



5. BRIGITTE ARORA

NDM: Did you study kundalini yoga mostly in India or any other path?

Brigitte: I never studied Kundalini Yoga. I had a spontaneous Awakening/Self-Realization when I was 32 years old. I had never heard of Kundalini and knew nothing about it or Self-Realization.

After the Awakening, I searched for answers as to what happened and why. What I know and came to understand, is due to a 30 years search and for being my own laboratory. I studied with many religions and practices but never belonged to any.

Are you specifically interested in Kundalini?

NDM: Not specifically but it does interest me.

Brigitte: It resides in all of us and is active to varying degrees in everyone.

NDM: Yes, when you say that you came to an understanding. What would you say this understanding is?

Brigitte: I realized that we are Immortal Beings. That there is no death. That this terrestrial realm is very real while in it, but that it is only an illusion!

I know why we are here and where we are going. That it is our Soul who we communicate with. Who watches over us and gives us guidance and comfort.

That we are LOVED and accepted, unconditionally.

That there is no god.

That there is only the DIVINE OCEAN OF CONSCIOUSNESS, and we are the waves within it.

That we are Beings in the making.

That we are not our ego, our personality, our body or our Mind

That the most important quality is LOVE.

NDM: What is this soul exactly that communicates and watches over us?

Brigitte: During our stay in a physical body, we are composed of three separate components: a lower self, a Higher Self and the Immortal connection with our Soul.

Our lower self which is our personality is mortal. It is birthed and dies in matter. The next step in our evolutionary journey is to evolve into the consciousness of our Higher Self. The Higher Self is both mortal and immortal, because it has access to the realm of the lower self and to the realm of the Soul. The Higher Self consciousness is the intermediary

between matter and the Transcendent. The eventual goal is to reunite with our Soul. The Soul is who we really are.

Our Soul cannot leave the Transcendent Realm, it can't come down into the mortal world of duality, matter, space and time, for it has no physical body. Indirectly, the Soul experiences life in matter by sharing the experiences of its lower self and Higher Self, who it has sent down into matter. It is through their experiences and their growth of essence, that our Soul continues to evolve.

Our Soul is always connected and in touch with us, because our Beingness is grounded in our Soul's Immortality. But, it is only after we have woken to our Higher Self Consciousness, that we become aware of our Soul's presence.

We are actually in contact with our Soul, not with a "god". Our Soul is the intermediary between us and the Divine Creator. We have no direct contact with the Divine Creator. It is our Soul who we have a personal relationship with. We are an integral part of our Soul with whom we have our most intimate union. We are the same as our Soul, who is our Beloved and at the same time we are the Soul's most dearly loved. Our Soul is closer to us and knows us better, then we know our self.

It's our Soul that hears and responds to our calls and hears all our aspirations. It is our Soul that watches over us and guides us on the path of our spiritual evolutionary journey. It is our Soul that sends us all that we need. Not always what we want, but what we need!

It can be said that the Divine Consciousness is the ocean, the Soul the waves, and we and all other physical life forms, have our physical existence within the various depths of this ocean.

NDM: So when you refer to the soul. Are you speaking of the Jiva and all the things that bind to it like karma and samskaras, or the Atman?

Brigitte: When I am speaking of Soul, as I define it, I speak of the Atman. The Soul is pure and has no Karma. It is not in touch with matter, time or duality. The Soul is a spark of the Divine Consciousness, the Divine Creator. Just as the Jiva is a spark of the Soul. It is the Jiva, that defines the lower self and the Higher Self of which I speak. It is the lower self and the Higher Self that are under the law of Karma. One can only be under the law of Karma when one is in a physical body and subject to the laws of time and duality.

John, I prefer not to use Sanskrit terms and use them rarely in my writings. These terms belong to the past, to a different consciousness. The consciousness of the New Man is of the NOW. The New Man, requires a different language when defining his spirituality. He requires more direct and personal terms. Because, the New Man has a personal and intimate relationship with his Soul. Unlike the old man, he needs no go-between, such as a priest or religious organization to have a connection with his Soul. The New Man of the Higher Self Consciousness is Aware and Awake to his Soul and knows that he is, in Reality, that Soul. He is aware, that while in the physical body, he is just a shadow, a mortal personality, sent down into matter to experience the life of the physical senses. Through this, he and consequently his Soul, attain to more essence. Essence is food for the Soul.

NDM: So how does one attain this higher consciousness. What if I wanted to do this. Do you have a method for showing me, how I could do this?

Brigitte: No, I do not have a method for anyone else. As I said before, each person's inner journey is unique. The most that I can do is to 'point the way' and to give hope and encouragement to those who are trying to grow into a Higher Consciousness. That is why I am writing about my experiences.

What is necessary for attaining to a Higher consciousness, is the hunger to leave the lower self consciousness and all that it contains. It is this unnamed hunger that you feel, that spurs you on to reunite with your Soul. And we can only reunite after we attain to the Higher Consciousness.

One must have a sincere 'do or die' aspiration, to do so. One must be willing to leave behind the ego and to surrender to our Soul's call. The Soul is always calling us, but most of us do not hear this call. We must empty the mind as much as possible. When we come to those moments when our Mind is stilled, then the Soul's call can come through.

It is our Soul that makes it possible for us to attain to a Higher Consciousness. Your Soul wants you to come nearer to it and it will make everything possible, for you to attain to this Higher Consciousness. The Soul alone knows, when your time to do so is ripe. And when that time comes, it will happen. In the meantime, you must keep your aspiration for freedom, alive and active. And you must have faith, that all that happens to you, is in your best interest. And whatever occurs to you, occurs in order to bring you into the Light of your Higher Self Consciousness.

The attainment of a Higher Consciousness, will occur through Self-Realization and Self-Realization is brought about by an awakened and risen Kundalini. This whole process is often brought about spontaneously by the gift of Grace.

It is Self-Realization that will open the seed of the Higher Self, a seed that is already within you. Growing into Higher Consciousness will be a step by step process. There are many stages, many various depths of Higher Consciousness. Once Self-Realized, you will become an aware partner, an intermediary between your lower self and your Soul, for the continued growth of your Higher Self.

NDM: Which religions did you study?

Brigitte: First, I will say that I was fortunate enough never to have been indoctrinated to any religion. Therefore, my mind was open to all.

My mother was Jewish and my grandmother was a Lutheran.

I studied the major Western religions and for some time studied directly with The Jehovah's Witnesses. I often went to Catholic churches to attend services. All my childhood friends were Catholics and I was very much drawn to the Catholic rites and the old cathedrals. My teachers in grade school were nuns.

I had a family member who was a Baptist and often attended church with him.

I was an active member with a Gurdjieff Work group for almost 5 years.

I stayed in several Ashrams for months and studied Sikhism.

I studied and participated in the rites of Hinduism, in all its many forms, for 8 years, while living in Rishikesh, India .

I studied and practiced Sufism.

I followed the practices of the Integral Yoga of Shri Aurobindo and The Mother.

I followed the philosophy of Dr. Paul Brunton and Franklin Merrel-Wolff

I follow the way of Tantra.

Above all, I follow the guidance of my Soul.

NDM; Would you say that self realization, attaining higher consciousness, enlightenment is an experience?

Brigitte: Yes, I would say that at the time of the Self-Realization or enlightenment process, it is an experience. After the initial experience, you can no longer call it an experience, for it is now a part of your DNA.

I would also, during the process of moving into a Higher Consciousness, call that an experience. However, once you have permanently attained to

that Consciousness, it is no longer an experience. Once you are that Consciousness, you are no longer watching it, or are aware of it. For you are That. And when you are That, there is no gap between, That and you. And when there is no gap between the two, there is no separation to watch and experience from.

NDM: When you say that "unlike the old man, he needs no go-between, such as a priest or religious organization to have a connection with his Soul". What about guidance, if a person gets lost in this. Wouldn't someone who has already gone through this be helpful?

Brigitte: Yes, of course, they would be able to give guidance. The New Man must also go through the stages of infancy, adolescence, young adulthood etc., with each stage having its own dangers to overcome. A guide can point out what the pitfalls of these various stages are and how best to avoid them, or if one has already become trapped, how best to find one's way out.

Each one's journey is unique, but there is a road map in place with common critical turning points, that everyone must pass through. Guidance can be given by ascertaining where the traveler is on the roadmap. He can then be assured that he is going in the right direction and what he is likely encounter next.

For those who are in an isolated situation; by that I mean, those who are making their journey entirely alone, in a hostile environment, it is of great importance to the traveler, that he can speak to someone whom he can trust. Who will listen to him without making judgments or to think that he has gone 'off the deep end'. A guide can validate the travelers

experiences. This will give renewed hope and energy to the traveler to persevere.

The guide can be a 'home port' for the traveler. A place of psychological safety, when the traveler finds that his old world has shifted and is no longer stable. He feels adrift and knows not where he is heading. He finds himself suspended, in a no-man-land, with one unsteady foot in the old world and the other floating adrift in unknown territory.

NDM: What is this Divine Creator exactly?

Brigitte: The Divine Creator is CONSCIOUSNESS. The DIVINE CONSCIOUSNESS contains all that IS. IT IS, all that IS. The DIVINE CREATOR, is the FULLNESS, which contains all possibilities. There is nothing beyond CONSCIOUSNESS. Even the beyond, is within CONSCIOUSNESS. The DIVINE CONSCIOUSNESS, is the TRANSCENDENT ONENESS of LIGHT. This is who most would refer to as "God". But the Divine Creator is not a personal "God". The DIVINE CREATOR has no personal form, for he is all forms. We do not have an individual or personal relationship with the DIVINE CONSCIOUSNESS CREATOR. The Soul communicates directly with the DIVINE CREATOR, we, the personality do not. The personality communicates with the Soul. It would be more accurate to say when people pray to their "god", they are actually in touch with the Soul. The DIVINE CREATOR does not sit in judgment of Mankind nor dispenses rewards or retributions. It is through the laws, which the DIVINE CONSCIOUSNESS created, that justice is distributed.

NDM: What are your thoughts on Sri Aurobindos intermediate zone?

Brigitte: What are my thoughts? Not sure what you mean by that. I can only tell you that the intermediate zone, when you find yourself there, is breath taking in its scope and the super-heightened realities that one encounters there. One can go there while wide-awake, or during sleep.

There are many realms there that can seduce one into wanting to return again and again.

And many become addicted and then trapped, such as in the mystic realm. The mystic realm -- I call it the honeymoon stage -- is so enticing and in its own way quite erotic. Many become trapped in this stage, thinking that they have 'arrived'. But one has not arrived at the final destination; this is just one of the stages along the way.

Until one eventually overcomes the addiction, all further evolutionary growth is stopped.

I have written on some of the realities that I have encountered, in my book. I will relate just a few to you.

Most of my travels there, were unexpected and happened during my waking hours. Usually, while I was doing ordinary daily chores. Several times I was 'swept up' while amongst people. I would loose almost, all sense of my body and the surroundings I was in.

I found myself in the realm of mathematical formulas, and saw that everything in duality was composed of mathematical formulas. Once I was 'swept up' while I was doing laundry in a laundry mat. I found myself engulfed by knowledge. Wave after wave of knowledge flooded my awareness. Knowledge so profound, that it was like sensuous ambrosia. I tried to hold on to some of that knowledge but it went 'through me' so fast, I could not latch onto it for further absorption. All this occurred, while I went in and out of awareness of the laundry mat and my body.

Some visits to the intermediate zone occurred while sound asleep in bed. I would suddenly become aware that I was "awake" in a vision. I had many such lucid visions.

NDM: Would you say that divine consciousness is an experience or a permanent state one is always in?

Brigitte: The Divine Consciousness is not an experience, unless you call Life an experience. We are an integral part of the Divine Consciousness, therefore we are the Divine Consciousness.

The Divine Consciousness is our immortal state. A state without birth or death. So whether we are 'alive' or considered to be 'dead' we are always in it.

NDM: What is the final destination?

Brigitte: There is no final!

NDM; When you said earlier that we are "DIVINE OCEAN OF CONSCIOUSNESS, and we are the waves within it." What is this ocean of consciousness made out of?

Brigitte: The DIVINE OCEAN OF CONSCIOUSNESS is a pulsating force of creative power. It is a self-perpetuating energy force. This force pulsates in wave like movements. These waves are fluid and each wave merges to varying degrees into the outer fringes of the other. There are no rigid boundary lines that define the partition between each wave. There are limits to the waves encroachments of each other and these limits are the varying vibrational speeds of each wave. Each wave is a different realm of consciousness.

There are endless differing states of consciousness with the DIVINE CREATOR CONSCIOUSNESS. Each consciousness is a realm that is

composed and supported by its own unique vibrational force and influence. And it is these unique frequencies that create the vibrational barriers that exist between each wave.

The DIVINE OCEAN OF CONSCIOUSNESS contains Life! All Life has consciousness because it is 'inside' of this OCEAN. Life is one of the many cells or points of light, that are the infinite building blocks of CONSCIOUSNESS.

NDM: Is there a way that you can know that you are this divine consciousness for certain?

Brigitte: You either know it or you don't. There is no 'uncertain' or 'for certain' about it.

NDM; Do you think someone should self evaluate their experiences and come to conclusions based on their own intuition and gnosis, or have someone objective like a sat-guru also give their insight into this?

Brigitte: No one else can evaluate your experiences, for experiences are always subjective. You are the only one who can analyze your experience and come to a conclusion about it. Someone who has experienced a certain stage of consciousness, can certainly give their insights to others. Be it a sat-guru or not.

NDM: What are your thoughts on the two theories of enlightenment. The experiential school of Patanjali's yoga, verses the knowledge school of Vedanta?

Brigitte: The two are far apart. I feel that the knowledge of Vedanta is a more direct and personal approach to Realization and the Beyond. The knowledge of Vedanta is more comprehensive, than Patanjali yoga. Vedanta gives more freedom and more possibilities for Self-Realization and for discovering the Transcendent Beyond. Because the methods for doing so, are not confined to only one path. Through the knowledge of Vedanta, you can discover and try different paths and then choose the path that best resonates with your own Beingness

Patanjali yoga belongs to the realm of Mind. With the Mind alone, you will eventually reach a dead end. The Mind cannot take you beyond a certain point. The Mind itself, cannot enter the Transcendent. Yes, it can catapult you into altered states of consciousness, but the Mind itself, cannot liberate you from the Wheel of Life or to complete you as a spiritual Being. So, once you have reached the end of Mind, you will then have to find another path in order to continue to evolve to your full potential as a spiritual Being.

THE LIGHT

On a hot summer's mid-afternoon...

I sat relaxed upon the couch, as on countless other times, thoughts stilled, when some happening in the chemistry of elements was altered and I found myself enveloped in THE LIGHT. A soft, golden pulsating Radiance, without glare, yet brighter than any color my senses had ever known - pulsating movements, formless forms radiating ETERNITY.

I gazed in boundless penetration within the Universe; the Vastness that neither ended nor began. All that WAS, was contained within this

Timeless, unmoving Infinity where all yesterdays, tomorrows, life and death, blended and merged into THE ONE.

Thoughtless Awareness, more vivid and potent than sight, touched my contained-unbounded Being, filling it as if it were an empty vessel crying out in thirst. I, who had become a pinpoint of Awareness, gazed with sightless eyes within the SPLENDOR-OF-PARADISE.

In awed fascination, this mortal speck beheld the GLORY-OF-IMMORTALITY. As the RAPTURE partook of me, I became BLISS, composed of LOVE and HARMONY.

Clearer than the spoken word, THE LIGHT conveyed to my open, yearning senses the UNITY-OF-ALL. No one, no thing was separate, apart or alone. I softened, melted and fused. No space remained. No me, no you, no them, or they - only ONE.

The meaning of life unfolded and I, the speck, beheld the shimmering sparks surrounding ALL-THAT-IS. The seeds of LOVE and COMPASSION burst within as a morning flower; their fullness filling my matterless Being.

Weeping dry tears, I sorrowed in JOY for the BEAUTY-OF-BEING. I dwelled - a suspended, breathless speck - amid ALL; a wanderer who had returned for a short breath to the ETERNAL- HOME.

Out of the vague recesses of my awareness appeared a faint glimmer of duality and fear of departure grew in me. I cried out into the FULLNESS-OF-THE-ONE, "Not yet - let me remain!"

Too late! In an infinite blink, as the echo of my plea faded from awareness, my mortal eyes beheld once more the world of matter, filled with the shadows of dusk.

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