

# INTRODUCTION

Most of us have experienced that when we sit in quiet contemplation in the midst of nature, we have been mesmerised by its sheer magnificence and felt one with it.

What is it that gives rise to this feeling of 'being one' with nature? This happens because our consciousness expands in that setting. We lose body consciousness. The ego, or the 'I' identified with the body, disappears and we get the feeling of being an intrinsic part of the vast universe. With this experience, one reaches a different level of understanding.

The question which then arises from deep within oneself is:

*'Who am I?*

*What is my relationship with the universe?'*

When this question arose within me, I found that everything in nature – the rising and setting of the sun, the waxing and waning of the moon, the ebb and flow of the tide, the cycle of the seasons – moves to a set rhythm. Human beings, on the other hand, have been endowed with 'awareness' or 'consciousness' – the faculty by which we know what we know, and try to know what we do not know.

This consciousness enables us to bring about desired changes and shape our destiny. Since everything in nature moves to a certain rhythm and has a set purpose, man too realises that at some stage in his life, he must let life flow to its natural rhythm in order to realise his true purpose.

Is man a slave to circumstances, or can he create his own circumstances? Those who believe in destiny may argue that everything is predetermined and one cannot escape one's lot in life. However, the approach of the modern sage is different, in that he believes that there must be a way to circumvent

or bring about a positive change in one's situation or circumstances.

Although circumstances and situations will arise of their own accord and there is nothing one can do to prevent that from happening – what one can do is to change one's attitude towards them.

Once you have learnt the art of circumventing and managing unpleasant situations and circumstances, you can then move towards manifesting the life to which you aspire.

Wise men say that there are three stages to creating and manifesting all that you aspire for in your life:

First, you Think.

Second, you Feel.

Third, you Act.

This means that there is a law that determines the outcome of all that you aspire towards. Thinking involves both 'reasoning' and 'imagining'. Reasoning determines the 'certainty', and imagining gives it the creative faculty that guides the reasoning towards action.

You have to learn how to direct the creative faculty because if you don't direct it, it will direct you. Imagination, or the creative energy, will do what you direct it to do. If you let it direct you, it will do so according to the tradition and belief system of the culture to which you belong.

In his book *The Power of Your Subconscious Mind*, Dr. Joseph Murphy gives very clear instructions on how to direct the mind:

1. As you would want people to think about you, think about them in like manner.
2. As you would want people to feel about you, feel also about them in like manner.
3. As you would like people to act toward you, act towards them in like manner.

Human consciousness has evolved over time and it therefore needs to shift and adjust to prevailing conditions. Belief systems that were prevalent in the past have little or no relevance to the times we now live in.

So, whatever it is that you imagine – you must