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Testimony

of the Existence of God:

Karma, Ego, and Levels of Consciousness

by Stephane Hemon

(this is merely a sample “teaser.”)

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SNEAK PREVIEW #1

Excerpt from chapter 19: The Ego as a 'Control Panel'

We can usefully think of the human ego as a compilation of software programs. In spiritual work we simply go to Windows XP's Control Panel and start removing the programs that are installed in the Add/Remove Programs section.

Every so often, Win-XP will ask us to restart the computer. This is to say that every now and again, it is probably wise to not try and push things too quickly, and to take a break from spiritual endeavor. Humbly taking a day off here and there seems to have a positive effect on one's spiritual evolution as it allows for rest, rejuvenation, and adjustment to one's ever-increasing level of consciousness/awareness. The kundalini energy that results from doing simple spiritual work is much more powerful than the naive seeker realizes. As spiritual pride and 'wantingness' is replaced by simple humility, one comes to have a great respect and reverence for the kundalini energy itself.

As one removes the spiritually incorrect programs of guilt, anger, victimhood, pride, shame, beliefs, opinions, desires, addictions, and essentially the program of negativity/nonintegrity itself, this allows one to automatically have 'access' to ever-higher 'amounts' of God's Light/Consciousness/Truth. One could say that spiritual evolution is the natural consequence of unlearning, rather than learning.

The result of spiritual purification is always the same; namely, freedom from suffering, and ever-higher percentages of pure joy.

SNEAK PREVIEW #2

Excerpt from chapter 16: The 'All-Seeing' Third-Eye 'Chakra'

While there is still the perception of cause and effect, there can be no spiritual bliss or states of pure love. To move beyond dualistic perception and 'causality' is the key to activating the third-eye chakra and is a well-known fundamental key for making "miraculous" or "almost overnight" progress.

When a person progressively moves beyond the paradigm of 'causality', they will begin to feel the Presence of God. Therefore, pure Love begins to flow, as Love itself moves to the foreground and becomes one's primary operating principle in life. They become truly "heart-centered", that is, most of their decisions and actions are motivated out of pure love. As they move on up higher into the third-eye, they eventually reach the level of Unconditional Love, and this level is only reached by approximately 0.4% of the population, usually in persons that are deeply involved in spiritual work such as nuns, monks, priests, zen meditators, and members of advanced spiritual groups. Famous persons who have reached this level of consciousness include Martin Luther King Jr., Carl Jung, Paramahansa Yogananda, the current Dalai Lama, and Socrates, to name only a few. Curiously, the 12 steps of Alcoholics Anonymous — when followed assiduously — also provide a direct roadmap for reaching Unconditional Love/Third-Eye/Spiritual Vision/Discernment.

When a person's kundalini energy reaches the 'third-eye' level of Unconditional Love, they will begin to receive the gift of spiritual discernment. Now that they have cleared significant amounts of judgmentalism, condemnation, 'causality', and energies from the lower three chakras out of the way, it is as if they can see the world for the very first time with brand-new eyes. The associated pituitary and pineal glands produce melatonin (sleep, relaxation) and oxytocin (the 'love' chemical). Spiritual vision begins to replace one's usual dualistic, cause-and-effect, 'normal' perception (which is always prone to projection, denial, blame, opinions, and distortions). Once they reach the

state of unconditional love, the whole world transforms. The intrinsic beauty of every life form — even the ugly and the unloved — stands revealed. It is quite astounding, and would likely surpass one's expectations.

It takes profound commitment and the willingness to let go of negativity, judgmentalism, condemnation, guilt, shame, anger, vengefulness, worry, jealousy, etc., as well as the willingness to work on transcending 'cause and effect' perception. The state slowly evolves, and at first there are many peaks and valley's, until finally, it is one's permanent condition. It can take several months to adjust to this state.

The full version of this ebook from Stephane Hemon is
available here:

<http://www.ideagasms.net/spiritualize-your-life/>

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(end of sneak preview.)