

# I am the Creator Artist of my Reality Painting

Written by Ashok Kumara on May 26, 2009

This article documents my current state of evolution - wisdom and understanding based on my personal experiences. I am not saying anything new. I am expressing differently, perhaps with more clarity.

There is only one truth - I AM THE CREATOR ARTIST OF MY REALITY PAINTING. Extending this truth, the universe as we experience together is a gigantic multi-dimensional painting created by countless artists of various forms.

I have done a variety of sunset paintings in my life. They are all beautiful, yet similar. Now I choose to wipe out the entire canvas with white color and start a brand new series of paintings, the 'floating golden castles'. I have studied the works of other artists who have painted castles and I am quite inspired to create one of my own. I got ideas from studying others' paintings, but my painting will be original, based on what I want to create. It is quite simple, since my brain is now trained to clearly visualize the new painting and skillfully use colors and brushes to manifest the picture on the canvas.

How did I train my brain in the art of manifestation? Through the musical training. My brain is trained to visualize multi-dimensional sound form radiant with celestial feeling and adorned with melodic beauty. When the experience of this dream descends into my physical body, my body produces music that one can hear and feel. The second part requires the body to be trained (another brain function) and be clear of tensions and old baggage. The more clear the body, the most accurate the translation of visualization (dream) into musical sound (reality).

I am applying the same principle to my life. I visualize my reality with crystal clarity. When the experience of this visualization descends into my physical body creating an intense feeling of joy, the dream manifests into the physical plane, quite magically. I have been experimenting with this process for the last six years. Based on the results, I am well anchored in the truth that I am the creator of my reality. The power of creation comes from the feeling of joy.

It gives me great joy to share my ideas and inspire other artists to create beautiful original paintings. Everything I know and experience is constantly integrated into the Sadhana School curriculum. For this reason, the curriculum is dynamic and keeps becoming richer and richer. All students need to do is to follow the *current* curriculum.

The fundamental concepts are constant: BREATH, BLOCKS and WAVES. The big bulging belly breathing technique switches on what I call the *celestial brain*, the part of the brain that knows how to dream and how to manifest the dream into physical plane. The concept of *blocks* refers to the overall form of the sound that is being created. The concept of *waves* refers to the melodic beauty. Blocks and waves together represent the beautiful dream with the experience of a celestial feeling. It is like creating a sculpture of a god / goddess and adorning with colorful garments and dazzling jewels. Blocks represent the naked beauty of the sculpture and waves represent the enhanced beauty of the sculpture.

Dear creator artist friend, what reality painting would you like to create? You can either continue to unconsciously use your brain to manifest a fearful reality in which you are a victim of the collapsing economy, or you can consciously use your brain to manifest a joyful reality in which you are experiencing abundance and radiant, immortal body. What is your choice, dear galactic friend, the co-creator of this universe?