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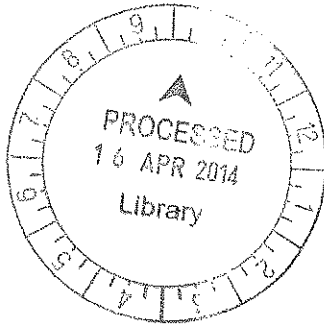
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DISCOVERING YOUR LIFE BLUEPRINT PRACTICAL MYSTICISM

Understanding the Mystical and Metaphysical Approach to the
Integration of the Body, Mind and Soul

Date	15/4/2014
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Category	
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PHANG SIEW SIA Ph.D.



Penerbit Wawasan Nusa (M) Sdn Bhd
Wisma Wawasan
19-1, Jalan PJS 8/12
Dataran Mentari, Bandar Sunway
46510 Petaling Jaya, Selangor, Malaysia
Tel: 03-5630 1802 Fax: 03-5630 1803
Email: penerbitwawasan@gmail.com / info@pwn.com.my

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Perpustakaan Negara Malaysia

Cataloguing-in-publication Data

Phang, Siew Sia, 1969-
DISCOVERING YOUR LIFE BLUEPRINT PRACTICAL
MYSTICISM: Understanding the Mystical and Metaphysical Approach to the
Integration of the Body, Mind and Soul / PHANG SIEW SIA.
ISBN 978-967-5945-31-1
1. Mysticism. 2. Spiritual life. I.Title.
149.3

Cover & Layout Design by Nazir Tay

Printed by
BS Print (M) Sdn Bhd
No 10 Jalan Indrahana 1,
58200 KL, Malaysia

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Preface

My inclination to want to share the mystical and metaphysical knowledge, first came about after a state of deep meditation. I was struck by this strong feeling that I had finally found the ultimate truth of my spiritual journey. I had finally established a connection with my Divine Consciousness.

If any of you have been on a spiritual path seeking liberation or relief from worldly challenges, you might be able to relate to the experiences I had. I followed different traditions of spiritual practices and learned from different masters, searching for the elusive pot of gold at the end of the rainbow; I visited various new-age spiritual theme parks and indulged in various spiritual games. At last I discovered my jackpot, the Divine connection with the universe.

I have walked a long way up to this point in my life. I started seeking the spiritual path when I was very young. I was born into a family where guardian angels, deities, ghosts, death and life after death were part of our daily conversations. I used to wonder at the purpose of my rebirth into this life. I accepted from a very young age that human beings are not the only living manifestations of the universe. I had always been interested to find out more about who I really was and the purpose of my life.

I learned about various religions, cultures and traditions when I was studying overseas. I started my spiritual practice with mainly Buddhist meditation. I learned Samatha (concentration and tranquility meditation), visualization meditation from

Tibetan traditions and Metta (loving-kindness meditation) years before I started practicing Vipassana (mindfulness / insight meditation). I was very serious with these practices and attended many *dhamma* talks.

During one of my jungle meditation retreats, I saw the bright light filling my whole body and since then I started recalling fragments of my past lives. This piqued my curiosity and I started to attend numerous past life regression courses. I not only learned that past lives exist but that we are capable of retrieving memories of specific times and places from our past lives. This practice of regression to past lives, while hugely entertaining and interesting, is but one small aspect of my spiritual awakening. I finally understand I have lived innumerable years and my essential of existence is eternal.

After past life regression, I took up energy healing, learning from different traditions. I became a certified Reiki master and attended courses on Taiwanese energy healing. I studied about the Chakras in our physical body and how they function. I even learned how to attune chakras with universal energy. Yoga is my favorite pastime, my way of meditation in motion. Despite being exposed to all these spiritual practices, I felt something was still missing and continued with various meditation practices.

Without exaggeration I can say that with meditation, I have had a number of experiences which are beyond words. I could sometimes predict what was going to happen and what people were about to say. I had a few out of body experiences when I saw my own physical body while meditating. I even found myself in

different dimensions viewing the existence and phenomena of other astral worlds. Lights always appear in my third eye during meditation.

With all these experiences, I am much nearer to the universal truth. I finally understand what Jesus meant by, "Seek ye first the Kingdom of Heaven and all things will be added unto you." Also, "The Kingdom of Heaven is here and now. It is within you." Obviously what Jesus means is to seek the Divine within you and you will come to understand universal truth. You can only reach this point when you are fully connected to your Divine Consciousness.

I then took up metaphysics, which reconfirmed what I had experienced through meditation. I had connected with my Divine Consciousness through mystical meditation.

The Buddha said, "Meditation is the only way to gain liberation." Having mastered various types of meditation skills, I teach meditation by integrating various types of meditation taught in different religions together with ancient religious wisdom, in order to make this practice more effective. I call this meditation "Mystical Trinity Meditation" (MTM) to represent the Mystical Trinity of the physical body, mind and soul or spirit, the ultimate elements of existence of all human beings.

I do not expect you to fully accept or even believe what I say but "the proof of the pudding is in the eating". If you do not eat it, no amount of description about it by another will give you the actual taste of the pudding. In order to experience the beauty of

the spiritual path, you must walk the path on your own. It could be a very simple or complex path depending on your knowledge of the practices of meditation, your own needs and the level of consciousness you are in at the relevant moment. However, while some knowledge is easy to understand, it is not easy to apply in life and even more challenging to master. It has been said that even an eight year-old child may understand but an eighty-year old man cannot practice effectively unless he puts in the right effort.

As St. Paul said in the New Testament, "Let the mind be in you that was in Christ." Jesus said, "The greater things than these, ye shall do." Before any changes can take place in your life, you have to expose yourself to the wisdom within and be receptive to new ideas. You have to let go of your worldly attachments and your ego and allow your inner beauty to shine from within. Listen closely to the Still Small Voice within you. This is where the inspiration from your Divine Consciousness is coming from.

There is no time better than now. Delay no more and start walking your path now. No matter where your life is at this moment, just know that there is always room for improvement. Life's journey is a spiritual one, on a road that leads us back to our "Divine Home".

Introduction

If you have ever asked yourself what the purpose of your life is, and what life is all about; if, even while you have been enjoying the material aspects of your life, you somehow feel restless with an emptiness in your heart, all I can say is, you have started with your search for the meaning of life and the purpose of life at a higher level of consciousness. When you seek greater meaning, a higher purpose to existence, this is an indication for you to look at your Divine Consciousness and to begin your spiritual journey. This is where it all begins.

This book provides some guidance for you to tap into your Divine Consciousness to enable you to have a godlike experience in the human world. However, in order to experience this you must be ready to be receptive to new ideas and new concepts that will be introduced. Let go of your ego as it will hinder you from progressing in the right spiritual path.

Our ultimate spiritual path centers around meditation. There are many ways to meditate, depending on a person's level of consciousness. It could be a very basic and simple method just to calm your mind or it could be so advanced that you will have communion or union between your Divine Consciousness and the Universal Consciousness. Certain types of meditation will reveal to you that what seems to be in our physical existence is the least of what there actually is. Only after many years of practicing meditation have I come to understand there is a "higher power" which abides within us. This is the core of Mystical Trinity Meditation [MTM].

We can refer to this “higher power” by whatever term as long as we are comfortable with it. We can call it True Self, Higher Self, the Divine, God, Higher Consciousness, God Consciousness, Buddha Consciousness, Christ Consciousness, Krishna Consciousness, etc. I prefer to call it the Divine or Divine Consciousness as it includes all of God’s attributes and although it sounds mighty, it is not too religious. Even if you have never heard of this universal truth, just understand that there is a higher power within each of us. This Divine Consciousness has dwelt within you since you were born and if you tap into it, you will have divine experiences while you remain in this physical world.

Sooner or later all of us will come to the moment when we get to know our Divine Consciousness. How? By understanding that we are all spiritual beings and the current life is not the only life we would have ever lived or will live. You have actually lived numerous past lives in unlimited lifetimes. According to Einstein, time is an illusion. When you are in a deep meditative state, you can actually see where and what you were before you came to your current physical body and where and what you will be after you leave your body behind. When you understand that this physical lifetime is just a temporary stopover along the eternal journey of life, you will understand ultimately, your Divine Consciousness has abided within you since the day you were born into this physical world and you will be reborn again and again in different physical bodies. In other words, you are eternal. Jesus said, “Know the truth and it will set you free.” The core purpose of our spiritual path is to understand the connection between our Divine selves and the universe.

The spiritual path is not a complicated path. It is so simple that you only need to learn a few techniques to tap into your Divine Consciousness. It however needs a lot of practice. The more you practice, the more you will experience union with the Divine. The only way to do this is through meditation. Take note that the spiritual path is very individualized and there is never a single spiritual path for different individuals. It is very unique, just like thumb prints.

You need to have a right understanding of religions and traditional beliefs if you want to let your Divine Consciousness take charge of your life. Do not worship any so-called "God" as defined by your external mainstream beliefs. If you do, you will miss experiencing the most extraordinary godlike experience on earth by yourself. Many religions have been misunderstood and because of that, most religions do not enjoy good reputation. They have divided people instead of establishing oneness through misinterpretations by their leaders and those who seek God outside their Divine selves.

The Buddha said, "Be aware of blind faith. It is the most dangerous thing in this world." Be aware of what you believe in and from whom you learn. Spiritual trends are ever changing, from the sublime to the ridiculous; try to be compatible with all levels of consciousness as everyone needs to have a position in this physical world. There is no single religion that suits everyone or is fully understood by everyone. The wisdom imparted by many religions has been misinterpreted through different languages and different peoples throughout the ages.

Many paths can lead to understanding and wisdom. You have different needs to address over the course of a lifetime and to chart your own journey which has to fit what you are ready for. You have to be ready for meditation to begin with. There are many different levels and methods of meditation which suit different levels of consciousness. You have to come to it at the right time in your lives, at a point where you are ready to listen carefully to your own inner voices and to your hearts.

This book is meant to provide a brief and easy access to the essence of meditation and its applications, for people whose lives may or may not be dominated by immediate problems with stress, pain, or illness. This is particularly for people who don't like to be told what to do but are curious enough to try to piece the universal truth together for themselves with a few hints and suggestions here and there. Undeniably, everyone at certain points of his/her journey through life wonders about the purpose of life and this inevitably leads them down a path of self discovery. This book is to guide you along this road.

At the same time, it is also useful to those who are already practicing meditation and wish to expand, deepen and reinforce their commitment to a life of greater awareness and insight. Let's learn, digest and apply the knowledge and insights you gain along the spiritual path and make it the bridge or linkage between your Divine Consciousness to Universal Consciousness.

I will present this guide from the metaphysical standpoint – the essence of various studies including psychology, philosophy, mysticism, parapsychology and the Ying Yang philosophy. I will also draw upon the essence of various major religions of the

world to help understand the universal truth. All fundamental teachings in the major religions are similar, only with different semantics. They all indicate very clearly that the universal truth lies within us and we can all reach it.

The most prominent psychologist of the last century, Carl Jung said, "What the East knows about the super-conscious mind is at least 2000 years ahead of western psychology." So, what does the East know about the super-conscious mind? In order to understand the profundity of these insights, we have to explore and stretch our minds. There is no other way you can understand what is going to be presented here if you don't watch your mind. So, learn to explore your mind to understand your true self and the universe, as you read this book.

This is a transformational book. As you read, a shift begins to take place within you. The main purpose of this book is to bring about a shift in your consciousness. St Paul said, "Let the mind be in you, that was in Christ." The Buddha said, "I can only point you the path. You need to walk the path on your own." So, you have to allow yourself to explore the truth. Give yourself a chance to experience the richness and profundity of life.

When I occasionally quote the words of Jesus, Khrisna, the Buddha or from other teachings, I do so not in order to compare, but to draw your attention to the fact that in essence there is and always have been only "one spiritual teaching", although it comes in many forms. Some of these forms, such as the ancient religions, have become so overlaid with extraneous matter that their spiritual essence has become almost completely obscured by it. To a large extent, therefore, their deeper meaning is no

longer recognized and their transformative power is lost. When I quote from the ancient religions or other teachings, it is to reveal their deeper meaning and thereby restore their transformative power – particularly for those readers who are followers of these religions or teachings.

In this book, you will learn about the various types of meditation and what you gain by practicing them daily. Different types of meditation are practiced according to the various consciousness levels of the meditators.

With meditation skills, you will start to explore what your Own Drummer or Divine Consciousness is and how to march to the Drummer and live a life fulfilling your highest potential.

In terms of your true self, you will learn the connection between the body, mind and spirit. You will learn the true nature of human existence and have a clearer understanding of the fact that you are part of the universe, when the physical body, mind and soul are combined.

You will also know what you experience at different levels of consciousness and you will be provided with tips on what you can do to improve your life and how the interaction between the trinity of the body, mind and soul will influence your whole existence.

Besides, you will also learn more about the universal truth and how ego plays a role to stumble human life along the way. You will learn some tips on tapping into the mind and will be

awakened to the universal truth and experience life beyond the physical body.

You will be able to let go of the ego and start being receptive to different religions. Religions are very misleading and confusing if we don't interpret them correctly. You will be exposed to the essence of the teachings of major religions and understand why we need to be receptive to all religions. I will also share insights on why egos are the core of all problems in this world and explain why meditation is the only way to alleviate human suffering.

Knowing we are spiritual beings in human form, let us all have a clear understanding of spirituality and hence metamorphose ourselves in order to achieve the final prize – the awakening.

With this understanding, it is not only a rediscovery, but in some cases an affirmation of the original teachings of major religions on universal truth. Living with the right understanding is crucial. You need to have a clear understanding of human consciousness levels and the nature of the human mind.

The appendix is FAQs on the mystical teachings of Jesus Christ. I hope these FAQs will not only answer some of the mystical questions you have but also enhance your knowledge of Mystical Meditation, in order to master the skills. Other than that, I hope the mystical teaching of Christ will clear some of your doubts as they did to mine when I began to understand them. They reveal many features of Christianity which seem inexplicable otherwise.

Along the life journey, you may have tried very hard to change. However, without the right understanding change will not take place. Attending to old habits at the physical level will not result in monumental changes.

Today, most people have lost touch with instinct or nature. It is time for us to resume the connection and break through to the future. The changes at the physical and mental levels of consciousness are not enough to “quench” the thirst for wisdom in this generation. This generation not only needs changes but needs “metamorphosis” at a spiritual level. This is the generation of awakening, where you reach the peak of your potential and experience the higher consciousness of the Divine, to fulfill the purpose of your life.

Keep this book near you always. Refer to it whenever you need to. Let it help you in every way. The more you read it and apply the principles in your life, the more you will see the rising of your level of consciousness. I hope each and every one of you is attracted to the energy of this book which will bring more positive energy to this world. If the awakening process has begun in you, the reading of this book will accelerate and intensify it.

This is indeed a completely different generation. We are here at this generation collectively to experience the rising of the level of consciousness together. Allow the transformation to happen in you. It is time. This is the generation of living your life with inspiration from your Divine Consciousness.