

Introduction

In every age, there are a group of visionaries; men and women who see more in the moment than most. They are the inspirations of a culture. In the past there have been the Einstein's, the Da Vinci's, the Buddha's and the Christ's. Today, similar figures have come forward to share the secret wisdom and wonder of this world.

We have entered a new era, one in which spirituality is no longer a religious endeavor, nor does it have to be the life of a monk. Today, spirituality is living consciously. It is the green movement, living in the Now, eating organic, recognizing the systems in which we live, and the awareness that everything is connected.

Within these pages are the Ramblings of Inspiration that the conscious leaders of our age have offered. This is a modern day resource of living with both eyes open, enjoying the full beauty of our lives and interactions.

Read through the whole book, skip through the pages, or simply flip to a random page – I leave you to choose your method of inspiration. Enjoy.

“It is not actions or character that a person is judged by. It is instead on the intent of their actions, and the sincerity of their character.”

- from My Angel Wings, Darshana Atman

A Zen Master may use a stick to swiftly remind a student to be aware, but this action does not make the Zen Master a violent man. The intent is for the benefit of his students.

A man may come across very rude by expressing boldly his perception of someone or something. This is his truth, and is his sincerity of character when expressed. How others receive his commentaries, is their truth.

“Forgive yourself for not being at peace.”

- from The Power of Now, Eckhart Tolle

So often I hear about people becoming quite frustrated when trying to meditate. “I think too much,” they say, “My mind is uncontrollable.”

Who said the point was to control anything. The point is to surrender to what is present. Each time we make a judgment about the things we judge ourselves for, we only add to the things we wish to clear.

To for-give is to let go...let go of our idea that we have any control over circumstance. We only have power how circumstance affects us. Only in resistance do we create friction and suffering. If we simply surrender and forgive, then circumstance simply passes, and eventually we learn to move through rather than against our own inner battles.

“The truth is always the truth, but what the truth is will always change.”

- from A Droplet's View, Darshana Atman

There is this constant battle between relative truth and absolute truth. Which is real? Which shall you believe? The truth, as it is, in this moment, pure and free from any interpretation is always the truth. In what way it is expressed and received, well, that changes in every instance.

Were I to see a square from its side, might my truth be that it is nothing more than a straight line? And yet change my perspective and suddenly my truth as well must change. With infinite vantages from which to perceive, infinite truths also I then conceive, and yet all the while, the square remained a square...the truth is always the truth.

“Do not expect people to tell you the truth because they also lie to themselves. . . You will find that you don’t need to trust others as much as you need to trust yourself to make the right choices.”

- from The Four Agreements, Don Miguel Ruiz

If we deceive ourselves into believing we are one way or another, how are we to ever discover our true nature outside our ego’s filter? Like a puppet tied with strings, we are guided by our own attachments and fears. We trust only what worked before, or what others have told us.

To find trust within our own expression, we must cut the strings. Let go the attachments, and believe you have the means to animate yourself without external influence.

Exercise # 1

Silent Appreciation – Find a partner

Face each other and remain silent as you allow a smile to come over your face.

Continue sitting or standing in silence.

Keep smiling...

Now, as you gaze upon this person, see something about them or within them that is beautiful to you.

Keep smiling...

And through that smile, convey the message of your gratitude for their beauty. Say no spoken words, simply smile with the intention of your compliment.

Take a deep breath, and thank your partner.

“You don't need to know HOW the universe is going to rearrange itself”

- from The Secret, Rhonda Byrne

I have practiced the Law of Attraction and manifestation for many years, and in that time I've discovered the biggest block to quickly creating my intentions is my own thoughts about how it is to come.

The Universe has every possible experience stored and ready, triggered the moment we set an intention. Thus manifestation out to be instantaneous, but we in our stubborn search for control, are forever stepping backwards on an escalator in order to see the intention we wish to unfold.

"I want to express this way of thinking that is like an eagle whose flight leaves no mark upon the sky, but every time I seek the right expression, the eagle has already flown by."

- from My Angel Wings, Darshana Atman

We spend so much time contemplating how to express a thought, calculating the right way to word it and where to place inflection, that by the time we share the thought it no longer commands the value of what inspired it.

Our intuition is the moment by moment expression of a thought with no attachment. Intuition tends to offer us a truth only once, where as thought tends to repeat the truth of a moment over and over, trying to prove its validity. And yet, with the passing of the moment, the thought's validity also passes, and we are left chasing memories.

“Love one another but make not a bond of love: Let it rather be a moving sea between the shores of your souls. Fill each other's cup but drink not from one cup.”

- from The Prophet, Khalil Gibran

It is important to come to a relationship feeling complete and whole on your own, so that what is shared within the relationship comes from the connection not from the individuals.

In a relationship, a person can receive only the equal of what they bring to the relationship, and if we seek relation because we lack love, then in that relation we shall find only an equal famine of the heart.

“An injured lion wants to see if he can still roar. It’s about dignity and self-esteem, which isn’t quite the same as vanity.”

- *from The Last Lecture, Randy Pausch*

There is such thing as a healthy self-image; one that is not fueled by the ego’s weapons of pride and shame. It is a self-assessment of one’s capabilities, character, and self-expression.

To love others, one must first love themselves. The trick is to realize that who you are at your core, is one and the same as everyone else.

Exercise # 2

Expressing Gratitude –

Purchase a packet of business card stock and carry a few around with you during you day.

If you find yourself in a café, libraries, or any public place, begin to take notice of whom or what make you smile.

Before leaving, right down a little thank you on one of the blank cards you have, and leave it with the person, or place that brought you joy.

“Change is instantaneous when you choose it. It is the results you are looking for that takes time.”

- from When Angels Fall, Darshana Atman

In every instance change is happening. Our inability to see it is simply because we are looking too far ahead. Forget the results and see each step as forward movement.

Expectant results are synonymous with goals. The goal-oriented mind is always set in some future time, and ends up missing all the change and diversity of this present moment.

“We never put the impossible question – we are always putting the question of what is possible. If you put an impossible question, your mind then has to find the answer in terms of the impossible – not what is possible.”

- from The Impossible Question, Krishnamurti

If we are always asking questions in which we already have a possible answer, what is the point of asking the question?

The inquiry into what has yet been possible, is the seedwork of new creation. Ask for what is already possible and you only have variation of the same invented wheel.

“We make all sorts of assumptions because we don’t have the courage to ask questions.”

- from The Four Agreements, Don Miguel Ruiz

It is convenient to fill in the gaps of a story with our own ideas, but it creates a great challenge later when reality is in contrast with what we thought.

Guessing is a hasty action, when clarity is but a question away.

“It is true that only an unconscious person will try to use or manipulate others, but it is equally true that only an unconscious person can be used and manipulated.”

- from The Power of Now, Eckhart Tolle

Innocence is the good not being there for the possibility of evil to hurt it. Evil, is fragmented, and can only touch the fragmented, thus it cannot reach the good, which is whole and complete.

I am reminded of the quote by Einstein that...”a problem cannot be solved from the same consciousness that created it.” And yet, we have a bunch of angry people going to peace rallies to fight world violence.

“Know that memory has the beauty of all colors, but to chase a memory is to be frustrated by a rainbow.”

*- from The Song of an Empty Mind, Darshana
Atman*

The past brings us to where we are but it does not make us who we are. A memory can be enjoyed in the present moment, but should not take us from it.

There is this concept of re-membering, the reconnection of old sensations in association with present sensations. Anything other than this is simply nostalgia, and is the attachment to sensations that no longer exist other than in the mind.

“Whatever it is you are feeling is a perfect reflection of what is in the process of becoming”

- from The Secret, Rhonda Byrne

To truly know the reality of this moment it must be felt, for the mind can only compare what has been or what might be.

The true secret to manifestation is both thinking and feeling that what you intend to create is already present. In this perception it is your gratitude for it already being manifest which actually attracts it.

Exercise # 3

Random Act of Altruism –

Enjoy finding yourself in a position to aid someone who is not expecting it.

If you are passing a flower shop, maybe you buy a dozen roses and hand them to strangers as you continue through your day.

If you are going through the grocery store check stand, and see that the person behind you has just a few items, maybe you offer to add them to your tab.

The little things make a big difference. Change some lives, by simply giving randomly.

“Taste is the doorway. You must appreciate the taste. This is the reason for prayer before eating. It is not just about being thankful, it is to make eating a holy experience, so the energy from the food can enter your body.”

- from The Celestine Prophecy, James Redfield

To say grace has much more to do with preparing oneself to appreciate the food, then blessing the food itself. In the moment of silence before beginning a meal, all the distractions of the day can be let go, and full presence given to the nourishment before you.

We often forget that eating is done as a means of survival, health, and happiness. It is not simply a satisfying of craving.

“Let your presence hold you before the beauty of your relation.”

- from When Angels Fall, Darshana Atman

We get in our own way a lot. Our thoughts, biases, judgments, and fears stand in our way. We are blind to see the beauty of this moment when we have our hand before our eyes.

If you, meaning your mental games, are standing in between your connection with another, then step into yourself, into your presence, so that nothing stands between you and your relation.

“Every time you create a gap in the stream of mind, the light of your consciousness grows stronger.”

- from The Power of Now, Eckhart Tolle

Enlightenment is not an achievement, but is instead a perpetual question. In every inquiry is a moment of presence, in every moment of presence, is a moment of enlightenment.

Imagine a train going through a tunnel in which the way is lit by intermittent lanterns on the tunnel wall. Each lantern is a moment of en-light-enment. If you become attached to any moment (light) than your perception will fade into the darkness of the tunnel, for the train you are on continues forward.

Conclusion

The words of visionaries, tend to be timeless treasures; never lost, but often forgotten for a while and then suddenly remembered with new appreciation.

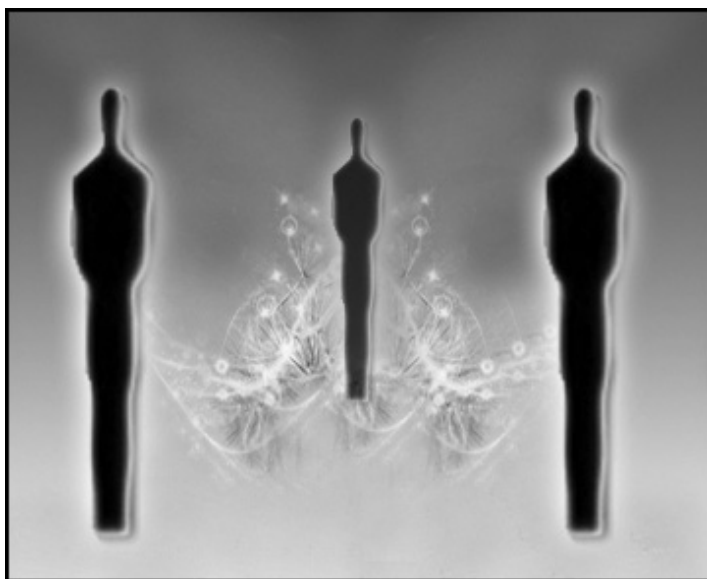
When you begin to see the world as a canvas waiting for expression, you realize that every story already exists and is simply waiting to be told. In Taoism there is a term, P'o, which means the “uncarved block”. The idea is that within every slab of uncarved rock, a beautiful statue waits to be discovered. The statue already exists; we only need to remove the extra unneeded distractions in order to see it.

In this same way, the previous words of wisdom have all simply been plucked from a universal pond of inspiration. These ideas, experiences, and understandings are available to all who choose to clear distractions and simply see what beauty lies right in front of them.

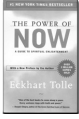
I believe the world is like a vending machine with every possible experience just waiting to be picked. Set your intention, push the button, and let your inspirations unfold.

TITHING MATRIX

I invite you to join me in an experiment of energetic resonance. When two people come together, their energy is increased by their connection and combined intention, and this extra energy is ready to be applied to a new person.



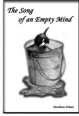
I ask that when you are finished reading this book, that you tithe it to someone who inspires you. And when both of you have finished reading, you choose a third person together, and purchase a new book for them. This renews the energy and keeps it flowing. All books are available for order at <http://astore.amazon.com/centerforconnection-20>



The Power of Now
by Eckhart Tolle



A Droplet's View
by Darshana Atman



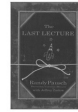
The Song of an Empty Mind
by Darshana Atman



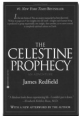
When Angels Fall
by Darshana Atman



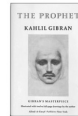
My Angel Wings
by Darshana Atman



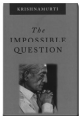
The Last Lecture
by Randy Pausch
with Jeffrey Zaslow



The Celestine Prophecy
by James Redfield



The Prophet
by Khalil Gibran



The Impossible Question
by Krishnamurti



The Secret
by Rhonda Byrne



The Four Agreements
by Don Miguel Ruiz