
The Law of Reincarnation

*An exploration of
the most basic questions of human existence*

Jim St. James

With quotes by Gourasana

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Miracle of Love
4277 W. 43rd Avenue
Denver, CO 80212

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Printed in the United States of America

FOREWORD

Gourasana, a current-day Incarnation of God, spoke (from 1987 to 1995) with the express purpose of bringing all that is needed to break the cycle of reincarnation. His spoken words were transcribed and slightly edited for ease of reading. Some of His quotes in this booklet are from *Breaking the Cycle of Birth and Death* (4th Edition), 2007, a compilation of excerpts. These quotes are identified by their stanza number. Other quotes are derived from the *Gourasana Lecture Series*, (on MP3 CD) and various unpublished transcripts of talks by Gourasana.

Kalindi is Gourasana's first disciple and successor. She is a spiritual master for the world and has been given the special destiny as the Voice of God. Quotes from Kalindi come from *The Break-Free Message*, *Miracle of Love*, 2008 and *The Bottom Line Series* (on MP3 CD).

Jim St. James is one of Gourasana's and Kalindi's first disciples. Jim has published many books and spoken many lectures on spiritual topics. He is the principal teacher of the Modern-Day Meditation®, a unique meditation practice brought by Gourasana.

For more information, see the end of the book and go to www.miracle.org or www.gourasana.org.

The Editors

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INTRODUCTION

Each of us has an eternal part that is not our actual physical body. It is part of our eternal Spirit; it is what we commonly refer to as the *soul*.

The process by which our soul goes through a succession of a great many lifetimes in the material world is called “reincarnation.” Reincarnation is a fact; it is a law of nature. The soul inhabits a body at birth and lives out its life; the body dies, and then the soul takes birth into another body. This process goes on until the soul is ready for this very long journey to be complete. When it is ready for this completion, it begins seeking for a way to break this cycle of birth and death. This is how Gourasana, a current-day Incarnation of God, describes the law of reincarnation:

All of you have been here for thousands and thousands of lifetimes. (Try not to just hear the words I say, but the impact and the depth. Listen with your heart. Listen with the greatest depth that you can find, so that you can get in touch with the part of

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you that knows all of these things.) Lifetime after lifetime after lifetime; in all species . . . but just as there was a beginning to your coming here, so also there must be an end. There comes a time when everyone will leave. Everyone leaves this place eventually.

From an unreleased talk by GOURASANA

But why is our soul inhabiting a body anyway? There is not one simple answer, and the purpose of this booklet is to illuminate certain aspects of this law of nature called “reincarnation.” Reincarnation is real, even though there are many misconceptions about it, and some of these misconceptions are addressed in this booklet.

Home

Since reincarnation is a *journey*, it begs the question: where then is the origin of the journey? Is there a place to which we return that is the end of our journey? Is there such a thing as a true *home*, or source of origin around which everything that ever was, is, or will be revolves – a true reference point for existence?

There is a term commonly used in New Age circles called “home,” and it’s a metaphor often used by spiritual seekers to describe having found a place of truth and/or love within. People say “home” because when a person advances in their evolution to a point where they find the truth and love of God in a very significant way, there is a familiar feeling to that experience. People will sometimes say they feel like they’ve come home when they realize something about themselves, the universe, or God to be so deeply true that there is a familiarity to the experience. Therefore, use of the metaphor “home” conveys some sense of understanding that the material physical world is not where we ultimately belong, and it does not reflect our true nature.

To be clear, in the context of this booklet, I use a capital “H” for “Home” to describe the place that is *not* some physical place in the cosmos, nor some place even in the human heart, or head. It’s not quite that “home is where the heart is,” either, because so much of what we associate with the “heart” has to do with human emotions, but this reference is somewhat close. Rather, Home is where every soul belongs, and it is found within you. Home is spirit; it actually is never separate from God. What is *familiar* to the soul is truth and love. That is what the soul responds to the most, and that is what we crave the most. Home is the Source of love and truth, which is God. Home is found within.

Our true Home, the spiritual realm, is something else entirely different from the material world we know with our five senses, and it cannot really be understood fully with our intellect. After all, the mind, or intellect, is material as well. The soul is accommodated in our material body through the existence of a temporary ego structure (a temporary character for each lifetime). You can consider the ego to be, in all ways, the antithesis of God and truth – because the ego’s purpose is to keep the soul bound and away from God. That is why the ego is also referred to as being “false.” Even so, we need this temporary

personality to interact and live in the material world. This character lives out many experiences – and we *want* to have these experiences; we do this ultimately in order to get closer to God. But these are subjects for later in the booklet.

A person comes to a very real experience of “being Home” when they have let go of a sufficient amount of false ego. This happens when a person has made the decision to live a life of truth and real love of God, and not the illusory identifications of the false ego. You could say that having “found Home” is a kind of spiritual benchmark, so to speak, for a person, and from there they can continue making spiritual advancement. Eventually everyone will want Home in this ultimate sense, which means the complete absence of all false ego; this is also called ultimate freedom*, because the soul has broken all attachment to the material illusion. Ultimate freedom can only happen before the natural death of the body, so the soul no longer has to return to another body. Then the soul is truly Home, all the way.

Not all of our soul comes into a body; only a very, very small portion of it does. Our entire true self/soul cannot be present in a body,

* *Other names for ultimate freedom: self-realization, a state of full awareness.*

because the body cannot house it. This is a highly complicated aspect of reincarnation that is touched on later in this booklet. For simplicity's sake, I will simply say "soul" or "soul part" rather than "the part of the soul that comes into the body."

So reincarnation is a very long journey taken by the soul. Earth becomes its temporary home for a long while – as in millions of lifetimes – until it is ready to go back to its true Home, fully, and all the way with God. You can say with fairly good accuracy that reincarnation actually is our soul's journey Home.

Why Even Take the Journey of Reincarnation?

Okay, now we have some idea about what is and what is not Home, but then why even take this journey? Why does our soul come into a physical body in order to have certain experiences? If all the people of the world each have an eternal soul, then how is it that so many people do not know, or believe, the existence of the soul? If we are all really souls, how can the world be so lacking in the acceptance of God? Why does it take so many lifetimes to live out all of the life experiences we came for? And did we want them, and if so, why? And why, for goodness' sake, do so many people have so much trouble about God? Why is there so much war, debate, and judging of others in the name of God? Why is there so much denying, or opposing, the very existence of God?

The thing to understand, or try to understand in some way, is that the main experience our souls wanted is to feel what it would be like to exist apart from God. We wanted to experience “separation,” even *though actual separation from God is not possible* (which is discussed

in the next chapter). This experience of living a life in a physical body, then dying and returning again for the next birth, was a choice made by each soul and God together. (It's barely a discussable subject, and one that cannot reflect true precision or accuracy of how things really work.) Our souls decided *with* God, NOT against God, that it would be good for us to live in physical bodies for some time, because *that very experience* actually *increases* the amount of God's love that there is – everywhere. And even though the mind may not be able to understand, your soul is actually a *part* of God that wants to *experience* itself more, and so it came into the cycle of birth and death to somehow or other do just that.

These experiences we wanted to have in the material creation cannot happen all in one lifetime, so the soul keeps returning to have different lifetimes, in different bodies, until it no longer desires to be in the physical world of experience. The soul returns for millions of lifetimes.

Even though mere words cannot convey true spiritual meaning, it is the purpose of this booklet to give you some helpful insight and understanding about reincarnation. To that end, we have to at

least discuss the subject of “why,” even though we must fall short of an ultimate answer. There are so many things that cannot be put into words, or understood with the mind, but this will be a good conversation.

So then why does God need more love, anyway? We cannot really know the precise reasons, because it’s out of the bounds of what our minds can comprehend, but we can use an analogy that can at least be a good point of departure to approach the subject.

Imagine if you somehow lost your memory and woke up one day in a totally foreign place. You had amnesia. You forgot that you had a very loving family with children that made you the happiest person on earth. If you were to slowly begin to regain your memory, you’d find more and more desire to go back to your family. You would have very deep feelings of longing to be with those you love. The desire and depth of feelings you’d probably have would be tremendous, and it would probably eventually begin to be an *ache* inside you. You would end up doing anything to get back to your family. Your life would, in fact, become the pursuit of joining your family again. This is similar to what happens as our soul begins to remember, or become aware of,

who it is and where it came from. The more aware we become that this world is not our ultimate home, the more we desire to break free from whatever has us bound to this world. This begins a part of our journey where we have to consciously let go of a great many ego attachments, and as we advance who we really are, our true self begins to emerge, while the false ego, or the material part that is covering the soul, fades further away into its necessary death.

This journey of *forgetting* and then *remembering*, and all the *desire* it takes to fully remember, and ultimately *making it known* to God personally that you are finished with reincarnation – there is something about this whole thing that increases the amount of love that there IS. This journey is similar to the analogy of amnesia above. There is a sense that as you remember who you are and that where you belong is back with your family, the desire it takes to get there – and your actions as well – all increase love. It is a journey of seeking love. It's doubtful this can be appreciated with the mind, but it can resonate within at a deeper place in you.

So there is something central to the experience of forgetting and then remembering the truth about ourselves that is driving this

experience of reincarnation. To *forget* was the only way we could experience being separate from God. And even though we did agree in union with God about all this, the experience of separation results in a great many unpleasant things nonetheless.

Gourasana was asked the question, why did God create this existence where we have to suffer? He answered,

That is actually incomprehensible. I know that is not a very satisfying answer to the mind. One thing you should know is that it was all voluntary. No one is put here because they were bad and it is a place of suffering, which is the only explanation that some people can come up with. The Hindus believe like that, that there is a reason that you originally separated from God and that reason was because there was something wrong with you, so you had to come here.

This is not true. I know this is not a direct answer. But, still, this is the answer. This is part of it. It is an important thing to know in understanding this place: that no one was made to come here. Everyone actually wanted to come and do this. Now, this is incomprehensible.

This is what I mean by incomprehensible: [Earlier,] I described the state of the animal kingdom, but the reality is, when you take birth in this place, you go through all of the species. You evolve through all of the species, until you come to human form and then finally off. It is incomprehensible from the human mind point of view.

Who would want to do such a thing? Who would voluntarily come into a situation where you were certain to die a violent death – which is in the animal kingdom, where most of your births, you are the main food supply for another set of animals? Who can imagine such a thing? It is incomprehensible that you would voluntarily do this.

This is a truth that has never been spoken so clearly like this before. But if you will hear and try to understand, and as you come to a full state of awareness, you will know that it is true. It is a very hard reality to understand: that actually you wanted to come into this place, that you wanted to. It is not just that God did this and put you in here and you are stuck. It was in full cooperation, with complete awareness, that everyone came into this place.

From an unreleased talk by GOURASANA

God's Ultimate Device – The Illusion

To recap, what we have discussed so far is:

1. We have a soul part that is eternal and not separate from God. It is already with God, Home – as it is not possible to be separate in actuality from God.
2. We have a physical body that is not eternal, which lives in a physical, material world that is also not eternal, not Home.
3. Our souls wanted to experience being separate from God, and the only way to do this was to create a situation in which we *could* forget our true origin. (Yet again, in actuality, it is not possible to separate from God.)

So how does this whole scenario fit together? How can we have spirit and matter overlap like this? How do we have a temporary *physical* life that is inhabited by an eternal *spirit* part? How can this be possible? So there is this mystery to be reckoned with.

Our souls never have been, and never will be, separate from God – which is another law of nature. So in order for our souls to be able to experience themselves as being separate from God, God had to do the

impossible to overcome this paradox. God had to create a force in which we could have the *impression* that we were not with God: on our own, so to speak. He had to create an illusion of separateness.

In order to create this impression of being separate from our true Home/God, a temporary false identity structure was created in the physical realm. We had to believe that this false identity we adopted was true, when in fact it was an illusion. And the only thing this false ego has to do with God is that it is part of the illusion that God created. So when the soul enters into the very long process of reincarnation, it forgets all it knows about itself, which has been and always will be *itself* in God. This new false identity structure is called the “ego.” The main feature of this false ego structure is that of *will*. In order to have a *separate* ego structure, you need a *separate* will to go along with it.

So we take on a new “reality” (that is in fact *not* real) of being, a new reality of existing, and this makes it so that we forget who we really are with God. This new identity is only an illusion, yet that illusory self has an illusory will, which we know as “separate will.” We had to *forget*, otherwise how would we experience being *separate*? We wanted

to experience what a will separate from God's was like, and in order to do that, God had to create this very clever way for it to happen. This is how God did the impossible. God created a false reality for the soul to experience being separate, and the overall *device* is commonly known in some spiritual and religious teachings as the “illusion,” or “maya,” and other terms.

God created this world, and He created this entity which we call the illusion, which actually has a form. And that illusion is allowed to do certain things as long as it is within God's power. The Hindus, for instance, would call it “karma” when sometimes you receive good things that make you happy, and sometimes bad things happen to you. What is spiritual life about, after all? Why are there all these different types of religions and churches and yogic paths and so many ways to get to God, to become one with God, to find God? Why are there so many? And why are some people so fanatically, in some cases, interested in them? It is because they have come to a state of awareness where they are sick and fed up with this material nature. They have, at least, gotten to the point

where they see what is going on enough to understand that there is a force that is keeping them here, and that there is a force that will help them get out.

From an unreleased talk by GOURASANA

Going back to the analogy of having amnesia, as you begin to remember who you are, that knowledge would make you notice how you are away from the things that made you happy, and that would feel bad. You would begin to notice more and more that you are *suffering* because of this situation of being separate from your family. Your awareness of this would gradually become more and more evident. This is similar to what happens when the soul begins to remember. And as it remembers, the soul part in us becomes more aware about the false ego identity that has been created. It begins to see, more and more, all the ways that the false ego keeps the experience of separation/suffering in place. The soul then begins in *earnest* to want to become free from being bound to this false ego structure. It starts to cry out to God for help, and it begins to *long* more and more to be Home. This creates an ever-increasing desire to feel God's personal embrace – and to never again be apart from it.

So to understand what is going on here, you have to know or understand one basic thing, and that is, you have been in this place, in this material world, for millions of lifetimes. Now, in the Western society, [the belief in] reincarnation is in the minority; not many believe in reincarnation. The Christian belief is against this teaching of reincarnation. But the thing is, reincarnation is a law of nature that is not affected by belief. Whether you believe it or not, reincarnation is a fact, and you do take birth after birth in this place.

But just as you came into this place, so there is a way to get out of this place. It was never meant to be permanent. As long as you have been here, it was never meant to be permanent.

Now, because there is nothing but God – and in an ultimate sense, therefore, of course, there cannot be separation from God – this illusion has been created to cover you over so that you've forgotten your original identity. You don't even know who you really are. This being that is present here is a being of illusion. In the overall view of things, this being that is here right now, be it male or female sitting in this room, has little more reality than a

character in a play. It has a beginning and it will have an end, and then the soul will change bodies and there'll be another character (again, male or female), and another part in the play will be there. But because of the illusion, you strongly identify with this character.

So try to understand what we mean by “illusion.” Yes, it has, of course, some reality; you are in a body right now, that is true. It is real in one sense, but it is not who you are. It is a temporary mode of transportation, being in this body; just as when you enter a car, it is a temporary mode of transportation. So your stay in this body is very brief; you will go through certain dramas in this play but, just as this body had a beginning, so it certainly will have an end. And because of the incredible attachment that's going on to this identity and this body, the fear of the end of the body is a great thing. Even people who don't feel afraid are only not feeling afraid because their feeling is in denial. They're not allowing the feeling to come up, to be experienced.

So this force of illusion is what separates you from God. That's what it was meant to do and that's what it is doing. And it's a very intelligent force, a very powerful force. It never sleeps. It

works twenty-four hours a day, and it's very, very difficult to break free from this force: very, very difficult.

So, at the very least, what spiritual life can do for you is to prepare you for that transition when you leave this body, because everything that you do spiritually helps at the time of death, makes the transition that much easier. There is never a loss in spiritual life; no matter what path you take, no matter what you do, there is never a loss for the effort that you give to your spiritual life, whether it be prayer, meditation, worship, whatever.

And it is a place of suffering. But it's not a place of punishment, which is what the Hindus believe a great deal: is that somehow you fell from grace and you came here, and basically you're going to be punished until you do the right things to behave yourself, and then you can come back. That's how they deal with it. And of course, that's a very easy thing to believe, that this is a place of punishment, because what goes on here is so much suffering. But actually it was meant to be like it is.

Seeker: Who or what forces intended this place to be a place of darkness?

***Gourasana:* God, and everyone that came. This is fully voluntary. Everyone came here knowing full well what it would mean, knowing full well the ramifications of coming here. Everyone knew that and still came, wanted to come; very hard to understand with the mind. But actually it was intentional; intentional on the part of God, and intentional upon every single living entity that came here. Every single living entity wanted to come here. So it was with a full consciousness that this place was, in fact, created.**

From “Achieving the Ultimate Goal,” Gourasana Lecture Series

God's Embrace

So, if we're in this experience of separation in the illusion, and really God is *not* separate from us, is God in contact with us anyway? How can God be in contact with us while we are in a place that is designed to be *separate* from God? God is real, and whether anyone knows it or not, or whether anyone believes it or not, and whether we feel it or not, God is always embracing us, constantly and without end.

Yet how is it, though, that God is embracing us if there is so much inhumanity going on in the world? How can the embrace of our Father/Mother Almighty be with us when we are surrounded by a world in peril, where happiness does not last, and where God is rarely welcome in full truth? How can God be embracing the mother and child huddled and without food? Or, for that matter, how can God be embracing the tycoon who rolls naked in his money? How can we feel an embrace through the thick skin that is the ego? Because God is God, and we cannot fully conceive with our minds to see, or to understand how it all works. We cannot really know or

feel connected to this embrace with our intellect, or even our five senses. This knowing comes from a different sense, so to speak, that we have within.

Deeper, and different from our five senses, our soul has what I would call a *spiritual sense*, which is a sense of knowing or a sense of faith about things. And even though faith and an unexplained sense of knowing are generally not recognized as valid sources on which to base decisions or actions, they are real and have real value, which is why I include it in this discussion. Some of you may be able to feel faith as a real and useful sense as I describe it to be, and thus it can be more real and grounded in your life.

This sense of faith and knowing is there, whether or not it is acknowledged or believed to be real. For instance, when people are at their deepest despair, or tragic surprise, they often automatically begin praying, out of deep faith, to a higher power for help.

Faith is very important. We know from our sense of faith that there is something more to our living this lifetime than what meets the eye. Deep within the soul there is a knowing that some part of us is eternal.

The soul is not bound by the material world of life and death and thus knows that there is nothing permanent about the sufferings of this place (and by extension nothing permanent about the pleasures either). A very deep part, the deepest part in us, knows there is a grander, and probably incomprehensible, purpose to life – that there is no meaningless cruelty going on.

It is inevitable that our physical body is going to die. Yet even though our bodies are in steady and inevitable danger, we do not panic at the fact that we are going to die. We know that our physical life will end, yet we do not live moment by moment in despair of that fact. Some part of us has to make peace with the tragedies of life, are in fact forced to make some kind of peace in order to not go mad.

Another *reason* – and I'd say the most notable reason – that so many people are content, and even feel impervious to death, is because of something called the “grand illusion.” The grand illusion is that you will never grow old, get diseased, and die. Part of the illusory makeup of the false ego is to *keep* the soul in this illusory existence as long as possible, and in part it does this through denial. It is denial that keeps the people of the world from running around screaming because they

cannot stand being separate from God. So you can see that even denial, which seems like a bad thing whenever we encounter it individually, does nonetheless have a purpose in the bigger scheme.

So there is a kind of interplay in all of our lives between, on the one hand, our faith – which deep down reminds us that there is some grand purpose to life that we cannot fully know with our mind – and on the other hand, the denial created by the false ego to keep the soul in this world of illusion. Our faith increases along the journey of reincarnation, while our ego fades away.

Human action stems from either the soul or the ego, yet the differences are not that difficult to see once you get hip to what's going on. The soul moves ever toward God's embrace through thought, word, and deed, and the ego simply perpetuates its falseness, *also* through thought, word and deed. In many ways this ends up being a steady battle between the light and the dark of existence.

God's assistance is needed in order for any soul to completely break from the reincarnation journey. It is not possible to overcome the darkness at that level of endeavor without God, because the material world is the actual *domain* of the illusion, and only God knows how

to extract the soul from this situation. God created the illusion for us to have this journey of reincarnation, and only God has both the intelligence and the power necessary to pull the soul fully out of the illusion. Think of it this way: when a baby wets its diaper, it can cry for help, but it must rely on a greater power with intelligence to take care of it. This is an analogy to illustrate how we need our Father, God to help us; and we have to rely on Him. It is like this with reincarnation, in that no matter how hard we might try to break free of illusion, without humility and surrender to God, we will not and cannot do it.

When someone wants to break the cycle of birth and death, they start to feel an increasing sense of urgency, even though many times they're not sure why at first.

A lot of things are not in the conscious mind. So many people are not even aware. But when they start to pay attention, they will see that this feeling of urgency is in them also. There is a great feeling of urgency going on, because there is an urgency. There is a great deal that is happening now.

Here, there are two different wills. There is your will and there is God's will. And sometimes you might want to do what God wants and sometimes you may not. That is still your decision to make, because there are two different wills.

From an unreleased talk by GOURASANA

Excerpts from Gourasana

This chapter is a selection of excerpts from Gourasana about reincarnation. Then we'll discuss the "off ramp" from reincarnation.

The reality is, is everyone chose to be here, everyone. And that's a very hard thing to understand, too: easier to think that you fell from grace, easier to think that this is a place of punishment as the Hindus believe. This place is meant to be like it is, but you consciously chose to come here. You actually wanted to come here. This place is actually desired. This material creation is desired. And it's not that God wanted it and He, like, forced you into it. It was something that you also wanted to do.

One thing that's going on is that everything that's happening here is increasing the love, because in the spiritual realm there is nothing but love, and all the energy that's going on here, ultimately, is love; all of it. So that's one thing: love. Love is being increased by this place going on. And then also to experience the drama of this place. There was a desire to go through the experience.

The spiritual realm is your true Home, the eternal place that you really belong in, that you really reside in, actually. This is the material realm. And, of course, to get out of here, you have to see it for what it is: that it's bad. But it was meant to be, and it does have a purpose, and so there is a purpose to stay here. It simply wasn't meant to be permanent.

So there comes a time when everybody will leave this place. No one is doomed to this place forever. It's really a question of when you want to leave. When you're ready to leave this place, when you're ready to evolve off of this place, then help is provided for you to do that. So it just wasn't meant to be permanent. It was never meant to be permanent.

A hard thing to understand is, well, how could you possibly leave a place of unending ecstasy and come into this place? And the answer is, well, in one sense, you did, and in another sense, you didn't. Because who you really are never came into this place at all. What is here, is a fragment of who you really are. It's just a fragment. And the reason that all teachers talk about giving up this false ego or this false identity is because who you think you are, this

being of illusion that exists here, [contains] just a fragment of who you really are. And this little being [of illusion] has to go in order for you to merge back into who you really are.

Now this sounds very frightening, because it sounds like a loss of identity, but that's not how it is. The experience, of course, is incredible. It's the ultimate. It's going Home. How it is, rather than you become lost, is you become this incredible being. And this is, of course, why many people feel that ultimately, they are God, everyone is God; because they get in touch with that and it feels like they are God, because it is so great, it is so cognizant, and that cognizance just seems to go on forever. So anyway, this is a very hard principle to understand, but this is what is going on.

... It's easy to shut down. It's very hard to get open. It's very easy to shut down. That's what everybody is in this place: they are shut down, they are repressed, they are living in denial. That is the natural state of this place. To be truly open: that's very rare.

From "The Search for God," Gourasana Lecture Series

The fact that you are taking birth after birth will stay a fact no matter what you do. If you try to become whole and you try to heal and just go on as a human being, then you will go on as a human being, not only in this lifetime, but in lifetime after lifetime after lifetime. It's not until you do something to get free from this place that you will finally escape the suffering of this place. Until you do something specifically to break free from this place, you will not get free from this place.

From "Breaking Free," Gourasana Lecture Series

The most difficult thing to do, the hardest thing to understand, is how to break free from this place. One reason, certainly, that it is so hard, is that first you must understand that you are, in fact, in a trap. That you are indeed bound. That you are in a type of prison. Somehow or other, you must come to that understanding in order to break free from this place.

Otherwise, of course, there won't be the motivation. You won't go in the direction that you need to. You won't do what's necessary without this understanding. This is a prerequisite to

spiritual life, to serious spiritual life, and always has been. Reincarnation is a fact. Many beliefs are just beliefs: they change according to religion, whatever.

But there are certain laws of nature, there are certain facts, that never change no matter what your belief is. And reincarnation is one of these facts. Just as certainly as putting your hand in the fire causes burning, just as certainly, reincarnation is a law of nature of this place and cannot be escaped.

No one is above the laws of this place. No one is above the law of reincarnation. You do in fact take birth after birth, and have done so for millions of years. Of course, in the Eastern countries they have more of a grasp of this principle. Whereas in the West, where Christianity is dominant, the belief in reincarnation has always been equated with something evil.

From "Facing Reality," Gourasana Lecture Series

But what does matter is that you are trapped in illusion, and you do not know how to get out. And if you think you do, well, that is illusion also; and that is ego, and you are trapped, and you

will stay trapped. Reincarnation is a fact; and you will take birth after birth after birth, until you do something to get out. You do not get out by accident. You have to do something very specific to get out of this place. It takes a very specific effort to leave this place of illusion and not take birth again.

From "The Help Is Here," Gourasana Lecture Series

Everyone can move very quickly, but it is My special desire that those of you who are truly ready to give up the illusion will take My assistance and do so. This progression has always been going on. You take birth, you live a life, you leave your body, then automatically you go to a more subtle plane and again you come back. There are many who will evolve off of this plane of existence, never again to take birth in the human form. What I am saying is that it is possible not to come back; you will not go back into a state of illusion. *From "Breaking The Cycle of Birth and Death," #113*

Until you are free from all illusion and you know the truth, love, and light, you will continue to take birth on this plane of

illusion. Because the illusion is so strong, there are endless traps waiting for you. Without personal guidance, it is very unlikely that you will be freed from this dense maze of illusion. Very unlikely. Even those who have the desire to go within and begin searching for the truth become trapped in so many areas of illusion and are still bound to the cycle of birth and death.

From "Breaking The Cycle of Birth and Death," #356

Every type of suffering is waiting for those who choose to stay on this plane of existence. Still they decide to stay. This is because of the incredible power of the illusion.

From "Breaking The Cycle of Birth and Death," #384

How to become enlightened – to come to a full state of awareness, self-realization, to find God, to find the truth, whatever name you use – how do you come to that ultimate state where you no longer take birth again because reincarnation is a law of nature?

... You take birth after birth until you do something to break free from this place. And that's what all the teachers of the truth are about: Krishna, Buddha, Jesus, Mohammed, and all their

representatives. That really is the ultimate issue of all religions and all paths – to break free.

From “The Search for God,” Gourasana Lecture Series

Listen to Me. Try to listen with your heart, because if you do not hear what I am saying, if, somehow or other, you don't let it penetrate through the veil of illusion that is covering you, if you don't hear what I am saying, if you don't take this help, you will stay here trapped in this plane of illusion lifetime after lifetime after lifetime. This is a certainty which you cannot escape from. This is a certainty which you cannot get around.

You may choose to live in denial and not believe that this is true, but it is true. Reincarnation is a fact. You have been here for so many lifetimes, and you will be here for so many more unless you take assistance and do what is necessary to break free from this plane of illusion.

From “There Is a World,” Gourasana Lecture Series

The “Off Ramp” from Reincarnation

So far this is what we have talked about:

1. A part of our spirit left God in order to have an experience of separate will.
2. In order to have this experience, the soul had to be covered over by an illusion and forget its true origin . . .
3. . . then eventually remember the truth about itself.
4. There is something about this whole process of remembering, more and more each lifetime, that increases the love, until eventually we want this to stop.
5. At some point while we're *in* the reincarnation cycle, we cross a threshold of sorts when we begin to really want to feel God's embrace and eventually desire to break the cycle of birth and death.

The process of remembering, then experiencing God and our true self/soul in God, calls for a lot of *spiritual desire*, which opens the heart to more love, and somehow or other this occurrence is increasing the amount of love of God there is overall.

There is always assistance for those ready to end the process of reincarnation, and the process must be complete BEFORE the natural time of death. In other words, the last part of the reincarnation process occurs *within* the last lifetime, not outside it afterwards. This is the process of finding ultimate union or spiritual freedom. And there is a lot of spiritual work one must do in order to actually get all the way free. Mainly, the spiritual work consists of three things. One, the desire to get free. Two, letting go of all attachments – most of which center on the ego – and three, opening up to God’s direct assistance. When you begin this process in earnest, you will begin to let go, and it is simply that – you just *begin* to let go.

You know how sometimes just before you leave on a vacation, let’s say, the activity in your life picks up? There are a variety of things you do that you don’t normally do in order to finish up so you can leave with a clear mind. In a way, that resembles the mood of what a person’s last lifetime is like, because they are finishing up ALL business in the *ultimate* sense.

For one who wants to break the cycle of birth and death, Kalindi has summarized the essence of what needs to happen in the following excerpts.

A state of full awareness means that you are Home and have the ecstasy of Home going on within you. And you desire to stay as long as possible on this earth to help humankind. You do not sit around wishing for the day that you leave. You are already Home while you are alive, and then you stay with great desire to help for as long as possible.

KALINDI, “Don’t You Want to Be Free?” *Miracle of Love*, 2007

You can’t wait for something to happen so you can have spiritual movement. You have to create the spiritual movement by looking at your illusions through a magnifying glass. You have to scrutinize yourself to find out what is binding you. You have to do that work; and I know of no softer way to say it.

... Every single person, in some way, is bound by the illusion. The illusion is the force that is constantly after you. Those on a spiritual path to God must be picking away at that force constantly, and with the sheer power of will, making it get away from them. You have to see the illusion, then you have to pray, then you have got to act, and make changes. No one can understand how much

they are going to have to get through in order to have full union with God.

KALINDI, “On Breaking Free,” *The Break-Free Message, Miracle of Love*, 2008

A Conscious Departure at Death

As I mentioned earlier, one reason why we don't despair about our deaths is that a part deep within knows this is not the final stop of our existence. We have all kinds of beliefs, myths, and stories for what happens after death. Not a one of us actually knows, yet we live our lives deep down sensing that there is *some* type of next stop after we die.

So, after all is said and done, some people want to break the cycle of reincarnation in this lifetime, and of course, most do not. What can be said about what *everyone* has in common is that death is one of the two most significant moments in life. And regardless of whether or not you are one who is ready to break the cycle in this lifetime, you can however do yourself a service by paying attention to the state of your consciousness at the time of your death. You can be open-minded, which is ideal, because then there is less going on inside of you that could possibly cause interference to WHATEVER happens at the moment of transition at death.

Many people have concepts about what will happen after death that they were taught from their religions. Some believe that someone

will be standing there to greet them, like an angel or a family member. People are taught this in some religions.

Also, there is the matter of people having near-death experiences. And these near-death experiences are very close to what they were taught in their religions. A Christian, for instance, may see a family member during a near-death experience because that is in line with the basic doctrine they learned about what will happen after death. A Buddhist, for instance, could very easily not see anything at all, and probably would not see anything, because they were taught something entirely different in their system of spiritual belief. Also, many who are on a spiritual path believe that because they're on a spiritual path they are guaranteed some type of heavenly, flowery type of death, but that is a misconception as well.

If someone dies and is holding on to an idea of what will be happening next, it can cause a type of interference that can slow down whatever process is trying to happen. If, for instance, someone was taught that a family member would be waiting to greet them, and there was no family member, it could easily cause confusion, bewilderment, and probably fear, and there's no telling how that could waylay the movement into what's next.

There's no *one* way that anybody leaves their body. That is why death is the most important time for a human being to be wide open.

From an unreleased talk by

GOURASANA

You want to focus in your life on serious spiritual practice that will bring you into union with the Lord, so that you can achieve the highest state possible at the time of your departure from this material existence.

So maybe this short amount of words can relieve you a little bit from even understanding anything about breaking the cycle of birth and death, going Home. Just give up your concepts and go for union with God. Go for breaking free, even though you don't know what that means. Go for "no separate will." If you want to live with God, then you have to live in the will of God, which is your true will. Your separate will is nothing but a dream; it gets you nowhere. So at the time of your death there can be zero concepts, and I mean zero. You have to exit and just like be in a wonderment, just let yourself be taken and

be surprised.

So the ideal situation for you is, as I said, open-mindedness and no concepts. And at least ten minutes prior to your departure – and it’s a little touchy because you don’t exactly know which ten minutes that is – but when you feel death coming (if you have the chance; for some of you it will just come and you won’t even know), but you want to spend the last ten minutes – if you have a family, friends, children, they can say their last good-byes to you, and you can wrap up what there is to be said with them. And then for the last ten minutes, or the last period where you feel that you are getting ready to leave, there must be no more speaking, because this is the time that you will be alone in your journey, and you must focus on you and God and not be distracted by the pull of family members. You have to be hanging on to God and focused on leaving, because you are leaving, and you are leaving everything behind.

Now, if it’s your desire, you can have some people be around you, but they just cannot speak, nor can you speak. It’s a critical

* *Kalindi means succeeding in breaking the cycle of birth and death and going Home.*

time, if you're making it or not making it'. Because if you're not making it, you want to get to the highest place possible, which means you need to focus fully on the Lord, in deep prayer, fully in surrender, no concepts, open-mindedness, and ready to go. Now the people that you choose to have around you, if they want to say, "I love you, I love you" and just say, "I love you," there's not much harm to that, although if you feel a pull from them, you may want to have them not even speak that. They may also want to sit in the room and pray, which is okay, but if you feel a pull in that area, then you should request silence also. Everyone around you should be very sensitive to these last ten minutes of your life so that you can depart. So I know I've said a lot in this talk. . . . The most important thing is your open-mindedness, and no concepts about anything on your path or anything at the time of your death.

KALINDI, "No Concepts at the Time of Death," *from The Bottom Line Series*

In Conclusion

What you have in common with everyone is that you are equally in the same boat, so to speak, because we are all on a journey of reincarnation. You have the same ultimate purpose as the next guy, anywhere on earth. If you can resonate with this, even if in a small way, then you can remember to always extend everyone the same courtesy of human respect and some understanding, because everyone is dealing with the same thing. We are all forgetful of many things, and we are always in some way trying to remember. Everyone is in some stage of waking up and remembrance of Self, of God and of truth, and everyone has to deal with the force of illusion that keeps all the obstacles to these three things in place.

Because of the illusion, everyone is ignorant of so many things. So, if and when you see someone who you think is very bad, at least you can try to remember that the reason they are behaving badly stems from this predicament they are in of not knowing who they really are. They, too, have forgotten that this is really not their true Home. But they will someday learn about their true self in God, and

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this journey will begin to come more into focus for them, as it will continue to do for you.

There are, practically speaking, constant Incarnations of God that come to this Earth. In addition to Incarnations of God, there are many great masters and spiritual teachers that can help you get free. I am one of those Incarnations. I have come because I can hear the prayer of the people on this Earth, the deep praying and begging, that I please come and take them out of this place back to the Home that they truly know and love. And I have come at a very high price – which I consider to be a very small price to pay for the number that are going to get free. I have come, and thousands and thousands of people will get free in this generation.

Consider what you have heard. How many new teachings have you heard in these talks tonight? Where have you heard information like this, that so simply, but yet accurately, explains why things are like they are? It is just incomprehensible to the human mind. But the very existence of this world produces a constant state of love. This world is producing an endless stream of love.

Gourasana founded Miracle of Love®, a nondenominational spiritual organization, to let it be known that there is a way out of the cycle of birth and death and to provide the teachings and guidance to do so.

Gourasana's successors, Kalindi and The Lady, guide a path to ultimate freedom. They are fully realized spiritual masters for the world who offer help to all people who want to get free and free of the material illusion and come closer to the love of God. They work closely with a large group of disciples who are breaking free from the illusion in order to go Home to the full love of God, and are finding full awareness, true self-realization. They welcome everyone to come and find more love of God, as Kalindi says, "God's love is for everyone. It is your birthright."

For more information, visit www.gourasana.org or www.miracle.org.

