

*In this mystical book of the heart, Chrissie Blaze discusses the power and beauty, challenge and opportunity of the path of love. Although love has been written about more than any other word in the English language, this book sheds new light upon the deeper meaning of the word, presenting it as a mystic tool – but also a practical one - for change. A spiritual power that can, if we're prepared to wield it, transform our world from its current critical state of dwindling resources and problems, to a place of healing, peace and enlightenment.*

## **Deeper Into Love**

### **7 Keys to a Heart-Based Spirituality**

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# *Deeper Into Love*

*7 Keys to a Heart-Based Spirituality*

Chrissie Blaze

### Praise for *Deeper Into Love*

“In this beautiful and inspiring book, Chrissie Blaze lights our way toward a new world and a new humanity. *Deeper into Love* reveals exactly how love is the most potent of alchemies, healing and transforming in the process.”

Lynne McTaggart, international bestselling author of *The Field* and *The Intention Experiment*.

“Chrissie Blaze is an inspired and extremely knowledgeable author and practitioner of the spiritual sciences who understands what the energy of Love really is. This book is written with the authority of one who lives what she writes and elucidates her subject in a very accessible way.”

Richard Lawrence, international bestselling author and spiritual teacher.

"Love is the key for peace that has not yet been tried. In this important book, Chrissie Blaze shows us how we can all use love to unlock the doors to our own peace and the healing of our world."

Dr. John Holder, Chairman, Mind Body Spirit Festivals, England.

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Also by Chrissie Blaze:

- *Workout for the Soul: Eight Steps to Inner Fitness*, AsLan Publishing, Inc., November, 2001;
- *The Baby's Astrologer: Your Guide to Better Parenting Is In the Stars*, Warner Books, 2003 (out of print);
- *Das Baby-Horoskop, Die besten Erziehungstipps stehen in den Sternen* (Broschiert) Ullstein Tb; Auflage: 1 (Dez. 2004);
- *Bebek Astrolojisi*, Hasan Oztoprah, Istanbul, 2004;
- *Power Prayer: A Program for Unlocking Your Spiritual Strength*, Adams Media, 2003 (co-author, Gary Blaze; Foreword by Marianne Williamson);
- *How to Read Your Horoscope in 5 Easy Steps: How to Stop Reading Books (Except this One) and Start Reading Charts*, O-Books, 2008;
- *Mercury Retrograde: Your Survival Guide to Astrology's Most Precarious Time of Year*, O Books, 2008;
- *Superstar Signs: Sun Signs of Heroes, Celebrities and You*, O Books, Fall 2008; and
- *Baby Star Signs: Your Guide to Good Parenting is In The Stars*, O Books, Fall 2008.
- *Deeper Into Love: Seven Keys to a Heart-Based Spirituality*, Mill City Press, 2010.

## Introduction

*There will come a time when, after harnessing the winds, the tides, and gravitation, we shall harness for God, the power of Love. And on that day, for the second time in the history of the world, we shall have discovered fire.* Pierre Teilhard de Chardin

The journey deeper into love is not only a personal journey for ourselves, but a journey for the good of us all. When we talk about love in this context, we talk about it as an energy, a power, a force that can heal, change and transform. This is the heart of *Deeper into Love*. I wrote this book not just to help you bring more love into your lives, but to help you understand this power more fully to *use* it as a tool for personal and global transformation.

The physicist, Amit Goswami, suggests that the reality of quantum mechanics at the human level is love. This is where the “*boundaries of the self are transcended through the experience of unity, in spite of apparent separateness.*” As such, love is the great harmonizing force in all creation. It is the energy that inspires and motivates us to heal. It is, however, not just the motivator, it is also the vehicle. It is the means by which our highest aspirations and deepest feelings are expressed.

*Deeper into Love* offers seven keys that have been designed to help light the path towards this deeper opening of your heart. I hope that these keys, honed through decades of my own metaphysical study, spiritual counseling and life’s experiences, will help you to illuminate your personal life as well as help heal and transform the world.

The journey of the heart, deeper into love, is now even more vital. This was the soulful path of the mystic, the yogi and the saint; it was the path of the poet and the artist. Now, with the world in hovering on the brink of change, unsure whether it will be destruction or greater spirituality, we can no longer leave it to the yogi, the poet, or the saint.

Now the time is urgent for global change. It is vital that all caring, thoughtful humans become ‘mystic activists’ prepared to use the power of love – that mystic fuel of the heart - to help strengthen and heal themselves as well as others. Now the need to reveal our deeper nature is ever more pressing. When we look at the state of our world, we know that more needs to be done. Our caring hearts yearn to do more, yet our capacity seems full.

However, as French novelist Andre Malraux, expressed: “*The twenty-first century will be spiritual, or it will not be at all.*”

The capacity of a loving heart is as infinite as creation itself; we have just to learn how to unlock its mysterious power. How do we begin to ignite this infinite source of loving power within us? How will it change our lives if we do? Do we want that change? Do we have an alternative?

If our everyday lives have become increasingly competitive, full of stress, anxiety and the ever-increasing pursuit of materialism so that we can just pay the bills, it is vital we reconnect with our hearts. Many people are on an endless treadmill with little relief in sight; a vicious circle that leads to limitation and anxiety. Because of this, they feel an increasing emptiness, sense of futility and restlessness.

Materialistic conditioning encourages us to take from life and to have possessions in abundance. It requires courage and honesty to be aware of this conditioning; to draw from life’s bounty what we need but also to give back. Our inherent spiritual nature has a limitless quality like the Sun,

radiant and powerful beyond measure. When we take the spiritual path deeper into love, we shall, like the life-giving Sun, warm those we meet, as well as those we shall never meet. Everyone is our relative. We live on the same planet and we come from the same family. We are bound together so tightly that everything we do affects everyone else. Lynne McTaggart, in her book, *The Intention Experiment*, uses science to prove this reality. In this groundbreaking exploration of the science of intention, she draws on the findings of leading scientists from around the world to prove what the mystics have known for centuries – that thought is a thing that affects other things.

Our thoughts are so powerful that they affect other people and our environment. When we color our thoughts with the ‘energy’ of love, we have a miraculous power that can heal ourselves, others and the world as a whole. The power of love is a central theme of the great religions and of many teachings concerning human transformation.

Each one of us is an essential part of the whole, and our thoughts and actions have a ripple effect that affects the whole. Once we understand this, we can more fully develop a loving consciousness, bringing harmony, healing and light all around us.

You may already be such a person, and perhaps not even be aware of it. When you see a child who is obviously sick or injured in some way, do you want to reach out and heal that child? When you see a dog lurch out into traffic, does not your heart lurch with it? When an elderly person hesitates to cross the road, as traffic races past, do you want to rush over and help? You may say, of course, that is normal human kindness. Yes, this is the path to which I am referring. These are the first steps on the path deeper into love. It is what we are truly born to do. Our destiny is not just a career, family or home but *a task or path that our soul has set for us in this lifetime*.

Saint John of the Cross summed it up when he said: “*At the end of our lives, we shall be judged by love.*”

In these days of change, idealism and theory are no longer enough. It is the love expressed in action for others that will lead us to the safe haven of our future.

Like many of you I feel sure, my own journey into deeper love has had many twists and turns along the way. I feel blessed to have found a wonderful spiritual path of healing, prayer and service to others. I am also blessed to have wonderful loving family and friends who supported me in the tough times and applauded me in the good times.

From a young age, I yearned for a different destiny than everyday existence could offer me. Through years of heartfelt searching, I was extremely fortunate to meet an enlightened Master of great renown from the West, Dr. George King, and was a close student of his from 1972 until his passing in 1997. Dr. King was the Founder of the metaphysical organization, The Aetherius Society, who devoted his life to the betterment of mankind. He taught that healing is the birthright of every man, woman and child and devised global healing missions that will continue into the future. His love and wisdom are the inspiration behind, and the teachings within, this book.

How can you know for sure that the energy of love is real enough to bring positive change to your life and the lives of others? You will find many examples in these pages. I do not, however, expect you to take my word for it. Once you embrace the path deeper into love more fully, you may well feel a response from your own heart, as if acknowledging and supporting your decision.

I pray that the love that has inspired me throughout my life may bless and inspire you on your own journey – deeper into love.



## Key One Awaken

*Wake at dawn with a winged heart and give thanks for another day of loving. - Kahlil Gibran*

*Awaken! Now is the time.*

### **Our True Nature**

Awaken every morning and remember that today is the day. It is the day when all that has passed before you is gone, and all your future dreams can be created anew. It is the day when you can choose to embrace love with your every thought, word and action. This is the most important day in all your many lifetimes, for it is *now*.

The first of the seven keys in *Deeper into Love* is about awakening to a life that is richer and more filled with love than the life you have now. This awakening comes through realizing that we are not *physical* beings trying to find spirituality; we are *spiritual* beings inhabiting physical bodies. Spirituality is our true home; our destiny is not about materialistic pursuits but to awaken to our innate spirituality. This journey is the spiritual path.

To live fully in the moment, awakened to all life's challenges and opportunities and filled with love, is easier said than done. However, every journey starts with a single step, and it begins the moment we awaken from our slumbers each morning.

Each day is a blank canvas. At this time, there is stillness and quietude in the ethers as the new dawn of each day arises. There is a feeling of possibility, of optimism, of hope and of expectancy. Perhaps this day will be better than the last. Perhaps our time will come; our true destiny will finally be revealed. This could be *the* day of our lifetime. The day stretches out before us, as yet untouched by our desires, our choices, our mistakes and our achievements. There is a feeling of purity about the new day – and a freshness of hours and minutes as yet untouched.

To live more fully, let us regard each day as an opportunity for deeper love. Most of us reading this book are fortunate that our lives are not just about survival. We have the freedom to choose the path in life that we wish to tread – whether this is a purely materialistic path or a more spiritual one.

This latter path is the one eventually we all shall tread. The urgency of this time of change requires that more of us become agents of positive change than ever before. It is essential now more than ever that awakened souls of every background and belief system, put their concern and love into action for the world.

Spirituality is not only the important theme of today, more potent than politics in bringing lasting change in the world, it also provides a fascinating path for us. As we awaken more fully to the divine spark within, we begin to glimpse our true strength and power. This is the same spark that we also share with the Sun, the stars and the galaxies. It is limitless in nature and fuelled by the great preservative force of love. Within every life-stream, human or otherwise, is this same spark, urging for expression; dimly in some and with great strength in others.

*To live is the rarest thing in the world. Most people exist, that is all. - Oscar Wilde*

### **The Spiritual Path**



As we dig deeper and awaken this slumbering giant within us, life reveals more of its treasures in the form of unusual events, so-called coincidences and incredible signs, as well as psychic and spiritual opportunities to learn and grow.

Alice Bailey was an awakened soul and an example of a person on a spiritual path whose life was full of challenge and memorable events. She was born in Manchester, England in 1880 to wealthy parents. She became a prolific author on metaphysical subjects and founder of an international esoteric organization. In her autobiography, *The Unfinished Autobiography* she recounted a fascinating experience she had at the age of only fifteen:

*"I was sitting in the drawing room reading. The door opened and in walked a tall man dressed in European clothes...but with a tall turban on his head.... He told me there was some work that I was planned that I could do in the world but that it would entail my changing my disposition very considerably."*

Alice changed so much after her unusual experience that her family hardly recognized her and worried that she might be sick! However, Alice even at this young age had the strength of character to reign in her wayward personality and she learned the valuable lesson of self-discipline, essential on the spiritual path she was destined to follow.

In 1915, Alice met two English women living in Pacific Grove, California, who introduced her to the doctrine of Theosophy and the remarkable woman, Helena Blavatsky. Through her studies of Madame Blavatsky's *The Secret Doctrine*, she realized the man she met when she was fifteen was the enlightened yoga master known as Master KH (Koot Hoomi). Later, she became a senior disciple in his Ashram.

Two years later, Alice moved to Hollywood to be near the headquarters of the Theosophical Society. Alice Bailey became an initiate active on the inner planes. At the same time as her extraordinary spiritual path, she led an equally active ordinary everyday life. Although she was born into a genteel English family, she was not afraid of new experiences and her first job entailed scrubbing the bottom of garbage pails! With her marriage ended and no financial support forthcoming she had to undertake all manner of menial jobs to support herself and her children, including working in a sardine factory where this high-society lady created quite a sensation.

The spiritual path promises excitement and change. In 1919, the second of Alice Bailey's most important meetings took place when she had an encounter with a Tibetan Master, known as DK (Djwahl Khul) who guided her for the next thirty years, and channeled through her via telepathy no less than nineteen of her twenty-four published books. She was undoubtedly one of the founders of the New Age movement that flourishes today.

Alice Bailey was one example of a person who awakened to her innate spirituality and how this led her to a great destiny. There are many more, including my own remarkable Spiritual Master, Dr. George King. Every one of us has a destiny if we choose to find it; it may not be as powerful as that of Dr. King or Alice Bailey but it is wonderful for each of us. Despite what some people may tell you, the spiritual path, however, is not a bed of roses. At times this journey will bring challenges. We too will have our times of having to work in a sardine factory – figuratively if not literally.

When we live a more 'soul-centered life' we will experience tests of strength, faith and love. When we go deeper into the realms of our hearts, we will inevitably experience deeper feelings and emotions that can be painful. I am sure that many of you reading this have experienced feelings of emptiness or loneliness at times. This can happen even when we are surrounded by

people we love. These feelings may be difficult to understand but if we can acknowledge them and awaken to them, rather than closing down, a deeper understanding and peace can be borne.

### **The Dark Night of the Soul**

These low points in our lives are what the mystics refer to as the ‘dark nights of the soul’. These times are painful but they can be like periods of purification through which we experience with our ordinary senses, the divine world. We see more clearly what is happening at a deeper level; we feel more acutely and share in the pain and elation of others as if these feelings were our own.

The trick is to keep going at such times. Keep putting one foot in front of the other with faith that the dawn will break. This process is rather like the growth of a beautiful, perfumed rose. In order for this to blossom to its full glory, we must diligently water and nurture it. So too must we water our souls during these dark times with our prayers and spiritual practices. When we do, we may find that a greater peace and love than we ever have known previously, blossoms within us. In the words of the Thirteenth Century Persian poet and philosopher, Rumi: *“By my passion of love for Love, I have ground sweet as sugar.”*

### **Instant Enlightenment**

Polls confirm that people living in the United States are going through an unprecedented change in religious practices. Large numbers of American adults are disaffiliating themselves from organized religions because they feel unsatisfied and seek direct experience of divinity. However, although we may glimpse divinity in the beauty of a sunset or a mellow autumn day, the lasting path to expressing our divine nature is not a ‘quick fix’.

Some people, wanting this glimpse of a deeper reality, take the easy way through hallucinogenic drugs or mind-altering substances. They may then experience a flash of illumination as the chemicals force open the fabric of their delicate psychic centers, damaging the sensitive ‘fabric’ of the aura that surrounds our physical bodies. Anything that affects the aura, eventually affects the physical body.

Our awakening can be instantaneous but the spiritual path, like any profoundly important journey, takes time and effort. You will have wonderful, liberating experiences along the way but you will also have the tough times. Despite what some people now proclaim, enlightenment does not happen in a flash. I have read about self-styled teachers who give themselves long holy names and offer instant enlightenment or easy removal of one’s negative karma. My advice is to keep well away from such people.

Instead, study the fascinating lives of giants from our history books like Leonardo da Vinci, Mahatma Gandhi or Mother Theresa, or Spiritual Masters like Swami Sivananda, Parahamansa Yogananda, Swami Vivekananda, Sri Ramakrishna or Dr. George King. You will see from these and many other examples, that inspiration and enlightenment dawns through determination and a will as strong as a juggernaut!

Enlightenment cannot possibly be a quick fix because it is a process of unraveling all the ties that bind us over the lifetimes. Every negative word, jealous thought and petty action ties us more surely to our lower natures in the same way that love liberates us. This is why Fifteenth Century Anchorites would literally brick themselves up to avoid any distractions; so desperate were they to attain enlightenment.

These Anchorites may seem crazy to us today in our modern world but who is actually the crazier. Is it the person who shackles himself to a lifetime of spiritual poverty and limitation, or

the Anchorite who strove for liberation? While I am certainly not suggesting bricks, the Anchorites at least realized that every prayer they said was loosening the ties that bound them.

### **Awaken to Each Moment**

Through the process of awakening, we reveal our deeper nature more clearly. In order for us to more fully express this, we must then awaken to each moment and the opportunities for growth that each moment brings.

Just as we all need someone teach us the alphabet, geometry and mathematics, so too do we need a teacher more enlightened than we are, to guide us in spiritual ways. If you do not have an enlightened teacher as I was fortunate to have, you can find many wonderful teachings available through books. I warn you to be discerning since many so-called teachers will lead you “*up the garden path*” instead of “*deeper into enlightenment*”!

One helpful book I have found is Eckhart Tolle’s, *The Power of Now*, which shows how living more fully in the moment is the surest path to joy and awakening. Although this is not a new message, as it is also found in Zen Buddhism, Raja Yoga and other disciplines, Tolle presents this philosophy in a clear, supportive style. His book is now a modern classic, proving that people are seeking spiritual awakening. One of my own favorite books that teaches awakening to the moment, is *Raja Yoga* by Yogi Ramacharaka.

### **My Awakening**

When I was a teenager, I searched for answers to deep questions such as, “*Why am I here?*” and “*What is the purpose of life?*” This heartfelt quest led me through some dark nights of the soul as well as to some illuminating spiritual high points. Finally, I was blessed to find a genuine Yoga Master who was able to guide me on a powerful spiritual path. In the early 1970s, I became a close student of Dr. George King, and his dynamic, enlightened presence helped me in my personal awakening which continues today.

Before I met Dr. King, I felt as if the most important part of my life was missing. I love my family very deeply but I knew there was more. This desire to find more kept pushing me onwards, until one day I seemed to be standing on the shores of an empty future with no idea of where I was headed.

Then one night, as I was gazing at the night sky, clear, cloudless, black as ink and punctuated by layer upon layer of stars, solar systems and galaxies, I suddenly knew that therein lay my answer. It was as if my consciousness stretched out, on and on into infinity and I had a glimpse, just a glimpse -- but a vivid one -- of the enormity of life, its lessons and its challenges. I realized then that my life was just a brief blip and that I would return again and again, learning and growing until I could understand and experience the true meaning of it all. In that instant, everything changed. I made an offer – a silent surrender – to the higher power that I had glimpsed.

I then found that, instead of being the worker bee toiling through endless chores, I lived as the artist poised before the brushstrokes of inspired thoughts and loving actions. Now, I seemed to be mysteriously guided throughout the day by my higher self towards the deeper, mysterious and magical recesses of my own heart.

In an instant of realization, probably borne lifetimes prior to this one, I knew this was the mysterious spiritual path that I had read about but never really understood until now. This was the glorious path of inspiration and service, along which nothing happens by chance and everything is an opportunity for greater awakening, deeper into love.

## **The Divine Hook-Up**

This may all sound mystical and poetic but how do we actually awaken to each moment and each day? One simple way is to begin each day with a morning prayer. After the alarm goes off, I often lie in bed for a few minutes and offer a silent prayer thanking God for the day in front of me and for the opportunities and challenges that each day brings. I ask for the strength and determination to paint the day ahead as a ‘masterpiece of love’, or words to that effect. If we offer a prayer to live the day ahead in a positive, loving way, we immediately set our intention in the direction of love. We align ourselves with our divine nature as the very first action of each day. Try this before you reach for your daily cup of coffee or read the newspaper. This is what my husband, Gary, calls ‘The Divine hook-up’.

To prepare for a game of tennis or football, we should stretch our muscles and loosen our physical bodies. To prepare to live life at a higher, more loving elevation, we need to activate and loosen our spiritual selves through prayer and spiritual practices. Prayer puts us in the correct frame of mind and prepares us for a powerful path of personal growth and opportunity.

On the path deeper into love, strive to be awake to the suffering of others as well as to your own progress. Set your intention accordingly by offering prayers focused not just on yourself and your family, but also on the world as a whole.

I have been blessed in my own journey of awakening to discover the deepest, most profound, mystical practice that I believe one could ever find – the beautiful, sacred text, *The Twelve Blessings*. These blessings and prayers were delivered through the outstanding yogic mediumship abilities of my Master, Dr. King. These Blessings contain not just words attributed to Jesus, but the actual words and voice of The Master Jesus Himself. To have at my disposal in one small volume and on audio, the actual words of the greatest living Mystic, The Master Jesus, and then to be able to use them, is for me the most blessed and powerful way to awaken to the day.

By taking this first step prayerfully, you are simultaneously surrendering your day to a higher power and, at the same time, gaining more control of your life. How can you surrender and gain control at the same time? We may fear that if we surrender our lives to another, we will *lose* control, not gain it. However, when we surrender to the divinity within us, we are empowering our higher self, rather than the lower, everyday part of us that loves to think it is in charge.

What better way to begin our day with this awakening to our divinity? This is the rich, inner world, an aspect of God Itself, reflected in the outward wonder of the teeming cosmos. Now we are harmonizing the microcosm with the macrocosm, the inner and outer, as reflections of the Divine.

## **Nurturing the Flame of Love**

After awakening each day, we should strive to remain awake throughout the day by living each moment as fully and completely as possible. We can do this by remaining expectant and open to the opportunities that will present themselves. Previously we may have stumbled blindly through our days, missing opportunities for growth. Now we have opened our hearts and minds to the promise of this higher path of love. Let us be enthusiastic, another step in our awakening, for despite our daily challenges, enthusiasm is like a signal to the world that we are ready. We are ready to break free from the chains that bind us to our lesser selves. Let us tread lightly through this day, remembering we have the gift of freewill. We have the power to choose the lesser path, or the higher path, through our thoughts, words and actions.

Dr. King taught that time is a measurement of change. Time is not a linear thing that just measures twenty-four hours in each day; it is a living dimension with cycle of choices, growth, and evolution. Each day is more than the number of hours it contains. It is a blank canvas upon which we can choose to paint the masterpiece of our own becoming, or muddy it with the coarse tones of our ungrateful and unbelieving spirits.

To live fully in the moment requires self-awareness. It requires mindfulness of our thoughts, emotions and actions, realizing that these have power to injure or heal. As we awaken, even our mundane routines shall become as sacred rituals. When we raise our hands and hearts and offer a prayer of thankfulness for the day ahead, we help set our lives in harmony with the great Laws of Creation in which we live and move; think and feel; love and evolve.

Most of us spend a lot of time each week thinking about food for ourselves and our families. We plan, shop, cook and clean up and can feel justly proud that we have nourished ourselves and our loved ones. Just as cooking a meal is not something we do once and feel satisfied; so it is with nourishment of the soul. On our journey deeper into love, we must constantly nourish our spiritual selves as well as others. Just as healthy meals help to produce healthy bodies, so do healthy and positive words, thoughts and actions, produce healthy souls.

The spiritual path is ancient and in all the major religions. This path of the mystic has flowered alongside orthodoxy down through the centuries. A mystic is one who's heart and soul is awakening towards a fuller and deeper potential of the beauty and sanctity of all life – from the air we breathe, to the Mother Earth who sustains us, and to the great galaxies of which we are a tiny, infinitesimal part.

All the mystics of the past, just as today, had to constantly nurture and nourish their spiritual selves. The awakening is not just once but constantly. It is living in a state of expectancy, nurtured by reflection upon a life that is greater, more beautiful and liberating than we are.

In Jewish, as well as Greek, Roman and Egyptian mysticism, people sought to awaken to a personal identification with God. Many tried to accomplish this awakening by practice of a spiritual journey that was referred to as 'ascent'. The mystics described ascent not as a journey up into heaven but inward into the sacred spaces of the heart.

Mystics saw these journeys as 'practice runs' for the final journey of Oneness, otherwise known as 'samadhi' or 'cosmic consciousness.' This is the sacred journey that kindles and activates the living flame of kundalini. This is the power resident at the base of our spine, awaiting our actions to move it upwards on its journey of awakening, peace and higher consciousness. The path deeper into love leads eventually to this place of bliss as revealed by all the enlightened Masters.

When we awaken to our deeper natures, we take the first steps on a journey that lasts forever. We find that most of the inspiration, visions and realizations that come to us, are steps along the way. In the words of the Nineteenth Century mystic, poet and philosopher, Kahlil Gibran born in Lebanon, a land that produced many prophets: "*Your daily life is your temple and your religion.*"

As yet, mysticism is not highly prized in Society. I predict, however, that the more each of us awakens, the more it will become so. The development of left-brain analysis has been highly prized since the Fourteenth-Century Renaissance until today. This is a vital mental tool for the awakened mystic, as well as the tools of high intuition and inspiration.

Our intuitive powers should be nurtured and developed on our spiritual path for intuition is the voice of our heart; it is a higher mental faculty that gives direct experience. Hildegard of Bingen was an inspired, intuitive woman; her visions gave her instant understanding of the meaning of religious texts that would normally take study, hard work and discipline to understand. When she

was 42 years of age, she had a profoundly mystical experience that: *“kindled my whole heart and breast like a flame, not burning but warming... and suddenly I understood of the meaning of expositions of the books...”*

### **Your Authentic Self**

Another aspect of awakening is to be open-minded enough to investigate subjects that your conscious mind may tell you cannot possibly be true. By flexing the muscles of your intuitive mind, you can understand directly in the way expressed by Hildegard of Bingen.

The mystical dimension is exciting because limitations do not exist there. This inner realm is a place where everything is possible. The more we awaken, therefore, the more interesting our lives become. We shall also need the courage to be prepared to go against the grain of society that seeks to condition us, and dull our minds and hearts. Self-knowledge is, therefore, vital. The awakening to who we truly are is another important step. This requires honesty, constant reflection, and a study such as astrology can also be helpful. Once we know who we are, we can then avoid being pulled off course by other people.

An example was a woman who told her psychiatrist that she thought she was a mystic because she had had visions and feelings of inspiration. The psychiatrist's reply was that she was suffering from delusion and prescribed medication. This woman knew that her visions were real and decided there and then to try an alternative approach. She actually became one of my astrology clients and was pleased that I was able to help her understand herself and her destiny. She is now fine and avidly working on her awakening her spiritual potential.

I am not suggesting for a moment that anyone who has visions is an awakening mystic nor am I trying to diminish the efficacy of the medical profession. Dedicated, skilled doctors and psychiatrists offer essential assistance and healing to thousands of people. We should not, however, write off all mystical experiences as negative psychological states or chemical imbalances. This is why self-knowledge is essential. Our prayers and meditation bring us greater clarity about ourselves and the world around us.

While it is important to be grounded and realistic, what may be regarded as ‘normal’ consciousness can be a state of stupor. The mystics endeavor to awake from drowsiness and apathy to regain the true state of wakefulness.

### **Awaken through Prayer**

When we realize that God is actually within us as well as outside of ourselves, we flex our spiritual muscles. We feel inspired and awakened, even when we are engaged in mundane activities. A mind focused on divinity is not ‘zombified’; nor does it lose its capacity for reason. Rather, its awareness is expanded and our capacity for love is also expanded.

How do we reach this awakened state sought by the mystics? There is nothing new; the most powerful ways are through meditation, right thought and action, the study of truth, service to others and prayer. Prayer is a universal language adopted by all religions. It is a natural expression and language of our souls. Gary and I are so inspired by the prayer technique taught to us by Dr. King, that we wrote the book, *Power Prayer*, which explains the dynamics of prayer and how this can be used as an outward-moving expression of love.

Repeating a prayer does several positive things for the person praying, the ‘pray-er’. It helps our distracted ‘ping pong’ conscious mind to focus, and it frees our soul in increments. Just as it has taken us hundreds of years and millions of acts to forge the fetters that bind us, soul to body, so it takes repeated prayer and constant effort to unloose these fetters. With each good act or prayer,

we awaken more deeply towards love and its expression.

Repetitive prayer has immense power. The Greek orthodox monks knew this, and they reported extraordinary mystical experiences that stemmed from their repetition of a single prayer. They believed that prayer facilitates divine union by attracting the mind to the heart – the seat of divinity. This is no longer just the realm of the mystics. Quantum physicists today have made discoveries that resonate with the experiences of mystics through the ages.

### **Spirituality and Science**

In the past, spirituality and science were hand in hand as two sides of one coin. Now, once again, they are beginning to join together. Enlightened scientists are now awakening to the unseen realms; to the power of intention and the realization that thought energy affects us and our environment.

Very soon, I believe, the two disciplines will join once and for all. They need each other. This was joining of spirituality and science was one of the central themes of Dr. King's work. He brought together these two sacred disciplines through his inventions of 'spiritual technology' that bring healing, harmony and love on a global scale.

A friend of mine, bestselling author and investigative journalist, Lynne McTaggart, is one person who is working hard to help bring this union about at this time. I recommend her books, *The Field: The Quest for the Secret Power of the Universe* and *The Intention Experiment: Using Your Thoughts to Change Your Life and Your World*. In these books, you can read about the work of quantum physicists who have discovered that matter, as we know it, is not separate as it appears to be but is interconnected on some hidden level that they refer to as 'the field'. This was referred to by Dr. King and others before him, as 'the ether'.

Quantum physicists have also proved that some subatomic particles have a nonlocal quality. They are interconnected with others and seem to be able to communicate instantly even when separated by large distances. Pairs of photons – packets of light energy – can influence each other instantaneously, even when shooting off in divergent directions. In nonlocal interaction, distance has no meaning. It indicates that subatomic particles are not really particles but the visible manifestations of an invisible whole.

Scientists now are awakening to this deeper, unseen realm. Like the quantum physicists today, mystics have described and experienced the state of union as being everywhere at once. According to Thomas 77 from *The Gospel of Thomas*, Jesus says: "*I am the light which is above all things, I am all things; all things came forth from me and all things reached me. Split wood, I am there; lift the stone up, you will find me there.*"

### **Mystic Experiences**

When we awaken spiritually, we often have experiences that are psychic or spiritual in nature. When people first experience a feeling of heat in their hands or around the heart chakra it can cause anxiety. At times we can physically feel the energy of love that passes through us in intensive prayer because, although it is finer in nature than electricity, for example, it *is* energy.

Heraclitus, a sixth-century B.C. Greek philosopher, believed that fire was the primordial substance and substructure of the universe. Mystics have equated awakening to their divine natures as being filled with heavenly fire. The Dominican friar and mystic, Henry Suso, described a vision of the Sun's radiance flooding forth from his own chest. In the Sixteenth Century, Saint John of the Cross wrote of his pursuit of the 'living flame of love'.

Many mystical experiences include flame or fire, as the lower self is transmuted by the higher. One Jewish mystic said: *“My body turned to burning fire, my eyelashes to lightening flashes.”* Another more modern experience was that of a psychic experience: *“I found myself wrapped in a flame-colored cloud. I knew that the fire was in myself.”* Blaise Pascal, the French mathematician, physicist and mystic, spent the last years of his life in a convent in the Seventeenth Century. He was convinced that mysticism held a key to the secrets of universe. After he died, a scrap of paper was found sewn into clothing that contained a testimony of his spiritual awakening:

*“From about half past ten in the evening to about half an hour after midnight.*

*Fire.*

*Certainty, joy, emotion, sight, joy*

*Oblivious to the world and to everything except God*

*That is life eternal.”*

### **The Violet Flame**

The Violet Flame is a flame that comes from the heart or living life force of The Mother Earth, known as the ‘Logos of Earth’. This Violet Flame contains powerful properties that offer us protection and propel our soul into higher frequencies of energy. It helps transmute negative states, and it is the fastest and most powerful way that I know with which to cleanse and strengthen ourselves psychically each day, as well as bring protection. The practice of the Violet Flame is one of the most sacred practices one can use. It has been practiced for thousands of years by the ancients, and was introduced to humanity by The Spiritual Hierarchy of Earth, whose self-appointed task is the preservation and growth of spirituality on Earth. I was taught this spiritual practice by Dr. George King.

I include The Violet Flame practice in this Key on awakening because it is a quick and effective way to do help us do just that. One of the best ways to awaken at the beginning of each day is to take a shower. The Violet Flame practice is rather like taking a psychic shower in that it cleanses impurities and dross from the aura in just a few seconds. The Violet Flame practice can be used frequently but, as it is a sacred practice, it also should be used with respect.

Stand up straight, with your hands by your sides, or sit with your feet flat on the floor with your hands palms facing downward, resting lightly on your knees and with your spine straight.

Close your eyes and relax your neck and shoulders.

Practice deep, even breathing and center yourself in the moment.

Now, using your powers of visualization, think of the beautiful Mother Earth, living silently beneath your feet. Feel appreciation and thankfulness for this great goddess and for all she gives to us freely on a daily basis (food, water, plants, natural resources, beauty, experience, inspiration and protection).

With love in your heart, request and visualize the Violet Flame coming up from the Earth. Let this flame fill up your body and move through and around you. See and feel it caressing your aura, and filling and purifying every aspect of your body and your subtle bodies. Allow it to flow through you without resistance.

In your mind’s eye, allow this visualization to flow as high as you can see it go, about thirty or forty feet above your head, and hold it for a few moments. See and feel yourself bathed and



cleansed in the great Violet Flame.

Offer a prayer of thankfulness to the Mother Earth for this Spiritual gift.

Also, within us burns a flame referred to as the Divine Spark. To reveal this flame, our first step is to awaken to its mystical, magical nature. Each prayer, affirmation, mantra, healing and act of service, expands the flame of love in our hearts, propelling us deeper into love.

*In this mystical book of the heart, Chrissie Blaze discusses the power and beauty, challenge and opportunity of the path of love. Although love has been written about more than any other word in the English language, this book sheds new light upon the deeper meaning of the word, presenting it as a mystic tool – but also a practical one - for change. A spiritual power that can, if we're prepared to wield it, transform our world from its current critical state of dwindling resources and problems, to a place of healing, peace and enlightenment.*

## **Deeper Into Love**

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