

# Spirituality, Science & Art

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Many professions in the world give people an opportunity to express their True Selves. Every profession gives us a chance to focus on utilizing one part of the Mind more than the other two. For example, artists work more with the Conscious part of the Mind. Scientists use more of the Subconscious part, and Spiritual teachers or world leaders utilize the Superconscious more than the other parts.

Artists create by expressing their inner feelings in shapes, colors, sounds, smells and/or tastes. Scientists strive to understand the workings of Nature. The Spiritual teacher's concern is to connect lost Souls with God, and world leaders oversee the well-being of people within their city, state and/or country.

**The True Purpose of Art is to express the understanding of Truth so it can be perceived with the Physical senses as Beauty.**

**The True Purpose of Science is to understand how the Natural Laws of physics, chemistry and/or biology connect with the Universal Laws of Creation.**

**The True Purpose of Spirituality is to guide people in order to become creators in the likeness of God with Conscious Awareness.**

**The True Purpose of world leaders is to establish peace in the world with productive interaction among its inhabitants.**

In order to fulfill the True Purpose of Art, Science and/or Spirituality, it is important to be a True Artist and Scientist of Life and a person with Spiritual Consciousness in every life profession or position. The True Artist of Life needs to be a True Scientist and a person with Spiritual Consciousness while creating their artwork. The True Scientist of

Life needs to be an Artist and a person with Spiritual Consciousness while working on a scientific project. The Spiritual teacher and/or world leader needs to be a True Scientist and True Artist of Life while leading a church, city or country.

Every life profession or position is important. Through our chosen or given life profession or position, while using the Whole Mind we will be able to give of our True Self to others and also fulfill our individual Life Purpose.

Being a daughter, son, grandmother or a grandfather are given life positions; being a mother or a father is usually a chosen position. To become an artist or a scientist are chosen professions; being a president is a given as well as a chosen position.

A housewife or a nation's president can be a True Artist, Scientist and a person with Spiritual Consciousness while executing their life positions. With a stilled mind anyone can express their True Self, learn more about Creation and contribute to Humanity through the execution of any life profession or position.

The ideal is to become the True Artist, Scientist and person with Spiritual Consciousness in all of our life positions or professions. Someone might be using the Whole Mind in their profession as a mechanic, but their marriage is not working well. This would mean they also need to use the Whole Mind and give fully of their True Self in their marriage.

In order to be a **True Artist of Life** you need to connect with your True Self and express your inner Beauty.

In order to be a **True Scientist of Life** you need to ask curious questions and be able to understand the function of your life profession or position. You also need to be aware of how you use your mind while performing your profession or position, so you can transform your consciousness.

In order to be a **person with True Spiritual Consciousness** while executing any life profession or position, you need to always hold concern for the Goodness of All in your thinking.

The functions of the Universal laws of Creation are Universally applicable; therefore, you can consciously use the Universal Laws of Creation in all life professions and/or positions.

As a True Scientist of Life you can determine how you use the Universal Laws in successful areas of your life, and as a True Artist of Life, you can purposefully and truthfully strive to express those understandings when executing the rest of your life responsibilities. If your concern is always for the Goodness of All, including yourself in whatever you choose to do, you are Truly Spiritual in your Consciousness.

*For example, the famous scientist Albert Einstein's life's desire was to discover how God thinks. We learned that **Universal Laws are the way God thinks and Nature is the manifestation of God's thoughts.** In order to understand God's thoughts, Einstein observed the workings of the Natural Laws of physics. He was looking for the connecting link between the Universal Laws and the Laws of Nature. Therefore, in his profession as a scientist, Einstein fulfilled the True Purpose of Science.*

Through Einstein's dedication to discovering how God thinks and through his willingness to give his discovery to Humanity, Einstein was Spiritual in his Consciousness. However, he may have overestimated Humanity's worthiness of his discoveries.

In 1905 Albert Einstein published his Theory of Relativity equation,  $E=mc^2$ . This equation is mathematically calculated to prove that energy and matter are equal. Energy can turn into matter and matter into energy. After this discovery, world scientists strove to unleash the tremendous amount of energy hidden in matter. They split the atom and discovered atomic energy.

Atomic energy is utilized productively in many modern technologies. However, it has also become greatly misused. Countries around the world continue to make and stockpile nuclear weapons.

Einstein also discovered the nature of gravity, which is explained in his General theory

of Relativity. Einstein's explanation of gravity is based on Newton's discoveries and calculations.

Isaac Newton was the first scientist who calculated gravity in 1687 and his calculations are still used today in the construction of space ships. However, in his time, Newton did not understand what gravity really was.

Einstein explains space in the Universe as a thick fabric inhabited by stars, planets, solar systems and galaxies. Huge masses of these individual heavenly bodies create dips in this Space fabric. The dips are deeper or shallower according to the object's weight or mass. An object with more weight would create a deeper dip and a lighter object would create a shallower one. The deeper dip draws in the lighter objects.

This theory explains gravity and also helps us understand the existence of black holes in the Universe. The scientific study of huge masses of matter proved there is Order in the way they function.

Einstein wanted to understand how God thinks and was even willing to forfeit fame if necessary, in order to pursue his quest. After the publication of the equations for the Theory of Relativity and the General Theory of Relativity, however, he did become famous. Einstein believed there is Order in the Universe and therefore, he also believed there would be One Equation for Everything. This equation would prove scientifically that **we are all One**.

While seeking to understand how huge masses of matter operate in Space, world scientists also wanted to know how the tiniest particles of matter function on a subatomic level. The study of subatomic particles and how they function is called Quantum Mechanics.

The findings of Quantum Mechanics did not seem to align with scientific proof concerning the function of heavenly bodies. Behavior of subatomic particles was unpredictable and movement of the stars and galaxies was known to be orderly and predictable. Therefore, looking for the One Equation for Everything did not make sense.

While Einstein was still alive, scientists and the general public shifted their focus away from his work toward the new discoveries of Quantum Mechanics.

Einstein didn't care what others thought; he was True to his inner perception that there is Order in the Universe and he spent the rest of his life trying to calculate the Equation for Everything.

At the time of writing this book in 2008, scientists have found the unified relationship that Einstein was seeking and currently they are calculating the One Equation for Everything.

As a scientist in his profession and a True Scientist of Life with Spiritual consciousness, Einstein was a True Artist of Life as well. He was True to his inner Self. Through dedication to the ideal of what he wanted to discover, Einstein connected with Truth. He trusted his perceptions and was willing to express his belief without conditions. This is an example of how Einstein used the Whole Mind in his profession as a scientist.

Leonardo DaVinci was a famous artist as well as an inventor who studied Nature. Through his studies of the ancient teachings, DaVinci understood the Sacred meaning of geometric shapes. In his paintings and sculptures he used Sacred geometric shapes including the Golden Proportional Division to convey his Soul's messages. In his profession as an artist, he was a True Scientist of Life. DaVinci's expression of the understanding of Truth as Beauty made his paintings and sculptures ageless. He was a True Artist of Life as well.

DaVinci studied ancient Spiritual teachings. He knew that important information for Humanity is contained in the teachings. All of the world's religions and ancient Spiritual teachings contain coded information of how to become a "creator in the likeness of God with Conscious Awareness."

DaVinci lived in Europe at the end of what is known as the Dark Ages. At that time, only Christians were allowed to publicly practice their religion. In order to avoid persecution by the Christian Church and deliver to Humanity the original story of

Creation, DaVinci symbolically encrypted his art work with these Spiritual teachings. In this manner, DaVinci was Truly Spiritual in his Consciousness. His concern was for the Goodness of All.

As an artist in his profession, DaVinci was a True Artist of Life. He also was a True Scientist of Life and Truly Spiritual in his consciousness.

Mother Teresa was a nun who devoted her life to bring comfort to dying children throughout the world. Her concern for others and unceasing willingness to go to the battlefields of the world to aid dying children is admirable. She was Truly Spiritual in her Consciousness.

Mother Teresa understood the Universal Law of Abundance and used this understanding in her life mission. A wealthy person offered her money to establish a trust. These funds would allow her to continue her world mission without ever having to be concerned about raising money from others.

However, Mother Teresa refused this generous offer. She knew it was more important for many people to be able to contribute to her mission than to have this money given with ease by a single donor. By allowing others to give to her mission, she gave many more people an opportunity to be abundant. She chose to teach others how to be abundant. **When you aid someone to Abundance you will be Abundant yourself.** This is the Universal Truth which describes the Universal Law of Abundance. Through Mother Teresa's consistent use of the Laws of Abundance, her mission always had the necessary funds. She understood and used Universal Laws with awareness; therefore, she was a True Scientist of Life in her position as a nun.

Mother Teresa was also a True Artist of Life because she was True to her inner Self. She responded to her inner calling and was passionate in her chosen mission. She continued to comfort unfortunate children throughout her life. By being a True Artist and Scientist of Life, Mother Teresa was also Truly Spiritual in her consciousness while being a great spiritual leader in her chosen life position.

These are examples of how a great scientist, artist and spiritual leader used their Whole Mind while incorporating all three qualities of True Art, Science and Spirituality in their individual life professions and/or positions. You can strive to be a True Artist and Scientist of Life with Spiritual Consciousness on any level of creating and in any or all of your life positions or professions.

## CHAPTER SEVENTEEN

### True Artist of Life

Understandings about Truth are stored in our Soul. With a still mind we can connect with those understandings. In order to be a True Artist of Life we need to?? be True to our Self. To be True to our Self means that in whatever endeavor we choose, we express “unconditionally” what we perceive as Truth.

In order for Truth to be seen in the Physical world, it needs to be transformed into shapes, forms, colors, smells, tastes and/or sounds so we can receive and experience its understanding with our senses. **Truth interpreted into shapes, forms, colors, tastes, smells and/or sounds becomes Beauty.** Thus, while expressing the inner Self in the Physical world, we are interpreting Truth as Beauty.

**Truth holds the information about the Principles of Creation.** When Truth is

expressed as Beauty, these Divine Principles are described through the forms, shapes, smells, colors, tastes and /or sounds. **The Divine Principles are the way God thinks, and Truth describes those Principles.**

God Himself is Truth and the essence of Truth is Love. In order to be able to connect with Truth and express it as Beauty in the Physical world, it is important to love what you do.

To interpret Truth correctly, our Intention needs to be unconditional. Therefore, in order to be able to have unconditional Intention while interpreting Intuitive perceptions, our “little ego” needs to be controlled. The uncontrolled ego has conditions that may distort the perception and interpretation of Truth.

For example, the uncontrolled ego wants the false benefit of fame, money and/or lust. This benefit is temporary because it depends on others to give us value. If you would be alone on a desert island, the fame, money or lust is worthless.

Anything that is Physical is in a process of deterioration. Money, fame and lust are Physical benefits; therefore they are temporary. The false benefit from fame, money and/or lust also provides a false sense of control.

The uncontrolled ego is willing to lie in order to keep us happy. For example, in order for you to have a false sense of control, your uncontrolled ego would misinterpret an Intuitive message or any life situation, condition and/or event to your advantage. The uncontrolled ego craves control from the external or Physical world because it lacks control from within.

The uncontrolled ego feels good when it has the attention of others; it is always concerned about “what others think” of us. Although most of the time the uncontrolled ego wants to look good, on occasion it may behave poorly when it knows it will be rewarded with the attention it craves.

People with uncontrolled egos won't be honest with you in telling you how they feel because their uncontrolled ego is afraid of being hurt. The uncontrolled ego of another

individual would try to manipulate you according to how they want you to think of them. For example, if an individual with an uncontrolled ego feels sad, they may try to pretend they're strong and happy so you would believe they are. Or, they may try to manipulate you to feel sorry for them by blaming someone else, a situation or an event for their sadness.

We learned in previous chapters that in order to be in touch with our True Self we need to express our Emotions honestly. Honestly expressed Emotions balance the inner and outer selves. The inner Self is our True Self or Soul and the outer self is our Physical waking consciousness. In order to be able to honestly express how we feel inside we need to control our "little ego" with a disciplined mind. As we now know, the disciplined mind is one that is stilled.

**In order to be able to be True to your Self you need to first be comfortable with yourself.** Emotions are not good or bad; they just are. By honestly identifying and expressing your Emotions while causing your mind to be still, you can get in touch with your True Self.

Mind discipline provides True control from within, which is the permanent and lasting benefit. True control is one of the understandings of our creative mind's abilities. Once we gain an understanding about our creative mind's skill or quality, no one can take it away from us. When we have control from within, we can be True to our Self and speak our mind without being concerned about what others think of us.

*For example,* as a mother you may feel that your children need more discipline. In order to be True to your Self you need to be willing to be firm with your children. They may not like you at the time you execute the discipline; however, you know they will be better off in the long run because disciplined children are often better equipped to abide by the Physical and/or Spiritual Laws. Therefore, they will have a more secure life.

**In order to be a True Artist of Life in any life profession and/or position, we need to be able to perceive the Truth and be willing to Act upon our perception. Only**

expressed Truth becomes Beauty and only when expressed, can it make a difference in the world. **Our unexpressed good intentions are useless.**

It is important to recognize that others may also strive to express their perceptions of Truth and these perceptions may seem to be different from ours. We've discussed previously that perception, interpretation and expression of Truth depend on a person's Intuitive and communication abilities. **Truth is the Perception of Wholeness.** Therefore, we need to listen to the other person for the part that may be missing or misinterpreted in either our own or their expression of Truth.

While someone else is describing their perception of Truth, they may be using words that are different from yours. By creating a picture in your mind while listening, you may discover that both of you are talking about the same thing. You can enrich your understanding about Truth by adding to your consciousness the parts you may have missed or misinterpreted.

People also have many opinions. An opinion is a subjective interpretation of a situation or an event. The subjective interpretation is the result of an undisciplined mind. However, in order to be True to your Self you would need to be tolerant and listen to others' opinions. Then you would learn how and why they think the way they do. This will give you a chance to learn something about them and/or maybe teach them something new.

The profession of an artist provides the opportunity to express the True Self through different forms of art. Visual artists use more colors and shapes. Sculptors use forms and musicians use sounds to express their Souls. Writers and poets describe their Soul's messages in words while allowing people to create images in their minds through reading and/or listening. Chefs use taste and aromatherapists use the sense of smell to express their understanding of Truth. Dancers use hearing and touch to express their True Self, using movement while utilizing space.

We use the Conscious part of the Mind in the Physical world. **In order to be able to experience the Physical world, we have Physical bodies.** The Physical body receives

experiences in the Physical world through the Physical senses. All shapes, colors, smells, tastes and sounds have meaning which can be expressed through the various art forms. Any expression has meaning which affects us, whether or not we consciously understand it. Truthful, loving words and art expression both cause healing. Meaning based on disharmonious thoughts with selfish Intentions causes harm.

**We are Mental creators.** We create with our thought images. However, because the Law of Karma governs our thoughts and actions, their Physical manifestation is according to our Intentions. **Our Intentions give Meaning to what we say, do and/or create.**

Intentions can be selfish, selfless or Sacredly Selfish. A selfish Intention is based on the uncontrolled ego while functioning out of Fear. If we lack trust in our ability to create what we desire, we will experience Fear. The selfless and Sacredly Selfish Intention is a result of the disciplined mind. The disciplined mind eliminates fear. Through a disciplined mind we can learn about our creative skills, and **once we know how to create, we can have anything we desire.** Then there is no need for fear. Sacred Selfish Intention is selfless because it includes concern for the Goodness of All consciousness with priority for learning about True Self.

With a disciplined mind we can Reason and connect with the Subconscious part of the Mind. Since in the Subconscious part **we are All connected**, we can realize through Reasoning that when our concern is for the Goodness of All we are also the recipients of Goodness. Goodness for All consciousness includes everyone. The size of the circle of people is based on the expansiveness of our consciousness.

We can never hide selfish Intentions behind nice words or any other pretty behaviors or actions. Others will always consciously or unconsciously recognize any kind of Intention whether selfish or selfless. Our selfish Intentions repel people around us and selfless Intentions attract.

Selfishness repels because a selfish attitude lacks love. Selflessness is based on love

and **Love is the Attractive force that binds everything in Creation.**

Selfishness is a product of the uncontrolled ego. **The True Purpose of our ego is to motivate us to create so we can become “creators in the likeness of God with Conscious Awareness.”** Through creating we can discover our True individuality. We all are unique individuals because we all have different understandings stored in our Soul.

Individuality is often misunderstood because it is commonly perceived as “being different.” Therefore, if our ego is not directed with Reasoning it has a tendency to misinterpret its True Purpose. When True Purpose is misinterpreted, our uncontrolled ego wants to be separate in order to show that it is different. Being separate is selfish; being connected with others is selfless.

True individuality is recognized through a disciplined mind. With a disciplined mind we can learn to perceive and use all the understandings stored in our Soul. When we use our understandings, our unique individuality shines. Selfless consciousness is the result of a disciplined mind. **Through the Disciplined Mind we can connect our consciousness with Truth.**

Please note that **Truth contains the understanding of how the Laws of Creation operate to produce Harmony in all of Creation. The essence of Truth is Love and Love is the Attracting force in the Universe.** Therefore, anything created with love attracts the attention of many.

*For example,* only Beautiful art survived for a long period of time. This is because **Beauty is the expression of Truth and Love.** People consciously or unconsciously recognize the value in art objects that contain Truth. They admire, collect and/or protect those objects for centuries.

**True Art is expressed through living your Life according to your inner perceptions of Truth.** You can express your perception of Truth in any life profession and/or position. When you are True to your Self and Intentionally live in harmony with the Universal Laws to the best of your ability, you become a living example of Truth and Love. Your

good Intentions will produce good Karma and your life will be abundant.

As mentioned previously, there is meaning in any shape, form, smell, taste, sound and/or color. This meaning is expressed through words and/or creations according to our conscious or unconscious Intentions. Often people are not fully aware of their Intentions and/or understandings of Truth.

Truth can be expressed consciously or unconsciously if the Intention is selfless. The artist whose conscious or unconscious Intention is to give of their True Self honestly without interference from their uncontrolled ego, produces Beautiful artwork. Such artwork becomes ageless. Many Beautiful paintings, sculptures, architectural objects, books, music, legends and/or recipes have been preserved and passed down through the ages. These art objects have healing qualities because they were created according to the Universal Principles of Creation.

Intention influenced by the uncontrolled ego produces art that is temporary. For example, the primary Intention of some artists is to receive attention and/or money. Such artists produce works that are based on what happens to be in style. Or they may create artwork deliberately Intended to be different in order to get attention.

Sometimes in order to receive attention, artists create works that are Intended to shock the audience. Such art might be well executed because the artist has excellent Physical skills. However, if there is no Mental discipline to control the ego, the art does not express Truth; therefore, it is not Beautiful.

Mental discipline and/or love allow us to connect with our True Self. However, we also need Physical discipline in order to be able to express our True Self with freedom. It's frustrating when we want to say something and cannot find the right words, or when we want to sing and we're out of tune. Physical discipline gives us the freedom to more accurately express our True Self.

If you want to be a good artist or an expert in any position or profession, you need to train yourself in those related skills. Practice is necessary in order to be able to develop

these skills, thus allowing you to clearly express your inner perceptions.

*For example*, when you feel misunderstood, you need to improve your communication skills and strive to better express your True Self whenever you communicate. **Through practice you can learn any skill required by your chosen profession and/or position of life.**

Mental and Physical discipline are the qualities of a True Artist of Life. With Mental discipline we are able to perceive and interpret inner Truth. Physical discipline gives us the right tools to be able to express more accurately the inner perception of Truth. Truth can be expressed in every life position or profession through every form of communication. **In any expression of Life, Physical and Mental disciplines are the keys to True Freedom.**

Someone may be open and honest as a musician; however, they may have a problem being honest and open in relationships. This means they are able to control the ego through their artistic expression as a musician, yet they function out of fear in relationships. Possibly they've had disappointing experiences when relating to people intimately.

When we love what we do it's easier to give the work our Undivided Attention with a mind that is still. However, when we have disappointing experiences, it is more challenging to love and give unconditionally in those areas. Yet, as mentioned before, challenging ourselves in those weak areas of our life will produce more rapid spiritual growth.

Through disappointing experiences we build fear and/or doubt in our consciousness and these negative emotions tend to close us down. In order to give unconditionally, we need to discipline our mind and open our heart. With a disciplined mind we can shed light on the darkness and overcome the fear and/or doubt.

Beyond every fear is a desire. Once we are aware of this desire we can consciously choose to hold it in our mind. Whenever the fear enters our consciousness we will reject

it and imagine the desire instead.

For example, if you fear a relationship, you desire to have a loving one. If you fear to drive an automobile, you desire to be a safe driver. If you are afraid of public speaking, you desire to be able to speak comfortably in front of a group of people. If your mind is disciplined you can recognize when your ego lies to you.

Your ego wants you to be happy and motivates you to possess whatever will bring you happiness. However, if the ego is not controlled by Reasoning it may try to convince you that you don't want to experience what caused you discomfort in the past. Your uncontrolled ego would deny that you want the relationship or public speaking opportunity because probably it was an unpleasant experience. Your uncontrolled ego would lie to you to prevent you from being hurt again.

If we have many fears in our consciousness it may become difficult to see the desires beyond those fears and thus be able to open our hearts and give fully of our True Selves in any life profession or position. It may be challenging to even recognize the life profession or position we would like to pursue. In that case, a professional counselor is highly recommended.

They can help us to recognize the fears and replace them with understandings that would allow us to release the Emotional blockages. Then we will be able to connect with our True Self.

Frank Gehry is a famous contemporary architect who is recognized as one of the most innovative artists of our time. In the 1980s he broke with traditional shapes, i.e., horizontal and vertical lines, and started to use curves and different angles in his designs. Gehry consciously uses Intuition while creating these unusual shapes; it is evident from the attractiveness of his structures that he has an understanding of the meanings within shapes.

Gehry is a humble person with a strong healthy ego. He uses his ego with Reasoning and while designing his projects, he works with many creative people.

Gehry candidly acknowledges that without his clients' participation he would be unable to produce these beautiful structures that allow him to express his Soul. With his Whole Mind he listens to his clients and then he Intuitively interprets the meaning he perceives as shapes.

First he draws a sketch on a piece of paper, consisting of many interconnecting lines that create an image of a shape constructed from many smaller shapes. From that drawing he proceeds to develop the complete structural design according to the client's wishes.

It takes courage for a client to contract someone who can produce new works. Gehry and those who invested in these unusual structures have changed the thinking of people around the world.

Gehry proved that buildings with curvy and diagonal walls and uneven interior spaces inside could be functional and Beautiful. The energy in these buildings has continuous movement compared to conventional square and/or rectangular spaces in which the energy stabilizes and stops.

Gehry is a humble genius. However, it was not always that way. He didn't know what his profession would be until later in life. After an unhappy marriage that left him bankrupt financially as well as Mentally and Emotionally, he went to a therapist. During the sessions the therapist helped him recognize his life calling as an architect.

Gehry's therapist states that people tell him he made Frank Gehry famous. "On the contrary; Frank Gehry made me famous," the therapist quips. "Many people come to me hoping I'm going to make a Frank Gehry out of them," this wise man continued. "I can only help my patients unblock their creative flow of energy. It is not in my power to control what is beyond those blockages," he explains.

I can assure you that every one of you has something very special to give to others. It is within your power to connect with your Soul to learn about your uniqueness and give unconditionally of these understandings. Your gift will influence the world.

It doesn't matter what level of creation your influence will be. You might discover you

have a special talent for being a loving mother. The unconditional love you give your children will influence them for the rest of their lives. Your children will be more loving and therefore they will be able to give more love to others.

In order to be a True Artist of Life you need to give of your True Self to others. Your giving needs to be unconditional and your ego must be controlled to avoid possible selfish ego interference. Your mind needs to be stilled and your heart open. You also need to be willing to train and educate yourself in any necessary Physical skill related to your chosen life position and or profession.

## CHAPTER EIGHTEEN

### True Scientist of Life

When your attention is on learning about the function that is required to execute your position and/or profession with awareness of how you use your mind, you are a True Scientist of Life. The consciousness of a True Scientist of Life provides the possibility for building “Conscious Awareness as a creator in the likeness of God.”

*For example,* you may be an excellent artist who is well trained in many art skills. You can also become inspired and produce Beautiful artwork. However, if you are not aware of the mechanics of the Mind while creating your artwork, your ability to become inspired—or remain inspired—might not be at your command.

I used to wait for inspiration in order to paint. Otherwise I wouldn't be satisfied with the artwork I produced. I would usually destroy the painting in the middle of creating it and try to start over. Each time I produced an unsatisfactory painting I lost confidence in

my ability to paint. Usually I stopped painting and would wait until I would become inspired again. Sometimes it took weeks or months.

Through metaphysical study I learned that inspiration occurs when the Conscious Mind is connected to the Soul. This connection can be caused by stilling the mind and/or through falling in love with what it is you are creating. If I have difficulty stilling my mind I try to listen to the thoughts that distract me. I focus on releasing the distracting thoughts so my mind can be still.

We learned that most of our distracting thoughts are unconscious unexpressed thoughts that are related to unpleasant or disappointing life experiences. Those unexpressed thoughts are misunderstood and therefore they keep circling in our mind. In order to bring understanding to our consciousness, the distracting thoughts need to be expressed. Journaling or talking about what occupies our mind is a way to express distracting thoughts.

Once you express these thoughts you can hear and see them objectively and bring understanding to your consciousness about the unpleasant or disappointing event. In every life situation there is learning. Through Reasoning you can understand what you need to learn and by focusing on the learning you will be able to bring awareness to any distracting thoughts ???. With awareness, your unconscious thought becomes conscious. Then you will be able to release your attention from the unpleasant event and focus on whatever you choose to think or do.

*For example*, I was angry with my acupuncture doctor. He is a good doctor. However, he is very expensive and would only treat patients who are willing to pay in advance for his specifically designed therapy program. Fortunately, I'd received a larger amount of money from a project I had just completed. I thought I was worthy of the expensive treatment and I pre-paid for one set of treatments.

Before I'd used all of the pre-paid sessions my doctor offered me another program. Again I paid in advance for this set of sessions.

In the middle of the second program I learned that my husband's and my insurance were being switched to another plan. I wasn't sure if the new insurance plan would cover my acupuncture treatments. Therefore, two months before my insurance was switched to the new plan, I stopped taking my acupuncture treatments and called the clinic.

I wanted to know how much money I had left and how I could apply it for treatments without insurance coverage. I had paid \$900 for 18 treatments in the second program. "Since I used only half the program, there should be at least \$400 left. The cost of one treatment without insurance is \$80. Therefore, I should have at the very least four treatments remaining," I thought.

It's important to note that each time I made my calculations they were less and to my disadvantage. I even told the clinic manager that I would be willing to settle for two treatments for the money they owed me.

After my question, the clinic manager told me to wait for their call. I waited at least four months before I called the clinic again; this time I was told that I had no money left from my second set of prepaid sessions. The office manager explained to me that they had used the rest of the money from the second program to pay an amount that my insurance had refused to pay for the first program.

I became angry. "If there was anything wrong with my insurance, why was I not informed of this sooner?" I felt like I had been tricked to take the second program so they could take money from my second program to pay what my insurance did not cover for the first one.

If I had known there was a problem with my insurance I would have paid the difference and probably would not have been able to afford the second program. However, the choice of payment of the extra money to my insurance company should have been mine, not theirs. I was angry.

My angry thoughts occupied my consciousness, so it was difficult for me to keep my mind still. In order to release my thoughts I talked about this disappointing experience

with my friends. This helped a little. However, I still felt disrespected. Therefore, I was still holding angry thoughts in my consciousness.

I decided to write a letter to my doctor, explaining how I felt about the situation. I also re-calculated the statements that the clinic had sent me, concerning the issue with my insurance. In the letter to my doctor I brought attention to the fact that in the statements were incorrect figures regarding my actual payments. Placing the correct figures in the statement showed that the clinic owed me at least \$400. Therefore, I demanded my money back or further explanation.

However, even after mailing the letter to the doctor, angry thoughts continued to haunt me. “What if they’re going to ignore my letter? What if they play a game with my insurance and I end up being cheated?” Those thoughts and others churned around in my mind. I wasn’t able to give of myself fully at work or anywhere else. Finally I calmed down and used my Reasoning. I asked the positive & objective question: “What is my lesson in this upsetting situation?”

When you ask the question about your life lessons you need to still your mind and be honest in observing your deepest thoughts. Yes, I was upset that I could lose the \$400; however, I was even more upset because I felt I had been disrespected. I realized that many times in my life I had allowed people to walk all over me. This time I stood up for myself and wrote the letter.

“Why am I still upset?” I asked myself.

I focused on my stubborn angry thoughts and realized that all those “What if” questions were about my fear of losing this argument. My “little ego” wanted to win.

I know there is no right or wrong; therefore, there is no winning or losing. However, there is always a learning opportunity. **Truth is a perception of Wholeness.**

This unpleasant situation provided a learning opportunity that was needed in order to develop the wholeness in my consciousness.

I continued to Reason and realized I had changed my thinking and actions. By

responding differently to this unpleasant situation I started to respect myself. However, I also realized that I still needed to release the attachment to wanting to win. The uncontrolled ego always wants to be right. I needed to control my ego.

As soon as I realized that by being angry I was listening to my ego instead of my Reasoning, I purposefully changed my thoughts into: “It doesn’t matter what my doctor is going to do. It will be his choice. Whatever his choice will be, I will respond to it with my choice when it occurs. Life’s lessons are not about winning or losing. They are about changing consciousness.”

Two days after I’d managed to release my attachment to right or wrong I received an apology letter from my doctor with a check. In the letter the doctor admitted there was a mistake in their calculations. The check I received was even \$100 more than I had anticipated.

I was happy. I know that because I learned my lesson and changed my consciousness, my unpleasant life situation transformed into a pleasant one. I know if I had refused to release my attachment to wanting to be right I would still remain in the wheels of Karma. The argument with my doctor would somehow continue or there would be another learning situation where I would want to prove to be right.

I realized I needed to experience the whole misunderstood situation with my doctor exactly the way it had unfolded. If the clinic manager had mentioned sooner that my insurance did not cover a portion of my treatments from the first program, I would have paid any amount of money without questioning it.

That’s why I needed this experience: so I could realize that blind trust does not respect anyone, including myself. My willingness to settle for less than I deserved was also an example of “disrespecting” myself. Anyone can make a mistake; however, I’ve learned that it is my responsibility to ensure that during the process of interacting with others in any given situation, everything is done appropriately.

**Being a True Scientist of Life means that you are learning about your True Self**

**while executing or responding to any life profession, position or situation.** In order to learn about your True Self means that you need to be connected with Soul. Therefore, your mind must be still.

Throughout this book I gave many examples of how you can find learning in any life situation and how you can use it to change your consciousness. Most of those examples related to learning from unpleasant or disappointing situations. This kind of learning usually happened after the situation occurred.

With your stilled mind you can learn at the time of experiencing life situations and/or executing your life's profession. Then you will be developing "Conscious Awareness of yourself as a creator in the likeness of God" with more control.

In order to be able to still your mind you need to discipline it by admitting and releasing your destructive thoughts and also falling in love with anything you might do or experience.

By observing your state of mind while executing your life profession or while experiencing any life situation, you will discover your strengths and weaknesses. Your awareness of strengths and weaknesses will keep your ego honest. An honest controlled ego is humble. By focusing on using your strength you will be able to overcome any weakness. This is the most pleasant way to learn.

**There is always a connection between Mental and Physical functions.** By observing these functions you can see the universals in the way you use your mind. I mentioned before that my strength is in organizational skills. By observing how I use my mind while organizing my Physical environment, I discovered that I am organizing my mind at the same time I am Physically organizing things.

My weakness used to be Confusion. I realized that by being aware of my organizational strength I could organize my thoughts whenever I become confused. When my thoughts are organized I'm able to see them in the proper perspective. With proper perspective I can become objective and start to Reason. Through Reasoning I gain clarity.

With clarity I can be more efficient in any life situation, position or profession.

This is an example of how strength is used to overcome a weakness. Life situations come to us according to our Karmic needs. Karmic need is our learning or purpose. When we keep our mind still and/or when we embrace any life situation with love, we are able to learn in the most pleasant and controlled way. **Karma is released through understanding.** Therefore, each time we learn there is less Karma for us to face. This means there's more freedom for us to learn and live our life the way we choose.

For example, as I mentioned before, in the art studio where I work are ten other working artists. Sometimes we work on our own assignments and thus we become the leading artists of those projects. Other times we work with a leading artist, helping them with their assigned project. In the beginning when I joined the studio I received a few assignments and became a leading artist while executing them.

However, later I would work more often for other leading artists by helping them with their projects. After awhile I became unhappy. I wanted to have my own project and I wondered when I was going to be a leading artist again. As soon as I caught my unhappy thought I recognized my uncontrolled ego. My ego wanted to be in a leading position.

There's nothing wrong with wanting to be in a leading position if the priority is to learn. However, I needed to be honest with my ego motivation.

The manifestation of our thoughts and desires is according to our Karma. Karma was designed as insurance for us humans as trapped souls to be able to grow in the likeness of God. It means that all opportunities in our life come to us in a way that is best for our Soul.

I realized it was not an accident that at the moment there were more opportunities for me to work under the direction of other artists. Most of my life I had painted by myself and could give of my True Self while doing it. However, I didn't feel very secure in participating with others while creating artwork.

After observing the proper perspective for learning situations available in the studio at

that time, I embraced the opportunity to help my friend Sarah on her project. Instead of being unhappy I started to love my learning experience. I knew that in order to be able to have more freedom in choosing the way I wanted to learn in the future, I needed to release my Karma. I needed to learn what was missing in my consciousness. At that time I needed to learn how to give of my True Self when cooperating with a leading artist.

As stated many times before, **we are Mental creators**. We create with our thoughts, and the opportunities to manifest our thoughts are according to our Karmic lessons. The less Karmic lessons we have, the freer we are to live according to our conscious desires.

Many times in the past I've heard people blaming Karma for blocking the ability to manifest their desires. I'd like to point out that it is not Karma that is in our way. It is our unconscious thoughts influencing the outcome of the manifestation of our desires through the Law of Karma.

An example of a common excuse that people use for holding Karma responsible for their current challenges would be a statement: "I must have been bad in a past life and that's why I have to face these unpleasant situations in this lifetime." Any Karmic lesson that was not addressed or was ignored in the past life remains to be learned in this lifetime and will create similar challenges until the needed understanding is developed in our consciousness. The Karma is released during the process of learning, at the same time fulfilling our desires.

Therefore when you have a desire that you are not able to fulfill, ask the positive & objective question: "What is my learning in this situation?" You cannot change your past. It doesn't matter how many times in the past you missed your learning; however, it does matter what you are going to do now.

*For example*, many people want to be rich but if they are poor in their consciousness it is difficult for them to manifest their desire for Physical wealth. Robert Kiyosaki expertly explains wealth consciousness in his best seller, *Rich Dad, Poor Dad*.

"In order to be rich you need to change your thinking," Kiyosaki states in his book. He

gives many examples of poor thinking versus rich thinking. For example, when a poor person is faced with a challenge, his response is usually, "It cannot be done." When a rich person is faced with the same challenge, he asks, "How can this be done?"

David Landhel is a wealthy real estate investor and mentor. He teaches people how to become wealthy through investing in multi-family properties. In his lessons he explains that there are only three kinds of fears to face in order to become wealthy: 1) fear of failure, 2) fear of success, and 3) fear of the unknown.

Fear of failure and fear of success are related to disappointing past life experiences. Through those disappointing experiences you convinced yourself or allowed someone else to convince you that you are a failure and/or that you don't deserve to succeed. You need to find and face those sabotaging thoughts that are related to the fears and ask the positive & objective question: "Why do I think that I cannot succeed or that I don't deserve to?" When you still the mind your answer will come. For additional help, you can visit a therapist who specializes in these issues.

Fear of the unknown is very common. Everyone can become nervous when faced with a challenge for which they have no experience. We release the fear of the unknown through knowledge. When we educate ourselves on that particular subject, we find the necessary courage to succeed. The more educated we become, the less risk we will have in making a mistake. Through repeated experience we will gain confidence.

If you are one of those persons who foresees difficulties in obtaining any of your life desires, it is because you think it cannot be done. Either you fear that you'll fail, think you don't deserve to have what you want, or you may lack the courage to do it.

If you are aware of fear in your consciousness, determine which of these types of fear you need to address. Is it a fear of failure, fear of success or fear of the unknown?

A fear that is not addressed will eventually lead to anger. The anger will rise in your consciousness because you won't understand why you can't have what you want. Fear and anger keep your consciousness on the Physical level and they will keep you from

connecting with your True Self.

**There is an answer for every question.** However, it is important to still the mind and then ask the right question in order to receive the desired answer. The right question is the objective & positive one.

*For example,* a person with the consciousness of a True Scientist of Life always asks, “How can this be done?” Or, “Why has this situation occurred?” By asking the right questions you can discover how the Mind and Universal Laws work in your consciousness and also how they work in the consciousness of others. You will be able to learn and apply the understanding for using the Mind and Universal Laws to any life profession, position or situation. Through learning while manifesting your Physical desires you will be able to simultaneously fulfill your Physical and Soul’s Needs.

A person with the consciousness of a True Scientist of Life keeps in mind the “how” and “why” questions while observing with an open mind any life situation. Observing with an open mind means that you have no assumptions and you address the situation as if viewing it for the first time.

*For example,* Dr. Fleming had a scientist’s mind. In the medical lab where he worked were many specimens of bacteria in test tubes for different types of testing. Often the bacteria had spoiled. The test tubes were then cleaned and the spoiled bacteria replaced with new specimens.

One day Dr. Fleming looked at the spoiled bacteria in one of the lab tubes and observed that fungus had eaten it. Instead of tossing out and replacing the spoiled bacteria as in the past, Dr. Fleming realized if fungus could eat bacteria in a test tube, it could also destroy bacteria in the human body. His observation led to the discovery of penicillin and consequently has saved the lives of millions of people or kept them from needless and prolonged suffering.

Dr. Fleming’s great desire was to help people from experiencing Physical pain and he succeeded. We don’t know how Dr. Fleming used his scientific skills of observation to

change his consciousness or how he was able to fulfill his other desires. However, with an open-minded approach to observation, he is a perfect example of a person with a scientific mind.

**The Intention of using the Scientific Mind to change Consciousness is the True Purpose of the True Scientist of Life.** In this manner we acquire greater “Conscious Awareness of ourselves as a creator in the likeness of God.” The way in which the scientific mind is used to change our own consciousness is personal and therefore cannot be judged by anyone other than ourselves, our Soul and God.

Many people with a scientific mind can be found among art professionals. While producing Beautiful artwork, some of these artists are not fully aware of how they used their mind. It is an unconscious process. Yet, many artists purposefully use science while producing their artwork, to align the Physical energy with the energies of the Divine. This purposeful use of science in any form of Physical expression is called Sacred Science.

## CHAPTER NINETEEN

### Sacred Science

Sacred Science originated in Egypt. **Its goal is to enable the Mind to become a channel through which the Physical energies can connect with the energies of the Divine.** In order to achieve this goal, Sacred Science seeks to understand the relationships between proportion & progression in forms of the Physical objects and their

correlation with Progression & Proportion on the Mental and/or Spiritual level.

**The Physical is the level of manifested form.** We experience a Physical form or forms using our senses. We can smell, touch, hear, taste or see Physical objects. Sacred Science studies proportion & progression in geometric shapes or forms as well as in musical scales; colors; and chemistry of perfume, food or medicine.

On the Mental and Spiritual level, proportion represents the Principle and progression represents the Expansion, Progression or Evolution. Sacred Science studies the relationship between proportion & progression in Physical manifestations and their correspondence with the relationship between Principle & Expansion of consciousness. Therefore, through Sacred Science we can discover how the Principles of Creation work on all levels of the Mind: Physical, Emotional, Mental and Spiritual.

In geometry, proportion is between angles. In music the proportion is in sequences of notes, in octaves. An angle or an octave defines the quality of a shape or sound. Therefore, while seeking proportion in geometry and music, Sacred Science uses the quality of shapes and/or forms. In food, medicine and chemistry, proportion is between quantities of ingredients.

Sacred Science study concerns proportion between qualities or quantities. It is proportion in quality or quantity that influences the final result of energy flow in any Physical manifestation. Meaning exists in any shape or form and also in sound, color, smell or taste. The flow of energy in Physical objects defines that meaning.

Meaning is a thought which describes function. Subconscious communication comes to our brain first in picture forms. Those forms carry the meaning of the Subconscious thought. Since meaning is a description of function, in order to interpret the Subconscious message to the Conscious Mind, meaning will correlate with an experience stored in the brain that has a similar function. This is the way Subconscious and Superconscious Intuitive messages are conveyed to the Conscious Mind.

Humans lost Conscious Awareness of their inner and outer or telepathic Intuitive

communication ability. Therefore, in order for Humans to communicate between each other in the Physical world, they developed Physical language. Inner Intuitive communication and outer telepathic Intuitive communication are always honest; verbal communication, however, can sometimes be dishonest or confusing.

A study of autism showed that autistic individuals, although lacking in social skills, have Intuitive abilities. They may also have a photogenic memory. This means that within their brains they receive and store information or meaning in picture forms. Because of this ability, autistic individuals are able to receive and process the information very quickly. Many autistic individuals can correctly calculate complex numerical combinations in a matter of seconds without using a pencil, paper and/or a calculator.

Another study showed that an autistic individual can easily and quickly add, subtract, multiply or divide numbers of ten figures or more in their mind. Scientists who conducted the research asked the autistic person how he did this. He explained that autistic persons see the numbers as pictures of different forms. They then access the forms while calculating.

Scientists gave the autistic person some modeling clay. Then when they told him a number, they asked him to use the modeling clay to sculpt the shape that he perceived. In this test the scientists used three-digit numbers. Whenever the autistic person heard the number, he sculpted a form from the modeling clay.

After awhile the scientists started to repeat some of the numbers and compared the sculpted forms. The forms created for the same numbers were almost identical. This test was done repeatedly on different occasions with a different set of numbers. It demonstrated that before it enters our brain, Intuitive thought exists in picture form.

Intuitive thought can be perceived through inner and outer communication. The message received from the Superconscious or Subconscious parts of the Mind is the inner Intuitive communication and the message received from another individual is the outer or telepathic Intuitive communication.

People with a photogenic memory have Intuitive ability to receive meanings and thoughts in pictorial instead of verbal forms. Intuition is a function of the Subconscious part of the Mind. There is no Physical time in the Subconscious part of the Mind; therefore, Intuitive communication is very quick.

Most spiritual teachers with highly developed Intuitive abilities understand thought forms and their meaning. In the book, *Thought Forms* by Annie Besant and C.W. Leadbetter, the authors talk about thought forms they could perceive. The book contains many colored illustrations of thought forms with explanations of their meaning. In the book, Besant and Leadbetter scientifically explain the meaning of thought forms and their relation to consciousness. They also explain the meaning of colors.

Wassily Kandinsky was an artist with a scientific mind who understood the meaning of shapes, forms and colors. With a group of other artists he invented the Abstract way of painting. In Abstract art, the meaning of the painting or a sculpture is illustrated through colors, shapes and/or forms. Kandinsky purposefully used his artwork to express his Soul's messages through shapes, forms and colors and wrote books on this subject.

Everything in the Physical world consists of molecules and these molecules have geometric forms. Scientists suggest that even Space is made of a fabric that consists of geometric forms. Albert Einstein's explanation of gravity is based on the existence of this fabric.

When we experience a smell or taste we are not receiving a chemical structure but a configuration of different molecular forms. Even sound or color comes to our sensual perception as a frequency of vibrations. Vibrations are also forms of energy in different stages of manifestation.

Once we receive sensual information in a configuration of forms, we name and store this experience in our brain for future reference. The next time we receive the same sensual information, we can relate it to our memory experiences for identification. For example, if we received through our sense of smell a vibration which we would register

and then name as the smell of strawberries, whenever we smell the same “vibration” or vibratory rate, it would be identified as a “strawberry smell.”

Since in its essence every Physical creation, whether perceived by touch, smell, taste, sight or hearing, consists of geometric forms, Sacred Geometry is an important part of Sacred Science. Sacred Geometry explains the proportions of angles and sides in geometric forms. Therefore, we can simplify the statement, “Beauty is manifested Truth in forms, shapes, colors, smells, tastes and sounds” to **Beauty is manifested Truth in Physical Forms.**

Sacred Geometry is used in ancient and also in more recent architecture. Through studying Sacred Geometry as well as other forms of Sacred Science, we can understand the workings of the Universal Laws of Creation.

Sacred Science, which uses the proportions of elemental ingredients to understand Creation, is Alchemy. It is well-known that the famous scientist Isaac Newton studied and experimented with Alchemy.

Astronomy is a study of the configuration of planets, stars and galaxies. Each configuration of Heavenly Bodies produces different qualities of energy. Astrology is the study of these energies and their influence on the Human consciousness.

Pythagoras, who was a great mathematician, taught and studied spirituality through Sacred Geometry, Astrology and Music. Pythagoras also understood the meaning of colors. He discovered that proportionally balanced colors could heal Physical disorders.

In order to establish Wholeness, Chinese medicine, aromatherapy and other holistic healing methods use proportions of herbal substances or perfumes to balance energies in the Physical body.

The Chinese use Feng Shui to influence energies in the Physical environment. In order to create a harmonious environment, the Science of Feng Shui uses principles of Astrology and Sacred Geometry to connect Physical energies with the Divine.

Ancient Pagan and/or Wicca religions learn and teach Creation through observation of

energies in structures and elemental forces of Nature.

Through the many forms of Sacred Science we can understand the Principles of Creation and by application of this knowledge we can purposefully connect Physical manifestation energies with the Divine. These Divine connections produce loving, harmonious and healing energies in the Physical world. True Beauty is loving, harmonious and healing.

**The Universal Laws are the way God thinks and creates.** Truth is the description of these Universal Laws, Principles, or functions of Creation. Thus, God-like thoughts are harmonious with the Universal Laws.

With our loving thoughts we connect with our Subconscious and even with Superconscious parts of the Mind. When this Divine connection occurs, we express it in the Physical world through our actions. Then everything we say or do becomes Beautiful.

When we love what we do and cause our mind to be stilled, our thoughts become loving. In this way we become consciously Intuitive. When love is in our thoughts, without our awareness of how we caused this loving consciousness, we are unconsciously Intuitive.

By purposefully manipulating Physical forms, shapes, smells, sounds and/or colors we can connect Physical energy with loving and healing energies of the Divine. This purposeful use of Sacred Science gives us freedom to be more effective in consciously communicating our Soul's messages.

A person with a scientific mind always wants to know why and how creation occurs. **Knowledge gives us control.** Therefore, in order to become "a creator with Conscious Awareness in the likeness of God" and have control over what we create, we need to view life as scientists.

In previous chapters we learned about the Divine Proportion Division called the Golden Means (Section or Cross). The Golden Proportional Division is Divine because its function describes the Complete Law of Creation. This is the only three-way

proportional division done in two terms. **The smaller term is to the larger term in the same way as the larger term is to the smaller plus larger.**

In order to activate the Complete Law of Creation in our consciousness we need to use the Whole Mind; all three divisions of Mind—Conscious, Subconscious and Superconscious— need to function as one. The Principle of Golden or Divine Proportional Division describes this function.

The Golden Proportional Division is a Principle which causes progression in forms of Physical manifestation as well as Expansion of consciousness. As was explained previously, the Principle of Golden Proportion is used in the Fibonacci series of numbers. This series is a sequence of progressive numbers, whereby two previous numbers added form the next following number =  $1+2=3$ ,  $2+3=5$ ,  $3+5=8$  and so on. The Fibonacci sequence of numbers is: 1, 2,3,5,8, etc.

The Principle of Golden or Divine Proportional Division always relates to Wholeness. While using this Divine Principle, the Whole is divided so that Progression can occur without any loss. Two numbers added together create the Third number. The Third number includes number One and number Two in the same proportion as number Two is to number Three. By adding Two and Three we create a new, more expanded Wholeness while the Divine Principle stays unchanged. With this method of calculation, all totals of previous numbers are always included; therefore, nothing is ever lost.

As we learned previously, the Mind has three parts: Conscious, Subconscious and Superconscious. These three parts are the Whole Mind. In order to connect the Superconscious part of the Mind with Conscious Awareness, first we need to connect the Conscious with the Subconscious. **One plus Two became Three or Three became Two and Two became One.** This describes the function of Complete Law of Creation.

As soon as I learned about the Golden Proportional Division I started to observe how I use it in my artwork. I also observed how the Divine Proportion is used in the artwork of masters, i.e., how the way it is used affects the meaning of the artwork. Therefore, I

realized I could purposefully use this Divine Proportion through the composition of my artwork to consciously express my Soul's message more precisely and with greater awareness.

Any side of a square or rectangular shape can be divided into two sections using the Principle of Golden Proportion. The smaller section is to the larger section as the larger section is to the side that has been divided.

Once you make this division you make a mark on the side you just divided. Use the same distance to draw a mark on the same-size side of the opposite side of the shape. If your shape is a square, then you make the same marks on all four sides. In a rectangular shape you need to figure out the Golden Proportional Division for each of the two opposite same-size sides separately. Then you can connect each of the two marks in front of each other, creating a Golden Cross in a square or rectangular shape.

The area of the Golden Cross where the two lines cross is the focal point of your shape. The focal point of the Golden Cross is where the attention of the viewer is naturally drawn. Every shape has four of these focal points. You can create the other three focal Points when you reverse the marks on each side of the shape and connect the new marks with new lines.

Symmetry is also an important Proportion in Sacred Geometry. Symmetrical Proportion divides the Whole into two halves, creating two equal shapes. **Symmetry describes the function of the Universal Laws of Duality in shapes or forms. Opposites attract** is the Universal Truth that describes this Law. Symmetry stabilizes the energy. **When both halves of Truth are examined as equals, Wholeness is revealed.**

An equal proportion of two same-size sides of a shape connected, create a center point. A center point of any shape or form also attracts attention. A Golden Cross focal point indicates motion or progression, and the Symmetrical focal point indicates stillness or stability. Golden Proportional Division describes the Aggressive use of creative energy, versus the Receptive creative energy of Symmetry. The way in which these two Creative

focal points are used in two- or three-dimensional objects defines the meaning of the objects or artwork.

An artist with a loving and selfless Intention who is committed to express their Soul message consciously or unconsciously uses Golden Cross and Symmetry focal points in their artwork. As we know, Truth is stored in our Soul. On the Soul level we all understand Intuitive communication; therefore, viewers with stilled minds and/or loving intentions consciously or unconsciously understand this communicated Truth.

Meaning of Truth in the Subconscious part of the Mind adds more dimensions. Therefore, in any artwork when Truth is communicated, there are always many verbal explanations. Only people, usually poets who are skilled in Intuitive and verbal communication, are able to describe illustrated Truth well. Hearing those many poetical interpretations might surprise even the artist who created the artwork. Those who are not verbally skilled in describing Intuition would simply say, “It is Beautiful.”

When we are connected to our Soul we think in pictures. Then it takes just a few seconds to think a thought. However, it takes much time and many words to describe an accurate meaning of that thought. When we are disconnected from our Soul, we think in words. When we try to describe our thoughts, the communication becomes lengthy and confusing. Usually no one wants to listen to it.

## CHAPTER TWENTY

### Spiritual Consciousness

People with True Spiritual Consciousness always think of other people. In every

decision they make is a concern for the Goodness of All.

In order to be personally happy and receive life conditions and situations according to our desires, we need to include the Goodness for All in our consciousness in addition to the concern for our True Self. How, what and where we receive the Goodness is according to our conscious or unconscious expectations.

Many great people are always helping others and their noble efforts are admirable and appreciated. However, these people may be experiencing their own challenges, or their health can be deteriorating. This could be because their concern for themselves is secondary.

Your responsibility is for your life only; therefore, you need to think of your True Self first. Everyone has Free Will; that's why you are not responsible for anyone else's life. **Yet we are all Responsible for helping each other** and because we all have Free Will, in our concern for others we always need to respect everyone's freedom of choice.

Even while caring for children, our responsibility is to prepare them for life by guiding and teaching them the best way we can. In order for a child to become a responsible adult, they need to be able to exercise their Free Will.

Proper guidance and teaching allow your child to experience the cause and effect that accompanies every choice. With your loving care and attention, your child will be able to learn the difference between productive and unproductive choices. If you would try to manipulate your children according to your desires, they will become resentful and rebellious.

There is unceasing abundance in the Universe; therefore, everyone can be abundant and happy. If you are a giving person, you need to expect to receive as well; you also need to know the source of your giving. The source of your giving is your wealth.

Whether this source is Physical, Emotional, Mental or Spiritual wealth, you need to be aware of it. You earned everything you have. Therefore, each time you give on any level

of consciousness you can discover the nature of your wealth. Through the awareness of your wealth and discovery of how you gained it, you can add to your Soul a new discovery of yourself as “a creator with Conscious Awareness.”

*Remember,* your giving needs to be unconditional. You should never expect to receive from anyone who is the recipient of your gifts. However, you should always expect to receive Physically, Emotionally, Mentally or Spiritually from the abundance of the Universe.

If you think “you can wait” or that “you don’t deserve” to receive, your receiving will be postponed. Then you will feel “disappointed.” Your energy will become depleted and you will eventually become sick. With purpose, you can always learn something about your True Self. The purpose or learning will provide you with more life-giving energy.

The more awareness you have of yourself as a creator, the richer you will be Spiritually, Mentally and Emotionally. You will also become Physically wealthier because you will know how to create your Physical wealth as well. Your learning is your greatest gift. It is the purpose behind the act and is always available to us to receive. However, learning or purpose does not come automatically with any experience. It needs to be created through our Reasoning.

*For example,* I have always liked to help others. In the past, I’ve tried to help people Physically and Emotionally. Physically I’ve given them money or any other Physical help I think they would need or ask for. Emotionally, I’ve always listened to them and if they are Emotionally upset, I’ve offered my advice.

However, unconsciously I didn’t think highly of myself. I’d place the needs of others first and tell myself that “I can wait” for the fulfillment of my desires. So... “I was waiting.” As a reward for my giving I wouldn’t receive much. I falsely thought I was being selfless and that’s why I couldn’t understand why my concern for others drained my energy.

I could identify with other people who felt drained from constantly giving to others.

Often I would hear these people saying, “I cannot give anymore to others, I need to take care of myself.”

Only a part of that statement is correct. Everyone needs to take care of their True Self first. However, to stop giving to others would not solve the problem of being unfulfilled. **We Receive through Giving.** If you are a giving person, you should never stop acting upon your concern for others. You need to be proud of this noble virtue and teach it to everyone whenever you can.

You need to realize that lack of purpose and not Physical action drains one’s energy. A habitual Physical action or a purposeless one depletes your Physical body of energy. Purpose, or learning, recycles the used energy back to your Conscious Mind. Then you have more usable energy at your disposal, with more understandings.

The Chakras are our energy-recycling centers. We have seven Chakras, related to the seven major glands in our Physical body. Every Chakra recycles a different quality of energy. Each time we have a learning experience, the specific Chakra that deals with the quality of energy used in that learning process is activated. The Chakra refines and recycles the applied energy. This refined energy is then available for us to use again.

We misuse our Chakras by living a purposeless life. Excess energy from purposeless actions either leaks through the Chakras un-recycled or plugs them up. Purposeless actions create unbalanced energy flow in our bodies, eventually causing us to become sick. On the other hand, Purposeful learning about ourselves as “a creator with Conscious Awareness” restores our wholeness on Physical, Emotional, Mental and Spiritual levels.

After I’d discovered how to learn from any activity in which I engage, I noted that the most satisfying learning I receive is from observing myself while giving. My passion is to help people recognize their unconscious thoughts and also create more productive thinking with Conscious Awareness. Each time I help someone I learn more about the Universal Laws of Creation. Often while giving advice I realize I can use that advice myself. By recognizing how I am able to tap into my wealth of Wisdom I become a more

confident, healthier and happier person.

**The size of your circle that holds concern for others depends on how expansive you can be in your consciousness.** First you need to be able to take care of yourself and next in line is your family. When you are able to provide well for yourself and your family, then you can include concern for your neighbors and co-workers. Gradually you can keep expanding your consciousness by including more people in your circle of concern for the Goodness of All.

**Expansion means “adding to.”** In order to maintain balance while serving your neighborhood, country or world you need to continue to provide for yourself, your family and everyone previously included in your consciousness.

This doesn't mean you need to do everything by yourself Physically. However, it does mean that you hold concern in your mind for the Goodness of everyone who is in your expanded circle of consciousness. You will be able to delegate the energy and attract and include other people to help you with your ideal. Together you will be able to establish the desired Goodness for All.

Many people with Spiritual Consciousness are not fully aware of the magnifying effect resulting from their efforts and they may not consider themselves Spiritual. For example, my boss Kathleen Farrell is a person with a large and warm heart. She cares about and provides paying jobs for many artists.

Kathleen Farrell founded a nonprofit organization, the Friends of Community Public Art in Joliet, Illinois. Her organization beautifies the city of Joliet with many pieces of public art. She truly cares for artists and the art she produces for her neighborhood. Her circle of concern for others keeps expanding. The organization creates public artwork for surrounding cities and new artists are always invited to join the organization. Kathleen is a good artist professionally, and a True Artist of Life as well. This is because she is True to her Self by recognizing and responding to her life calling.

Kathleen also has a scientific mind. She is aware of the creative steps she learned

through her experience as an artist and she loves to teach new artists everything she knows. With her concern for others, Kathleen is a Truly Spiritual person, whether or not she identifies with this title.

## *Summary*

**1. The Artist of Life is a person who is True to their True Self.** They love and are passionate about everything they do. Through love they connect with their Soul. While connected with their Soul, they are able to recognize their Life Calling. While responding to their Life Calling, their True Self and everything they do become attractive and Beautiful.

**2. The True Scientist of Life always wants to know the function of any creative process. A Mental function relates to a Physical one.** Therefore, any understanding of Physical functions can be related to the Universal use of the Mind. **The True Scientist of Life always learns about their True Self from everything they do.** They constantly expand awareness of their True Self “as a creator in the likeness of God.”

**3. A person with Spiritual Consciousness always includes concern for the Goodness of All in their consciousness.** They act upon their concern by making the world a better place for All.

The True Artist of Life connects the Conscious with the Subconscious part of the Mind. A True Scientist of Life constantly expands their understanding about Creation stored in the Subconscious, and a person with Spiritual Consciousness utilizes the Superconscious part of the Mind. A person who is a True Artist and a Scientist of Life with Spiritual Consciousness, connects with the Whole Mind by simultaneously using the Conscious, Subconscious and Superconscious parts of the Mind.

Use of the Whole Mind allows us to be more efficient in our professional life and provides a personal satisfaction on Physical, Emotional, Mental and Spiritual levels of consciousness. A person who uses the Whole Mind has the awareness and capability for

contributing to making the world a better place while also being personally satisfied and fulfilled.