issues of poverty and despair, of their support of dictatorships and undemocratic principles, enables such fanaticism to come about.

Again, the growth and development of each *cannot* take place without their conflicting interactions. Contradictions and conflicts on the surface are really complements to one another, needed relationships, when looked at from a deeper perspective.

So we can obviously look at everything in our lives that way. If we consider all of our conflicts in life with others, or even within our own selves, we will see that there is something working its way out, growing, developing, evolving -- for both interrelated parties.

And the working out of the limitations of each side is dependent on the relationship with the other. There is a necessity of connection between the two to work out their own individual personal growth and development through their interaction. In fact, it is *only* through their interaction that each side can discover their own limitations and grow and evolve beyond their current status and consciousness.

This truth of life is there between individuals, but also among collectives, such as communities, businesses, institutions, nations, and so forth.

So how can we practically use this phenomenon to improve our own lives?

Well, from our side, in any conflict in life, we can become aware of the conflict that is expressing itself, and then make the effort to improve the situation, by raising our consciousness, improving our attitude, taking the right action, and such in the situation.

Again, by seeing the contradiction in the right light - as actually a *positive complementarity*, - you can avoid a great deal of friction, conflict, and pain when interacting with others in life.

So we should ponder the situation deeply, and understand its purpose and meaning. We should be able to relate it to something lacking or limiting or negative in our being. Then once we have made that effort, we can go about improving ourselves in that area, and if necessary, taking the appropriate inner or outer actions for improvement.

Once we make the decisive change, surely life will respond in kind! Solutions will rise to the surface, opportunities for improvement will appear from out of nowhere; life will respond rapidly and abundantly in kind.

This sounds great, but isn't this is a rather grim fundamental assessment of how the universe works! Can't we change it? Can't we progress without the contradiction and conflict?

Well, if we become more *conscious* as individuals, as a species, then the contradictions become *less polar*, and thus less conflicting. For example, if we connect more deeply within, to the spirit within ourselves, we feel a greater sense of oneness, a greater harmony with our environment and with those around us. What we perceive on the surface as conflict, is from a deeper perspective just a *fact*, pointing to an emerging necessity for change, for our change. Once we discover the missing element in ourselves, and make the effort to reverse it, the conflict ends, the solutions and positive results pour in.

Actually, from the perspective of the highest *spiritual* planes, the conflicts don't even exist! From such a perspective *everything*— the good and the bad, the great and the small, the harmonic and conflictive -- a serves an important purpose in the unfolding of life. At such higher spiritual levels of awareness all conflicts and contradictions *bend* towards harmony, unity, and oneness; are seen this way, even as we still see it as conflict.

And so if learn to live deep within ourselves, at the spiritual level, we can learn to see life like this, rather than as contradiction. From this inner perspective, which is actually the Divine view, nothing would then seem negative; all in life would be simply perceived as a vast play unfolding, serving some greater good.

Consecration

So aside from Life Response and Contradictions are Complements, what other phenomenon of consciousness can you share with us (ep)

(pause) I would like to conclude with a discussion about an extraordinary phenomenon that kind of relates to both life response and the truth of

contradictions are complementaries. It's perhaps the single great secret that we offer our readers at the Growth Online site. In fact, we have actually referred to it already.

That secret is a knowledge about a new power that exists on earth. It is the power that when utilized can create instant success and accomplishment in your life, solve any problem, enable infinite possibility, and enable you to transform yourself to a new type of evolving human being.

All one has to do is open to this power, this spiritual *Force* a moment before taking any action or commencing any activity. Thereafter, you will likely notice that everything goes right, circumstance turn your way, life cooperates, and a new feeling and energy comes into play. For example, just the right person will arrive when you are seeking solutions from others to help you with an issue; or a phone call will come to you from out of nowhere solving a problem or providing a solution.

For example, a man was trying to figure out a complex computer programming problem. He stopped racking his brain, opened to this higher power, and forgot about his problem. A minute later not only did a solution to his problem appear to him, but the result indicated a solution to a whole stack of *other* related problems.

As we can see in this case, opening to this higher force before commencing an act has the power to evoke positive responses from life. Also, actions are completed much better than expected, people respond more positively, events move more quickly, and life "cooperates."

To experience this effect just *once* in one's life is to set one onto a new course in life.

This *consecration* of an event can also lead to what we consider *spiritual* results as well - such as a deep sense of peace and calm, a feeling of harmony and unity of purpose with others or things around one in the environment, or even an inner feeling of spiritual joy, delight, and bliss.

For example, an instructor's class was going very poorly one morning. He consecrated the afternoon session, and thereafter *every conceivable thing* went right; plus, there was a calming peace that could be felt in the air throughout the remainder of the day.

Here's another example. A salesperson opens to this power, this Force before making a sales presentation to a customer. Nothing has worked right before with that customer. In this presentation the customer still doesn't budge; yet she ends up giving the salesperson a lead that ends in an *enormous* sale for the salesperson!

So do I use this approach when things are important, or when it feels right, or when?

You can practice this technique of consecration, this opening to the spiritual Force, in different ways. Some are able to consecrate before a *major event* in their lives; some are able to do it regularly before a major activity or activities in a working day (such as a teacher consecrating before a class, a manager consecrating before writing a new report, or an individual visiting a relative). Some are even able to consecrate before the *small activities* of the day (such as before brushing one's teeth, or driving a car). At whatever level you practice this technique, you are sure to see real results.

We believe that this spiritual force and power that is accessed through the method of consecration has become more active in the world in the last fifty years. It is now more accessible, and has a greater power of effectivity, to bring about results, in recent years. Why this is so requires an explanation of the evolution of what this spiritual Force is, what is its changing nature that makes it so powerful now, and what is likely to make it even more powerful in the future. I believe I have addressed some of these points in another article on the emergence of this Force in life.

Briefly we can think of this Force as the *active* power of the highest consciousness; that is, of what we call God, the Divine, the Absolute, or Brahman as is known in the East. This power of the divine consciousness has the ability to create instant truth, knowledge, success, and joy in our lives. What normally would take a week, a month, or a lifetime to accomplish can happen in a few days, a few hours, even instantly. What would normally take considerable effort, movement, and interaction on your part can take place right where you are.

(pause) We can try to understand this phenomenon from the metaphysical perspective. We can say that the universe emerged from God, the Absolute, the original Omnipresent reality. The Absolute has always been there, is there now, and always will be there. Furthermore, individuals have periodically

connected with the spiritual qualities of the Absolute since we have been on earth.

What is new, however, is this *intermediary, dynamic* consciousness and power that is there between the infinite, timeless, spaceless Absolute, and the individual. If the individual opens to this Force, it instantly transfers the infinite properties of the Absolute to the individual at that moment. When the individual opens to, remembers this power before the event or activity is about to start, the Absolute transfers its infinite powers through this intermediary Force to the particular situation that the individual is about to engage in.

Utilizing this force in an act enables problems to be solved, solutions to appear out of nowhere, harmony to be created, success to flourish, perfection to come about, joy to rise. Normally accepted limitations of space and time, cause and effect are overcome and transcended. In addition, the *infinite* potentials of life show themselves, are revealed to the person.

This power solves problems, resolves conflicts, dissolves dead habits and unwanted traits, opens up new opportunities, generates freshness and enjoyment in everything we do, widens the personality, deepens our awareness, and reveals one's true inner self.

Can you explain the philosophy or metaphysics behind this phenomenon?

Yes. This term *Truth consciousness*, sometimes called *Supermind*, because it is there as a spiritual power beyond the capacities of mind, was first discovered or perhaps we should say *rediscovered* by the Indian sage Sri Aurobindo in the first half of the 20th century. If an individual opens to this Force at any moment, a connection is made that enables one or more of its attributes to directly enter the act or event.

We ask our readers to try out this technique, and experience the results of this extraordinary phenomenon of life once. If you have the experience once, it will give you a whole new perspective on the nature and powers of life. Hundreds, perhaps thousands of individuals we know of have had the experience of connecting to the Force, with stunning results in terms of their accomplishment, success, and happiness in life.

Consecration seems like it's the very secret of existence.

Yes, I think it could very well be.

(pause) You know you can take consecration a few steps further. Instead of just consecrating before something is about to take place, you can also consecrate *a current problem*, and through consecration overcome it, or even turn it around into an opportunity, an unthought of solution. Needless to say, such a change in fortune will bring forth a profound joy in one's life.

For example, a programmer was having a lot of problems developing a prototype for a client. The program wasn't built quite right. His frustration and confusion was rising. Obviously, he was having a problem. So he decided to rebuilt the program from scratch, *and* he consecrated the situation; that is offered the problem to the Higher Power. Well, after a while not only did he create a very nice program, but in the process of doing it he was introduced to some new, unexpected programming concepts he had not experienced before. He was astonished, energized to know end, and felt a deep feeling of gratitude and profound happiness.

So consecration, or perhaps we can call it "offering up the problem" to a higher power, to the Force, also *solves problems*; quickly, and in creative ways not thought of before. This is the power of the spiritual Force we alluded to before. It has the power to overcome negativity and it has a *creative* power, mirroring the creative power of that is there in the plane of Truth consciousness, which itself mirrors the creative power of the universe.

So are you in essence saying that you can overcome any problem in life?

Yes, anything. A conflict with the boss, a physical ailment, a money problem, or confusion on a programming job. All of life is in play when we consecrate a problem.

The only caveat I would add is that sometimes you are required to do something else along with that offering of the problem. For example, in the programming example I just eluded to, you might recall that the programmer also started his project over afresh. He was willing to overcome his past problems, mistakes, lack of knowledge, imperfect work, and begin again. What I am saying is that in addition to opening to this Force, the situation may be revealing to you something that is *lacking on your part*; perhaps there is a bad attitude, a hesitation, a missing skill, or some lack of organization. You are often obliged to change that limiting aspect as well when you offer to a

higher power before undertaking something substantial. In other words, to gain the full benefit of the offering of the Force, you must be willing to overcome some limitation of your own if life seems to require it. That enables the action of the Force to be more effective; in which case you get the most powerful results.

There are even instances where you open to the Force and get *no* results. That's likely because life is waiting for you to take the positive initiative to overcome a related limitation in yourself that the problem is pointing to. As soon as you make the change, you get the results; sometimes even *without* calling in the Force.

Do you remember the refrigerator incident that I discussed at the outset? Well if I had both overcome my reluctance to clean, which enables a positive response from life, *and* I had consecrated the incident to the Higher Power beforehand I would have not only gotten a few months' worth of work, but perhaps a years' worth, or better yet been given an opportunity to do a whole other type of work, lifting me to a whole new level in my career!

So you can consecrate an event, or consecrate a problem, and see the enormous response from life. If you can also identify a corresponding weakness when you have the problem and open to the Force, then you can create miracles.

But there's more, you can even overcome past problems! That is, one can also consecrate any *past* difficulties or problems to change one's fortune in the present.

For example, a software programming company has done a bid for a client in the past and there has been a real difficulty in securing the work because of the client's lack of funds, confusion of direction, etc.; i.e. there is general strain in the whole process and the bid is not secured by the programming company.

Surprisingly the programming company is asked back to do another bid for the client a few months later. The chief programmer at the first meeting for the new bid consecrates the event before the meeting is to occur, and also offers the *past difficulty* as part of the consecration. At the meeting the client immediately gives the programming company the bid, has the programmer immediately begin doing the work at the site. Also as the work is performed

at the site, the programmer notices that *everything* is working *perfectly* in the programming. For example, what would normally take days of work to accomplish happens miraculously in mere hours.

It does seem like we are kind of becoming a religious or spiritual-type person in this process. I mean we are looking for results, and yet we are becoming more closely connected with something that may be beyond our own original intention, our own original self-interest.

Yes, we do see a movement away from our self-interest to something higher.

For the most part the consecration we have spoken consists of using the Higher Power to create positive gain in one's own life, for one's *own* sake and gain. As one moves further on the path of personal growth, development, and evolution one comes to the point that one begins to focus not only on one's own interests, but the interests of others, of the community, of the society, and eventually the interests of the Spirit itself. We can therefore see how we can reference things beyond ourselves when we perform the act of consecration.

The consecration that emanates for the sake of a broader purpose, such as the client, or the community, or the nation, or the Higher Power itself, beyond just one's personal gain, has in fact the greatest scope for effectivity.

There is thus an ascending scale of reference that extends from the very limiting self-interest of the individual, filled with his poor attitudes, selfishness, self-interest, etc., to a higher level where one is free of these limitations, to a higher level still where the scope broadens to the interests of others, and then on to the collective, and finally to the Divine's Will itself.

Say for example, you are a business person and wish to have a great increase in sales for your retail business. We can perform the consecration at these various ascending levels of consciousness, each getting a corresponding higher and wider result.

For example, at level one I consecrate so that my day's sales will be great in order to make more money for myself or my company. This is obviously for my own self-interest. Through consecration you can surely achieve your wish, so long as long as one's negative propensities don't come into play.

At level two I consecrate so that I create great sales so that *others* can benefit, such as my *staff*; or the *customer* himself. (More customers can now have the product, including its benefit.) The same interest can apply to the *community* and *society* who can have great benefit and delight either directly in using the products, or indirectly from other improvements that the product engenders.

At level three I once again consecrate to create greater sales, but this time I do it for the *Divine's* sake. I do it as an offering to a Higher Will that can use our products or the fact of greater sales for its own higher purpose. I again consecrate the need with great intensity and emotion, but now I defer or surrender to the Higher Intention; to accept what the Divine wants.

So these are examples of consecration at different levels of reference, in an ascending scale, where the higher brings about the greater and wider result than the previous level of reference. Actually, as you move to the higher point of reference, or higher purpose, you touch on the universal forces that are there hidden below our surface level of awareness, which are more closely associated with the infinite possibilities for accomplishment in life.

Ultimately then the process of consecration is to live within, in the depths of one's being, shed our ego-sense and sense of separateness, overcome our limiting attitudes and other attributes we bring to the situation, open to the Divine power to begin our consecration, call intensely for the desired results, with reference to the highest aspect that we are able to relate to.

Surely life will respond enormously and rapidly. If in addition we have the spirit and Divine Will as our highest point of reference, then we can also experience the spiritual qualities in ourselves, such as a settled peace, or a pleasurable inner bliss.

Thanks Roy

You are very welcome. I hope people can utilize these extraordinary phenomena and truths in their lives. Living in the depths, life response, contradiction are complementaries, and offering acts to a higher power, which we refer to as consecration, reflect the deepest spiritual reality, which we can all come in touch with and make an integral part of our daily lives.

I might add that we also discuss a number of *other* extraordinary, startling phenomena of life in various places at the Growth Online site. So we invite our readers to take a look at these as well.*

[*Growth Online ceased operation in 2015, and is reforming into a new entity.]

Why Growth Online?



Growth Online was a personal growth website that existed from 1997-2015. It is being converted into a new form, the Supramental Knowledgebase, and a new site (supramental Life).

In this conversation, Roy, founder of Growth Online, describes how the site got started, what purpose it serves, and its vision for the future.

Welcome Roy.

Thank you!

OK, so why *did* you start Growth Online?

Well, let's start with a little background.

For years a number of close friends of mine have been involved in a group called The Mother's Service Society (MSS), located in Pondicherry in South India. They are a progressive, new age think tank, who have taken the ideas of Sri Aurobindo, the Indian sage and visionary, and have extended them into many fields of life. For over thirty years they have been doing ground breaking work in applying Sri Aurobindo's ideas in such diverse fields as education, literature, science, business, economics, social development, and others. It is really revolutionary what they have come up; unprecedented in my opinion in the annals of world thought. I believe they are literally a hundred years ahead in their thinking.

Well, back in 1975 I worked as a sales representative for one of the Society's affiliate businesses, Mere Cie imports. A year or so later I formed my own company, Kenroy, which became a distributor for the Mere Cie product line

in Northern California. Needless to say I also got involved in the principles of Sri Aurobindo, and specifically to his ideas extended to the field of business, which were developed by Mother's Service Society. And so I made an initial attempt to apply these ideas at Kenroy. The overall approach at the time was called "The Consciousness Approach to Business Management."

So how did the business make out?

Not too well I'm afraid! To put it bluntly, we failed. We ended up making too many fundamental mistakes. Had we seriously applied the principles at our disposal, we would have not only weathered the storm, but thrived.

Still, it was a great experience. We helped pioneer a number of products along the way. And I learned a lot about myself -- my strengths and weaknesses -- as well as life.

Gradually I moved on and got caught up in the computer boom of the 1980s. After selling personal computers at the retail level, I founded GuruSoftware in the early 1990s. There we developed computer software applications for businesses and government, and also provided computer software training services to small and large companies in California.

Since we had developed software applications, and were also conversant with Mother's Service Society's profound insights into business and life, I thought that perhaps I could develop a program for personal growth. I also conceived of a similar program for business growth; that is, to help accelerate businesses profitability and growth. Both would incorporate the profound wisdom developed by MSS, particularly the insights of the multi-dimensional spiritual genius Karmayogi, as well as his close disciple Garry Jacobs, who I had worked with at Mere Cie years earlier.

So around 1995 I created an initial version of the *Evolve!* personal growth software, and put it out as a free download. However, at some point it became clear that *Evolve!* was not a rich enough program to address such a profound topic. The truth was that I needed a great understanding of the processes and principles of accomplishment and growth.

Perceiving my interest in developing my understanding in these areas, several close friends at MSS invited me up to their offices in Napa, California to have discussions on the key factors that enable people to grow and evolve. Every

Saturday for two or three months during the summer of 1996 we had discussions on a number of profound ideas developed by Karmayogi. Despite all I had thought I had understood before, this new knowledge came as a revelation to me.

After a half dozen or so meetings, we came up with an astounding array of answers, as well as many unanswered questions, including an incomplete understanding of the fundamental process by which people progress in life. In essence, we could not agree on an underlying schema or model or first principles that could serve as the basis for a potential software program and expert system. Though we had come to understand the person and the nature of accomplishment from many perspectives, we had not yet found a unifying theory and approach.

On the other hand, I personally benefited greatly from the discussions, since my associates knew a heck of a lot more than I did at the time. Perhaps the most important result was that I now understand 10 or 20 fundamental principles of life that could aid in developing a future version of *Evolve!*, or at least could be the basis for articles that could be developed on a personal growth web site in the future.

Can you share with us any example of these principles?

Yes. One core principle was "inner-outer correspondence." That is, life is not divided into an inner and outer, but there is one contiguous stream of existence. Therefore, life on the outside is a reflection of your inner condition.

Then there was the phenomenon of "Life Response," which is a result of the application of the principle of Inner-Outer Correspondence. With Life Response, if you change some aspect of your being within -- such as overcoming a wanting attitude or a focusing your intention on something you want to accomplish -- then life on the outside suddenly responds in kind; e.g. with a new promotion, or money coming to you from out of nowhere, or the sudden fulfillment of your heart's desire.

This subtle unfolding of good fortune obviously transcends our normal perceptions of what is possible; of how cause and effect interrelate; of the nature of space and time.

As it would turn out, Life Response would become my obsession in the years to come. It culminated in my book, 'The Miraculous Phenomenon of Life Response.' which I completed at the end of 2008. It was truly a journey of a lifetime.

Any other ideas that you can share with us that came out of the meetings with your friends?

Yes, there were quite a few; every one profound in the extreme.

One very key topic was "The Process of Personal Growth," which is the idea that there is a fundamental process by which people accomplish, create, and grow in life. If we learn that process, follow it closely and carefully in our lives, then we quickly attract great success and achievement -- often coming in sudden bursts of positive response from life.

So what is that process?

The process of personal growth and accomplishment is simple actually. You have a vision of what you want to achieve, you aspire deeply for it to occur, you gain the sanction of your will and emotions to make it happen, you organize the best strategies for taking action, and then carry them out through an intense, persevering effort, applying your highest skills and best attitudes along the way.

When you do that, you will achieve your goals, and then some, as life will overwhelmingly respond from all quarters. The key is that by following this process, you create the greatest result in the shortest period of time with the least effort. By following the process of growth and accomplishment, you enable the greatest efficiency in life.

This is by the way the same fundamental process of creation in the universe. I.e. the process by which a universe of forms came about from a Divine source. I.e. some Creator source conceived of a universe in order to extend its own divinity into a multiplicity of forms, then organized it through supernatural means, out of which emanated a subtle, unmoving energy that when it moved became the basis of material formations, and the vital and mental existence that emerged out of that. Thus, there is a very similar dynamic in both the human process of creation and accomplishment, and the cosmic form.

That sounds more like metaphysics than principles related to life.

Well at some level, they overlap, and are one and the same. That is, the deepest principles of life relate back to original ideas of a Higher Reality. These principles of how life works, unfolds are expressions of, extensions of that Higher Reality.

Actually all of these principles, these "life truths," -- inner-outer correspondence, life response, the process of creation, and all -- are interrelated. One rates to another. E.g. following the process causes life to respond which is due to inner-outer correspondence; and so forth. Also they are one in that behind all life principles is an essential oneness rooted in the Divine Reality that supports them.

So you see, we were already knocking on the doors of the spiritual domain, which has to be at the root of any fundamental understanding of any type of growth and development -- personal, business, or social growth and development.

So for me these were stunning ideas, rooted in the deepest mysteries and secrets of life. Though I had already had been involved in spiritual life, these principles provided a new depth; enabling me to experience the spiritual realm in a new, dynamic, practical way.

So how did these principles you learned relate to Growth Online?

Very good question! Well, shortly after these extremely stimulating get-togethers ended, I took the principles and wrote them up as articles you now see at the site. Inner-Outer Correspondence, Life Response, and the Process of Creation and Accomplishment are themes we consistently return to at Growth Online, along with many others.

Also, in trying to explain these subtle principles of life, I was also trying to include practical examples of their application; mainly of people's real-world experiences of the ideas. At first, I began to think about how my own experiences related to these principles. And so on a daily basis I observed my actions, feelings, and attitudes, and associated them with corresponding principles at the site. E.g. if I had a positive or negative experience of my own, I related it back to an attitude that caused the response. Now not only could

I explain how life response is caused by shifts in attitude, and expand the life response article, but I then wrote an article on attitudes itself.

I also observed others. As a result, I began to compile a number of incidents and experiences that illustrated the principles to our readers. I then also queried my friends, colleagues, even people on our mailing list, and asked them to send me their own real-world experiences. A number of individuals were very cooperative; and their experiences proved to be absolutely wonderful! These proved to be the key practical examples illustrating the principles at the site. And it's been these real-world illustrations that have turned out to be the great strength of the site. People could relate to the stories, and then they could more easily understand the principles behind. A number of people have commented about this practical, highly illustrative aspect of Growth Online.

So the great challenges for me then was to clearly explain the concepts and principles, gather and describe real world stories that demonstrated them, and try to convince people that the miraculous results described in these experiences was credible and a fact of life. After all I was expressing ideas so extraordinary, so startling new, that I had to explain them in a way that would not only be mentally interesting, but practically useful and believable. The astonishing stories gleaned from others and my own startling, self-revealing experiences are what did the trick. Now people had a reference point, and could examine their own lives and see the same amazing, miraculous-like results. For many that is precisely what happened.

Sounds very fulfilling, and thrilling -- for you and your readers.

Yes, it really was, and has been so till this very day.

(pause) You could say that all of our "lab work" of experiences in the field proved our hypotheses. Then at the conclusion of each of the articles I would invite the reader to practice them in their own lives, in their own field or domain. Many then went on to have their own variation and iterations of these wonderful experiences.

Perhaps just as important as the experiences, the understanding of the principles have caused many to now have a very different orientation towards life. As a result of their experiences and knowledge of the principles behind, they now see things in a new way, from a new inner perspective. In essence,

they are now looking out into the world with fresh eyes. This is very gratifying development for me, and a fulfillment of the very purpose of Growth Online.

In any case, that that is how we got started!

Sounds wonderful!

(pause) But then how were you able to balance things between giving subtle advice, and not turning them off with overabundant claims of the miraculous, even if that was the case?

Yes, from the outset I had to grapple with that very issue. We didn't want to seem like in too obvious a way that we were offering something miraculous to our more "rational" readers; i.e. those who did not know about life response and other subtle movements of life; even though at the heart of these principles is something astounding; that defy normal views of logic, of what is possible, and space and time. We didn't want to turn off those sorts of individuals who simply wanted tips on how to live a more successful and happy life. So we danced between these two extremes at first; those seeking practical advice on success and happiness on the one side, and those seeking the deepest, spiritual-like insights, which invariably bring about "instantaneous miraculousness" when implemented.

So how did you handle it?

I just gave in! Though I wanted to present ideas related to accomplishment, success, and happiness in a more traditional way, I saw that it was not going to work. And it just wasn't me, in terms of what I and others knew.

Instead we took the approach that these astonishing ideas that enable life response was *a* fact of life. They could be explained both rationally *and* logically, even though they confound our normal views of what is possible. After all, over the years many of my friends, associates, and contacts and I have had so many of these experiences, and we understood why.

And so as we continued to explore the underlying causes of phenomena like life response, and then started accumulating this wealth of real world experiences from our associates and friends, the evidence became too compelling to avoid presenting it at the site. So such phenomena as inner-outer correspondence, life response, the process of creation, the spiritual

Force, and others began to have an even greater presence at the site, *and* we were no longer bashful about emphasizing the miraculous results.

And this even extended down into the more traditional areas of personal growth. Even within common personal growth topics such as the importance of improving one's attitudes, or the power of personal organization, or the significance of direction and determination to succeed in life, we constantly referred to outcomes of sudden good fortune that occurred when individuals raised their consciousness at any of these inflection points. That's what the results indicated; so why not tell it like it was, even in these more commonly accepted topic areas.

As a result, I was now determined to bring this evidence to the general public, not just the spiritually aware people and its corresponding sections of the site. Moreover, I was determined to explain these subtle, yet startling, miraculous-like results logically and rationally.

In the end, the goal was to inspire *any* person who came to the site; to help them be aware of and change certain limiting aspects of their being, and see how that could attract similar astonishing-like results. So for example if you changed your nature from weakness to psychological strength, you would not only make an improvement in your own psyche and balance of being, but you would also evoke sudden good fortune as a result.

You could also take it a step further, and make it part of a process where you could eventually you could permanently transform your nature at that level.

This was the approach I took for the first flurry of topics including personal organization, psychological strength, right attitudes, higher skills and knowledge, one's direction and intention, how to handle money, and a number of others.

It turns out that at the outset we developed about two dozen core articles, with practical titles that drew them in, and yet also revealed the secrets of evoking the miraculous for area of one's life being addressed.

So now you have several dozen articles at Growth Online. But the site these days seems much more than that. How did things develop from there?

Well, as we developed new articles, we had to revamp the site in terms of its organization and structure.

The first thing we did was to develop a number of the topics for the *personal* growth section of the site. The topics on *Inner-Outer Correspondence* and *Life Response (You Can Make Life Respond)* joined essays including *The Power of Attitudes*, *The Power of Organization*, *The Hidden Patterns of Life*, *The Great Secret: The Force* and many others. More recently, we added a new one that I really like, called *The Power of Living in the Depths*, which explores how to move to and live our daily lives from our deeper consciousness within so that we can be more mindful and function much more effectively in our daily lives. It is in this essay, along with the one on the Force, where we are opening up the portals of the spiritual domain to our readers.

(pause) However, at the beginning, when we first formed Growth Online, and perhaps even today, the topic on *attitudes (The Power of Attitudes)* is perhaps the central, universal, and most critical and useful one at the site, in that it is a very powerful entry way for self-discovery and self-awareness for so many. Anyone can relate to the proposition that there is a relationship between our attitudes and our ability to succeed in life. That positive attitudes attract success, happiness, and well-being; and negative ones repel them.

We also discovered along the way that attitudes is a prime method of attracting sudden good fortune. Shift your attitude away from the negative, and positive circumstances will quickly move in your direction. It was for us an extremely powerful and profound insight about life. And so many we knew had experienced this powerful correlation in their lives.

That IS a powerful discovery.

Yes. Life response is rooted in the idea that the outer world and the inner me are not separate entities, but part of the same continuous stream of existence. Therefore, if I change the inner me -- such as through a shift away from a negative attitude about someone else or our work or ourselves -- the outer instantly responds in kind. Good fortune suddenly appears before us. This is the principle of "inner-outer correspondence." It is the principle behind, what enables this phenomenon of "life response."

(pause) So these and other subtle perception of the workings of life began to move us beyond the normal range of inquiry into personal growth, to the

magical and mystical. Actually, it brought us face to face with universal truths about life, not normally perceived by humanity, yet are as real as the five fingers on my hand, as common as any reality on earth.

It sounds like you were getting into some fascinating, previously unexplored territory for your readers.

Yes, I think that what made our sight unique was the fact that we not only uncovered the fundamental truths of accomplishment and growth -- such as the power of intention, right attitudes, psychological strength, personal organization, personal values, and so forth -- but we had begun to uncover the life response phenomenon of sudden good fortune through which many of these outcomes manifest.

Thus over time, we were able to document dozens of examples where people evoked powerful life response results by raising their level of consciousness in one or more of these areas.

So now you had linked the two words; the practical and the cosmic!

Yes, you could say that!

(pause) Naturally this line of inquiry opened up other possibilities, including investigation into other subtle principles by which life operated. And those too we documented, and began putting on the site.

And this in turn led to even more philosophical questions to address; such as what role and purpose we serve in the world, what is our ultimate potential and possibility, and so forth. Beyond that we also were compelled to explore the deepest metaphysical issues, such as how the universe came to be, is there a spiritual consciousness beyond creation, what is life's purpose relative to these, and what is the destiny of the human race.

Fortunately, these were issues that we had been investigating, pondering for over twenty-five years through our association with the teachings of the seer and sage Sri Aurobindo and his spiritual partner known as the Mother.

As a result of this combination of insights into what enables us to accomplish in life; what the subtle laws and workings of life are; and answers to the great

metaphysical questions, I felt that we could now present a new world view that the Internet community was ready for.

It was the right time to act, to put up the site; to put it all on the line -- from the practical to the metaphysical. From powerful methods to attract success to the mysteries of life's workings and the nature of the spiritual Reality.

Uncovering all of these dimensions of life must have had some effect on you personally.

Yes, of course. After all, it was also my objective in life to grow as a person: to discover the keys to success, well-being, and happiness, and especially to understand how the power of spirit can bring about great positive change in one's life.

As so as I published these ideas on the web, I reflected on the occurrences and circumstances in my own life. As I collected stories from others, demonstrating and supporting these concepts, I increasingly saw them at work in my own daily existence; and so the concepts started becoming crystal clear. As we say at Growth Online, the principles had begun to move from mere *mental* conception, to a lived *life* experience and perception, and even to a fully absorbed, spontaneous action emanating from the fiber of my being.

As a result, I now recognized these phenomena much more often when they did occur. Something inside me continually perceived what the necessary accomplishment, success, or life principle was at play, and therefore how to act to evoke the best conditions in that situation. In other words, I was now not only more conscious of my own weaknesses, my own limitations, but I was also more acutely aware that changing any of these to the positive, or taking on certain, inner spiritual actions can evoke overwhelming positive response.

Or to put it another way, I was becoming much more conscious of the relationship between my inner self and the world outside me. I more clearly saw that everything around me was a mirror of who I was; and each time I raised the level of consciousness in my being, say by shedding a wanting attitude or by opening to the spiritual Force, life around me quickly changed to the positive around me.

Now I began to understand the spiritual principle of the harmonious relationship between the inner and outer, which itself reflects the fundamental Oneness of all things in the universe.

It sounds very exciting; maybe even fun!

I am glad you said that, because it is actually quite enjoyable and very absorbing to experience this relationship; to perceive inner-outer correspondence taking place; to see how simply altering one's attitude, or intensifying one's aspiration or intention to accomplish a goal, or even by cleaning my refrigerator can quickly attract these miraculous-like results!

And naturally all of these little miracles taking place energized me and continues to energize me to no end.

But what about the rest of us? Can we experience it as well?

It is actually happening to every one of us all of the time.

It's just that we are oblivious and do not take the time to notice the Magic. We are so caught up in our ordinary lives, in the surface moment-to-moment occurrences that we are unable to perceive these subtle, yet startling events.

And even if we were to perceive them, experience them as they occur, there is the fact that we haven't learned the ways to evoke these marvelous results *on demand*. That is what I had hoped to accomplish by publishing these materials at Growth Online. It would be the means for readers to acquire this profound knowledge; with all of the principles of accomplishment and success, and all of the practical outer as well as subtle inner methods of attracting them. Then they would be more conscious in their everyday lives, and know just how to evoke sudden good fortune by taking to the right inner tact and method in that moment.

(pause) And yet having said all of this about my own experiences in this space, certain doubts linger from time to time. Not about the truth of these principles, but about my own sincere dedication to embodying them.

Can you explain?

(pause) One central question that comes up on occasion is whether I am truly dedicated to living this sort of life; of practicing this New Way of Living I talk about. Is it merely a hobby, a sidelight, or a fundamental reality that is key to my life's growth? Which in turn begs the question of whether I am really sincere about raising my consciousness; serious about wanting to grow and evolve as a person. It's a question I ask myself continuously, and with increasing frequency the answer is "yes."

I appreciate your sharing this with us. It is very moving.

(pause) So what else can you add about Growth Online's history?

Well, first of all we expanded on the scope of what growth and development entails at the site. We went from *personal* growth and development to *business* growth and development, and then to society's growth and development.

Mira International, a management consulting firm in Napa, California has done remarkable work in the area of business growth and development. They have taken the deep insights developed at Mother's Service Society and have incorporated them into the work they do for their clients. Out of that work has come several books from Mira, including *The Vital Difference* and *The Vital Corporation: How American Businesses Big and Small Double Profits in Two Years or Less*. I believe they have discovered the root causes of business growth and profitability, and have revealed the key triggers of corporate success. Specifically, they have explained in their books what a business is fundamentally made up of; what the real "soul" of the business is.

And that is?

The soul according to Mira are the business values an organization employs, and how they are applied to the everyday workings of the firm. They explain that when the company discovers its core values, in essence its psychic center, and applies it to the smallest details of activities in the organization, it generates tremendous energy that has the power to attract enormous success.

(pause) Also, as you might imagine, there is a nice parallel between the growth and development processes of the individual and that of an

organization. Of the soul and psychic center of the individual person and of the business.

Which is what?

Which is that the deeper one goes, or the closer one gets to the source of being, the more *power* the individual or company has; which releases a stupendous energy to create and accomplish in the world. And that brings the further reward of deep and abiding joy of living.

For the *individual*, it's a connection to one's higher nature and consciousness, which reflects as accomplishment, success, and delight of being. For a *business* it is the connection to and application of its deepest purpose and highest values that in turn energizes the company, resulting in accelerated levels of productivity, growth, market share, profitability, admiration, influence, and so forth.

As a result of this parallelism, we decided to incorporate a number of the insights described in Mira's books into the business growth part of the Growth Online site. Topics such as the power of business organization, the power of business values, the importance of customer satisfaction and delight, and the importance of being in tune with new developments in society were all developed into articles and put up at the site.

(pause) One topic that was particularly interesting to me is the one where we suggest that if the company wants to really succeed, then the *owners themselves* need to grow and evolve as individuals. There have been quite a few occasions where my colleagues and I have gone into a company only to find out that the central problem was not due to lack of organization, or limiting products, or the non-responsiveness to the marketplace, or lack of capital, but due to the limitations of the leaders of the company, who needed to overcome some particular limiting attitude, belief, or perspective. Once they recognized that limitation, and made an effort to change themselves, everything would start moving in the right direction for the company. Sales would start growing from seemingly out of nowhere, opportunities would arise, profit would jump. In other words, we discovered that inner power within the very soul of the leader could release the energy that would attract tremendous results for the company.

You also mentioned society's growth.

Yes. There is also Growth Online's *society's* growth and development area. If you go to the Mother's Service Society site, you will see that they have been doing truly pioneering work in the area of social development. Once again utilizing Sri Aurobindo's insights into the nature of development, of the processes that enable social entities and society to grow and thrive, they have been able to look afresh at the fields of economic and social development, and come up with profoundly new and creative insights into why societies progress and develop. Like their insights into personal and business growth, their insight into social progress is truly revolutionary. Along with insights into personal, spiritual, and business growth, their uncovering the keys to how society evolves, and how we can consciously accelerate that process is one of their greatest achievement.

So it was only natural to incorporate these fundamental ideas about social development into our site. Based on MSS's many papers and presentations to important world bodies around the world, we have developed some interesting articles on the history of humanity and human development. There we discuss how society has come to be what it is today, and where it is headed in the future. For example, in one of the articles we describe the various stages of human development down through history -- including a *physical* stage of survival, a *vital* age of expansive interaction and trade, and the currently emerging *mental* age of man, marked by freedom, democracy, and individual self-fulfillment. We even point to a future *spiritual* age, which I believe is what will begin to emerge in the 21st century, once the mental stage has more fully developed.

Again we utilize Sri Aurobindo's profound insights into human evolution, as well as his insights into social development as a reflection of a spiritual evolution of society. We also make use of his insights into the processes of creation and development to uncover the secrets to the processes by which society evolves to increasingly states of consciousness, organization, and power over time.

Members of MSS, through their affiliated organization, The International Center for Peace and Development ([ICPD](#)), their affiliation with the World Academy of Arts and Science ([WAAS](#)) have presented a number of these ideas and principles on economic and social growth and development to important gatherings and forums around the world. Their work has been sponsored by everyone from the United Nations to the highest government officials in India, Mexico, and elsewhere. I believe their breakthrough work and practical

insights have and will continue to have great influence over developments and events of the world, whether at the practical or at the unseen, subtle level.

But why would your viewers be interested in this type of information?

That's a very good question. I believe that most educated people are interested in fresh new insights into where the world is headed, where society is heading. I think they are intrigued by commentaries on such topics as "what is the purpose of the Internet in society's development "; or "what is the real purpose and meaning of money in the world"; or "what are the current conflicts indicative of in human evolution", and "what are the possibilities for solutions based on new insights into these problems." MSS, ICPD, as well as WAAS have given us a wonderful understanding of how undercurrents of social forces and powers that we are mostly unaware of have given rise to and created the present conditions and circumstance in the world. They have revealed the *hidden* processes that are at work, and have illuminated what the keys are that would enable us to accelerate positive social development in the future; including overcoming the scourges of unemployment, poverty, disease, and war.

So our interest has been to bring to the public the deepest insights of personal, business, and social growth and development; to reveal the processes at work; the hidden currents, forces, and powers at play; and to learn how to perceive and access certain inner and outer levers that can change the course of life at any of these levels. After all, from the highest perspective of consciousness everything is related to everything else. If we develop new possibilities at one level, it affects the other. E.g. if we produce more conscious individuals, society will benefit. Likewise, if we create a more harmonious society, then the individual will blossom in that environment, and so forth.

Well, you've certainly got lots of ideas at the site, but is there something a little more emotionally stimulating to make us want to pay a visit, or better yet to keep coming back?

Yes, very much so. We've really tried to make the site more interesting, more diverse, more stimulating; where you can interact with it in different ways; in some ways that are more educational and intellectual; in others, that are more stimulating and fun.

I remember taking a walk with a friend of mine who is a principal at Mira International, who suggested that if we were ever to develop a personal growth program or site, we should make it stimulating and entertaining; even humorous and funny! People want to be entertained when they learn. So we've taken that approach at some parts of the site.

The best example of this is the online adventure '[The Journey](#).' In this fictional short story that we developed specifically for Growth Online, we guide the user on a journey around the world, on a kind of spiritual mystery tour. Although, on the one hand, the purpose of the adventure is to make people aware of some of the unique concepts of the site, such as the Life Response phenomenon, we also created it as an entertainment adventure.

I think The Journey is a very enjoyable, playful, mysterious, and dramatic story. It's kind of a science fiction tale that crosses five continents that along the way puts you in touch with the great mysteries of life and the subtle powers we have within ourselves to direct the course of events. You are taken on a journey around the world to try to fathom several practical and spiritual mysteries, and then you are subtly made aware of the fact that a fuller understanding of these mysteries and the deeper spiritual principles behind them can be found at Growth Online. That was the point of this adventure story; to create real characters and mysterious situations that bring out several of key principles, that the user would discover, and then, if he wished, he could learn about in greater depth at the site. One example is the phenomenon of "Life Response," i.e. sudden good fortune that one can evoke through shifts in consciousness within; such as shedding a negative attitude or coming in touch with the spiritual Force. It was clearly what we had in mind from the start when we wrote this stimulating little adventure story.

Also, we made the story international, incorporating characters from different cultures. It's important that the site appeal to people of different backgrounds and perspectives.

Any new features you've added to the site lately?

Yes, very many. Perhaps too many!

Could you describe a few?

Well, first we added a search engine so you can find information at the site. There is so much at Growth Online, it could literally take months, if not years to study everything there! One friend of mine described the site as "an entire universe"! So the search engine narrows the topics down to what the user is interested in. It's a very handy tool to find what you want across hundreds if not thousands of pages of content.

Speaking of which. In terms of content, we have recently added a number of very important new features, including our central database of original articles, categorized by subject, as well as a knowledge base of thousands of original thoughts by our small number of sage authors.

In addition, we have developed a number of portals that the user can begin at for such topics as personal Growth, Spiritual Growth, Business Development, Values, the Education Center, and so forth.

We have also developed an area where the user can receive answers to the major questions of life, as well as Personal Assessment and Business Assessment area where the viewer can assess themselves or their businesses

So you can see we are going down many different paths simultaneously and trying out many different approaches. We will see which ones work the best; which features people really respond to. That's the litmus test for us; our reader's response.

Currently we are tracking at about 5000 viewers a day, with nearly 8000 article views per day. We are very pleased with this, and we are very happy our readers are getting a chance to review what we consider to be unprecedented, revolutionary, original content related to human consciousness.

It sounds quite ambitious!

Yes, it really has been. And yet, I believe that everything that has emerged has been part of an organic process; an unfolding that has taken a natural course based on what is already there; from new insights and inspiration, suggestions of the reader, and new opportunities in web-based software technologies. We have done many experiments; some of which our viewers have not responded to, but also many others they have.

Of course, in one sense the real litmus test of our success is whether people are coming to the site, and responding. In terms of the latter, there has been overwhelming appreciation for the content presented, as we see from so many of the testimonials. When so many people have told us that their lives have literally changed because of the specific content they came to the site, then we know that our mission is being fulfilled. Of course, there is no end to the scope of potential, so what really matters is how our success continues, even accelerates in the future.

But how does Growth Online itself benefit?

Another very good question! How Growth Online sees itself benefitting is not easy to put into words; other than having the satisfaction and joy of having others benefit from this knowledge. If more and more people come and benefit, that will give us ever-increasing pleasure.

We also experience great pleasure in writing the articles in the first place, which are often based often on exhilarating inner and outer experiences each of us have had.

Whether Growth Online breaks out to a whole new level of success, including readership, monetary gain etc. remains to be seen. I really do not know what destiny has in store for the site, but I have deep faith that the journey will continue to be an exhilarating one; one that we refer to as an "adventure of consciousness and joy."

Thank you, Roy.

You are very welcome! It's been a pleasure.

The Internet is a Mirror of our Evolution



In this conversation Roy discusses how the Internet mirrors our own human evolution, and points to the future evolution of the human race. Created in 2001. Updated 2013.

Roy, welcome once again.

Glad to be here, as always.

Roy, where are we now in the course of human evolution, and how does the Internet fit into this picture?

As you may know at Growth Online we have a society's growth section, as well as a personal growth and business growth section. In the society's growth section, we have a topic where we talk about the stages of human social development. In particular, in our study of society's ascendance over say the last ten thousand years we have identified three stages it has passed through.

Which are?

Well, first there was a *Physical* stage, where man was focused on survival; where he acceded to the needs of the collective of which he was a part; which was naturally at the expense of his own personal development. This physical stage occurs from the dawn of Man till say around 500 years ago.

And so roughly around the time of the Renaissance we identify the beginnings of what we call the *Vital* stage of human development. In this phase, Man begins to extensively explore the world, begins to interact with different peoples, travelling to many lands to exchange products and money; to engage in commerce and business. It is where the seeking of one's desires and

passions replace the obedience to the collective as was the case in the physical age. Also, art and culture and science flourishes in this new vital age, as creativity begins to take wing.

Finally -- and again this is really just a phenomenon of the last 100 years or so -- we see the emergence of the *Mental* stage of society. This phase, which we are still well in the relatively early stages of is marked by the flowering of social and individual freedom, as well as the emergence, empowerment, and ascendance of the human individual.

And one more thing. Naturally since it is the mental stage, we see much greater use of mind and thought, and the enormous benefits that come with that.

Keep in mind that as a species we are for the most part barely in this mental stage in the sense that our life is mostly organized around our vital needs and wants, whether our families, careers, physical needs, and so forth. A life of the mind, which is one of pure thinking and thought, of the use of impeccable, objective logic, is for only a small segment of the population; though mentality is certainly on the increase, especially in the last fifty years amongst a larger segment of the world's population.

So where does the Internet fit into this picture?

Well as we now move through this early mental stage and we see characteristics of the mental age taking root -- including the blossoming of individual freedom and initiative, a universal aspiration for education, and the empowerment of the individual -- they tend to take on new formations, including new organizational forms. And so we have the onset of an ultimate organizational form -- the Internet. This was the product of what the world was ready for.

What do you mean by that last point?

Well if the predominant qualities of the mental stage are freedom, empowerment, curiosity and inquisitiveness, organization, and others, then the Internet is a natural expression and embodiment of those aspirations. [ep]

Through the Internet we are given the freedom to access unlimited knowledge. We are also empowered since we have access to unlimited,

helpful knowledge as well as services we can use to uplift our lives. The Internet also fulfills our curiosity of discovery, as well as enhancing our ability to be creative, such as combining so many cross-cultural influences to create something totally new and uniquely ours. Finally, we seek organization in our lives, so things come to us easily readily, and quickly. We in the mental stage aspire for organizational forms that will help us better live our lives. Well the Internet provides ultimate organizational functionality to be the basis of a stable and dynamic existence.

So these are the ways that Internet fulfills our conscious and not so conscious aspirations in the mental stage of evolution that we have now fully entered.

I see where the Intent is fulfilling our hopes and dreams;" aspirations" as you call them.

(pause) But then if the Internal is some kind of embodiment of this mental stage, how does it relate to the mind itself; to the fact that we are now increasingly thinking beings?

Well that is maybe the key point because by understanding the relationship between the Internet and the human mind, we can grasp why the Internet took its particular form and structure in the first place.

(pause) To address this, let's first talk about the *form and structure* of the Internet.

OK, let's do that.

One of the things we have noticed in our studies of human development is the role of *organization*; in particular the ever-increasing ascendancy of organization in our times.

Now organization might not sound like a very exciting topic for discussion, but in the course of human evolution, organization is one of the ways by which we can measure the degree to which we as a species are developing and evolving. The *more* organized things become, the *more* we seem to evolve; and vice versa. Also as the forms of organization become more *complex*, there is accelerated social development.

In the mental stage of social evolution that we are now entering this movement to *more* organization, and ever more *complex* forms of organization has only accelerated. And the Internet is perhaps the greatest example of this phenomenon. It is the ultimate example of how organization is increasing in society, as well as an example of how *complex* organization is increasing.

Since the mental stage of our evolution has witnessed the acceleration of more complex forms of organization, and the Internet reflects this, then the *Internet is a reflection of the ascendancy of this mental stage we are in, of the ascendancy of the powers of mind itself.* So that is one answer to your question about how the Internet relates to the mind.

Let me understand. Mind, an organizing instrument, is in ascendancy in this mental age. And that is reflected outwardly by greater quantity and complexity of forms of organization, of which the Internet is an obvious example and extension?

Yes. There is a reflection between the emergence of mind in this age, and the Internet which mirrors this as a resource in society. Furthermore, the complexity of the Internet reflects the greater complexity that is developing in the human mind.

But what do we mean by the complexity of the Internet?

I think that in order to answer that we need to go back to the idea of the importance of organization; we need to ask ourselves what makes an organization complex?

Well to begin with we can think of an organization as a *system*. When you organize your check book, it's a system you are working with. When a company develops an accounting mechanism, it's a system. A system is for organizing ourselves, our businesses, anything.

Well our studies of companies and social entities over the last thirty years suggest that the most powerful and effective of such organizations are ones that contain *many* systems for its functioning; and further still many systems which are *integrated with one another*. When systems are integrated with one another, we create more complex organizations. When there is more complex organization there is growth and development.

So how does that relate to the Internet?

Well if we examine the Internet we can see that it is not simply a *single* system, but an *array* of systems. Furthermore, it is an array of systems that are linked to and interact with one another, forming a dense, perhaps even at some point self-organizing forms of organization.

So one reason the Internet is such a force in the world today is because it such a *complex* organization, with sophisticated, interrelated systems. Tie that in with the fact that the public has for whatever reason accepted the Internet, then the Internet becomes a vast *power* for accomplishment in society; for enormous social growth and development.

But let's take it a step further. There is something that gives organization even *greater* power. That occurs when there is an interrelationship between systems that are *different* from one another. When the systems that are interrelated are more diverse from one another, it adds an even greater power and effectively to the organization.

For example, one of the great features of the Internet is the ability of individuals in various disciplines to cross-reference information in another discipline. A scientist can cross reference social theory, or a psychologist can cross-reference biological information. When the information for a system in a discipline such as biology is organized, as is the case on the Internet, and can then be cross-referenced to another systemized discipline, such as psychology, there is no end to the new knowledge and discoveries that can follow. If an online accounting system is related to a customer satisfaction system, the scope of possibility and benefit is dramatically enhanced.

So this development, harnessing, and mining of knowledge through interrelated systems is one of the great benefits of the Internet; and will surely continue to emerge in the years ahead.

Furthermore, if we look at the emerging Internet a little closer we can see relationship not only between different disciplines, systems of *knowledge*, like biology and psychology, or psychology and social science, but also between different *physical* systems; such as the relationship between an email program to a web site, or an email system to our calendars; or even more physically, a PDA to a personal computer, or a phone to a PDA, and so on and so forth.

So this cross-referencing of *knowledge* systems and *physical* systems is perhaps the ultimate power of the Internet. Like the evolving human mind, which increasingly has the ability to cross-reference the "components" of the body -- one's body, emotions, psyche, *and* the mind -- so to the Internet can cross-reference knowledge and physical systems, unleashing staggering possibilities for accomplishment and success.

Once again there is this *mirroring* effect, this correspondence between the way the mind is accelerating in its functioning in the current emerging mental age of human development, and the emerging complex organizations we see in society. The mind increasingly organizes and integrates the physical, emotional, other aspects of ourselves, which is in essence the process by which we grow and develop as individuals, is mirrored by the Internet, which is increasingly organizing in great complexity and interrelatedness the life of the society.

(pause) Consider for a moment how the internal systems of the human being are becoming more organizationally dense. For example, today a typical person has way more knowledge of his body's functionings than in previous times. Because of that he can make better decisions about his health.

Increasingly in our times we are becoming more aware of how the body, emotions, and thoughts are connected and affect one another. In other words, the knowledge of the systems of my being are becoming more connected and related. So my internal consciousness is becoming more organized. This is what's happening more and more to people as we evolve as individuals and as a species in this mental stage. *Outside* ourselves, in society, the world witnesses an Internet with its ability to organize, systematize, integrate vastly different systems in the world so society will make the right decisions. So the two reflect one another. The more complex and effective *inner* organization of the modern person mirrors the *outer* more dense and interrelated organizations.

And this reflection is so because *mind* and the *power of thought* is in the ascendancy in the emerging mental age of human history.

So the mental age means more complex organization, of which the Internet is a manifestation. What about those other indicators of the mental stage, and how do they show itself in the Internet?

Well we mentioned that the Internet also reflects those other criteria that define the current mental age of human evolution -- the empowerment of the individual, human freedom, mental acquisitiveness, the acceptance of universal education, as well as the subtle emergence of ever more complex forms of organization. It's not too hard to see how the Internet reflects each of these.

Take *individual empowerment*. The Internet puts at your disposal information and directions to information that can literally allow you to "be all you want to be," or to increase your knowledge in the areas that you are interested in. It also exposes you to endless possibilities for new ideas, new career opportunities, new directions in your life. So the Internet reflects our ever-rising aspirations for individual empowerment, an key indicator of the mental stage of human evolution we are entering at an ever-accelerating pace.

The Internet also reflects the movement toward ever greater human *inquisitiveness*. The Internet is *built* for inquisitiveness! It is perhaps the aspect of the Internet that I most enjoy. For example, I have something I am interested in in my mind, in any field of life. I go to a search engine, which returns to me a list of entries. So I go to a particular entry, learn something about something I've already know something about, or better yet, discover something *completely new*. That becomes an *Aha* moment! My curiosity is fulfilled with new knowledge, which releases my mental energy, and an opening to further exploration. So human acquisitiveness is a big force in this emerging mental development of humanity, and the Internet reflects this factor as well.

Then of course the Internet reflects our ever-increasing aspirations for *freedom*. Freedom of expression; freedom to act in ways we want to; outside the bounds of the social and political situation (for the most part); outside our work, our community, our families, our friends, our enemies, or any other forces that might impede us. We can go where we want, and when we want. Freedom is the starting point of the mental stage of human evolution.

Also, is there anything more *democratic* than the information that is on the Internet? Where any public knowledge is available in pretty much equal measure to anyone who has access to it. Yes, of course, many are more likely to gain access to it than others in the world, and this is a great issue to be solved, but once online, the knowledge is available equally to all who are there.

The Internet is definitely showing new ways in which freedom can manifest. Actually, I think they reflect new state-of-the-art manifestations of freedom that are emerging in society. It is not unlike the emergence of the Hippies in the 60s where freedom presented itself in new ways. The Internet lends itself to the new sociologies of freedom. Also with new generations on the rise, the end of the Cold War, and the movement towards the emergence of global culture, we see democracy further extending from the streets onto the Internet, creating new ever more rich and complex forms of democracy.

So the Internet reflects outwardly all of the forces that are behind the ever-emerging mental stage of human evolution that we have entered.

So the Internet is a boon to the individual?

Yes, definitely. And to society as well. The collective is also being impacted. The Internet is also playing an important role in the further evolution of society.

How so?

We can see that the Internet clearly has the ability to greatly contribute to the advancement of our society. Perhaps no other organizational development in the past millennium can rival it. Perhaps only education can rival it, and even education may simply be absorbed or systematized by the Internet.

The emergence of the Internet is opening up unlimited opportunities -- by eliminating the barriers to communication imposed by space and time, by potentially leveling the playing field between rich and poor, and by making possible access to information at very low cost. This will surely help the society further develop!

So the Internet is the great tool and deciding factor that leads us toward greater human consciousness; that causes us to grow, develop, and evolve?

I'm not too sure about that! Tool? Yes. Deciding factor? Well I think we need to look a little deeper to get to the real deciding factors.

The real deciding factors that have moved human evolution along in these last 100 years are some the things I mentioned, like the emergence of

freedom, the flowering of democracy, and the empowerment of the individual. *These* are the forces that have released *stupendous* energies in the society. The Internet in one sense merely reflects these values, or is a conduit for the values. These emerging social values come first however; they are the real determinants for society's development.

Enormous energy is being released by these new social values. Also this energy is not restricted to any single country or form of expression, but rather flows and overflows through every conceivable channel that will lend itself as an outlet. The Internet, it turns out, is the perfect outlet; it is the perfect tool and instrument for its expression; at least for our time.

You have discussed these forces at work in the mental age -- freedom, individual empowerment, organization, and so forth. But is there any one *big or ultimate thing* that defines this mental stage; an ultimate factor that stands out above all others? And how does that relate to the Internet?

Yes. In fact, the ultimate factor that plays a part in human evolution in this mental stage is Mind itself!

The emergence of the human mind and its emerging powers is the central factor in the emergence of the mental stage.

First let me give you our definition of the planes that make up an individual, so that we can differentiate the mind or rather the mental plane from the others.

First there is the *physical* plane of the person. The physical plane of a human consists of the subconscious awareness and impulses of the body expressed in animal instincts, basic drives of human nature, and inherited character traits. The primary drives of the physical are for self-preservation and reproduction. Next is the *vital* plane. The vital plane consists of the semi-conscious sensations, urges, desires, feelings and emotions. The vital plane provides the energy for human action and expresses itself through attraction, liking, desire and enthusiasm. Finally, we have our *mental* plane. The mental consists of the thoughts, opinions, beliefs, ideas and values that guide our conscious thinking, conceptualizing and decision-making processes.

Mental

Vital
Physical

Since we are focusing on the *mental* plane and its relationship to the Internet we need to understand the individual parts of the plane of the mind. So we have identified three powers of the human mind that are driving human development.

At this most basic level the mind is focused on understanding practical things in life, accumulating thoughts and facts, and acquiring skills; it plans, it processes physical information. Thus we call it the *physical* in the mind. A person involved in physical sciences, engineering, medicine, or a technician might be examples of work where this level of mind is predominant.

At the next higher level, the mind is occupied with understanding life. It interprets the information from the senses (i.e. the vital) and converts it into knowledge. It expresses as mental emotions, interests, values, sentiments. Hence, we call this the *vital* mind. Examples of how this level of mind empowers is writing high poetry, writing philosophy, or being involved with social science. Fewer still people have developed capacities to function from this level of mind.

Finally, higher still is the use of our minds to conceive the world and develop new concepts, ideas, and possibilities. We call this the *conceptual* mind. A philosopher, mathematician, or theoretical scientist are examples of expression of this level of mind. This is pure mind not related to emotions or the body. This is the highest functioning of the mind proper. Few people have developed capacities to function from this level of mind.

Mental
-Conceptual Mind
-Vital in the Mind
-Physical in the
Mind
Vital
Physical

(Still higher are the spiritual levels of mind which have even greater powers, such as the ability to experience knowledge in the form of light and intuition. These we'll leave aside for another time.)

But how do these levels relate specifically to the Internet?

So we have a hierarchy of these three powers of mind. These also have corresponding functionality in *society*. Corresponding to the level of thinking that relates to acquiring of basic knowledge and skills of life are social institutions around us that provide the services that relate to the physical mind. For example, educational institutions, such as technical or trade schools provide such basic knowledge and skills in society. Another social structure, the Internet, provides us with facts and information, or ways to learn these. It provides endless information, which can be assimilated by us into useful knowledge and skills.

Let's think a little more about the benefit that the Internet gives us at this first level of mind, the physical in the mind. Compare how we normally might acquire knowledge and skills with the ways the Internet might provide them. Normally we might acquire such knowledge slowly over time, and only through additional experiences would we assimilate the knowledge as skills. That is you be *fully* formed the skill also requires our *experiences* of life; experiences that could take a lifetime to acquire. Consider how a doctor or an engineer through long years of learning *and* experience gains the knowledge which develops into a full skill. That is true for each of us in our work or profession. On the other hand, the Internet allows us to gain the knowledge *and* experiences that lead to skills, what we call the integrated, full, or *subtle* knowledge, quickly and easily.

For example, the average person can go to the Internet and read about an illness that he may be suffering from. The Internet now makes available to this person a vast knowledge as well as a set of experiences related to that knowledge, which only experienced doctors would possess. In fact, the Internet can even give the patient the knowledge of a disease that the doctor might not have even perceived. For certain minor diseases, which the doctor rarely comes across, the patient may even acquire a greater knowledge than his doctor!

Well the Internet makes this phenomenon of full, experiential, "subtle" knowledge available in virtually every field of life. In our case imagine the

patient having as much knowledge as the doctor has. A doctor may feel such Internet utilizing patients *are* doctors!

The Internet by giving vast stores of information to a patient offers the possibility of his having this more integrated, realized, subtle knowledge. This subtle knowledge in turn enables people to make *better* decisions, which leads to greater success, accomplishment, and joy in one's life. That in turn releases all sorts of energy for that person, further stimulating his interest, curiosity, and creativity in the same or other fields of endeavor.

Let's then continue our journey from lower to higher mind. At the next higher level, the *vital* mind, the mind seeks to understand the ways that life work, including its deepest hidden patterns, processes, and functionings. A social scientist in a social or economic research institute might be an example of this. There is a focus on solving the problems of life in an organized fashion.

In this light the Internet would can become a tool for really understanding life. Not just the *mechanics* of life, but the deeper causalities, meanings, problems, and solutions to the problems of life. We could for example use the Internet to learn about the current state of social entities, such as the economic or social condition of a community or nation, and come with dynamic interdisciplinary solutions to such problems. This would be a very powerful method of using the Internet. Though not as prevalent now as the fact gathering or lower mental capacities of the current Internet, this capacity to understand the workings of life holds great promise for the future, echoing our own capacity of vital mind to comprehend life.

Finally, at the highest level of mind proper, conceptual mind we have the ability to conceive new things in the world, develop ever *new ideas, concepts, and possibilities* based on this knowledge. Individuals in institutions or parts of social institutions that do theoretical or original thinking use this power of mind.

Though hardly used at all for this purpose, the Internet would be extremely valuable in this regard. By comprehending facts and understanding life one would have the ability as one browsed the web to come up with sudden new inspirations or conceptions. For example, utilizing the individual could review related information across disciplines, such as between biology and psychology, or math and social science, and suddenly experience a new, original, or even a breakthrough idea. There could be a way of assimilating

such new ideas on the Internet. Also, the Internet itself there could become gathering points of communities of original ideas and original thinkers. The possibilities defy one's imagination. Perhaps on day the Internet itself will become a self-conceiving, conceptualizing entity!

As the Internet gains more sophistication and complexity, as its systems continue to interrelate, it will help us experience ever-greater number of those *Aha* moments, where we can develop our original ideas, where we can conceive the world in new ways. These are the powers of this level of conceptual mind that are expressed through the social entity that is the Internet.

And of course, it will work the other way; as we conceive of new possibilities and ideas, we will develop a better Internet to serve our needs!

Also, as we evolve we might see that a lot of the lower level thinking that we do now will be "off-loaded" to the Internet so that it can do such "thinking" for us. That way we can rise to greater tasks involving the higher levels of mind, where we can develop new ideas, conceive of new possibilities.

You know one of the central ideas at Growth Online is that as we evolve as human we are more able to conceive our world; create something out of nothing if you will. As we move more predominantly to the higher realms of conceptual mind and on the vaster domains of spiritual mind we will learn to gain the powers of to create original new things in the world. We believe this is one of the great purposes of life for the individual in human evolution; the ability to conceive that which was not there before. This mirrors the very processes of the universe, including how the universe itself seem to appear, be conceived and created from out of a void.

(pause) Just to keep things in perspective, keep in mind that for most of us we are barely in the mental stage at all! We are predominantly vital beings, pushed by our passions and needs, not our ideas, conceptions, and values. And those who are predominantly mental, they use those capacities mostly at the first level of mind, the level at which we learn, understand, and acquire new knowledge. Understanding the ways and process of how life works, and learning how to use that knowledge in our lives is the next level up. Then self conceptualizing new ideas, concepts, possibilities is a step further still.

(pause) So there is this gradual upward movement in the use of these higher powers of mind in *society*, and the Internet itself.

So does the Internet becomes an instrument of my growth, development, and evolution through these levels of mind?

Yes, the Internet becomes an organizing tool for your gaining of knowledge, knowledge, for your development of skills, for your understanding of life, and your ability to develop fresh, new ideas, and to conceive the world in new ways. Using the Internet energizes us, fulfils us, accomplishes in us, and can take us to new levels of individual growth, development, and evolution.

But this is not just something for the *individual*. As individuals rapidly acquire knowledge, skills, awareness of life, and the ability to see new possibilities in life, the *society* we live in must also benefit. Surely solutions to any of society's problems are accelerated as the Internet helps us ascend the scale of mind, with all of the knowledge and insight gained. For example, social issues that might have taken hundreds of years of study to understand and use as the basis of solutions can now be understood very rapidly. Also, because the Internet allows for the cross-knowledge from so many disciplines, it enable *better* solutions for society.

So we can say that through the Internet society too can acquire the integrated, full, subtle knowledge.

(pause) Ultimately however we must understand that it is not the Internet itself that enables this evolution. It is the hidden subconscious yearning of individuals and society to change, to evolve to a higher nature, to move from the lower mental to the higher mental levels we have discussed.

And then there are the realms of mind we haven't even discussed; the *higher* mind, with its powers of intuition, revelation, and light. These are far beyond the mental capacities we have discussed so far. These are the powers that enable the *greatest* knowledge, enable us to respond with the greatest wisdom, and enable every act we undertake to end in perfection of knowledge, leading to infinitely greater accomplishment. Perhaps a few thousand individuals operate from this poise in the world. Then further still are the infinite powers and forces that exist in the stratospheres of the highest *spiritual* domains. Only a very few individuals around the world are the pioneers at these levels.

How society and, in turn, the Internet will relate to or reflect these higher realms of mind and spirit is not clear. Our own recent experiences suggest that the Internet has some fascinating subtle attributes that reflect and interact with individuals who operate from these higher domains of mind and spirit. Though we cannot reveal these yet, because they are not fully understood and our research is limited, there is no doubt that the tool of the Internet, as well as other tools of organization in society, will continue to emerge, which will reflect the deepest aspirations, values, and consciousness of us as individuals and as a species.

Thank you for your insights Roy.

You are very welcome!

Accomplishment Through the Process of Creation



In this conversation Roy discusses how we can learn to create infinite accomplishment, success, and joy for ourselves, our businesses, for society by following growth and development processes that mirror the process by which the universe was created from the One.

Welcome!

It is my pleasure.

You believe that the process by which the universe was created is mirrored in the process by which humans, businesses, and society create new levels of accomplishment, success, and joy.

I think this insight is particularly relevant to our times, where people are beginning to desire to live out their full potential.

People don't want to wait around for their community or country to develop before they can be successful. We each want to fulfill our potential *now, in our own lifetimes*. Instant world communications, media, and information are showing a level of success that everyone wants to be part of. There is this heightened awareness of the possibility of real, full achievement in one's life; not just a life of sacrifice and where we hope for the best for our children. This dynamic has therefore been labeled by an associate of ours, Harlan Cleveland, as a "revolution of rising expectations."

In that light we can understand that that there is a subtle yearning for the *quickest, the most efficient* path to achievement, accomplishment, and success. Throughout Growth Online we reveal many life principles and

practical approaches that can help the reader attain a vast level of success in their own lifetime.

(pause) As it turns out along the way we have also been involved in the realm of the Spirit. One aspect that spirituality attempts to address is how the universe we live in came to be. I don't mean from the material, scientific stand point, but from the spiritual, evolutionary view.

More specifically, we have attempted to address the questions of how and why the manifestation, the cosmos, the universe we live in appeared from out of a spiritual source; a Divine Reality or other such Original Principle.

One conclusion we came to is that if we understand the process by which the universe came to be, we will also see that we as individuals are going through the same or similar process, but in microcosm. Moreover, if we learn to consciously follow that process, instead of unconsciously as we now do, we can release the infinite potentials in our lives, mirroring the creation of infinite forces and forms that emanated from the One.

Moreover, if we learn to *consciously* follow that process, living it to the fullest, then we can radically *accelerate* accomplishment in our lives. We can discover and move along the quickest and most efficient path to our hearts desire.

But what is so special about Creation and its process that we would want to emulate?

Remember an entire *universe* was created from out of a Divine Source; so imagine if we could understand that process, and then follow a parallel one in our own lives. We could then become creators of things *infinite* in scope; manifesting things that were never there before; that no one had ever dreamed of; and in vast quantities, qualities, and varieties

It is our view that the Divine dreamed of, conjured up, evoked a universe infinitely vast in space and time; with infinite variation and possibility of forces and forms, including us; and all from out of nothing! Perhaps we have a parallel power to do the same!

That's a very exciting thought!

(pause) But then where would we begin to look to understand this cosmic process, let alone a parallel one in our own lives?

Let's consider several possibilities.

One is that we could turn to science for our understanding. However, science is obsessed with empirical fact; of what can be measured of the material world. For science, life seems to be a series of mechanical unfoldings, without any fundamental, deeper processes at work. Science has no conceptual framework or understanding of any overriding process of creation because it does not know the Essence behind things. And without the Essence, knowledge of the process can never be accurately known.

Then what about religion? It seems more open to examine first causes.

Even religion has had surprisingly little interest in discovering and revealing the processes that enabled creation; let alone how it mirrors something in our own lives. In most religious tradition the creation or the Creator is said to be Unknowable; or if known, is presented simplistically, or is simply left to one's faith.

In traditional religion there is virtually no discussion of the processes of how things came to be from a Divine origin, nor an ability to square it with the facts and methods of evolution.

Only the ancient supra-religious experiments, such as the Indian Vedas and Upanishads -- fully bathed in mystical experience and insight -- began to address these metaphysical issues; and even there what was revealed came in the form of esoteric poetry. Something that is comprehensible to the modern rational mind did not arrive from these sources.

(pause) Turning in the opposite extreme, to modern rationalism -- that is modern western philosophy and thinking -- it has only made half-hearted attempts to explain the fundamental processes that enabled life to come about from a Divine Source, and the processes by which life now seem to operate by. Modern rationalism ultimately fails in its attempts because invariably we do not include the subtle and causal realms, including the spiritual plane, -- that which is immeasurable or untouchable -- in their reasoning and logic.

Thus Western thought comes off as something dry and lifeless in these areas; turning in endless mental gyrations in its attempt to come to grips with the movements and character of life.

Well, that's not very promising. No one seems to know the source of things, how life came to be, and where it is going!

Precisely! (laughs)

And yet we believe that despite this lack of perception on the part of current science, religion, and philosophy, all of these processes of life – precreation and in creation *are* knowable. (ep)

And knowing how and why and in what method the universe was created can help us understand similar processes in life, in our own individual lives.

Moreover, if we understand the infinite possibilities that were there in the process of creation, then we can apply that process to create infinite possibilities in our own lives. We can thereby have at our disposal the fastest and most efficient path to fulfillment of our individual potential in life.

So where do we begin?

Well the interesting thing is that we have already begun; we are already doing it, utilizing those processes of creation in our lives, in society, in the formations of our businesses.

Take a company. Many businesses begin with a plan. Later on if it is a smart business, it will build a *strategic* plan. A strategic plan is a statement of where the principals want to take the company; what its goals and business values are; culminating in an overall mission statement of its intent, strategies to see them come about, and action plans to implement the strategies. This is a typical strategic plan for a company.

So we can say that the strategic plan begins with a kind of *vision* of where it wants to go, and then proceeds to the next stage where there is an *organizing* of the vision, which is followed by the execution, carrying out, embodying, and fulfilling of the original vision. Those are the stages of the strategic plan.

In that first stage of development there is vision of the intended results, which culminates at the end of that first stage as a *decision* to see that the vision occurs. In the next stage there is the need to organize the decision so that it has many possibilities for achievement. For example, one can *organize* it by developing strategies for implementation; or one can determine the effects of various components of the business such as job activities or systems. Once that is clarified, one can proceed to develop specific action plans, which are *carried out* in all of the small acts of work. This stage culminates in *results* and achievement.

Let's take an example. Let's say a company wants to dramatically increase its profits within the next two years. That's its vision. More specifically the company has the *goals* of increasing profits 100% compounded each year, and a year-over-year increase in sales of 50%. In developing those goals, it also evaluates its current business *values*, and determines that "customer delight," the happiness and well-being of its staff, and the creation of new, innovative, unexpected products are its abiding values. This coagulates into the mission statement that embodies the *vision* of the company. So the vision are the goals and values expressed through a mission statement.

To further support this vision the company also has made the firm *decision* and commitment to see that the vision, the mission statement come about. This is then the vision and decision of the first stage of the process.

At the next stage the company *organizes* that vision and decision. For example, in a typical strategic plan the company consider various *strategies* to see that it comes about; strategies say in the area of company organization, strategies for development in its products and services (such as developing state of the art, cutting edge products), and strategies to improve the condition and satisfaction for the employees. Further still the company develops very specific *plans of action* to make sure each of its key strategies for developing better products, happier people, et al comes about. For example, as it examines its strategies for developing cutting age products, it makes plans to recruit new programmers that are experts in the field, or to develop projects to experiment with new materials, etc. Further still start and end dates are set for every action plan, people are assigned, and all the details for action are set.

In this entire *organizational stage* there is the intent of making more rich, densifying, making *more complex* the original vision into strategies and plans that can make the original vision more real.

At the final stage there is the carrying out of the plans of action. Plans of action are carried out by people who have the skills to see it through, are energized for work, and have the highest possible personal attitudes in their work. Through the unflagging will and persistence of the company the plan is carried out and executed perfectly, creating all of the original intended *results*, in this case a doubling of the profits and sales in the first year. All of the vision comes about, and then some.

So the process we see here is vision, decision, organization, and implementation, and results. Through a will and perseverance, the original vision is turned into results. There is an embodiment of the vision, completing the process of creation.

This same process of creation holds not only for a strategic plan for a business, but for a personal plan for improvement, or for a social plan for improvement. In all cases the process is fundamentally the same. The more we consciously follow the process the more likely the results, and then some. It is the secret to accomplishment in life. This process even exists at the level of any act in life, from taking a photo to playing the stock market. They simply are microcosm of the same process of creations. If we want results from an intention, follow this process, the more you do the more likely you will get results. If you follow the process perfectly you can have *infinite* results in any field of life.

Our equally important observation is that this process is a similar process by which the cosmos, the universe emerged from out of the Absolute, the Divine, God, the One. There was some Urge (I use capital "U"), some compulsion to objectify itself for some reason. It is analogous to a business's vision of what it could be and its *decision* to implement its objectives in the first stage of its strategic plan. Then once there was the Divine's vision, decision, urge to objectify, there needed to be some *organizational* force to coordinate and see it occur. Finally, there needed to be various way that this vision, decision, plan for objectification could actually occur, how a cosmos, a universe could actually come about.

So you're saying the creation was a kind of strategic plan for the universe?

Exactly!

Yes, in a way the Creator, the Divine developed and implemented a plan to objectify or make real that which was pure spirit; that is, turn subjective spirit into objective reality and results, the universe itself.

Just as the company wants to build a strategic plan to better itself and to enable greater possibilities for achievement, or an individual wants to do the same for him or herself, so too the Divine willed to objectify itself so that it could create the *ultimate possibilities for manifestation of spirit*. That was its goal, to have its Divine, Omnipresent Reality, the timeless and infinite divine spirit to manifest in the forms of creation. The Divine was in a way trying to fulfill its own potential by creating in the universe forms that it could occupy.

You could say in a silly way that the Divine was first stuck in neutral, or shall we say "Neutral" (with a capital N!), and wanted to evolve itself and all its attributes in matter, in life forms, in the movements and workings of life, in thought, knowledge; in all aspects of existence in the universe. Every object and being could be infused with the *spiritual* essence and attributes of the Divine.

And the end result would not only be infinite possibilities of forms, life, and ideas, but the ultimate *joy, pleasure, and bliss* of those forms and beings. That is, we as humans, would feel the presence of spirit in our being, in our existence, fulfilling the ultimate purpose of the creation and the Divine, which is the embodiment and blissful experience of the spirit as forms, as bodies, as us.

So the strategic plan of creation, if you will, is not just the objectification of spirit into an infinite diversity and multiplicity of forms, but the *fulfillment* in those forms as perfection, knowledge, truth, harmony, joy, bliss, and other ways which bring out the original spiritual qualities of the Divine Creator.

Likewise, we can say that the ultimate purpose of a business strategic plan is not just the additional or greater material results that are created, but the ultimate *joy and delight* it engenders. Not just the measurable results, but the greater joy, pleasure, and delight that is experienced by employees, vendors, clients, customers, and for the society it partakes of. These are the subjective results of the process, just as there are objective goals in the plan.

So the purpose of the universe is the delight of existence. The ultimate purpose of a business or personal strategic plan, or for that matter any attempt to develop the business or person further, is the experience of *joy and delight*.

Has the strategic plan of the Creator been fulfilled?

Hardly! It has created results, it's true. But has it fulfilled its original vision of having spirit completely envelop the forms it has created? Hardly at all! That is in fact what we can call the evolution from this point forward. That is enabled when the forms that have been created, us, grow and evolve, transform ourselves and life on earth, infused with the spirit of the original Divine. So it's an ongoing strategic plan; a work in progress!

So is that it? Do we now have a handle on the process so that we can now accomplish?

Well, I think there is still something missing, which is why and how do results actually occur. I mean what *really* caused the universe to appear? When I do my business strategic plan or a plan of personal growth, what is *really* going on "behind the scenes". If we believe in the idea of spirit and consciousness, then we somehow have to account for them in our equation.

(pause) However, in order to address this I think we need to focus on the key aspect behind these processes -- *energy*.

In our view the entire universe is a manifestation of spirit, which we can call consciousness. There is consciousness in the Creator and consciousness emerging in the creation that emerged from the Creator. That consciousness is also a *force*. In the universe we have material forms; stars, galaxies, worlds, rocks, plants, animals, and us. They and we are merely *forms* of that force.

When the universe manifest the consciousness/force, which we can call energy in its most basic material constituent, it was converted to forms and matter. In other words, energy was turned into results.

The universe is a result of the release and conversion of energy from a Divine reality to a universe of conscious forms. These are the results of creation. In the same way business development or personal growth is the result of the conversion of energy into results. In all cases energy is converted into a

manifested reality, which are the results that it intended in the first place, fulfilling its original conception and vision.

So how is that going to help us here in the *real* world?!?

Well, if, for example, we can see how a business plan really involves the conversion of *energy* into the desired results that show as greater productivity, accomplishment, and profitability, we will begin to understand the process. And we will see how that essentially the same or a similar process of energy conversion occurs for an individual and society.

(pause) Let's then return to the strategic plan for the company. I spoke of a strategic plan as a compilation of new goals, values, and vision, coagulated into a decision, organized into strategies and other formulations, and executed through plans of action. That's in essence the strategic plan for a business. But how does energy come into play in that process? If we know that, we will understand that when we build the plan we are really planning the release of *abundance of energy*.

So how does energy move in a strategic plan for a business? Or perhaps we should ask how does a business release energy that creates results? If we know how *energy* would flow in a strategic plan, then we can also check back with the creation and perhaps see a similar unfolding of energy based on the strategic plan of the Creator.

So we begin with the fundamental assumption that *energy is the basis of all results*. Just as the energy that was released in the creation led to the existence of forms, and then later life and thought, so too the energy that is released in a company's strategic plan leads to greater results in the forms of better products and services, more productivity, better organization, happier people (customers *and* employees), and so forth.

So how then does the company get from an initial starting point or quantity of energy to a point where the energy is rapidly accelerating and intensifying, which creates the greatest possibility for achievement if and when it is converted into results? That is, what is the internal process that releases ever-accelerating and intensifying energy which can create the material benefits?

Let's go through the process for a typical company that is intent on improving itself.

For starters the company at a given point in time has a certain amount of energy. Then through an awareness of a possibility or an opportunity, or even as a result of life's pressures that company wants to, or is compelled to rise further. That's the vision -- to take itself to the next step or the next level of its existence. Just as the Divine wished to take Itself to the next step, to objectify itself into a universe of forms so that its divinity and Delight could be infinitely expanded, so too a company wishes to chart a new direction in order to create new possibilities and results, and the Joy that issues from it.

At this point the company is setting sail on a new course and direction. It does this by developing, establishing practical *goals*, focusing on core business *values*, and developing a clear *vision or mission statement* of what it wants to be. This vision of new direction has the effect of expanding the original energy that was available to the company. You can say that the original existing energy is altered from being a limiting, haphazard force to being a *directed force*. At this stage of vision and decision the existing energy is focused, amplified, and turned into a force for accomplishment.

So we could say that in the case of the Divine, it has conceived an embodiment of itself, a universe; that's its "vision." It wishes that vision to occur; that's its decision. Together the "vision" and "decision" create a direction. Somehow this takes place, and somehow its internal "energies," whatever we define that as, are focused and amplified for accomplishment. In a similar way, the company has conceived a new vision and decision, i.e. its direction, which focuses, amplifies, and directs its energy into a force for accomplishment.

However, for the new direction to become a reality, it needs to be *organized*; i.e. the getting there details must be organized. The direction, including its vision and decision, needs to be organized; or looking at it from the perspective of the energy, the energy behind needs to be organized. For a business the new objectives, values, and vision need to be developed and organized into something more substantial and coherent -- such as which strategies to deploy, which people to involve and how, which divisions, departments, activities, systems, and jobs to involve and how, as well as such things as how the objectives relate to the market, to the products and services, to finance, and to people.

If, for example, a company has a vision of becoming the market leader in a certain niche area, it needs to organize that objectives in terms all of these aspects of components of the business. In that way, the original vision is *densified*, made more *complex*, as it becomes more organized. By organizing the direction of goals, values, and vision through all of these components of the business, the directed force of energy turns into a vastly expanded *power for accomplishment*. Thus, we can say that organization *harnesses and controls* the force of energy and turns it into *potential productive power*. So at this point the energy is vastly expanded and intensified.

Now let's turn back to the creation of the universe and see if there is something analogous working. For the Absolute, the Divine, there must be some sort of organizing mechanism that coordinates, concentrates, orders the Idea or Decision to objectify into a universe. Our conclusion is that the organizing mechanism of the Divine that enables it to move forward from the stage of Urge or Idea or Decision is a plane we call the "Truth Consciousness." Truth Consciousness, also called "Supermind" by the Indian sage and seer Sri Aurobindo, is the extension of the Absolute, the Divine, that enables it to direct the process of turning the Spiritual Reality into a universe of forms.

The Divine through its organizing mechanism of Truth Consciousness has organized through greater complexity and possibility -- i.e. through the Cosmic details -- it's unfolding from Urge for Manifestation of energy that will be the basis of forms in the universe.

For the company, organization of the decision makes the decision more robust, more *complex*, creating a densification and expansion of energy -- an energy that has now become a greater power for accomplishment. For the Divine the organization by Truth Consciousness takes the Decision of the Divine for manifestation and makes it more robust, complex, far reaching in its possibilities, creating unseen Systems and Formulations of Knowledge and Formations to participate in this unfolding.

[As we discuss elsewhere, Supermind spins off planes of Mind, Vital, and Matter to create conduits for the movement of the original Decision. An invisible power of energy is built up as the Consciousness that is the essence of the Divine, now has the new conduits of these three planes of Mind, Vital, and Matter to channel itself through. Eventually the Consciousness of the Divine will coagulate in a form of energy at rest that will eventually manifest

as Matter, the first plane that appears in the universe. For our purposes at this point we can say that that the Consciousness of the Divine is coagulating into unseen energy at rest. -Editor]

So is that the entire process of creation for God and for us?

(pause) There is one final stage however in this energy conversion process; a process that we have seen so far converts the starting company energy through its vision and decision into a force, and then organizes the vision through complexity, possibilities, and plans; thereby expanding the energy into productive power to achieve new *results* for the business.

While a company may have a new direction and may have organized it into potential new productive power, it still needs to actually come about, to become a *reality*. For that to happen, for the power to turn into the reality that was once envisioned, there must be some instrument of implementation. In our analysis the implementation occurs through people, through their developed *skills* to carry out plans and potentials. It also requires their developed, positive attitudes. The higher the skills and higher the attitudes of the people, the more results occur. So through the thousand tiny acts performed by individuals, (involving activities, systems, job, projects, and other structures of the business), the vision and decision that has been organized turns into realities and results.

In terms of energy we can say that the *power* that was developed through organizing our vision through the many organizing components of the business turns into a reality of accomplishment, success, growth, profitability, quality, and joy. The energy that was power is vastly expanded in the process is converted into vast results. At that point this conscious will to improve the company is fulfilled. The thing that the company set out to do is done. The energy has moved from its original quantity and intensity to become a force, which is intensified and expanded into a power, which is converted into great results.

(pause) So what one wishes to happen *does* happen if the process is understood and followed -- whether it be a business, a social institution, or an individual. Any company, entity or individual can conceive of something beyond what it is now, and can learn to harbor, concentrate, and accelerate the energy and turn it into results that fulfill and surpass the original vision. In any of these the process is fundamentally the same.

So a person can do this too?

Yes, of course. An individual can *envision* a way that his or her life can be better, and make a *decision* to see it come about. He can then *organize* the vision into a plan in various ways in his life, and then can *act on it* unflinchingly to see it perfectly come about.

In terms of energy it's the same thing occurring. For that person the vision of that which he wants to become and the decision to make it happen creates a *new* energy. That is, his original energy has been directed to become a *force* for accomplishment. He then organizes his vision into various ways, such as through potential strategies and plans, to better able it to come about. This organization of his vision dramatically increases the energy that is available for accomplishment. The directed force becomes a power for accomplishment. But then he needs to take that buildup of energy and turn it into a reality. He does this by unflinching execution of the organizational plans through actions that demand his optimal skills, his most positive attitudes, and his perseverance of effort. That enables the great power of energy to be converted into material results, accomplishment, success, and joy; equal to, and often far surpassing his original intent.

In fact, the more perfectly he fulfills the requirements of each stage of the process, the more energy is built up, directed, and formulated into results. If done *perfectly* the results he can be elevated to a new level in his life, jettisoned to new planes of achievement and possibility.

So do you have a practical example for us of how a person might go through these stages?

(pause) Let's say I am puttering along in life. I reach a point where I stop and say that life can't go on like this anymore. Or perhaps an opportunity suddenly comes my way. Or I read something, and I'm inspired to move in a new direction. The change starts in such a way; somehow there is an opportunity or possibility or frustration or will to move from one's current functioning to another.

At some point we turn that potential change in our mind's eye into a vision of that which we can become. If we decide to *consciously* follow the process to execution, then it can really come about, and come about perfectly, even

infinitely greater than we originally anticipated. If we don't follow the process, the vision never materializes, or if it occurs, happens over a very long period of time, and then only as a pale version of the original inspiration. On the other hand, *conscious* growth or development is a process by which we take an original vision, the goals we wish to achieve, the values that we care about and want implemented, and turn them into results, even infinite results if we do it perfectly.

Let's make our example a little more familiar. Let's say I want to improve myself as an instructor. I semi-consciously know or have the sense that I just can't continue at my current level. Perhaps I want to be a real expert in a particular niche area that sets me apart from others. So at some point I find out about new opportunities in my field; opportunities that are unique and set me apart. I feel a surge of energy inside me from the discovery. I then come to realize that this would be a great idea to pursue. I realize that I can be an expert in teaching a unique piece of software to my clients. That further increases my energy. I decide to take it up. At this point my vision is clear, and a decision has been made. Through a vision and a decision, the energy I have is now directed as a *force* for accomplishment.

Now however comes a critical stage: deciding how I can direct this new energy into something substantial or material. That happens when I take the vision and decision and *organize* it. I organize it by developing it; developing strategies and plans of action; see it in terms of all the elements that will be impacted by it. For example, I might organize the vision and decision by considering a few different potential strategies to accomplish my goal, such as the idea of contacting in the coming weeks a number of specialized training companies, and to ask experts in the field what their opinion is of opportunities on that product. Furthermore, I decide to allocate a certain amount of time to contacting such companies, and begin the process of learning the skills needed to see it come about. Finally, and *very importantly* I organize my own psychological *will* by insisting that I *will persevere* and accomplish the goal. This releases even more energy in me. At this point the vision and decision that was energy directed as force has become an accelerated and intensified energy of *power* for accomplishment.

But I still need to execute my plan. I do that by making an unflagging effort, making sure that my psychological will to see it through has not decreased, acquiring and utilizing all the necessary skills require of the effort, and at

every point maintaining the highest positive attitudes about myself, others, and what life brings. At that point the energy that had built up as potential productive power is realized as *results* in the form of new accomplishment, success, and joy.

The more perfect the process is followed, the greater the results; and in the shortest period of time. If perfected, the results can lead to levels of accomplishment, success, and joy *far* exceeding my original intention. I may even be propelled into a new level or realm in my life. Plus, life will reveal to me many aspects of myself that are lacking, which I can make the further effort to change, thus creating even more potential benefit if I cease the opportunities to improve myself in these newly discovered areas.

One other point. At Growth Online we spent a lot of time describing the spiritual plane of life. If one learns to utilize the spiritual force that is always available in the atmosphere around us, the accomplishment we seek can become enormous, infinite in its potential, and can occur in the very shortest period of time.

This is the greatest secret of all; that we can throughout this personal strategic plan, throughout this process of energy conversion, utilize the spiritual force to overcome the limitation of space and time, attracting *enormous* results in the *shortest* periods of time. This is the infinite efficiency of the spiritual plane of life.

Well what happened to the creation? We still don't have a universe! You stopped at the organizing part.

Oh yes.

(pause) In our theory, which is derived from the thoughts and realizations of the Indian visionary Sri Aurobindo, we say that there is an Omnipresent reality, a Spirit, a Divine, which we in the West call the Absolute, and which is called Brahman in the East. It is the foundation of everything else. It is the spiritual source of creation.

At a point the Absolute wants to objectify, manifest itself. It has this Real Idea of what it wishes to become. This is its Self-Conception. This is equivalent to an individual having a specific idea or vision of what is to be achieved, such as

the desire to move to the next level of accomplishment and success in life. This is the individual's self-conception; his vision and decision.

To begin the process of creating the universe The Divine, the Absolute, the Original Principle, divides or extends itself into three aspects of itself in preparation for the creation -- as Existence, as Consciousness, and as Bliss.

Existence means that the Absolute does in fact exist; has taken on a status of being and reality that is different from its original immutable and ineffable status.

Consciousness, sometimes referred to as Conscious Force, means that the Absolute is now self-aware of its new formation as an existent, as a being. As a result of that consciousness, that conscious self-awareness, a Force is generated. That Conscious-Force will eventually become the Energy source that will be the fuel of creation.

Finally, *Bliss* means that the Absolute -- in existing, and being conscious of its existence, releasing a power and Force, Delights in these facts. It experiences infinite Joy and Bliss ("Ananda" in Sanskrit) that knows no bounds.

This extension of the Original Principle, the Absolute into these three aspects is equivalent to a person existing, being aware of his existence, being energized by the fact, and therefore deeply enjoying, being ecstatic about one's existence.

So this is a kind of starting point. The individual recognizes his own existence, potential, and possibility for delight, mirroring the Absolute's.

So the process of realizing the self-conception of the Real Idea of the Absolute continues. The Absolute, which has extended to Existence, Conscious Force, and Bliss further extends itself to *realize* the creation it wishes to bring about. To that end it creates the plane of Truth Consciousness, which Sri Aurobindo discovered and also calls "Supermind," to begin the process of organizing and developing the Vision/Decision. Supermind becomes the aspect of the Absolute that orders the powers from above to coordinate with the potential aspects of that which will be created. Supermind is the great ordering mechanism and instrument of creation. It has the supreme Vision and Unity of Understanding from "above" to order the creation in its potential of multiplicity as a universe "below."

To that end Supermind creates the planes of Mind to begin the process of *objectifying* the spirit of the Absolute into a manifestation, a universe. Creation must express the Timeless in the plane of Time in order to exist; to objectify itself, which requires *division*. Thus, Supermind created the plane of Cosmic Mind to divide. This is in essence the organization of the Vision and Decision into the plan and potential of *divided details* of creation, which will eventually manifest as forms (which we as human will experience as separate and divided forms, separate and divided matter.)

Likewise, the individual organizes his vision/decision by developing strategies, plans of action, etc. These are the specific, multiple, divisions of details for his plan.

Behind the scenes energy is gathering in the individual. The starting energy for the individual that became force when he had the vision and made the decision is greatly expanded and concentrated, and becomes a *power* for accomplishment.

For the Creation the organization stage continues. The Conscious-Force further extends itself into Knowledge and Will. The Conscious Force has developed a capacity of Knowledge, and a capacity of Will, or Willful Determination. Plus, they are fused and One.

What is this Knowledge and Will for?

This is for the future humanity which will have the capacity of perceiving through knowledge the consciousness of the Supreme through one's mind, as well as having the will and drive to move forward and manifest the principles of that knowledge in one's life. These two need to be fused together in ourselves to achieve in life, as they are fused and one Above.

So what happens next in the process?

Well, the Absolute that had extended Itself to a Conscious-Force, eventually separates into Knowledge and Will, and then further breaks down into an essential Energy out of which a material universe will take shape.

How does that happen?

Well, the Energy that emerged from the Conscious-Force is initially at rest. But then something It is compelled to move, which then formulates itself into forms and objects, into formations of matter. In other words, Manifestation has occurred in the form of a newly-created material universe.

For the individual he further develops the will to carry out his organized Vision by acting on his plan. In the process, the initial *energy* became a *force* and then a *power* for accomplishment, which then becomes a *physical reality*; a manifestation of that which he intended in the first place.

In fact, he has created results that appear as not only *objective* results, as accomplishment and success, but also as *subjective* results, as joy, pleasure, and delight.

Thus, the process of conversion from vision/decision, through organization to implementation to results is complete. For the individual creating a *vision* and making the *decision* to carry it out enables the initial energy to be directed into a force for accomplishment. That directed force of energy is *organized* through strategies, plans, and other formulations and development possibilities (both outer and inner, psychological) into greater and more intense energy of *power* for accomplishment. That energy is then converted to results of accomplishment, success, and joy when he *carries out* the organized strategies, plans et al through a persevering effort, utilizing his highest skills and personal attitudes.

Thus, energy gathered and intensified as power is converted into optimal physical, material, and psychological results.

So we and the Creator have accomplished something in a similar way!

Exactly.

For both the Creator and the individual there is the similar process at work; of *vision* or Real Idea of that which it wishes to create; a *decision* to see it come about; the *organization* of the Vision/Real Idea and Decision; and the *implementation* of the organizational details, which leads to significant tangible, material and psychological results.

In both instances an initial *energy* is directed and expanded as a *force*, organized into a *power*, and then converted from power of energy into physical, material, and even vital and psychological *results*.

Well that is truly a revelation! It gives us a lot to think about!

(pause) Then what is the ultimate message you want to convey to the readers about this divine-like, yet practical knowledge?

The message I want to convey to the readers is that just as the Creator created an infinite universe with its infinite diversity and multiplicity; its infinite potential of forms and possibilities, we can follow a parallel process in our own lives to accomplish infinitely and to experience infinite-like joy.

Moreover, the more closely we follow this process of creation and accomplishment, the greater and more joyful the results. I.e. the more life will respond to our efforts. And that response from seemingly out of nowhere will never fail to amaze; heightening our joy and delight of being to the nth degree.

(pause) The key then is how to take the idea and reality of this *energy conversion* process and make it real for ourselves, and implement it in our lives to create infinite accomplishment, success, and joy. The Divine created a universe with the purpose of enabling infinite existence, accomplishment and joy, and we can do the same and use that same essential process in our own lives; as well as in our companies, institutions, and social entities.

Anything else you would like to add?

Yes, one more thing.

(pause) Ultimately, one still needs to have the *experience* of this process at least once to truly understand its methods and its benefits. When that happens, we will have the true knowledge and experience. When we go through this process, when we consciously try to take ourselves to the next level, we understand the process better, so that the next time we will be able to follow it more accurately, attracting even better results. This is true for an individual, a company, or society.

It turns out that just a month or so ago I saw the process in startling detail. I had been taking photos of San Francisco Bay to capture its beauty and fragility. Before one of my outings, I decided to plan out what I wanted to do. I looked at maps, I looked at possible sites to go to, considered the time frame, and so forth. A few hours later, when I arrived at my destination, I found myself at a new spot I had never been to before. At the park, I noticed that everything had been going perfectly for me. The weather was unusually beautiful, the atmosphere was harmonious and peaceful, the photo locations were lovely, the environment was cooperative, etc. In fact, everything around me seemed to be cooperating with my intentions; and most importantly, from the standpoint of my original objective, I got the photos I had hoped for.

Moreover, the whole experience was exhilarating. During the outing I had felt tremendous physical energy, melded with an inner peace and a great happiness and joy.

Only later did I understand that I had closely followed the process of creation and accomplishment; in particular the energy conversion process for one relatively small event in my life. Then on further thought I was able to trace where I had followed the process at each stage, as well as the objective and subjective results that followed. Ultimately, I understood that it was an act of creation in microcosm. (ep)

It was this same process of vision, decision, organization, implementation that leads to great results. It is the vision/decision that directs energy into a *force* for accomplishment. The organization of the vision/decision that turns the force into a greater *power* for accomplishment. And the unflagging *effort* that turns the power for accomplishment into tangible results. And not just any results, but great results; both materially and psychologically.

So surely one could extend this type of wonderful day-outing experience to other aspects of our lives; to things that are *truly important* to us, such as our careers, our company, or other collectives we are part of -- whether our family or any other social institutions we are involved in.

This is a vast concept you have given us Roy, but is there some practical way our readers can start?

Well for an individual there are a few approaches. For example, at Growth Online we recommend a 30-day plan for personal improvement in which we

outline how to move one's self from where we are now in life to the next higher level. It more or less follows the approach of a personal strategic plan, and is based on the energy conversion process I have spoken of here.

A number of individual we know have followed this process to great success and joy. As an example, one woman who couldn't get a full-time job for ten years suddenly got one within a few months of taking up the plan. Another woman who was trying for years to sell her Bed and Breakfast motel suddenly did so for a million dollars within a few months of implementing her plan. Others who aspired for higher incomes accomplished it and then some shortly after. In fact, many have even witnessed results that far exceeded their original intent. Then there are those who have seen staggering improvements in their lives that seems to defy logic of what is possible.

We also outline how a *company* can follow a strategic plan utilizing these same processes. Again we have seen countless instances in business where they have followed the same essential process to bring about great prosperity; and in some cases even a great turn-around from impending disaster. For example, the way Chrysler got itself out of its huge predicament in the late 70s by following this strategic process with great intensity over a short period of time, and thereby rose from the ashes, and for two decades became a great inspiration for the business community. We also know of many other companies who took this conscious, systematic approach in their strategic planning that led to doubling and tripling of profits in a year or two, and in some instances far greater than that.

Finally, we have described a corresponding process of *social* growth and development that enables society itself to rapidly rise to the next level of development as well. Again, here, we have seen many examples where communities, nations, and other social entities followed this process -- whether consciously or subconsciously -- and evoked great, often astonishing results; for their economies, to create social stability and harmony; for ways out of poverty and hunger, and so forth.

However, for this to be sustained, the process has to shift away from being a subconscious reaction to events, to a more *conscious* process of discovery, direction, organization, and implementation, abetted by focus, determination, and will. That remains for the most part a dream for the current world condition, but life is forcing us, the world to change in that

direction. The truth is that we need to systematically work together and follow the process of creation to solve many of the ever-accelerating problems in the world.

So we need to do this consciously; through some want and desire in our being.

Yes, for all of these entities – society, business, and the individual -- it must begin with a self-conception of what one wants to be. The Bhagavad-Gita, the ancient wisdom of India, says "we become that which we believe we can become."

It turns out that this value is clearly something we in the West have adopted to a large degree. In fact, our deep-rooted values of *liberty* and *freedom* is another way of saying the same thing. That our freedom is that which allows us to become that which we want to be. Except that the Gita *literally* means this. That when we envision and deeply aspire for that which we want to be, and harness its power, including that of the Spirit, we garner life's energies with such concentration that life conspires with our aspiration and manifest corresponding infinite-like results. We literally become that which we want to become, as Life cooperates with us and takes up the effort to make it happen.

As I mentioned at the outset, people in the world are no longer willing to wait for things to happen; they want results in their own lifetime. It is the revolution of rising expectations. And yet if we follow the process I have outlined, we can get these results in our lifetime; in the here and now, as through this process we create the greatest results in the shortest period of time with the least effort.

So anyone and anything can follow this process.

Yes. The process can be followed by an individual trying to improve his or her life; by a business trying to take itself to the next level of profitability, revenues, and success; to any part or element of society that is trying to move to the next level of prosperity, peace, and harmony.(ep)

The process in all of these mirrors the process by which the universe came into being. Since we are part of that universe, the process is there in all that exists, in all that we do. If we make the effort to move to the next level by

following the process, we can become anything we want to become; in the *shortest periods of time*; creating the greatest efficiency for ourselves, in a world where we are demanding fulfillment of our hearts desire in our own lifetimes.

Further still, if we also learn to utilize the powers of spirit in that process, then we can open ourselves literally to *infinite* accomplishment, success, and joy in our lives, in our businesses, and in the society that we live in. We address this issue throughout our site. We refer to this as opening to the Force, consecration, and other approaches.

Anything more you would like to add?

(pause) Yes. This effort is not for the faint of heart. One must be focused, directed, and willing to engage one's *full energies* to get the desired results, or more likely, results that *far* exceed your original expectation. Whether you are trying to develop yourself, a business, or a social entity to the next level of accomplishment and success, one must be very committed and energized to see the effort through.

In addition to the *general* movements we have discussed for moving to the next level -- of vision, decision, organization, and realization -- there are some other additional, *supporting* conditions that need to be fulfilled to insure that the whole process doesn't fall apart and wither away. For one the progress that one is making in this endeavor must be a *continuous movement in one direction*. That is, there can't be any zig zagging back and forth in this endeavor. There cannot be any turning back or back sliding. Otherwise life will just land you on your face, back where you started. So a *determined, persevering effort, without any back sliding, must be undertaken*. That's the first condition.

To prevent such back sliding there must be a *foundation that is organized and established*. This will prevent not only back sliding but counter forces in life that always try to negate what we are trying to create and bring anew into the world.

Sri Aurobindo said when the universe was created there was also simultaneously born hostile counter forces to that which was being created. In the same way when one endeavors to move one's self, company, or social

entity to the next highest level, that is, enable a new creation, there are forces that come into play that try to negate what is trying to be established. Our experience is that when one undertakes such efforts for improvement, there are countervailing forces, events, circumstances in life that try to negate the progress. Thus, to avoid such forces there must be a foundation in that which is trying to be created that is *firmly organized and established*. For example, in the organizational stage there must be a very solid set of strategies, plans, complexities that must be established. One must put one's *full energies* in establishing these; just as the individual, company, social entity must put its full energies into the execution of the plan for improvement that leads to results.

So we have these additional caveats for success. The *general* attributes are the vision, decision, organization, and unflagging execution to create the results we seek (which are often infinitely surpassed). The *supporting* conditions are no back sliding, having a foundation that is organized and established, and persevering effort and expending of all one's energies at each stage, in part to ward off any countervailing forces and circumstance, in part to enable perfect execution.

(pause) One other point I would like to make. This is a "happier" one.

We have been doing a lot of work in the area of what we call "Life Response." That is if you engage in certain psychological behaviors or take certain actions life can respond in kind to you in what that can astonish. from out of nowhere money can appear, or opportunities appear, or people appear. We have seen thousands of examples where a person changed an attitude, or organized something, or overcame a reluctance, and saw how life *instantly* has responded to that action. It can come from far away, from people and circumstance that you have no relations with; where the normal logic of time and space is completely overcome. For example, one individual who was reluctant to clean the bottom of his refrigerator overcame his long-time reluctance and cleaned it, and *instantly* thereafter got a call giving him important work for the next six months! This was astonishing to him, and he saw the clear relationship between overcoming his attitude of reluctance and the very positive life response. So the first point is that this phenomenon is very real, and a miracle to behold.

The other point is that if one follows the process of creation as we have discussed, one can attract responses from life at every stage along the way. If you take the initiative and follow its conditions, you will see life respond in kind in extraordinary ways. Life will suddenly begin to cooperate. Positive things will happen from out of nowhere positive things will appear, *and* in the shortest period of time. It can even be instantaneous. I have experienced such things hundreds of times, and so have my fellow researchers into this extraordinarily phenomenon. Life will amaze and astound.

The Life Response phenomenon is one of the great secrets we reveal at Growth Online. We have studied this miraculous phenomenon quite closely, and seen hundreds, *thousands* of instances where life has responded out of all proportion to time and space to a change in one's behavior. I recommend that our audience become familiar with the life response phenomenon at our site.

If we follow the process of growth and development in ourselves, our companies and social entities positive life response will appear everywhere. It can dazzle, amaze, and give a fresh insight into the infinite powers of forces and spirit that lies just below the surface of life, but which is happening all of the time.

(pause) So now we have all of the conditions for taking our individual lives, our companies, the social entities that we wish to improve to the next level of growth and development; the next level of accomplishment, success, and joy.

In one sense that is why we are here on earth, to progress, to evolve, to develop. Our soul's purpose in taking on our individual being is to evolve to the next highest level. Just as the Divine itself wished to move to the next highest level, we can move ourselves, our companies, the social entities that make up our society to the next level. In that way we not only enable progress, but results that have never been there before; results that are totally new, experiencing not only its *material* benefit, even the real possibility of infinite material benefit, but the *joy and delight of existence*, mirroring the delight that the Divine longed for when out of It, It manifest the universe we live in.

So it is up to us. Do we want to make the effort to take our lives to the next level? Do we know what we want, what the possibilities and opportunities

are there beckoning us? If so, and we organize the vision of that which we want to become, and carry it out with all our passion and energies, we will not only help ourselves, but create something new in the world, as well as come in contact with the *infinite* possibilities that are there hidden in life; which is there as spirit seeking to find itself in that which we are bringing anew into the world. In that process, we experience the delight of existence and our purpose in life.

Thank you, Roy

I am happy to share this information with the readers.

ADDENDA:

The Process of Creation in The Smallest Act: Taking Out the Garbage

Yesterday I was leaving in the early morning to go to a training session for a client. It was still dark. My hands were filled with my somewhat heavy briefcase, as well as large garbage bag and an empty cereal box. I approached the garbage dumpster realizing that I had to negotiate opening the door to the room, and then open up the large cover for the dumpster itself. However, I did not want to put anything down, because the floor is dirty there. If I rushed the situation I would probably bang things around, or clumsily get through it, with the chance of dropping everything or injuring myself slightly.

I decided rather than thoughtlessly doing it I would use mind. I stopped and thought of that which I wanted to accomplish, which was to get the garbage in the dumpster in a harmonious way. I also had the will to do it the right way. In my plan I quickly came up with the idea that I could open the top of the dumpster and still hold onto the garbage without having to first putting everything down on the floor. I devised that I would use my arm or elbow to gently prop open the top, so that I could get the opening which I could broaden so that I had the opening to deposit the bag and cereal box. This was my plan, the organization of the details. I then proceeded to execute it through physical and mental skills to carry out the plan. It worked smoothly.

Also, I noticed that the garbage bin had bags in it in an orderly way, which was somewhat unusual, and perhaps reflected my approach. (The contents of the

garbage bin itself was orderly!) In any case I was able to drop the bag in easily, though it was done carefully.

A moment later I realized how an idea that I had the will to see come about was organized with a plan that was executed through skilled execution that ended in results. I wanted to write it all down on the spot, but it was too early, dark, and I was not ready for such a thing this early in the morning; and so I decided if it were important I would note the event down at a later time.

In terms of the life response the proper execution of the plan to get the bag in the bin was in the gross/material plane. The orderliness of the bags in the bin I noticed was a subtle response; i.e. from the subtle plane. On the continuum of c,p,s, there was the conception, perception, and sensation in executing the act.

Also, to the idea that even the smallest act can follow the process of creation, there was in my mind more than conception (a mental understanding), but also some perception (i.e. a feeling of its reality). I'm not sure if there was sensation (i.e. it is totally physically real to me). It was close.

I noted that if I had consecrated the act, there may have been causal response; i.e. the response would be even greater, and there would also have been an experience of spiritual power such as peace, or light, or deep knowledge, or truth, or spiritual bliss.

Challenges Facing Young People in Business



This is a conversation with Roy Posner of LAMERE Business Systems by Salona Surjoo, a South African actress, entrepreneur, and founder of Just Magazine. The subject was the challenges facing young people in business.

Tell us about your business partner, what inspired the collaboration between the two of you?

Bill has had a lengthy and very successful career helping small and larger size businesses reach peaks of performance. Because Bill has that entrepreneurial spirit himself, he really feels the pulse of their business, as well as the aspirations and goals of the founders. He has experienced business from every conceivable angle, and his practical, day to day knowledge about the nature of company is unsurpassed. Thus, he is a fount of wisdom, and now he is my partner in our new and exciting venture LAMERE Business Systems.

What is LAMERE about?

LAMERE is about helping businesses reach their full potential. And that means not just helping owners and entrepreneurs achieve their goals in bringing their highly prized products and services to market, but also helping create the solid foundation for that to happen. For example, often small businesses are excellent when it comes to developing their product or service, but not so good when it comes to having the right people in place; or the necessary systems in place; in other words, having the right organization to make their goals and dreams come true. That is why it is so important for entrepreneurs to have a well-rounded background in business management, or put someone in place that does, or look for help elsewhere.

That is in essence what we do at LAMERE. We fill in the knowledge gaps, the employee gaps, the structural and systems gaps, even the business values

gaps so that the founder can realize his or her dreams. Our management consulting services, seminars, and workshops enable top management of any size firm target their strengths, as well as their weaknesses, and then develop innovative strategies to strengthen the positive aspects and overcome the negative ones that are the chinks in the armor that prevent business success. This is where our decades of knowledge and experience working with CEOs, owners, top level managers, and entrepreneurs is of so much value to the young business leader.

From your insights, what can you say is the greatest challenge that young business people face?

There are obviously very many! But a few key ones come to mind. A young businessperson first has to have a *vision* of what she wants to accomplish. Thus, having clear goals is essential. But goals aren't enough. You also have to have *the will and drive and passion* to see those goals through. Then there is the issue of what are the *best strategies* to make that happen. Fledgling entrepreneurs and business managers need to carefully think that through, not just bull rush their way into the market.

There is also the need to *focus on the essentials*, and not get too scattered, taking on too many tasks and obligations at once. Learning how to delegate work to others is thus very important for any business leader; young or old.

There is also the importance of building a *solid team* who will be fully aware of and motivated to carry out your aspirations and dreams. Finding and hiring the best people with the right skills and motivation and values is always key to great success in business.

And that relates to having the *right structure* for the business. Since the entrepreneur or businessperson cannot provide all the leadership and carry out all of the duties by herself, she needs to consider what are the job positions required to make the business work, and then fill them with the best people.

The right people in the right job doing the right things with the right motive will virtually guarantee great success for any business! Not only will it insure that your products and services are excellent, but that they will be extremely well-received in the market.

Any other significant challenges young business people are likely to encounter?

Yes. On a very different track is the fact that people are inevitably going to run into problems in their business careers. How one handles those challenges is critical for success.

Those difficulties can take many forms. For example, there can be serious differences of strategy among the leaders; or there can be some embarrassing public revelation snafu; or there may be financial backers who are unsatisfied and want to call in their investments, or there can be an oppressive economic environment; or there are suddenly competitors lurking who have the latest with the greatest; and so on and so forth, ad infinitum.

In other words, business life can present us with a minefield of challenges. How you navigate your way through these issues often determine whether you will be successful and fulfill your dreams, or fall flat on your face. The difference between success and failure can be very thin, like a razor's edge; ultimately determined by how you handle the exigencies of business life. In other words, be prepared, be positive, be brave, embrace what is necessary, and the world will be your friend.

Another way of putting it is that nearly every limitation in your character will be challenged. For example, if you are a weak person, then life will challenge you to be stronger. If on the other hand, you are intolerant and callous, conditions in your business may force you to be open-minded and humble. Or if your nature is overly optimistic, you may be compelled by circumstance to become a hardened realistic. And so forth.

You see, just like the company itself, every business leader, founder, etc. has her strengths and weaknesses, and it is how we negotiate our way through the minefield of change and life's pressures that determines winners and losers. While having the latest with the greatest is essential in a fast moving and changing society, having the right psychological makeup to meet business challenges is of equal importance.

So I would say constantly examine yourself and become aware of your strengths and weaknesses. Then do everything you can to make full use of your strengths, while making the inner effort to overcome the weak spots. If

you do, you will meet business's challenges in the right spirit, you will pass through all obstacles in fine fashion, and you will be catapulted to the top of your field.

What, would you say has kept you motivated and afloat when things don't go 'as planned'?

What ultimately motivates are one's own personal and business *values*. These are the guiding stars and signposts that take one to the future. Therefore if you not only know what you want, but what you *believe in*, what you really *value*, then when problems occur and you fall down, you will be able to get up that much faster. In fact, by getting knocked down you may get even more in touch with the personal and business values you dearly subscribe to, which will release new energies that will motivate you even more for success.

But which values should we believe it?

That's up to each person. Naturally, there are any number of values we can believe in, and we either already subscribe to several or we need to discover them among the possible choices. This is another function that LAMERE serves when working with its CEO, owner, and entrepreneur clients.

Can you mention a few values here?

Yes, of course. Among the personal and business values commonly subscribed to are *customer delight*, which is to do anything to make the customer or client happy. Then there is *deep commitment to one's employees*, not just in terms of fair pay and a positive work environment, but caring for them as individuals, including supporting their own personal growth and development.

There are also other psychological values that can be put in place such as *teamwork; cooperation and coordination* amongst the segments of the company; being *respectful* of other people's thoughts and inputs; having a general atmosphere of *tolerance and open-mindedness*, wanting to create the very *best product and service; punctuality, reliability, timeliness*, and so on ad infinitum.

Normally a company will already have one or two core values, reflecting the founder, but often it is necessary to look deep within ourselves and discover

other values we cherish and then implement them at every level of the company. Doing so will energize the company to no end. In fact, there is nothing that generates success - including huge profits - more than the adoption and implementation of business values throughout the organization.

When it comes to values, if you know what you want – whether it's to change the world or simply to bring a great product to market – you will always keep rising in your profession and your business will be a great success. Values are then the highest *psychological skills* that take people and organizations to the stars. They are what make our fondest dreams come true.

What tips can you give to an entrepreneur faced with ongoing financial loss?

One important thing to do is to learn the laws of Money. What attracts it and what repels it. Lethargy, weakness, constant borrowing, not paying one's bills on time, not collecting money owed, hoarding instead of circulating funds are some of them. Others are wasteful spending, the need to keep expenses and costs to a minimum, and perhaps most importantly, continuously upgrading one's level of knowledge and skills so that you are in a position to constantly earn more.

In fact, the business itself also needs to continually reinvent itself, consistently introducing something new into the market, some new wrinkle -- whether a different approach, a new product or service, or a new value seriously implemented throughout the organization. That will insure a solid, ongoing earnings base, which will help you negotiate the financial obstacles and crisis that inevitably arise.

The key is always to seek *freshness* by being open to *new possibilities*. Opportunities are everywhere around you, always knocking on your door if your eyes are open to perceive them. By embracing opportunities, you will insure a smooth and ever-expanding stream of funds that will enable you to surmount any financial obstacle that comes your way.

Consecration and Transformation



This is a conversation with S. S. Sreejith the CEO of GIIMS, Global Institute of Integral Management Studies in Kochi, India, and a follower, devotee of Mother, Sri Aurobindo, and Karmayogi. The discussion is on the ultimate meaning of Consecration, and the Transformation It implies. It took place in April of 2020, when the pandemic was spreading throughout the world.

Roy: A New World is being born out of the darkness of the old.

Sreejith: Is your remark from Savitri?

Roy: Actually I wrote it. Perhaps it was influenced by Savitri. Its surely an understanding others have had.

Sreejith: Can you explain its meaning?

Roy: Because of the current coronavirus many institutions are likely to change; higher values will emerge; creating the fertile soil for Spirit and its application in life to further emerge.

I.e. beyond the pandemic a new world is trying to emerge. Or maybe we can say that the pandemic is a blockage set loose by reactionary forces just as the next stage of humanity's evolution is to take place. So a New World is being born out of the darkness of the old.

Sreejith: That's true for sure!

Roy: What did you think about the online meeting son “Consecration”? [held and led very recently by MSS in mid-April 2020.]

Sreejith: Whenever he [GJ] talks, I usually receive Grace and energy. I got it in these talks, personally speaking. The series of talks and devotee interactions is in its the third day now, and its going well.

Yesterday [during the online discussion I participated in], I sent this comment to the group. GJ then commented back. And he told me to circulate it to the WhatsApp group.

[Here is Sreejith’s message passed on to GJ and the other Mother’s Service Society devotees who have been partaking in an online discussion on the topic of Consecration]

“Dear Sir & MSS,

Thank you very much for arranging such an online discussion session on Consecration. With my little knowledge, I have a method which I can recommend, please correct me if it is wrong. One of the best practice which we can practice is doing everything or each of our act can be for Mother. For example if you are making a tea assume that you are making it for Mother. Really feel so. When we are eating something, feel that we are feeding "Mother who is inside us". When we are talking to somebody take it like, you are talking to Mother, doing a work for the customer, bring that atmosphere in such a way that the customer is Mother. Making your bed, driving a car, writing an email or any of our acts, do it in an assumption that it is for Mother “

Roy: I had heard of this [talking to Mother] method, and practiced it a bit before meeting important clients and the like, as eg when I walked in the door. Invariably it produced fine results, including an harmonious atmosphere.

I will try to practice it more seriously; in more situations.

Thanks!

Sreejith: 👍

Roy: 😊

Sreejith: Can you explain Consecration, Sir?

Roy: In [Sri Aurobindo's] 'Synthesis of Yoga', Consecration has a deeper and broader meaning than the way we normally use it (as a method).

Consecration there means referring all to the Divine; in fact consecrating our very lives to the divine, to divine Mother, the supramental power. It is practically the same as "Surrender."

Roy: It's more than a method, it's a *spiritual lifestyle*.

Sreejith: Ok, that's a great spiritual lifestyle

Roy: And it is following the path of Spiritual Evolution. Of Mother, of the supramental Force increasingly alive in the world.

Sreejith: The Malayalam word of it clearly gives me the idea of it. It is "samarpanam" It means submitting our soul to the Divine.

The word as such explains everything to me; and I am familiar with it from my childhood. Most we Indians knows what it means.

Sreejith: But sometimes further explanations create a doubt about whether my understanding is right or not.

Roy: In regard to the Soul aspect, in [Sri Aurobindo's epic metaphysical tome] 'The Life Divine' He mentions toward the end the "Triple Transformation."

I.e. we first get in touch with evolving soul [Psychic being], then we connect to spiritual mind, and from there call down or surrender to the supramental power for the integral transformation of our being to a new supramental species. The psychic, then the spiritual, then the supramental transformation.

Sreejith: Yes

Sreejith: Consecration to me is submitting ourselves to the Divine without any expectations and living a life in a such a way that everything happens for the good.

Roy: Yes. It is “Thy Will Be Done” in everything.

Sreejith: Moreover, it is for a *consecrated soul*.

Roy: Yes, one who has established it and consecrates from an inner poise of the evolving soul, the psychic.

BTW, Sri Aurobindo said his greatest discovery was the Psychic Being. And once we discover the psychic being within, we can more readily get to the spiritual (cosmic mind) and the supramental. (ep)

Sreejith: Yes. My belief is that the psychic being even has a *physical body* when it delivers itself to life. Our own physical body gets rejuvenated because of its presence on our surface being.

Roy: Yes it attracts ultimate benefit and good, from mind to vital to physical. I believe it is what Appa [Karmayogi] practiced.

Sreejith: I would really like it to happen [in my life] 🙏 I.e. Full transformation

Roy: Karmayogi speaks of the mental, vital, and PHYSICAL Psychic. I never truly understood what that is; or rather never made the effort to understand these three. Perhaps great secrets lie there.

Sreejith: I am also not sure about 3 (Physical psychic). But I always believe that the psychic being can deliver itself to our *physical* surface making the transformation complete.

Roy: Yes, the physical change is always mentioned as the final consummation, transformation of the spiritualized, supramental being.

Sreejith: Let it happen Sir 🙏

Roy: In Mother's Agenda [her 13 volume conversations with Satprem] She says centers of consciousness replace the old systems -digestion, respiratory, circulatory, etc.

Sreejith: You know such a transformed being will be sensing everything rather thinking as we humans do.

Roy: Yes mind becomes one with the object; in identity with it, by intuitive and greater still supramental perception, making rational thought unnecessary.

Sreejith: That being will have the capability of sensing a person in front of him, what kind of person he is, what's his intentions, whether he is talking truth or lies, etc.

Roy: One's spiritualized mind is in identity with the nature of that person.

Btw, Mother had this power to a large degree as she often explained in Agenda. Eg she would look at a photo of a person and know his entire being! Or when a person was discussed She could sense his energies, karma, etc.

Sreejith: Yes. It is even have the capacity to make the other person transform in a few seconds; if the other fulfills all necessary conditions - like how the corona virus spreads.

Roy: I wonder how we can make the other person transform when we are transformed.

Sreejith: That's why I told you last time that I am happy if anyone of our devotee becomes one [a transformed being]... then he can understand the deep inner trouble I have, and help me come out to life just like Him [as a transformed person]. Come out to life as a Supramental individual.

Roy: Yes I remember how important that subject is to you, and your startling experience in this regard.

Sreejith: The transformed individual can then just extend himself to the other and help the other person transform.. For SURE

Roy: As Appa [Sri Karmayogi] has done?

Sreejith: Appa did that?

Roy: I am not sure.

Sreejith: Appa and GJ sir seem to be One

Sreejith: Just like Sri Aurobindo and Mother

Sreejith: I dream for the day Mother sanctions that for me. It's the only Aspiration I have in my life.

Roy: Please explain further.

Sreejith: I mean my complete transformation in Her [Mother]. One with Her completely. In all means of my existence...I don't require anything else in my life, Sir

Roy: Yes, I understand.

Once that (transformation) is done, say for yourself; it would be easy to hand off or extend to another if someone comes forward. Appa to GJ. Sri Aurobindo to Mother. You to certain others. 😊

Sreejith: Actually, to anyone, 🙏🙏

Roy: Maybe that is why you are an educator. You can fulfill somehow these dreams through that field. Or to anyone.

Sreejith: Yes sir

Helping others transform in Mother

Roy: Yes. A great mission and goal!

Sreejith: Silently to some; visibly to others

Roy: Yes.

Sreejith: How far are you in Mother, Sir?

Roy: It's a good question. I think fairly rapidly increasing in recent years. The further you are along, the more the horizon goes further out. So the potential moves to infinite.

I feel Mother's knowledge and power. Less so Her sweetness, but that can increasingly manifest as goodness and self-givingness which I have made some progress in.

Sreejith: True. In your writing and while sharing you insights, I feel like You are THERE

Roy: In terms of power I have seen and practiced some extraordinary things at the universal level.

Sreejith: I can very well understand 🙏

Roy: There is still much to do at the personal level - as regards to success, and money, which in turn helps vital and physical well-being.

Sreejith: Yes. it normally automatically happens.

May all your Aspirations come true in Mother.

Roy: Thank you. 🙏🙏

Sreejith: 🙏🙏

As Within, So Without



Keeping up the legacy of Sri Aurobindo and The Mother, Roy Posner explains to Pradeep Krishnan the concept of changing our inner life to manifest a magnificent outer existence.

[please note that an earlier version of this interview was published in LifePositive magazine]

Spiritual masters often proclaim that our inner and outer worlds are not two separate entities; rather one reflects the other. We often blame our failures and misfortunes on bad luck, fate, or karma. Instead, if we are courageous enough to introspect a bit, we would discover that negativity, doubt, wrong attitudes, fear of failure, etc., are the actual causes of our predicament. Conversely, when we act out of an inner certitude, we manifest unqualified success in the outer world, bringing joy and abundance in its wake. If we are ready to change our attitude, Life shines in its full glory.

California-based Roy Posner, inspired by the life and teachings of Sri Aurobindo and The Mother, devoted more than three decades unravelling the complex milieu of the inner and outer worlds and how it permeates every aspect of one's existence. His experiments with Life, - whether his own and others, - resulted in discovering that life RESPONDS in seemingly miraculous ways to positive human effort or initiative, which he calls 'Life Response.'

This understanding caused him to evolve as an author, writer, software developer, corporate instructor, business consultant, human development researcher, musician, personal mentor, spiritual guide, and philosopher of life. His experiences of 'miraculous' outcomes in hundreds of instances all

over the world resulted in several books, including the internationally acclaimed *The Miraculous Phenomenon of Life Response*.

In his books, Roy offers startling insights into the human condition and the emergence of a new consciousness and way of living based on the vision of Sri Aurobindo and The Mother. He has been an instructor and consultant in and around Silicon Valley for over 25 years and has worked closely with the Mother's Service Society (MSS), Pondicherry, India, in developing his ideas on human evolution and transformation.

Roy says: "Though our senses tell us that there is a world outside that is separate from our own selves, from a deeper view, there is no such division. Because we share this continuous stream of existence, when I change the inner me, the outer—which is really inseparable from me—instantly responds. In other words, the inner and the outer are One."

Strangely, this online interview itself happened in a unique way, validating "Life Response." Though Roy had initially agreed to do the interview, to my utter dismay, he suddenly announced that he was backing out of the project due to personal reasons. However, having read some of Karmayogi's books by then, instead of becoming restless or desperate, I immediately "consecrated" the project to the Mother, mentally praying, "Mother, let your will prevail," and sent an email to Roy requesting him to reconsider his decision. After two days, to my utter delight, Roy agreed, substantiating the power of Life Response!

Below are excerpts from the exclusive online interview Pradeep Krishnan had with Roy Posner:

Q. Could you please tell us about your early life?

I was born on January 17, 1950, in Brooklyn, New York City.

Strangely, a number of well-known black athletes or entertainers were born on that day of that month, including Muhammed Ali. I remember as a young boy of five, I saw African Americans living in dozens apartment buildings, segregated from everyone else, literally on "the other side of the tracks." It was perhaps the first instance of division and duality I ever consciously experienced in life.

Later, my family moved into a big house in the borough of Queens in NYC. After attending Syracuse University, I headed out to California and settled in the San Francisco Bay Area for the next 35 years. It had the vibration of a Higher Consciousness I had not experience elsewhere. In local Silicon Valley, the birthplace of advanced electronics, personal computers, smartphones, etc., I taught at renowned companies there for many years.

Q. How did you come to the spiritual path?

Led by M, my high school friend, many mornings before beginning our work we together read lines from Sri Aurobindo's epic poem *Savitri*. One day, seeing that my friend had begun growing a beard and carrying a book of Sri Aurobindo's, I asked him why, and he said that The Mother had attained Mahasamadhi (had left the material plane). At that moment, I felt Their consciousness entering my being.

In fact, it was reported that many people around the world had similar experiences when She left. Twenty years later, one of my friends told me that on the day of Her departure, he saw a vast light emanate from Pondicherry and spread around the world. Several others had similar experiences, and it is believed that She entered the hearts of every devotee, follower worldwide.

Q. How did you come in contact with Sri Karmayogi (the spiritual master who lived in Pondicherry and founded MSS)?

That was the next stage of my journey. In 1974, my intention to start a house-painting business in San Francisco, California, did not bear any fruit. After a series of events, including a journey across Europe, I returned to California, to Santa Monica near Los Angeles. There I met Dr. Judith Tyberg, an eminent Sanskrit author and a disciple and friend of The Mother at the East West Center, and through her and one of her followers came to know of Mere Cie Imports and MSS.

At this meeting I met Garry Jacobs, an American devotee of Karmayogi, who had just returned from Pondicherry. As a result I now had found my life's purpose. I not only entered a deeper stage of my journey, but I was able to apply the spiritual wisdom to the work I was involved in. It was the single great turning point of my life.

Soon, I formed my own sales company and started applying the principles of Karmayogi to my work through the spiritual method of Consecration, i.e., opening up to The Mother, the Supramental Power. In fact, I applied many of his principles to my business training and consulting activities, including my work at Silicon Valley and other California companies, ushering in my life of ‘instantaneous miraculousness’ in earnest.

After several years of intensive study with Garry Jacobs at his home in Napa, California, I began direct email conversations with Karmayogi in the late 1990s that continued till 2003. We discussed many topics, including his vast array of spiritual insights, my personal journey and progress, and conditions in the world. We also took up studies in literature, particularly Jane Austin’s *Pride and Prejudice*, where Karmayogi revealed the subtle workings of life and the ways to evoke “sudden good fortune.” I applied many of these principles to my daily work and experienced miraculous-like results!

Q. How is following a spiritual life connected with growth, accomplishment, prosperity, etc.?

A spiritual life simply means rising to a Consciousness beyond our normal status. The more one grows, the more one can expand in consciousness by moving away from the surface of life, going deeper within, connecting with the inner being, culminating in experiencing the Evolving Soul, one’s Psychic Being, which is the Divine spirit within us

Following a spiritual life requires true dedication and sincerity to go beyond one’s current status and existence to something deeper and higher. It helps to develop spiritual capacities of silence, peace, harmony, goodness, self-givingness, wisdom, empathy, creativity, compassion, and the ability to live beyond ordinary conceptions of space and time. Ultimately, it is to experience bliss, joy in life, and to feel deep love for others and the world. And as one comes in touch with the Spirit within and the spiritual Force around, one’s nature changes leading to their growth in consciousness.

And to your point, when this expanded consciousness is applied to life and Work, it dramatically elevates one’s inner energies that attract all manner of positive outcome - from vast accomplishment to infinite like abundance and prosperity. There are so many startling real world examples of this dynamic!

Q. Did you not record these on the website Growth Online?

Much of the knowledge and many of experiences others and I had of living a spirit-oriented life as explained by Karmayogi were chronicled there. Growth Online was established to show how such things as reversing a negative attitude or opening to the spiritual Force, which we call ‘consecration,’ opens the door to enormous possibilities; including the onset of sudden good fortune.

There were so many-life response events that people were experiencing that I wanted to share so viewers could read about these miraculous-like outcomes, and try them out and experience them in their own lives.

Later, realising the importance of social media, that gives a robust, interactive platform, we launched 20 Facebook groups on a wide variety of spirit-related topics subjects, - from Supramental Life, and the Spiritual Future of Science and Money to the Inner Keys to Work and Business Success.

Q. What are the key factors that enable people to grow and evolve? Please describe the processes and principles for accomplishment and growth?

Anything that helps to elevate one’s consciousness, including one’s physical, vital, and mental capacities, enables one to grow. Personally, overcoming negative attitudes, subscribing to high personal values, and opening to the Spiritual Force, to The Mother, have been central to my own personal and spiritual growth. Each time one takes to thee methods to a higher degree, one grows in consciousness, and also experiences a corresponding positive response from the world around us. That ‘instantaneous miraculousness,’ helps one develop a new-born Faith, as well as a new level of inner strength and determination; to seek even greater, personal and spiritual growth in life. And as this process intensifies, deepens, one not only grows, but also evolves. If one takes this to the very center of our lives, one can even transform into a new type of person, even a new species—the vision of a divine life on earth that Sri Aurobindo offered the world.

To truly accomplish this, one has to consciously apply these spiritual qualities to the field one is engaged in; whether in our work, or any creative endeavor. As one engages in these activities, one receives spiritual feedback from the Universe, pointing to those factors that will lead us upward toward even greater inner and outer success.

Q. How does one bring about change in one's consciousness to attract success and accomplishment in Life?

Life response is to evoke instantaneous miraculousness from out of thin air. You do something of a higher order, higher consciousness, and life suddenly brings forth good fortune, seemingly from out of nowhere. And yet, it is our reversal of consciousness that precipitated it. If I shift from reluctance to do a job to willingness to do it, then quite often, good fortune suddenly lands on my doorstep, whether in the form of a huge sale or vast opportunity or the sudden dissipation of a serious problem.

In essence, life on the "outside" will respond in kind to one's shifts in consciousness "inside." This dynamic of 'inner-outer correspondence' is the basis of all life response events. So, if one continually raises the level of orderliness and cleanliness, shifts a negative attitude to the positive, and opens to the Spiritual Force before undertaking an activity, Life will constantly respond on the outside with corresponding miraculous-like circumstance.

Q. Please elucidate the principle of inner-outer correspondence which states that 'if I change the inner me, the outer instantly responds in kind'.

Along with the power of the Mother's Force, this was the great understanding of my life. Years ago Sri Karmayogi asked me to collect 100 life response incidents so that I could truly begin to understand this inner-outer correspondence principle. The more I collected these experiences, my own and others, the more new instances of Life Response started happening to us. After a while, these incidents became so compelling that people were attracting work, jobs, money and wealth in quick response to their shifts of consciousness; often without them doing 'anything' on the outside. On every occasion, the outer result was initiated, created, and enabled by very specific shifts in one's consciousness within. These incidents have been recorded in my book *The Miraculous Phenomenon of Life Response*.

Q. Could you please tell us about your in-depth analysis of The Life Divine, Sri Aurobindo's magnum opus?

As devotees of MSS the collected works of Sri Aurobindo and The Mother are our primary sources of wisdom. The theme of His work is that man aspires for light, love, and joy but fails to attain it because his nature is divided. He

inherits the unconsciousness of his lower nature through the material , inconscient legacy of the stone; of matter. However, when man discovers his Higher Nature, he breaks the bonds of his old lower, physical consciousness and comes into the light, into understanding and truth; out of the ignorance; enabling him to fulfill the human aspiration for light, love, and joy.

Sri Aurobindo does not stop there. He tells us that we can evolve our nature to the spiritual peaks, culminating in our attainment of an ultimate gnostic, “Supramental” Consciousness. And if enough individuals reach this lofty peak of awareness and power, they can become the forerunners of a new race beyond the current humanity, thereby ushering in a Divine Life on Earth.

Then there was the method I followed in writing my analysis. While reading each page of *The Life Divine*, I highlighted and noted down a vast array of specific ideas. I then created a summary and detailed analysis of each chapter of His book in my book. In the late 1990s, I brought out the book *An Analysis of Sri Aurobindo’s The Life Divine*, exploring the key ideas and principles of each chapter.

Q. What are the spiritual principles advocated by the website Romance Eternal?

The central principle of Sri Aurobindo’s *The Life Divine* as well as the Romance Eternal website is that progress and indeed evolution takes place by moving to higher levels of Harmony. He Himself emphasized that “all problems of Life are problems of harmony.” Thus, if romance is to sustain itself, the partners need to grow out of their separateness and into greater harmony. The greater the giving up of the ego, the more self-givingness will take place. The less the ego dominates, the deeper the bond between the partners. In that sense, romance has endless scope for love and mutual affection; hence the title of the site, ‘Romance *Eternal*.’

Q. You once said that the power of living in the depths enables one to live life from a deeper consciousness within so that one can function more effectively in daily life, which opens the portals of the spiritual domain. Please explain.

At any moment, one can ask, “Where is the centre of my consciousness? Is it on the surface, caught up in the whirlwind of the day, or is it stationed deeper within; in a stillness and silence, in blissful openness to what is unfolding?” A

serene status helps one meet the challenges of the day more easily. The deeper one is stationed within, the more one is open to the possibilities unfolding around one, which leads to right decision-making and action, that brings us in harmony with others and life.

One can reach that stage by quieting the mind, continuously opening to the Spiritual Force of the Mother, by not reacting to the intensities and tantrums of others, by always being open to the other person's point of view, and so forth. That acts as a bridge from 'within' to the Higher Consciousness of the Divine reality, enabling us to have a never-ending harmonious relationship with Life.

Q. How has the study of different dimensions of Life helped you in evolving your own consciousness?

Every day I practice several methods of Karmayogi that I just mentioned. Whenever I look within and change my attitude, immediately something wonderful happens: a huge sale or a golden opportunity presents itself; or a problem gets solved. The same happens with opening to the Mother and Her Force.

As conditions present themselves, I evaluate the situation and try to make choices in the right direction, thereby attracting positive conditions. Moreover, the response may not just be for my own benefit but for the wider groups and collectives of people I interact with. And that fits in with Sri Aurobindo's notion that we are not just individual beings, but Universal ones as well.

Q. How can we experience that 'All Life is Yoga,' as proclaimed by Sri Aurobindo?

Immediately start practising consecration. Offer each important activity in your daily life to the Higher Power, to the Mother, to the Supramental Force—they are all the same thing—and watch how magically life unfolds in the minutes, hours, and days thereafter. Also, aspire to live the inner life, that spiritual existence, daily. Go deeper within, away from the surface of life, to gain inner powers of consciousness. Finally, learn about the subtle patterns of life, how life truly works, which Sri Aurobindo, The Mother, and Karmayogi

have revealed to the world. After a while, you will begin to feel a continuous richness within, and a joy in all you come in contact with in your life.

Q. Your message to the readers?

There is a Divine Reality behind this material existence that is filled with powers which we can gain access to and practice in our lives. If we regularly apply them to the activities and challenges we encounter, we will be amazed by the way life quickly responds in our favour. That, in turn, builds greater Faith in the Higher Power and increases our aspiration; the Flame within to go further on the Path. As a result, Life becomes a never-ending unfolding of light, love, and joy!

BOOKS BY ROY POSNER



- **The Miraculous Phenomenon of Life Response**
- **Life Response in Work**
- **A Life Response Reader**
- **A New Way of Living**
- **Analysis of Sri Aurobindo's 'The Life Divine'**
- **Inspirations**
- **The Journey**