



## Awaken Your Pranic Presence, the Divine Within by Gurudev

Gurudev is a contemporary, spiritual Master who reveals the ancient, mystical teachings of awakening the sacred power of prana. This form of energetic transmission from the Masters turns speculative, vague concepts of God into an experiential reality of Oneness. Prana our life force acts as a powerful, visible, experiential “link” to our invisible, formless Divine Presence, the “I AM,” within.

### **From Human Being to Spirit Being**

Our connection to prana creates a profound, paradigm shift, a quantum leap from ego bound *human being*, trapped in the prison of our time-bound, consciousness to that of the *spirit being* that we are. Spirit prana manifests as a felt-experience and it acts as a powerful link to the unmanifest divine being that we are. This Presence of the Masters acts as a catalytic agent that performs alchemy through the energetic resonance for all who are open, ready and receptive. It releases the trapped, blocked energy and initiates physical, mental, emotional catharsis and tension held deeply and energetically in the body; that is the cause of psychosomatic dis-ease.

Our reactive perceptions and actions arise from our unconscious self-image. It is through this identification that we have separated from our time-transcendent, spirit-Being. Our spiritual journey is from human *becoming* to human *Being*. Our ego mind is always engaged in the process of becoming in the dimension of time and our eternal spirit *being* is timeless and unconditionally present to whatever is present.

All the energy blocks whether physical, mental or emotional are held in our unconscious body of karma body, we call “self-image”. They continuously resurface as our reactions to what is present. So whenever we identify with our reactive perceptions, we become the victim of all our unresolved experiences of the past.

### **Our Button Pushers are Within Ourselves**

In order to re-connect with the “I AM”, the divine within, we have to remain conscious, vigilant, and alert so that we recognize that whatever we are thinking or feeling, whether we are angry,

fearful or jealous, is caused by our reactive perception as preprogrammed and is not real and we withdraw from such thoughts. The person or object that triggers a reaction is a button pusher.

The trigger is not in the object but lives within our reactive perception. The reactive button is built within our karma body and is the cause not the object. Shaktipat can trigger the same reactive button but can also initiate healing and transformative processes from within. When this catharsis happens and you accept this as grace from Shakti you release deeper levels of self-destructive karmic patterns that are actually on their way out.

The moment we withdraw from our reaction to this cathartic experience of Shakti, it turns into a divine opening that perpetually and progressively releases us from our preprogrammed self-image. Every time you withdraw from reaction, you are progressively starving the self-image that otherwise stays alive through your reactive perceptions and actions.

Powerful breath and consciousness techniques and teachings free you from being a victim of time-bound strife and struggle and teach you how to enter the non-mental divine “Zone” where healing miracles and inner transformative shifts spontaneously. It’s the shift where your life force prana held captive in the phantom self-image gets released when you enter this “Zone”. Like the phoenix rising from its ashes, it is *a resurrection and an ascension from conflicting forces of the lower chakras to the heart and higher centers of integration.*

### **Igniting the Light Within**

All Integrative Amrit Methods (I AM) and experiential teachings that have been developed, helps you to enter the “Zone” of the divine. The external master or Guru ignites the Light of the Guru that is already always within you. This empowers you to free yourself from self-destructive, concepts, habit patterns and beliefs. It is a paradigm shift from your conditioned past to the power of Presence.

The struggling doer and achiever operating in the goal-oriented dimension of time-bound consciousness disappear into a timeless “Zone”. Here your connection to the infinite source of subconscious spirit prana reveals intuitive insights and secrets of the wisdom of eons called Akashic records.

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