

Experiencing Profound Truth through Self Worship

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The four-step process described below is designed for spiritual seekers who are currently attracted to the idea of worshipping external Gods and spiritual teachers. The assumption is that you have a sacred space at your home where you have an altar, and that you perform some kind of worship on a regular basis.

The pre-requisite for this process is your ability to feel deeply inside your body. If you are unable to feel anything, then you are disconnected from your own body. The ability to feel is invoked by practicing yoga techniques related to physical body, breath, sound vibration and visualization. Simple techniques such as laughing (for 15 min continuously) can increase the awareness of your body, breath and inner sound vibration.

Step 1: Add FEELING to your current worship

Focus on experiencing divine feelings while doing your current worship, and deepen these feelings. You have mastered this step when tears of joy flow through your eyes.

Step 2: Add your picture to the altar

Place a small picture of yourself on your altar amidst the pictures of Gods and spiritual teachers. If you get the thought, "How could I do this?" then contemplate on this thought: "If I am an embodiment of God, why am I resisting this step?" You will discover all the limited ideas that you imbibed from society. It is time to liberate yourself from these limited ideas and to experiment with new ideas. You have mastered this step when you can perceive yourself as equal to the Gods and spiritual teachers.

Step 3: Create a new altar containing only your picture

Create a new altar at a different place in your home containing only your picture. Perform the same worship. You have mastered this step when you can perceive yourself as the super-embodiment of all the Gods and spiritual teachers.

Step 4: Enter your body temple and worship inner light

You are now ready to connect to the true guru, your inner light. Perceive your body as a temple, a very sacred space. Focus at the center of your head and visualize a purple flame. Worship that inner light. You have mastered this step when you experience yourself as God, in totality.

If you have mastered the last step, then enlightenment is at your doorstep. You can quickly liberate yourself from all the remaining limited ideas, and experience freedom, joy and creativity. You will also have the ability to connect with ascended masters (siddhas) through telepathy or astral meeting, and receive direct and authentic teaching to move forward in your evolution process.