

# *Preface*

*What is the correct path to take? “The Journey to the Higher Self  
is like trying to find a path  
on a field newly covered with snow...  
the path is wherever you step.”*

The Adventure of Discovery has intrigued and excited me ever since I was a child, I learned with great voracity of the travels of Columbus. How astounded I was to discover that, at a time when “everyone knew” the world was flat, Columbus had been bold enough to go beyond the “known” limits to prove the world was round. Because of his daring and courage, he found the great riches of North America.

Other discoveries, such as hearing a telephone work for the first time, seeing inside a body with an x-ray, flights of the Wright Brothers or John Glenn, have changed the course of mankind’s ability to function in this world. The sense of adventure, excitement and determination to succeed was the inherent motivation behind all these discoveries.

Can you imagine being part of the team involved in making any of these breakthroughs? I can, and I find it thrilling to imagine traveling in that unknown territory! The one thing in particular that amazes me about each of these achievements is that the inventor, explorer or scientist had to go beyond the boundaries of personal knowledge and accepted wisdom of the time to discover the TRUTH

that was THERE ALL THE TIME! These remarkable people did not create something new that did not exist before - they just extended their visions, intellects and abilities to gain a greater awareness and consciousness of the existence in which they already lived. Einstein dreamed of the theory of relativity, a concept of time and space that when later applied provided new powers man could access. His entire life was spent THINKING and DEVELOPING MENTAL CONSTRUCTS OF THE UNSEEN UNIVERSAL FORCES! Do you find this amazing? In reading and applying the knowledge in this book you are also going to experience the JOY and AMAZEMENT firsthand, for the JOURNEY IS ABOUT TO BEGIN!

Are you ready? Are you excited? Do you have the boldness and courage to travel a completely new route, into unknown territory? So must have each man or woman involved in any of these adventures; they shared a quality of love for the work they had undertaken and a commitment to pursue their ideals despite criticism, “public” opinion, and attacks from those who “know it all”.

The difference between your journey of discovery and those journeys Columbus, Einstein and others embarked upon, is that they had no roadmap. You do. It is here, in your hands, within these pages. So, relax, let go, and enjoy the ride! You are on your way to a truly marvelous discovery!

### **About this Book**

This book has been written on two separate but simultaneous tracks. The first track leads you to the most important part of any relationship, the Higher Self. In the expression, “I want to have a good relationship,” unless you fully understand the “I” and who and what in that relationship, you can never experience the fine quality of the relationship. To understand the “I,” it is important to go beyond the boundaries of one’s name, personality, and body to actually experience the Higher Self. It is your Higher Self that actually provides the stability in knowingness and truth.

One of the great problems that travelers on the journey have is the tremendous identification that they have with their bodies as the one true conscious self. Anyone who has, over the years, watched his body age, seen his hair turn gray, and experienced various other breakdowns in physical structure, knows he is “connected” to a body, but obviously not just a body. When you cut your nails or hair, you are not any less than you were before. If you close your eyes and

just remember that essence of your own consciousness, you soon come to know that in effect, the Knower of the body hasn't changed in its entire life. Certainly this consciousness has accumulated many memories, experiences, educational insights, facts and figures, but that consciousness, which is aware of what the body has gone through, is exactly the same. It is still the Knower of the world around us, the Higher Self, which includes the body and the mind.

The journey to the Higher Self may be a new aspect to any approach you have ever taken on your spiritual path. I believe it is vital to know who the "I" is, when we say, "I want my life to be happy and fulfilling," or "I want to have satisfying and fulfilling relationships." For the purpose of this book, the "I" refers to "the Higher Self."

The second track of this book will lead you to a greater understanding of the mind, the body and the world around us, learning how to use many advanced techniques to enable that "I" to become the Master of your Universe. Having a good relationship with your own mind is essential because the mind is used as an instrument to interact with the world around you through your senses. The mind has been given the power by the Higher Self to be responsible for the emotions, feelings, and thoughts you experience and to interpret the experiences in order to put them to use.

In this section, you will be given many interesting tools to enhance the relationships with your mind thus allowing it to extend out into the world around it to develop positive relationships and bring you a greater sense of joy and freedom. The journey steps have been designed to dislodge you from your limitations by using self-inquiries, guided meditations, advanced therapeutic processes, exercises and transformational procedures. The "I" that begins this journey will, by engaging its highest powers, develop the ability to become established at the top of the mountain of Self-Realization in peacefulness, joy and fulfillment, and will thus come to truly know the Highest Self.

### **Using the Power of Imagination in this Journey**

So, here you are, imagining what the next destination will bring to you. This very *source of our imagination* will take you to new heights of development. The source of all the breakthroughs of mankind began with the Spirit of man, his ability to think and imagine, and then apply their thoughts and imaginations to the

world. Through the journey of this book, you will gain a greater understanding of the source of your consciousness by extending beyond what you know and reaching into the unknown. That which is presently within the subconscious (as were all breakthroughs before being revealed) will enable you to embark on a great adventure of self discovery, to unleash powers beyond your imagination, to experience profound love, fulfillment and bliss as did the renowned inventors, explorers and adventurers who came before us.

Consider for a moment how little we currently “know” about the ultimate powers of the mind and spirit, the Divine Source of existence that creates the underlying unifying field of information and organization that keeps this universe as it is. Why do some people have tremendous psychic and ESP powers and others don’t? Why are some people able to cope and even flourish in overwhelming times while others become depressed and angry? Have we really lived before this life, and will we live again? What do auras and the identifiable energy fields around our bodies mean? How can we use them to improve our mental, physical and spiritual health? What are these other dimensions that quantum physics speaks about? Can people develop powers of astral projection? What happens when a person does meditation or to reach enlightenment - can you do this too?

You may have questions of your own - inner thoughts of What if...How does...Who can...Why wait... The possibilities are limitless. By allowing your imagination to have free rein, you will discover ever-expanding horizons.

### **Our Purpose**

The purpose of the journey to the Higher Self is to guide you, step by adventurous step, to open your horizons to new experiences that will expand your consciousness beyond your established limits and permit you to embrace the unknown and share the excitement, mystery and adventure of exploration and discovery. There is no dogma to follow and no right way to pursue your path. *Follow your heart, open your mind, extend your spirit and seek to understand your source.* Then, with good intentions, loving support and group alignment and experience, you will have an exciting and fulfilling journey.

You will find among the tools provided for your journey poems to open and move you, stories to expand your perception and

act as examples and visual cues. Each poem and story expresses the concepts in the chapter symbolically. By using these visualization tools, a new universe of awareness will unfold.

*This first poem was written for the first woman with whom I have experienced love and devotion. She inspired a number of poems in this book; through our relationship I experienced the rapture of spirit – that transcended all my former limitations and boundaries of body and mind.*

### **The Butterfly**

A butterfly flew past my window  
and asked me what to do.  
I smiled at her and answered,  
“Of course, it’s up to you.”  
The sky goes on forever, and joy found everywhere...  
Yet freedom is in knowing that love flows in the air.  
The wind may move you one way,  
and shift again real soon,  
But when you know your Essence,  
in Truth you’ll always swoon.  
So fly into the heavens, embrace the farthest star,  
For wherever you go,  
whatever you do,  
my smile is never far.  
And as you fly into the distance,  
look down below and see  
The past below is a tiny speck,  
while your heart is full and free.  
The body that you once inhabited,  
when on the earth you crawled, Is but a faded memory,  
while through the sky you soar.  
Smile - laugh - be merry.  
The journey goes on and on.  
For soon the wings you use to fly,  
Will no longer be needed at all.