



**ABSENCE IS BLISS:**  
**The Energetics of Meditation**

By Kip Mazuy

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## **Introduction**

Congratulations. You now have a tool that can change your life. That can awaken in you immense peace, bliss and love.

I believe that no other CD on the market comes close to what these CDs can do for you energetically. Already, the comments are flowing in about people's first experiences with The Calling and they are quite extraordinary.

This is the third level of Ocean Euphoric. There was Ocean Euphoric, the original, then Shakti Silence followed.

As this is the third level, I wanted to explore awareness with you in a different way than the first two books. So this is not an entry-level book on meditation. If you are new to meditation, I would recommend getting Ocean Euphoric and/or Shakti Silence and the books that come with them. They explain with great precision how to begin with meditation, techniques to use, how awareness works. The music and technology of those CDs are also quite powerfully unique themselves.

If you are new to meditation and you are reading this E-book, it is still fine. But parts of this e-book may not make so much sense to you or seem a bit controversial. If this is the case, it might be better to just listen to the CDs how you wish for a few months and come back to it.

Before we begin, here are a few basic tips on how to get the most out of the CDs:

There are many uses for the CDs besides meditation:

- \* Many people just like playing the music in their home or office to create a peaceful environment.
- \* Some artists/writers play the CDs to help their creativity.
- \* Many healing practitioners use it with their patients for massage, counseling, acupuncture, yoga etc.
- \* Some listen to it while traveling on a bus or plane (Do not listen to while driving)
- \* Some listen simply for some rejuvenating relaxation.
- \* Some listen to it as they go to sleep or even through the whole night.
- \* It has been used to help cure depression, anxiety, bi-polar disorder, and insomnia.
- \* It has even been used with cancer patients.

So you can use the CDs however you like. But if you are using the CDs for meditation, here are some suggestions:

-To make the CDs most effective, try not to eat at least one hour prior to listening to the CDs. Food will bring you much more into your physical senses and make it hard for you to feel the subtle energies that these CDs offer. It is perfectly safe to eat and listen to the CDs, but you may find that you do not feel the energy as much.

-If you are new to meditating: Listen to the CDs as much as you want, but if it starts to get uncomfortable, like you have a build up of physical energy, turn the CDs off. If need be, go

for a jog or brisk walk or any activity to get the oxygen flowing. If still there is more energy than you would like, just skip a day listening to the CDs and the energy will mellow. Such build up of energy is harmless and it is quite a good sign that the technology is working.

-You can listen through speakers or headphones; the sound technology works either way. However, many people find listening to the music through headphones quite a powerful experience.

-Try to listen every day. Every little bit helps. So if you only have five minutes, take the five minutes. If you have ten minutes, take the ten minutes. If you have a coffee break, try playing the CD for that few minutes, you will be amazed how energized you will feel.

-If you are meditating, be present while listening. An easy way to stay present is to use a technique like watching your breath. Just simply notice the feeling of the breath going in and out. As breathing is always happening now, noticing your breathing keeps you present.

But beyond this, allow yourself to experience whatever is happening in the moment. Whatever thoughts are there, let them come and go.

Whatever feelings are there, let them come and go.

Whatever sensations are there, let them come and go.

It is in the allowing that energy flows and you move from the identification with your thinking to awareness itself.

If you feel blissful or peaceful, then just let yourself rest in that bliss. This is easy for everyone.

If there is no bliss or peace, still be present in whatever sensations are there without resisting it, without judging it. In

allowing yourself to feel what sensations are there, you will see there is such wonder in every sensation and experience, far better than any outward pleasure.

-If you just listen to the music and let yourself be lost in your thinking, the CDs will still work, but it is much more efficient if you are present while listening. Download the mp3 guided meditation and listen to that every day for a while. It will help move you very quickly into clear and peaceful states of awareness.

-Enjoy.

## The River

Once upon a time there was an enormous wall. It was so large, all the wall could see was itself. Yet there was the fear of everything else out there that it could not see. And so it made itself stronger, holding itself together tighter, ready for anything that came its way.

Then one day, there was a leak, a small trickle of water coming out of the wall. The wall panicked and contracting itself tighter, stopped the leak.

But then another leak sprung up somewhere else and in stopping that leak by tightening that area, another leak sprung up. So many leaks everywhere and there was huge panic, trying so hard to hold itself together.

But why the fear? Just because this water was a new experience, it did not actually make it bad. Only the fear made it bad: the fear of something new. The fear of what might happen. And now there were so many leaks and so much effort to hold itself together. What would happen if it stopped fighting? What would happen if it simply allowed the water to flow?

And so with all its courage, the wall let go. The wall stopped holding itself together. And in that instant of surrender, there was no more wall. No heaviness, no tightness, no contraction at all. In fact there was just the flow of water. Everywhere the flow of water. And the wall realized, that it never was a wall, it had always been the river. And no matter how hard it tried to be a wall, it was still the river. It was always the river. It would always be the river.

You want to experience  
the truth of who you are,  
without letting go of who you think you are.

You want to be free,  
but you constantly try to control  
your thoughts and feelings.

You want to feel love,  
but you refuse to accept yourself  
as you are.

You want to experience the unknown  
without letting go of what you know.

You do not need to find freedom.

You simply have to stop holding  
on to who you think you are  
and what you think know  
and notice what is here.

Experience this moment  
like it is the first time you experience this moment.

Because it is  
the first time you experience this moment.

For you are not the wall.

You are the river.

You are freedom itself,  
a constant flow of energy.

The very moment you  
accept and experience  
what is here no matter  
how that is,  
you will find peace.  
You will taste freedom.

This simple experience  
will change your life.

## Energy

Question:

“You place great importance on the need for enlightened energetic presence whether it be listening to your CDs, (Ocean Euphoric, Shakti Silence or The Calling) taking part in your telephone satsang/energy transfer sessions or sitting in the presence of an enlightened teacher. But isn't such energy a crutch? Shouldn't I be able to find enlightenment on my own?”

Boy, that's a mouthful and no way to start an e-book is it?

Let's start with the obvious question:

What the heck is energy?

It is what you are. It is what everything is. Science even validates this special thanks to Einstein sitting quietly in his bathtub contemplating existence. Tiny particles with the incredible intelligence to create everything that you see: the computer screen, your body, the bush outside. And the fun part is, it is not solid, in fact, there is immense space between each of these particles. But the particles are moving so fast, they create the feeling that it is solid. And once more, everything is made of this same energy. There is nothing that is not this energy.

And now, from the perspective of awareness I will add to this

scientific definition that the very nature of this energy is awareness, delight, bliss, love & peace. Energy is conscious. As it is all one, there is no separation and no conflict.

As science now says the same thing that yogis have been saying for centuries, perhaps it is something to consider. That perhaps you are more than this body and mind.

Perhaps you exist beyond your thoughts and emotions.

But if you are energy and everything is of this same energy, and the nature of this energy is peace and love and bliss, why is this not your experience?

Because you live your life through the perception of your mind. And from this perception, everything is defined, described, judged and separated. So there is you and the tree; useful to survive in the world, yes? For if everything is energy, why not just walk through the tree? Because you know from your mind, the tree is hard and so is your head. And the tree is much harder than your head. And if you walk into the tree, your head will bounce off of the tree and it will hurt. Yes? Good information to have.

The mind functions in duality; you and the world, good and bad, attraction/repulsion, right and wrong. And although this is important to not walk into trees, you assume this is all that there is. That separation perceived through the mind is the absolute truth.

And so one person believes in pro-life and the other pro-choice. And both believe they are right. Some to the point to become quite angry. And this aggression comes because you identify yourself with your thoughts. So if someone says something different than your thought, they are not only threatening your thought, they are threatening your very identity.

Yet it is this identity that keeps you from experiencing your true nature of unconditional peace and love. So what you are actually defending is your separation from love.

Every thought that appears, you believe that thought is you. With every thought you say "this is me." Not just opinions but everything you know. That you are your body, you are your mind. You like weekends but don't like weekdays. That democrats are better than republicans. You like the sun and not the rain. That pleasure is good, pain is bad. That you need a large Mochachino from Starbucks by 9AM in order to function till lunchtime. That if you do not get home in time to watch re-runs of Seinfeld because of a traffic jam, life just isn't fair and not really worth living.

Sounds funny, but true. And in this you are not identified with your body, you are identified with thoughts. The thought comes that you have to get home by six and this thought becomes you. And everything that challenges you getting home by six is a suffering, is a hell. Because of this duality, this separation, you are constantly at war, trying to make life the way you think it should be.

And the way you perceive reality is completely based on memory. So you see a dog and memories come up about past experience with dogs. So if in your memory, you have happy times with dogs, you feel love and you pet the dog. But if you have even one bad memory where a dog bit you, your memory concludes that all dogs will bite you. So there is a cute little terrier wagging its tail, and what you see a monster ready to take your leg off. So you do not experience reality, you experience your interpretation of reality.

The mind constantly makes comparisons. It is what it does. But in identification with these comparisons, life is miserable. Because you have the idea of how life should be and how life actually is. You have the idea about how you should feel, and how you actually feel. You are constantly resisting certain feelings and seeking other feelings. In every

moment, you are comparing it, judging it, describing it, categorizing it. You are not experiencing the moment as it is.

Meditation is about experiencing life as it is, not through the interpretation of your mind. You become aware of your thoughts rather than being your thoughts. Over time, it becomes easier to not identify with the flow of thoughts but rather rest as awareness itself. And as awareness itself, life simply is. And the experience of this goes beyond the mental and physical experience. First, because you are no longer trying to make life different than it is, there is peace, you have stopped trying to control it. Then as you go deeper, you experience everything as energy, the flow and movement of energy, the play of energy. First you experience the flow of energy moving through you, then you experience yourself as energy. You experience yourself connected with everything around you. And this is exquisite.

So then truly, what is energy?

It is a mystery.

All you can say is that *it is*.

In the absence of who you think you are which is to say: in the absence of the identification with your thoughts, in the absence of the constant judging, defining, comparing, all is simply energy. You are energy itself, awareness itself. And this is blissful. Absence is bliss.

## How?

So, how do you become aware of your thinking rather than identifying with thinking?

How can you become aware period? The truth is, you can't do it. Awareness is not something you do. Awareness is not an action. As said before, your very nature is awareness. Awareness is what you are. Take everything else away and there is awareness left. You cannot take away awareness.

So you cannot do awareness, but you can see through all of the activity on top of awareness.

And how to do that?

To allow all of the activity, to allow the thinking, allow the sensations, allow the feelings. Allow everything to be as it is.

It is not to get rid of these actions or stop them. It is to allow them to be as they are. In the allowing, you let go of trying to control it, trying to manipulate it. And in the allowing, you see everything is happening by itself. Breathing is happening by itself. The body is there all on it's own. The thoughts come and go all by themselves. Emotions and sensations all come and go by themselves.

And in this allowing everything to be as it is, you experience yourself beyond all of it. Thoughts and feelings arise in you but do not define you. Not in a separate sense, but that all of these things arise and disappear as energy. You remain not even as a physical body but as energy. You feel yourself without boundaries, as space itself. And this space is aware. And resting as this, you are aware of your thinking.

At first as described in the Ocean Euphoric book and the Shakti Silence E-book it is good to use a technique to help keep you present, because the pull to identify with your thoughts is incredibly strong. But as you continue, you will experience more and more that you are awareness itself. And in this, you see there is no need to use a technique anymore.

But still, the pull, call it magnetic almost to identify with your thoughts is incredibly strong. Take a moment right now to close your eyes, and become aware of your thoughts without getting caught up in them.

If you can truly become aware of your thinking without getting caught up in them, you might last a few seconds, perhaps a minute. If you are quite advanced in your meditation practice perhaps more than a minute before slipping up and getting caught in your thinking again.

It is not that there is something wrong with you. For most people, they will never have a moment in their lives where they see that they exist beyond their thinking.

This pull to identify with thoughts is so strong that it can seem like an uphill battle. To sit still as every desire, every fear, every distracting thought comes one after another to tempt you out of awareness.

You see, it is not just a mental experience that is happening here, it is karmic, there is an energetic attachment. You are attached to the feeling of being separate.

Your whole body contains many energetic channels. In the east, such channels are well documented and associated with medical practice. There are so many blocks in these channels that the energy cannot flow freely and so there is pain, discomfort. In allowing yourself to experience this discomfort, these blocks are slowly dissolved and in place there is more free flowing energy.

So not only is there all of the thoughts and feelings to pull you back into identification, but there is this energetic discomfort in the present moment that instinctually you avoid experiencing.

Luckily, there is something that has been proven for thousands of years to make this process so much easier. And that is to sit in the presence of an enlightened being. Somehow, mysteriously, if you sit with someone established in a deep state of peace, the energy that moves through them moves through you. It begins to burn away all of the blocks, dissolving this magnetic pull, call it karma, that keeps you stuck in the identification with your thinking, separate self. Sitting in the presence of an enlightened being also often makes you feel peaceful and blissful, making meditation a lot more enjoyable. It can often give you instantly the feeling of peaceful presence, awakening in you your true nature of peace. From this point, everything on top of this peace begins to be burned away.

In many circles, being in the presence of an enlightened teacher is considered the only way to move forward in your awareness and to find freedom and that the teaching itself is far secondary to this energetic transfer.

My first teacher always spoke of his time in India, and said his Guru's teaching was simply to be in his presence. So they worked, they meditated, they chanted and enlightenment simply happened by itself because they lived where the teacher lived.

Then again, if you look at the whole picture rationally, although everyone benefits to some degree in such an environment, not everyone gets enlightened. So obviously, something else must be happening from a rational point of view.

And this is what I wish to address in this E-book. The Calling provides you with this enlightened energetic through music. But I want to point out, from my own experience how to use it optimally, how to get the most out of it. So you can from a rational point of view, decide how quickly you want to deepen your awareness.

As you get more used to the technology, play it as much as you can in your home or office to turn your whole living and working environment into an ashram. Because you do not have to leave your life in order to find enlightenment. After all, it is 2007, and we can bring the ashram to us. You can live in the energetic the same way my teacher did in India, the way I did for a while, and then your whole life becomes a spiritual practice. Raising your children, loving your spouse, going to work in an office, being out in the garden, all of it becomes spiritual life, without all of the other beliefs, dogmas, and rules. You create it how it naturally works for you.

And I keep using the word “rational” for a reason. Because you can do everything I will mention and still not find freedom and you can do nothing I say and freedom comes anyway. But from my experience, such steps could make a huge difference in your ability to live a life filled with deep, nurturing peace. It could make the transformation happen much more quickly and efficiently. But in the end, the whole thing is a mystery. That there is no one “way.”

## Question

So now we come back to the first question that many people have asked:

“You place great importance on the need for enlightened energetic presence whether it be listening to your CDs, (Ocean Euphoric, Shakti Silence or The Calling) taking part in your telephone satsang/energy transfer sessions or sitting in the presence of an enlightened teacher. But isn't such energy a crutch? Shouldn't I be able to find enlightenment on my own?”

Answer:

Let's actually look at what happens in what is termed “enlightenment.” In the beginning of the E-book we talked about that in fact, you are energy itself, which is awareness and that the very nature of this energy is peace, love and bliss. That all is this energy and therefore it is all of one consciousness. But the reason this is not your experience is because of your identification with your mind. This is called “ego.” It is the experience of the individual “I” separate from everything else.

When this identification with mental activity and separate self is gone, you experience yourself as energy itself, as consciousness itself. You no longer experience yourself in conflict with life but as part of it. Not a part separate but as the whole itself. This is a definition of enlightenment.

So, how can the individual separate from everything else experience oneness? It is contradictory, yes? How can the one that is separateness itself experience non-separateness? How can the mind experience itself beyond the mind? It is just not possible. It is like a rock trying to

swim. It's very nature is to sink. Just as the ego's very nature is to be separate. How can you ever see that you are the river if you look for it from the identification as the wall?

So, something must happen, something beyond the mind. For you can change your beliefs about this and that all you want. You can believe you exist beyond your mind yet that in no way takes you out of your identification with your mind.

This experience of awareness must be awakened. There is a shift that happens to you. You cannot do enlightenment. Enlightenment happens to you. It is an energetic experience. It is an energetic shift where very clearly you see through the illusion of separateness. It is this energy, this intelligent energy that cleanses you and transforms your experience. This is why "The Calling" CDs are so important and why I offer the telephone sessions, they provide you with this energy and it is this energy awakens you.

So first and foremost, if you read anything in this E-book, know this:

**-The best thing you can do to help the energy is to allow it.**

Because from your perspective, you are the doer, you are the controller. You know what needs to happen. And when it comes to meditation, this is all false. For you if you keep yourself in the identification of the controller, you only re-enforce separateness, re-enforce the ego. In trying to control it, you block what the energy is trying to do.

It is the energy that awakens you. You must allow it to do what it needs to do.

The main set of questions I always receive from meditators is “such and such experience is happening, how do I get rid of it? How do I stop it?” And the answer is always, don’t stop it, allow it.

Because what is happening is you are having an experience that you believe you should not be having and thus you try and change it. You create stories about why you feel what you are feeling and devise a plan to get out of experiencing it. In this resistance, the energy becomes stuck, and there is stress.

Meditation is allowing yourself to experience what is here. According to your karma, certain thoughts, feelings and sensations arise for you to experience them. In experiencing them, they come and go.

When you wake up at night and see a monster at the foot of your bed, you can either close your eyes and remain in fear, or sit up and turn on the light. If you sit up and turn on the light, you will see there is no monster, just your shirt hanging on the bedpost. If you just close your eyes and hope the monster will go away, you will remain in fear the whole night. It takes courage to experience what is here, to feel what you have been trying not to feel.

Regardless of your opinions about how it should be, life is happening. If you allow it, there is peace, if you fight it, then you are constantly in conflict.

It is in desire and fear that there is suffering. Desiring to feel certain things, and fearing to feel others. Because in this, you are trying to control the river. You are trying to make this moment different than it is.

This is where faith comes in. Because you are so used to trying to make this moment the way you think it should be, that you do not know what will happen if you stop trying to control it. You fear the unknown: you don’t know what will

happen if you simply allow yourself to feel what is here. It is like a trust fall, where you fall back and someone else catches you. There must be that faith that in letting go of control, something else is at the helm. That there is the possibility that you are part of the whole and it is the whole that takes care of you.

I remember seeing on the news a young boy in Afghanistan who lost a leg in a bomb explosion. The news reporter was talking about the horrible things that were happening to simple villagers trying to stay out of the war. The news reporter was asking the boy "Are you angry at the Americans for doing this? Do you want justice? Do you want revenge?" And the boy very calmly said "What can I do? It is the will of God and I accept that."

I am not making a political or religious statement. But in his acceptance, there was peace. It was plain to see. From the perspective of the mind, you think in terms of right and wrong, good and bad. But life knows no good and bad.

Life simply is. Your experience simply is. It is your mind that makes it good or bad.

Because you believe your mind is the ultimate power, you are constantly in conflict. Constantly trying to change the way things are. Only in acceptance of this moment is there peace. Because this moment is the way it is whether you like it or not. This is humbling, it removes your opinion as the ultimate power. And in this humility you move to a deeper truth, a connection to the whole. You feel a deeper peace which affects the whole world. You experience the true nature of things, which is goodness. Goodness that does not have an opposite. You experience everything as the same goodness.

That does not mean you have to smile at whatever happens. It means you experience whatever arises. You experience

hurt, anger, hatred, lust, desire, laughter, joy, love, bliss. Whatever arises in this moment, if you allow yourself to experience it, if you allow the thoughts no matter how judgmental or crazy to come, if you allow the sensations, there is peace. There is the free flow of energy and transformation happens. All stress disappears.

It is only if you get involved in the anger, in the thoughts, in the desires that they imprison you. If you simply allow them to be, you remain free.

Many people also write wanting a certain state of bliss they experienced to stay all of the time. But it is in wanting the state that you avoid what is here. And in avoiding, there is stress and in that stress, you push away the bliss.

Contentment is not a state; it is what is when there is no resistance to the moment.

The idea in the mind is that contentment comes when you get what you want. But that state of happiness is fleeting till the next want comes. If there are no wants, there is contentment. And it is not to stop wanting, but to experience the wanting itself, allowing yourself to feel the wanting without giving in to it. It is not repression; it is not to push it down. It is to experience it fully.

## Ways You Resist What is Here in Meditation:

So now I want to talk about ways you resist experiencing what is here, so you can become aware of them:

-And the first and foremost is through the identification with thought. If you are thinking about what you need to do tomorrow or what you would like to eat later, you are not experiencing what is here. You are avoiding the moment. It is habitual.

Here are some different forms of thought everyone easily gets identified with.

-Fantasy: imagining some pleasurable or happy event

-Memory- getting lost in something that happened to you before

-Commentary, commentating on the moment “oh this feels good, oh there is a feeling of sadness, I am being so present!”

-Annoyance “Stupid neighbor’s dog never shuts up!”

-Responsibility “I have to remember to take the trash out tomorrow.”

-Judgment “This meditation stuff is boring”

-Creativity “What if I painted a blue cloud with a pink mouse flying above it, that would be really beautiful”

-Self-judgement “I am supposed to be present and here and instead I am mumbling away. Boy am I an idiot!”

- Positive thinking “It is so good that I am meditating.”
  
- Imagining supernatural visions
  
- Wanting “Please give me lots of peace and bliss. And a million dollars.”
  
- Confusion “Alright, I am sitting and breathing. What the heck am I supposed to do now?”
  
- Replaying scenes from books or movies or songs
  
- Worry- “Did I leave the stove on?”

Most of these represent the most personal, individual/ego based thoughts. The one exclusion is creativity, which is a less personal, more subtle thought. As you begin to become a witness to thinking, your thoughts will become subtler. You may have dreams and visions. You may experience yourself as someone that you do not even know, yet you experience yourself as them in incredible detail. You may experience yourself in places that cannot be described or defined, that go beyond the senses. You may get caught up in one of these experiences and have no ability to witness it, then suddenly you are back and you have no idea what happened or what you experienced a moment ago. This is normal and a very good sign. Once you move past the personal, individual thoughts, you open yourself up to incredible experiences.

A bit of a sidetrack:

Someone asked me recently about different experiences in meditation and I mentioned states like oneness with the



there is no mind to define it.

People often mistake such awareness as simply a change in your thinking. But it has nothing to do with thought, it is beyond thought. It is experiencing yourself beyond the perception of mind; beyond the perception of you.

Still, yes, you will always move deeper into subtler experiences of consciousness. It is never to have an experience and then identify yourself with the memory of that experience. This is a way many get stuck. Always look to right now to see what is here

#### Back to witnessing thoughts:

As you begin to be able to be a witness to your thoughts, you will see there is this intense resistance to feeling sensations that are there in that moment. There could be intensity; a discomfort that you are avoiding. And you avoid it by identifying with your thinking. In allowing yourself to feel the sensations that are there, you are present, you are no longer caught up in thoughts.

It does not happen overnight that you can be a witness to your thinking. But if you meditate every day with the CDs, it will happen more and more. There might be one second in your meditation where you are not identified with your thoughts, then 2 seconds, then many seconds and as you progress there will be longer intervals where you are not identified.

This is not to say that you have to be a witness to your thoughts to experience peace. In the process, much peace will come. You can be lost in thought and be blissful at the same time. As long as there is continued practice, this peace will grow.

-Another simple way you resist the moment is through movement. Movement is fine throughout the day. But when you sit in meditation, try to be still. For the body will want to wiggle around to get out of the intensity, to scratch your nose in order to bring your attention to something outer instead of what is going on inside.

-Sleep is another way we resist this moment. Yes, it is important to have a healthy 7-8 hours of sleep every night. But during the day if you are young and healthy, wanting to take a nap is a sure way to know you are avoiding the moment, because sleep shuts down your conscious awareness.

-Identification with emotions. Emotions really are sensations that you associate with certain thoughts. At first, you may find that there is so much emotional upheaval that there is only identification. This is fine, just simply allow yourself to be as you are. But as you grow in your awareness, you will be able to experience emotions for what they truly are, sensations. Sadness, in this, could be simply a shaky sensation in your heart. And if you feel this sensation, it is blissful, it is peaceful. You begin to feel it as the flow of energy, the flow of bliss.

Then you see such emotions are shaktipat in themselves. In allowing yourself to feel the sensation, there is energetic expansion.

-Analysis. The western mind loves to analyze. You have a certain experience and then you give it reasons for being there. Analysis simply takes you further away from the experience. It takes you from feeling to thinking. Under the disguise of "understanding" you avoid experiencing what is here.

-One of the biggest obstacles to experiencing the moment is spiritual arrogance. That you know it all, you know it better. Because in that, you remain identified with your mind and never find freedom from it. You think you have the answers so your experience is remaining with the answers instead of actually experiencing this moment.

I see this a lot in the western advaita movement. That someone hears a catchphrase like "Consciousness is all that there is, there is no doer." And instead of experiencing that, they only experience it mentally and get very aggressive if you say anything else. Spiritual life is contradictory, there are so many different ways and paths that are always changing and that are unique to the individual. All of them are right, all of them are wrong. They are only to point to what cannot be said. If you take them as knowledge you will begin to take the words as experience itself.

It really comes down to how attached you are to what you know. If you are not willing to let go of what you know to be real, you can never experience this moment. You will always be limited to the identification with your thinking. You will repress the movement of energy.

You cannot think your way to freedom as far as I have experienced. You will simply live in a thinking freedom. You can think pretty things and wise things but it will still be thought.

You have to experience you. Not the idea of who you think you are, not what you know, but you. What you are, in this moment. To allow yourself to be as you are. To be naked. Not dressed in someone else's teachings or beliefs, but to be naked. If you are sitting here and you feel hopeless, lost and angry and you allow yourself to experience that, to rest as that in complete acceptance, you will be free, you will be at peace.

For what happens is not that you build yourself up. You are breaking yourself down. You are being humbled. But what is being humbled? What is being broken down? Only what you are not, what inevitably is removed is conflict, fear, stress and self-hatred. You remain, but as your essence, in innocence, in love and in peace.

There are millions of ways we distract ourselves from the moment once we get up from sitting meditation: Doodling, talking, shopping, video games, TV, reading, magazines, internet, puzzles to name a few. None of these things are wrong if you enjoy them. But ask yourself, are you doing these things to avoid being present or are you doing them because you enjoy them? If you are enjoying them, then they are a meditation, you feel alive and present. If you are doing them simply to distract yourself, because you feel bored, investigate that feeling of boredom. For boredom is simply the urge to get out of experiencing the moment.

## Ways to Help Move the Energy:

As you meditate, more energy begins to move through you. At first because it is a new experience, it can be very blissful. But as this bliss increases, as energy, it can feel like a pressure, intensity, a discomfort. It is always moving up against the energetic blocks inside you and the urge is to get rid of it, to dump the energy.

As you deepen in your meditation practice, you learn to stay with such intensity without trying to get rid of it. You find more and more subtle levels of resistance and in the awareness of them, you move beyond them into deeper states of acceptance and stillness. In this, there becomes a greater flow of energy and the dissipation of any stress or contraction.

Still, there are simple things you can do to help keep your body pure, so that the energy can flow freely. If you are serious about deepening your awareness, I highly recommend addressing exercise and diet at least. The others listed are up to you. I have tried to list them from what I find to be most powerful in assisting the flow of energy to the least.

-Exercise especially exercise that gets you breathing heavy and your heart racing. This helps move the energy, oxygenates your body and helps keep you still in your meditations.

-Diet is especially important. If you think about it, everything is energy. So everything you put into your body affects your energy, especially what you eat.

With that in mind, I do not want to tell you what to eat and what not to eat because everyone will be different in what

their dietary needs are. But I find personally, a healthy vegetarian diet with lots of fresh raw fruit and vegetables is very good, staying away from processed junk foods & meat. Sugar can limit awareness and bring you back into the identification with your body so should be avoided around your meditation time at least.

As you move deeper in meditation, you will become more aware of what is good for you and what is not. You will feel it at an energetic level. If you create some belief about what diet is good for you and what isn't, then you will remain in your mind. Diet is a meditation just like everything else. Become aware of what foods affect your energy. The more you remain in presence and love presence, the more automatically you will reject certain foods and be drawn to healthier foods.

-Try to stay away from drugs, alcohol and other stimulants. All of these things though you might enjoy them at the time, imbalance the body with toxins and cloud your awareness. Again, the more you rest in presence, the more you might find such things just take you down. It is for you to again make it a meditation. If you drink every night, try giving it up for a month. Once you pass through that habitual desire pattern, I bet you will find you are far more drunk without it! Even such things like coffee and sugar are stimulants, and if you are constantly stimulating the body, then your awareness cannot go beyond the stimulation and experience the subtle energy bodies that you are. Sugar brings huge ups and downs and takes a lot of energy away from the body in trying to process it. Try not having any for a few days and see how you feel.

-My Online Shakti Awakening Sessions. Something often happens in a live energy transfer that cannot be done on a CD. Not only is there the wash of blissful energy, but the block that keeps you from feeling your true nature as love and joy can often be removed partially or fully for a short period of time, and in that time, you could experience enlightened awareness, oneness and unconditional love and peace. If and when that block returns, it does not completely

return. I offer these sessions because they are highly beneficial for most. Read some of the comments from people who have attended on [www.bliss-music.com/energy\\_awakening\\_phone.htm](http://www.bliss-music.com/energy_awakening_phone.htm)

-Celibacy or becoming conscious in love making. There is a huge energy loss in a physical ejaculation for a man, not as much for a woman but still a certain amount. Many people on the path to enlightenment become celibate for a while to build up the energy inside them. Or at least limit their amount of sexual activity.

Celibacy is one way, tantric love making is another. The basis of tantra is that instead of releasing the energy in a physical orgasm, you let the energy rise up into your heart and head where you feel deep unconditional love and ecstasy, for more pleasurable than the ejaculatory orgasm. For couples, tantra will strengthen your love and relationship a hundred fold.

And I keep saying physical orgasm here because in tantra, you still orgasm, just in energy ecstasy, not physically. When the ecstasy flows upwards instead of out, that is a much more powerful orgasm.

And although tantra is great for those sexually active, many people find it beneficial to just be celibate. Even if you do not have a physical orgasms, sexual activity, even indulging in arousal can keep the energy down in the lower chakras.

But on the other hand (not to be a pun!) repressing sexual urges can be very dangerous. What happens in Catholic priesthood, Buddhist Monasteries where young men or woman are molested by sexually repressed priests, this is very dangerous. Sex is a natural expression of being human. Intimacy between two people is something very human we all crave. It is just a matter of becoming conscious in your own sexual experience to feel what is

beneficial for you.

Porn and things like that often are not good for us. If you enjoy it and find it beneficial, that is fine, I am not making a moral judgment. But they can become a habit, an addiction that has no love in it and can stop you from relating to people in a loving connected way. It can even make you depressed. Sex without love keeps the energy at the very base chakras that are associated with anger and violence. Even if you masturbate, there should be love in it, self pleasuring, self loving, enjoying yourself, make it a meditation.

So it is good to be conscious of your experience. If you really enjoy having sex with yourself or others, then that is fine. But if you really want to dive deep into blissful awareness, try being celibate or just refraining from ejaculatory orgasms for as long as is comfortable and see if you notice the difference. We'll talk about this more in detail later on.

-When you feel upheaval, take the time to sit down in a chair and feel what is there to be felt. Forget about sitting upright or listening to the CDs, just sit and surrender in all of the feelings that arise. In complete acceptance of what is there, a metamorphosis takes place. A chunk of the stressful individual ego falls away completely. This is most important. Upheaval is a blessing in disguise.

Please note: If you do everything listed in this chapter so far, i.e. get daily exercise, eat healthy, stay away from drugs and alcohol, attend the phone sessions, become conscious in sex or refrain all together and take the time to feel the upheaval when it arises, I guarantee that you would find a huge boost in your awareness and experience of peace and bliss. So if your meditations are not going as well as you would like, try doing this for two weeks or a month and notice

the difference. These 5 simple things can completely turn your life around.

There is the idea in our culture that happiness is to eat lots, have lots of sex, drink a lot and take drugs. But I think you will find the opposite. That without these things along with meditating daily with the CDs, there will be an unconditional happiness that begins to grow in you. That makes you feel alive, that makes you feel love, peace and joy.

I often get the question from people who find my website: "I have been meditating every day for 20 years and my experience of peace is still minimal. What can I do to experience what you speak about?"

Well, along with meditating with the CDs daily, here is my answer above.

More things you can do to deepen the flow of energy:

-Devotion. Devotion is a touchy subject in the west and often associated with cults, crazy people or religious rules and dogmas. True devotion at it's essence could simply be called unconditional love. It is an incredibly beautiful experience. One that you will probably naturally experience at some point in your meditation practice. Out of love, you feel one with whatever your attention rests on.

It is said in some eastern teachings that the fastest path to enlightenment is devotion. But this often feels quite foreign to westerners and associated as something weird or negative. It is not something that can be forced. If you have had bad experiences or disillusionment with whatever religion in the past, the idea of devotion can immediately flash warning signs in your head. Devotion is not necessary at all. It is why for the most part I only talk about awareness.

Still, devotion can be very powerful. Because in devotion, you are no longer thinking about yourself, you are thinking about the object you are devoted to. And in that focus, you connect with that object. It is the same as falling in love.

In such devotion, you could feel a connection to the whole, call it divine, call it source, call it consciousness, call it energy, and in this connection, there is the free flow of energy, without any blocks or discomforts. You can even become that which you feel devoted to. The feeling of “me” with desires and fears cease and there is simply the tender, loving experience of oneness or high states of bliss.

Sometimes through chanting or dancing or simply sitting in silence such devotion can arise naturally. As said in the beginning of this E-book, if you feel bliss or peace, simply rest in that peace and bliss, let yourself fall in love with it, disappear into it. This is devotion. It need not have a religion or spiritual name. It is the same thing.

Ramakrishna stands out as one of the great sages in India that simply loved God as mother. This devotion was his path. It is a beautiful story, he simply longed day and night for the Divine Mother to appear. Finally, in great despair that she had not showed herself to him, he reached for a sword to kill himself and the Divine Mother appeared between him and the sword. From then on she came to him.

Ramakrishna would constantly talk to her and sing to her. And in his unconditional love for God as Mother, while sitting or chanting or dancing, he would often disappear into Samadhi.

One powerful technique associated with devotion is Japa: repetition of divine name. If you love a guru, you can silently repeat the name of your Guru. If you are religious, you can repeat the name of a saint or God in your religion. If you are atheist, or agnostic you can simply repeat “I am” and focus on the feeling of “I am.” For this “I am” is consciousness and

not separate from what anyone calls Saint or God. All names point to the very essence of what you are. In repeating whatever name, you take on the energy of that being. (or the essence of "I am") So Japa is a beautiful way to connect to presence in whatever form that you feel comfortable with.

In the west, mantra has been scaled down to a simple way to keep your mind present. And although yes, this happens, it is not why mantra is given. In the east, if a Guru gives a mantra to repeat, in repeating that mantra, you are connecting with the presence of the Guru, you are connecting with the divine, you are connecting to what you are at your essence. In this connection, you take on that energy, you are infused with that energy until all that is left is energy as love, peace and bliss.

Devotion is also about humility. It is a way to acknowledge that you, as the ego, as the mind is not the highest power. Mantras like "Om Namah Shivaya" translate to "I bow to Shiva." In acknowledging that you as the mind is not the highest power, you move beyond it. In humility, you are no longer a slave to your thoughts. In humility you stop separating yourself from everything else and become part of the whole.

- Creating a quiet environment. Give this a try: Go spend a few hours on a Saturday at your local mall. How do you feel when you come home? Even if you don't meditate, the answer most likely will be drained, tired and simply, you feel gross. The more you rest in presence, the more you will feel the environment around you. You will feel how you take on the stress around you. That is why these CDs are important, because they can create a very nurturing environment wherever you go. Not because the music is slow although that helps, but the energetic behind the music.

-Give. Whether it is donating to a charity, helping someone that needs help, picking up trash. Try it. Giving without

wanting anything in return is a beautiful experience. As an ego, you are concerned with yourself, your problems, your desires. It is a painful experience. But the moment you place yourself in a situation where you do something that is not for yourself, something opens up. Your heart opens up a little and you feel a connection with everything around you. And that is love. The more you are concerned with you, the more contracted you will remain. The more you open yourself up to what is around you, beautiful things happen.

-You can also simply chant one single vowel, which is often called "toning." You can chant one note "AH" or "EEE" or "OM." Such things can often help purify the energetic channels.

-There are many breathing practices. If you have attended my phone session, I usually begin by getting you to inhale deeply through your nose like you are filling up your belly with air, then holding the breath for a few seconds and then exhale. I do this three times, each time holding the breath slightly longer. This helps everyone become present quite quickly.

Another breathing technique is to breathe in 4 counts, hold for a second or two and then breathe out 8 counts. So you are doubling the amount of time you exhale.

-If you meditate a lot and there is a build up of energy, you can get to the point where it is so uncomfortable that you will want to do something to get rid of the energy. (ways you dump the energy are talked about in the next chapter) Every once in a while, it might be good to skip a meditation. To take a little time out and let the energy settle. This can often make the next meditation very blissful, for you will be craving that meditation time. If you do this often, you will lose the build up of energy and not be able to move beyond your current level of awareness. But sometimes, it might be helpful.

-On the other hand, sometimes it is really good to push yourself. If you sit for one hour, try every once in a while to sit for two. If the energy builds and it is quite uncomfortable, remain in that discomfort. Really bring yourself into the moment to allow yourself to feel that discomfort. In this, you can go beyond the resistance and great expansion can happen. You can burn away that discomfort and feel extraordinary expansion that will stay with you.

-Yoga can be very helpful. I developed my own simple yoga postures and stretches that I do every day after my run and before meditation. It can really help the energy move in the body. Then again, so can surfing or swimming in the ocean waves.

-Sit in a hot tub or stand under a hot shower. The heat and movement of water relaxes all of your muscles, helping the energy move. Ever stand under the shower and let the warm water splash against the top of your head or third eye for a minute or so? Try it. You'll love it.

-Some people find it beneficial to get some form of deep tissue massage or other body work. If you feel that these things help you, not believe but experience their benefits then use them.

I had always found Acupuncture to be incredibly beneficial to help keep the energy channels clear, to the point where I learned to do it on myself for a while. There seems to be a big difference between a good acupuncturist and a bad so check around and find out one that is highly recommended.

The first time I ever had acupuncture was about nine years ago. I did not know anything about it but my teacher at the time told me to go so I went. I am incredibly scared of needles! The term my acupuncturist used was "needle sensitive:" even the tiniest touch was intense for me. But I

went through the treatment thanks to her patience. While laying down with needles in me there was obviously a lot of energy moving. After the treatment, when I stood up and left, I felt clearer than I had ever felt before in my body. Absolutely pain and stress free. I felt connected and in love with everything around me, there was no resistance, no commentary in the mind, no judgments, just absolute peace. My whole body was gently vibrating bliss. I was amazed that this is what sticking needles in someone could do!

\*\*\*Now all of this being said, I want to stress the opposite: Because the tendency is to constantly seek a way out of what we are feeling. To constantly resist pain. People spend bucket loads of money on this treatment, that treatment, taking this homeopathic, herb or supplement. What in your mind is a healthy action to bring yourself into balance can become an addiction, a way to avoid what you are feeling; a way to not accept yourself as you are.

Often, people come to me with this health problem or mental problem and are looking to fix it. After talking with them, it becomes clear that some health practitioner told them they have a problem and need to fix it. That there is something wrong with them that needs to be made right. After getting them to be present and giving them Shakti, they often find that there is nothing wrong with them.

Here is a secret: You cannot get out of experiencing energetic or emotional pain. And the longer you avoid it, the more suffering it will cause you. Yet, the tendency is when you feel pain in meditation to think "I am supposed to be feeling bliss but there is a pain in my heart, there must be something wrong with me, I should find a way to fix it." So then begins the constant distraction with one healing modality to another, always looking forward to that great day where you no longer have to feel what you are feeling.

The truth is, there is nothing wrong with you. You are not a glitch in the system. You are perfect as you are. If you simply allow yourself to feel whatever pain is there, you will find it is not a “bad” pain. That if you allow yourself to feel it completely, it takes you within and opens up your awareness. It is a blessing. It is not to “I will allow it so it goes away,” but rather just allow it, allow yourself to feel it. You will find if you go deep enough that there is no one there to be hurt by the pain. That pain and consciousness are one. That pain and consciousness, bliss, love and you are one. Then life becomes beautiful. Then you feel free.

At the root of all of this energetic pain is the feeling that you are separate from everything else. A friend of mine described it today as feeling “alone.” It is what everyone feels at the core yet everyone tries to avoid feeling. It is why you constantly need to be doing something, to be distracted by something. Because you do not want to feel this separateness. You would rather have emotional or physical turmoil than experience this separateness, this emptiness.

But it is in feeling this, or feeling whatever is there that your heart opens and you become love.

One of my dear students wrote this to me this morning after our private session yesterday. She was telling me during the session how she had nothing to do over the weekend at times and just felt “empty.” We talked about allowing herself to feel that emptiness. What she wrote this morning says it perfectly:

“So, started practicing last night to be in silence and just be aware and feel the intensity of the feelings and for a moment, just cried like crazy. After that, the normal distractions like “reading”, “day dreaming” and “remembering beautiful memories” seem to be meaningless, useless and empty. I just wanted to be in the silence, feel the sensations, feel the night sounds, however could not go to sleep in that state and needed to hear “The Calling” music to fall sleep.

This morning woke up very restful and continue when possible to be aware and stay in silence and so far been feeling this sensation of an opening in the middle of the chest, like a flower that is trying to blossom, feels like something very soft and delicate and at the same time radiating to the whole physical body, embracing like a soft blanket- beautiful.”

A lot of points in this last chapter talk about discipline and giving up things that give you pleasure. I do not wish to tell you that you have to give anything up. I just want to point out in my own experience what helps the flow of energy and what hurts it.

Whatever you do or take, make it a meditation. Does taking what you take make you happy? Or is it just a habit, an addiction that you are trapped in? A way you escape the moment?

The idea in entering into meditation is that it will make you happy. It will satisfy you. It will give you what you want. But true meditation is about experiencing what is here. Experiencing what is making you chase all of these things; experiencing why that desire is there in the first place. Experiencing what you are trying to avoid by satisfying that desire.

In experiencing that, the 'you' that exists as desire itself disappears and you experience life as it is, it is a selfless experience. So more and more instead of having the drink, your joy is to rest in that feeling of wanting the drink. Resting in that feeling behind the wanting the drink. And in this something beautiful opens up.

And although it is beautiful and expansive, it can leave you feeling vulnerable and out of your comfort zone. Because even if you are blissful, you are experiencing something that you do not know, that you cannot define. You are feeling an intensity of energy that frightens you. So you look for ways to dump this energy, to get rid of it, to contract yourself back to the identification with your body and mind.

Problem is, once you dump the energy, you will miss it. You will miss it more than anything. And this is how discipline is born. Because you will become aware of how you dump the energy and after experiencing the loss of energy, you might be less inclined to get rid of it the next time.

Here are the common ways we dump the energy:

-Through over eating or eating junk food. Often, when you are full of energy, the unconscious tendency is to stuff your face with as much junk as possible to stimulate all of your taste buds and weigh yourself down, bringing yourself back into the physical identification.

-Through talking. Talking can be a huge dumping of energy. Try being more present when you talk, allow a little space between the words, be aware of what is spilling out of the mind instead of just opening the mouth and letting it all out.

You might notice in a group setting after sitting with an enlightened teacher in meditation, the tendency immediately after is for everyone to talk. What was once a silent room is suddenly a wash of noise like a cocktail party. It is an unconscious way people get rid of the energy.

It is why in some ashrams or retreats, silence is maintained. It keeps the energy strong in you and keeps you focused inwardly.

Try being silent for a day if you can and see how you feel. If you can get passed that urge to talk, you will cherish silence.

-Blaming others or circumstances for our experience. If you feel angry and you make someone else the cause of your anger, you will never feel your anger. In blaming someone else for how you are, you resist the feelings and thus the feelings will stay with you forever. If you can accept that life is as it is, people are as they are, and you are as you are, then you can experience how you are. If you feel anger or hurt, do not get involved in the why and how. Anger is there, experience it, feel the sensations that are there. In this there is freedom.

-Sex. Especially for men, (woman it is less so) the ejaculation of sexual fluid is a huge dump of energy. It is why celibacy is often practiced in many ashrams.

If you are in love, and you are enjoying lots of sex, then don't even read this! Have lots of sex! Have some for me too!

But at some point, past the falling in love stage, you might look again to meditation and how to go deeper.

I am not saying you have to give up sex. Just be aware of your sexual experience. There are many books, one very good one is called "The Multi Orgasmic Man" by Mantaak Chia. It addresses how to have sex without the physical orgasm, to bring the energy up, not down. This you might find helpful if you are sexually active. It will also deepen the love you have for your partner.

It might be helpful to begin, but real tantric love is not about techniques, just like real meditation is not about techniques. They might be good to start with, but tantric love must be felt.

As you reach higher states of awareness you might find that you want to give up sex altogether at times as even without the physical orgasm, it can bring you much more into the physical identification and bring the energy down.

In our culture, sex is considered the ultimate bliss. Society hammers this in our heads everywhere you look. That if you are getting it, you are happy, if you aren't you are not. But this is a myth. You may get to a point in your meditation practice where the peace and truth you feel in not having sex far out weighs the physical pleasures of sex.

On the other hand sexual desire beyond the mental and emotional is instinctual. It is a very strong desire and should not simply be repressed. Repressing sexual desire can be

incredibly dangerous as talked about earlier.

By all means, if you love sex, explore sex with yourself or others. Go beyond the moral stigma that says sex is bad. It's not bad, it is natural and pleasurable. But also notice if hours or days afterwards you feel energetically drained and stuck back in your body/mind identification. And then try the opposite: not having any sex for a few days or a week or month and see how you feel, find your balance with it.

The common idea is that with any desire is that you either fulfill it or repress it. But there is a third possibility, and that is to simply experience the desire as sensation. In allowing yourself to feel it as sensation, incredible energy is freed and the power behind the desire dissipates.

There is the idea that fulfilling desires lead to happiness. But if you look, they only lead to more desires. You might find that this third option of rather than fulfilling the desires, feeling them as sensation without giving in to them leads to greater happiness. If you want a cookie, you will eat the cookie, enjoy the cookie for that moment and then the enjoyment ends. If you want a cookie, and allow yourself to rest in that feeling of wanting the cookie, you will enjoy a freedom that will last forever.

-Alcohol/drugs as mentioned before, is an easy way to get out of experiencing what you are experiencing and bringing imbalance to the body. You can lose all touch with your natural experience. Any way that you hurt the body (or hurt others) there is the loss of energy. Not to mention, it can wreck your focus and your ability to be present.

-Anger is basically a feeling of built up energy that you want to release. And it is good to release it. To hit a punching bag, yell in a pillow (So you don't take it out on someone else.) But perhaps at some point, you might want to just be aware of the feeling of anger instead of just automatically

releasing it. Let yourself feel that build up of energy and in that it can open up lots of things. But like sex, anger should not simply be repressed. Just be conscious of it.

## Conclusion

Sometimes I get the question. “What would happen if I just sat down and remained still and present and not get up until I was enlightened? Can I do that?”

And yes, if you could remain in that sitting position and were able to simply allow yourself to experience whatever appears, incredible transformation would occur. The thing about is, the tendencies are so strong, it would eventually become a huge fight to remain sitting. Everything would come to take you out. Thoughts of doubt, responsibility, fear, desire and pain. It would be intense. But if you could sit with it for a long period, listening to the CDs, incredible transformation would occur.

When I was a teenager, I used to smoke cigarettes. I was addicted to smoking. When I reached the age of twenty, I quit, and went through that experience of withdrawal. I learned what it was like to depend on something yet experience that dependence without satisfying it.

I am grateful for this experience because a big part of meditation is realizing your addictions and moving beyond them. Because everyone is addicted. First and foremost, you are addicted to identifying with your thoughts.

Life is here to be experienced. All of the wonderful things you can do in life, all of the pleasures, all of the adventures. But if you look at all of your pleasures, all of your habits, ask yourself “Why do I do this?” and the answer is “it gives me pleasure. It makes me happy.” And if you look at that answer, it means you are not happy now, you are not content now. That what you feel now is not so good so you create an activity on top of it that makes you feel good. But in doing this, the not so good feeling is still there. It remains there under all of your actions and pleasures. So no matter how much fun you are having, it is there and you are scared of it. You go from one action to another to avoid it.

So meditation is to investigate “what happens if I simply allow myself to feel this not so good feeling that I am feeling beneath it all?” And this is the doorway. It is why all those monks live such a boring life. Because without all the distractions, what is left but to experience this moment.

Freedom is to be free and content as you are in this moment without needing to change anything, without having to do anything. Then no matter what you do, it is enjoyable.

It does not mean you sit down and do nothing for the rest of your life. You continue to work and play and love those around you.

But become aware of the things that take you out of this moment. Become aware of the things that help the flow of energy and the things that hurt the flow of energy.

Yet, this is a dangerous book to write because the tendency from the mind is to make it knowledge and turn knowledge into rules. I don't want to give you rules. I want to give you options; things to consider that might help you. In the end, it all does not matter. If you love what you do, then do that. If you find yourself in habits that keep you stuck, then bring awareness to them.

Sometimes it requires discipline; sometimes it is better to just enjoy whatever is there. This is for you to find out.

One way or the other the only thing I can say is to simply allow yourself to be as you are. Allow yourself to experience and feel what is here in this moment. In this all will come right. You will rest in presence. You will love presence. And out of this love, you will automatically nurture this presence.

And in this love of presence, automatically, you will be a better parent, a better child, a better friend, a better

employee, a better human being. You will become more loving and giving to everyone around you.

Ultimately, you move beyond this individual contracted experience of separation, desire and fear and you rest as presence itself, connected to everything. In this absence of selfishness, there is awareness, there is bliss. A bliss far greater than any pleasure. It is love, it is peace, it is joy.

And in that, this whole book becomes meaningless.

Because then you will see, everything is joy.

This cannot be understood.

But when you experience that everything is joy, there will be no need for understanding.

You will simply love being alive.

Blessings,

Kip

I also wanted to let you know I offer Shakti in two other ways besides music.

One way is the online shakti meditations/satsangs with me. These sessions are completely free and you listen

online from home on your computer or iphone. You can see when the upcoming satsangs are and how to sign up here [http://www.bliss-music.com/energy\\_awakening\\_phone.htm](http://www.bliss-music.com/energy_awakening_phone.htm)

In the sessions, I will guide you in a meditation. I may talk a little and often answer people's questions or comments towards the end. But the main part of it is the Shakti transmission that is happening throughout the session. This transmission may give you a deep experience of meditation immediately, but it will also have a lasting impact that you will feel over time.

There is already a beautiful group of people that sit with me every week and we all enjoy a lot of bliss and expansion together. Sometimes we even laugh.

If this all sounds strange to you that is perfectly fine, it's not for everyone. But if you are interested you are most welcome to join.

If you subscribe to my free weekly meditation teaching emails, I post at the top of the email when the next sessions will be.

The other way I offer Shakti is by private sessions by phone. I work with a handful of people individually to deepen their awareness. They call me every week at their particular time. Sometimes we just meditate, sometimes we talk. More often than not we do a bit of both.

But we form a strong spiritual relationship and in that relationship there is a lot of Shakti being transmitted and we go deep into their core issues so they can move into

deeper bliss and freedom.

There is a fee for this and I prefer to work with people that commit to having a weekly session with me. But those that do work with me on an individual basis will attest to how far they have come in their meditations and experience of bliss since they started their sessions with me.

If this interests you, you can send me an email and we can go from there.

Much love,

Kip

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## More Information:

More articles on meditation/awareness can be found on

[www.bliss-music.com/enlightenment.htm](http://www.bliss-music.com/enlightenment.htm)

and

[www.bliss-music.com/self-realization.htm](http://www.bliss-music.com/self-realization.htm)

If you have any questions regarding your meditation please feel free to email

[questions@bliss-music.com](mailto:questions@bliss-music.com)

Additional music to help keep you blissful:

If you don't have [Infinite Sky](#) & the [Pure CDs](#) definitely add these to your collection of deep Shakti Meditation Music! These 2 sets of CDs are a must for anyone seeking spiritual awakening or looking to deepen their meditation and experience of peace.

[Ocean Euphoric](#) was the original Shakti Meditation CD that made Bliss Music an international hit and was updated in 2008 to make it more powerful. It is one continuous 63 minute meditation piece that slowly transforms through different sections, all the while transmitted beautiful bliss.

[The Shakti Silence CDs](#) are both for those that love to meditate in silence and with music. Shakti silence is a single CD that sounds like white noise, it is just pure Shakti Vibration without any music. But it also comes with two other CDs of meditation music both with their own unique Shakti vibrations as well as the Shakti Silence underneath. The Shakti Sound Vibration, Music and E-book have all been recently updated in 2015.

The [Bliss 4 CD](#) pack contain my original first four meditation CDs without the Shakti sound vibration. They are not for deep meditation but are really nice just to listen to, and are very popular around the world as relaxation music. They are much more emotional and musical.

For more Visit: [www.bliss-music.com/](http://www.bliss-music.com/)