

The Reality of the Self

Introduction

Throughout life many of us stop and take stock of what we have achieved so far, often recognising that there are fundamental questions that we are still unable to answer.

'What's the purpose of my life' and 'What happens when I die' are two that crop up over and over again as we move through the stages of life. It's almost as if these questions, coming from deep within us, are challenging us to remember our mortality – insisting that we try and find unshakable answers before death catches up with us.

There are answers to these and many other questions: real, tangible and completely fulfilling answers. They arise when the awareness is expanded to its natural boundless state, beyond the scope of any phenomenon relating to the body or the mind. Eternally free, the Self has never been born and will never die. This is the ultimate truth of existence – the reality of the Self.

The Search For Answers

What is the goal and purpose of human life?

The goal and purpose of human life is to expand the conscious awareness to its natural limitless state: Infinite, Absolute and Undivided. This state of awareness is known as Enlightenment – it is the Ultimate Truth, the ultimate answer. In Enlightenment we realize the full potential of our humanity – as we dissolve within the indivisible unified Cause, also sometimes called the Tao, Liberation, Brahman, and the Absolute etc.

This - the source of all life - is a stream of energy, a primordial vibration, from whose essence all existence springs. To uncover this stream, and to focus our awareness within it, is as natural and fundamental to human life as the breath within us.

Here we find the mystical song of life itself: containing all the knowledge required to manifest the many levels of consciousness, and for maintaining their presence and integrity.

This is the source of all and the fundamental vibration of existence – witnessed in meditation as a beautiful radiance and as an audible vibrancy. Heard without hearing, seen without looking, this energy stream is accompanied by a stillness and tranquillity that are impossible to imagine. This is the Path of Light and Sound that links the formed nature of the universe with its formless Cause.

The reality of this energy has been proven time and again on the Path of Light and Sound. Many people alive today have refined their awareness to such an extent that they can transcend all that they previously knew themselves to be.

They discover the source of their life – an energy so fundamental that it resonates in the very core of their being. Its radiance is so beautiful it is almost fragrant; its tenderness so great that no words can describe it; yet its knowledge and power so great and all encompassing there is no need to look outside of it for answers we seek.

True meditation

To focus our awareness on this underlying energy stream is the nature of true meditation. When we meditate in this unique way, answers to fundamental questions arise naturally. We find that we are able to resolve questions we may have carried with us since childhood, and that meditation becomes a medium for the exploration of human nature as well as the nature of existence itself. We no longer need to look outside ourselves for reassurance of our own nature or purpose, as we begin to recognise that this radiance is not only part of our

nature, but the very essence of our being.

Until we are able to meditate on this inner Path, all that we know we know with the senses, the emotions and the mind.

The inner nature, the Path of Light and Sound, is a greater reality than this: its nature is of a faster and more refined nature than we have known before. We simply do not have the ability to discover this for ourselves. We are unable to find it using the senses, by developing a 'feeling' for it, or through contemplation. How could the senses, the emotions or the mind possibly discover their cause?

The Path of Light and Sound

Only revelation will allow us to witness the Inner Path, as our own nature cannot comprehend it. An Enlightened person can reveal the Path of Light and Sound, as their nature is Absolute – faster and more refined than even the inner energy stream.

If you are serious about your interest in the nature of the Self, it is essential to be able to meet people who are Enlightened, as they have completed the journey of self-discovery. They are the living testimony to the effectiveness of these teachings. Their devotion to meditation, to the Path of Light and Sound and to the Ultimate Cause will help you and inspire you in your own quest for Enlightenment.

The Path of Light and Sound permeates all the levels of consciousness both manifest and unmanifest. It is the bridge of light that leads the seeker to their Ultimate Cause. Although we cannot find the Sound and Light ourselves, once revealed, it is the beginning of a journey that concludes upon Enlightenment.

Unshakeable Answers

There are many people around the world who practice this form of meditation. In some ways they are ordinary people, with jobs, family and businesses, but they all share the extraordinary revelation of the Light and Sound.

Those who are just starting on their journey are beginning to recognise the truth behind these teachings – those that have completed it, who are Enlightened, know for themselves the reality of this Path.

These concepts are probably outside the realm of your experience even if you have heard about Enlightenment before. It would be as foolish to accept the claims made here without question. Equally, are you prepared to dismiss them without considering the possibility that they could be true? Questions and doubts are inevitable – but the answers you will find on this Path are absolutely unshakeable.

This Path is an opportunity to witness the truth of these statements for yourself and to know the Ultimate Reality of the Self.

Our Promise

The revelations on this Path do not rely on the transfer of verbal, written or visual information. They do not come as books or tapes, or as mantras or prayers – as a revelation cannot be spoken – nor are they imagined or visualised.

What is needed, and what we promise, are direct revelations within the individual, bringing about a profound change in awareness. Your own journey of self-discovery truly begins when you are able to witness the vibrancy of your inner nature for yourself.

These revelations are known as Initiations, as they herald the thresholds of self-discovery. They are like a breath of love from the Cause of life, guiding us towards our goal. Through a series of progressive Initiations the consciousness

can be expanded to its natural limitless state. All our questions about life and the nature of existence, along with many more unspoken questions, are resolved: the riddle of life can finally be laid bare.

Perhaps you can imagine the tremendous sense of fulfilment this brings. Rather than feeling buffeted by the comings and goings of the cycles of time, life and death, we recognise the neutrality of the unchanging essence of our inner nature.

An Invitation

Many people from all walks of life meditate on this inner energy. No particular qualifications or personal attributes are required: simply the desire to know the ultimate reality of existence.

You don't need to have understood the fullness of what is explained here for it to have struck a chord within you. People are naturally curious – that and an open mind are enough to begin your own journey of self-discovery.

To find out more please contact:

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