

27 February 1997

The body starts merging with the cosmic energy till there is no body left except a bright star.

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27 February 1997

Afternoon: I am looking at a blood report and hear a voice saying there is a weakness in the body. I say, "take care of it then." I see myself standing over me and my complexion is ash blue in colour. I watch myself and then my blue self slowly disappears into my Self.



17 June 1997

A new beginning. Dark maroon, rose-like flowers flow into the lower left side of my body, across it and then, changing their course upwards, they move out of it. From my forehead, there is a stem going up with a *chakra* rotating on it, throwing rays of silver light.

"Now this etheric double has often been called the vehicle of the human life-ether or vital force (called in Sanskrit prana), and anyone who has developed the psychic faculties can see exactly how this is so. He will see the solar life-principle almost colourless, though intensely luminous and active, which is constantly poured into the earth's atmosphere by the sun; he will see how the etheric part of his spleen in the exercise of its wonderful function absorbs this universal life, and specializes it into prana, so that it may be more readily assimilable by his body; how it then courses all over that body, running along every nerve-thread in tiny globules of lovely rosy light, causing the glow of life and health and activity to penetrate every atom of the etheric double; and how, when the rose-coloured particles have been absorbed, the superfluous life-ether finally radiates from the body in every direction as bluish white light."

- Leadwater, C. W. - 'Dreams: What they are and how they are caused'.
The Theosophical Publishing House, Adyar, India, 1898. Fifteenth Reprint, 1997, pp. 7-8.



11 August 1997

The *Ajna chakra* gets fully operative as a beam in quick succession goes straight through the centre of the forehead to the back and through the head, filling it with a flash of light. This cobra head probably manifests when the *Kundalini* energy moves up and out in quick succession.

This exercise had to be carried out over two or three days otherwise the massive dosage of light would most likely have caused some short-circuits and damaged the delicate tissues in the brain.

R. A.: The resemblance this has to the feathered headdress of the American Indians of the plains is quite strange.

Whether it would be accurate to interpret the headgear as symbolic representations of expanded consciousness is not clear at the moment. However, it is to be noted that any old feather could not do in the making of these bonnets. They were constructed with the feathers of sacred birds only, totem animals perhaps, or spirit guides. A ritual and sacred context to the bonnet is therefore beyond dispute and it is not implausible to argue that they represent a different and superior stage of consciousness.



4 October 1999

During meditation, my head opens up and starts to disperse as balls of energy. Are my atoms being rearranged?

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11 October 1999

A peculiar phase has started; my hearing is affected. There is no sound in the subtle ear. There is complete silence within and without.

I am completely focused in the *Ajna chakra*.

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13 October 1999

The stillness continues. Consciousness alternates between the *Ajna*, Heart and *Manipur chakra*.

