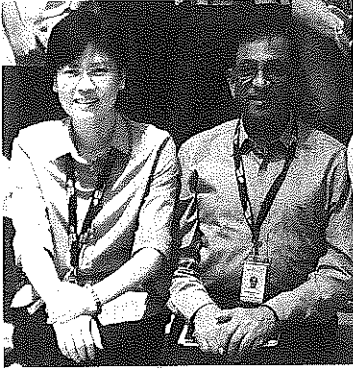
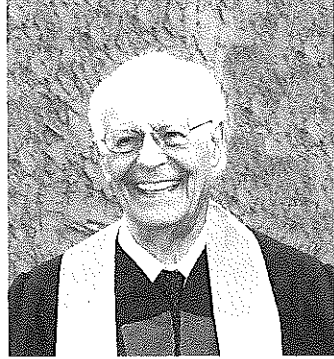


Acknowledgment



My editor, Arrokiam Paul Nathan and I



*Dr. Paul Leon Masters, the founder of
The University of Metaphysics.*

My thanks for their constant love and support go to my parents, Phang Kim Seng and Pang Kep Moy who have always thought the highest of me and believe in me more than I do myself.

My deepest appreciation goes to Arrokiam Paul Nathan, my editor for his insights, expertise, and wisdom. His superb biblical knowledge, literary and semantic skills have helped this book immeasurably.

My heartfelt thanks go to Carmen How Min Choo, my mentor, to encourage me to live the divine purpose of my life and constantly inspire me in life and love. Also, my deepest thanks to her for creating the website for me.

I am indebted to INTI International University for providing a stage and freedom to share my passion.

My deep appreciation goes to all the others, especially my Buddhist studies instructor, Brother Lau Kai Kong for his insights in Buddhism and being a proofreader for my manuscript. Also, my gratitude for my website editor, Kinny Lau, my friends and students who have shared their experience with me and inspired me to publish this book. There are so many others to thank. I am grateful to all of you for appearing in my life at divine moments and making such divine arrangements in my life journey.

Mostly, my thanks to Dr. Paul Leon Masters, the Founder of the University of Metaphysics and the University of Sedona for his sharing of the universal truth with the world and his passion in what he has been doing in his present life. He is truly heaven-sent!

**In the spirit that is the Divine in
us all – I thank you – one and all!**

About the Author

Phang Siew Sia, Ph.D., is a long-time meditator who has developed Mystical Trinity Meditation (MTM), an innovative integration of Buddhist, Hindu and Christian meditation practices with philosophy, Buddhist psychology and ancient religious wisdom. MTM was developed with the intent of making meditation practice more effective and accessible to beginners,



intermediate and advanced meditation learners. Mystical Trinity Meditation is non-religious and universal. It is very appropriate for today's society as it caters to all levels of consciousness encompassing the physical body, mind and spirit. This practice brings forth spiritual awakening, allowing love, peace, freedom, health, wealth and happiness to manifest in your life.

Dr. Phang holds a Doctorate's degree in Metaphysical Science, a Master's degree in psychology, and Bachelor's degree in English Literature. Also, she is a certified past life regression facilitator, metaphysical practitioner, Reiki master, ordained minister, and holds a Diploma in child psychology.

She has come a long way in her spiritual path. She was involved

She has come a long way in her spiritual path. She was involved in social work when pursuing her Master's degree in the US. In 2006, she co-authored a book for charity, entitled Valley of Hope - The Sungai Buloh National Leprosy Control Center in Malaysia. Dr. Phang started her meditative journey when she was an undergraduate. She spent many years studying various religions, psychology and philosophy before she began to share her knowledge. She is also interested in energy healing and has learned many unconventional methods of healing.

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Notes

Quotations & Notes from Dr. Paul Leon Masters, the Founder of The University of Metaphysics.

1. Extracted from Dr. Masters' course book / lecture notes – [chap. 2, 4, 8, 12, 13, 15, appendix]

Biblical quotations

1. Matthew 6:33 / Luke 12:31 – Seek ye first the Kingdom of Heaven and all things will be added unto you. – [Preface, chap. 2, appendix]
2. Philippians 2:5 / Matthew 11:29 – Let the mind be in you, that was in Christ Jesus – [Preface, Introduction, chap. 4, 5, 15, appendix]
3. John 14:1-12 / Phil 2 : 5 – All of you are equal unto me, and even greater things than these you shall do. – [Preface, chap. 4, appendix]
4. John 8:32 / John 10 : 30 – Know the truth and the truth shall set you free. – [Introduction, chap. 4, 15]
5. Matthew 6:8 – Your Father knoweth you have need of these things before you ask – [chap. 1, 4, 9, 15, appendix]
6. Luke 18:19 - Call no man your Master, not even I, for One only is your Master, and that is the God within you. – [chap. 1, 4, appendix]
7. Galatians 6:7 – As you sow, so shall you reap – [chap. 15]
8. Matthew 4:17 – The kingdom of heaven is here and now. The Kingdom of Heaven is within you. The Kingdom of Heaven is at hand – [Preface, chap. 4, appendix]
9. Mathew 6:6 – But thou, when thou prayest, enter into thy closet, and when thou hast shut thy Door pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. – [chap. 4, 13, 14, appendix]
10. Luke 11 : 34 – 35 / Mat. 6 : 22 – If thine eye be single, thy body shall be filled with Light – [chap 4, 8, 15, appendix]

11. John 10:30 – The Father and I are ONE. – [chap. 4, 13, appendix]
12. Genesis 1:27 – We are made in God’s image. – [chap. 4]
13. Matthew 6:31-34; Luke 12:29-32 – It is your Father’s good pleasure to give you these things. – [chap. 4]
14. John 17:16 – I am in this world but not of it. – [chap. 4, 15]
15. 1 Corinthians 3:16 – Know ye not ye are the temple of living God. – [chap. 4, 10, 14, 15, appendix]
16. Matthew 5:8 – Bless are the pure in heart, for they shall see God. – [chap. 4, appendix]
17. Matthew 7:7 ; Luke 11:9 – Ask and it shall be given you; Seek; and you shall find;
Knock, and it shall be opened unto you. – [chap 4, 14, appendix]
18. 1 Corinthians 2:13 – I speak to them not in words of men, but in words of Spirit. – [chap. 5, appendix]
19. Matthew 16:23 – Get behind Me, Satan (ego)! You are a stumbling block to me; for you are not setting your mind on God’s interests, but man’s. (New International Metaphysical Version) – [chap. 6, 15]
20. John 14:2 – In my Father’s house are many mansions. – [chap. 7]
21. Matthew 16:26 ; Luke 9:25 ; Mark 8:36 – What good will it be for a man if he gains the whole world, yet forfeits his soul? – [chap. 7]
22. 1 Corinthians 13:11 English Standard Version (ESV) – When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became a man, I gave up childish ways. – [chap. 7]
23. Psalm 139:14 – I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well – [chap. 10, appendix]
24. John 14:10 – It is NOT I, but the Father, that doeth these good works. – [chap. 10, 12]
25. Proverbs 23:7 (King James Version) – What the man thinks in his heart, so is he! – [chap. 10]
26. Psalm 51:5 – All men are born sinners. – [chap. 11]
27. Luke 2:49 – I am about my Father’s business. – [chap. 12]
28. Matthew 10:39 – He who loses himself (personality-directed life) for my sake, finds himself (God-directed life). – [chap. 12, appendix]

29. Acts 17:28 – In Him, we live, move and have our being.
– [chap. 13, 15]
30. Matthew 11:28 – Come unto me, all ye that labour and are
heavy laden, and I will give you rest. – [chap. 13]
31. 1 Peter 3:8 NIV – We are all of One Mind. – [chap. 13]
32. Matthew 22:14 Many are called but few are chosen.
– [chap. 13, Epilogue]
33. John 14:6 – No man comes to the Father except through me.
– [chap. 13]
34. Matthew 5:16 Let your light so shine before men, that they may see
your good works, and glorify your Father which is in heaven within
you. [chap. 13, appendix]
35. Ephesians 4:6 There is one God and Father of all, who is above all,
and through all, and in all. – [chap. 14]
36. Psalm 46:10 – Peace, be still, and know that I am God.
– [chap. 14, 15, appendix]
37. John 1:1 –In the beginning was the Word, and the Word was with
God, and the Word was God. The same was in the beginning with
God. All things were made by him; and without him was
not anything made that was made. – [chap. 15]
38. Genesis 2 – Adam and Eve [chap. 15]
39. Gen. 1:26–27 I, Thou, relationship – [chap. 15]
40. Genesis 6:1-22 – Fallen angels – [chap. 15]
41. Matthew 9:24 The maid is not dead (dead spiritually), but merely
sleepeth. – [chap 15, appendix]
42. Matthew 6:28 – Be the lilies in the field. They toil and spin not, yet
night and day they grow, with a beauty with which the most
splendid monarch of the East was never adorned.
– [chap. 15, appendix]
43. Matthew 13:13 – Having ears they hear not; having eyes they see not
so I speak to them in parables. – [appendix]
44. Matthew 7:6 – Give not that which is holy to the dogs, neither cast
you your pearls before swine, lest they are trampled under their
feet, and turn again and rend you. – [appendix]

45. Matthew 6:27 – Which of you by taking thought can add one cubit unto his stature? – [appendix]
46. Matthew 5:17 – Think not that I come to destroy the law of the prophets that has already been. Instead, I have come to fulfill it. – [appendix]
47. Galatians 6:1 – Seeing into thyself – [appendix]
48. John 10 – Why call ye me good? It is the Father who doeth these good works. I of myself am nothing. Yet, within the Father, I am All. – [chap. 12, appendix]
49. Mark 15:34 – My God, My Lord Father, why have you forsaken me. – [appendix]
50. Galatians 3:29 – Ye are Christ – [chap. 15, appendix]
51. Ephesians 4:6 – There is one God and Father of all, who is above all, and through all, and in you all. – [chap. 15, appendix]
52. Matthew 4: 8 – He winds up into a high mountain. – [chap. 15]
53. Mark 2:21 – No man puts a piece of new cloth upon an old garment; for that which is put in to fill it up takes from the garment, and the rent is made worse. Neither do men put new wine into old bottles, else the bottles break, and the wine runs out, and the bottles perish; but they put new wine into new bottles, and both are preserved. – [appendix]
54. Matthew 15:14 – The blind (spiritually) shall lead the blind, and both shall fall into the ditch. – [appendix]
55. Romans 16:16 – I salute the churches of Christ – [Chap. 15]
56. Matthew 7:21 – Not everyone who says to me, ‘Lord, Lord’, will enter the kingdom of heaven, but only he who does the will of my Father who is in Heaven. – [appendix]
57. Matthew 6:5 – When you pray, don’t pray like the hypocrites who love to pray publicly in the synagogues where everyone can see them. – [appendix]
58. Ephesians 4:25-26 – I let go and let God. – [appendix]
59. 1 Kings 19:11-13 – Still Small Voice – [throughout the book]
60. Matthew 5:48 – Be perfect. Even as your Father which is in heaven is perfect. – [appendix]

61. Matthew 10:33 – Whoever disowns me (the Divine Consciousness or God) before men, I will disown him before my Father in heaven. – [appendix]
62. Genesis 1:3 – Let there be light. From light all things came forth. – [appendix]
63. Luke 21:33 / Matthew 24:35 – Heaven Earth shall pass away but my words shall remain. – [chap. 15, appendix]
64. Mark 12:17 – Give to Caesar what is Caesar's and to God what is God's. – [chap. 15]
65. Mark 3:25 – A house divided against itself cannot stand. – [chap 15]
66. John 4:8 – He that loveth not, knoweth not God. For God is love. – [chap. 4]
67. Mark 12:31 – 'Love your neighbor as yourself.' There is no commandment greater than this. – [chap. 15]
68. Ephesians 4 – You are the member of the Universe. – [chap. 15]
69. Matthew 6:25 – Give no thought, what ye shall eat, what ye shall drink, what ye shall be clothed. Your heavenly Father is always aware of what your needs are. – [appendix]
70. Luke 17:20 – The kingdom of heaven cometh not with observation: neither shall they say, Lo here! Or Lo there! For behold, the kingdom of heaven is within you. – [appendix]

Buddhist quotations

1. Udana 6 : 4 ; 67 – 69 – Be aware of blind faith. It is the most dangerous thing in this world. – [introduction]
2. Dhammapada 276 – I can point you the path. You need to walk the path on your own. – [preface, introduction, chap. 1, 5] – You yourselves must make an effort; The Tathagatas are only teachers. The meditative ones who enter the way are delivered from the bonds of Mara.
3. Canki Sutta (Majjhima Nikaya No. 95 – This alone is true, all the rest is false – "Idam eva saccam, mogham annam" – [chap. 4]

4. Alagaddupama Sutta (Majjhima Nikaya No. 22 – Monks, I preach the doctrine comparing to a raft for the purpose of crossing over to the other shore, but not for the purpose of grasping at or clinging to it. – [chap. 4]
5. Anguttara- Nikaya 4 : 45 Rohitassa Sutta – If you think the Law is outside yourself, you are embracing not the absolute Law but some inferior teaching. – [chap. 4] – According to the Buddha, the world is within Man. The living process of Man creates and fashions his World. “It is within this fathom-long body, with its perception and intellect, that I declare that there is the world, the origination of the world, the cessation of the world, and the path leading to the cessation of the world.
6. Dhammapada 277-279 – “Anicca / Dukkha / Anatta”– Human life is unsatisfactory, non-self and impermanent. – [chap. 6, 11, 13] – All conditioned things are impermanent; all conditioned things are sorrowful; all Dhammas are without self; when one discerns this with wisdom, then one is disgusted with ill, this is the Path to Purity.
7. Khandha-samyutta 1 of Samyutta-nikaya – True it is, true it is householder, that your body is sickly, soiled and cumbered. For, householder, who would claim even a moment’s health, carrying this body about, except through sheer foolishness? Therefore, householder, thus you should train yourself: Though my body is sick, my mind shall not be sick. Thus, householder, must you train yourself. – [chap. 10]
8. Sutta Nipata : 124 – There is nothing we can take with us when we die except our good and bad deeds – [chap.11] – Man’s merits and the wrong actions he hath wrought; that’s the thing he owns, that takes he hence.
9. Mahayanist Buddhist Proverb – There are eighty four thousand ways that lead to enlightenment. [chap. 4, 12]
10. Cula-kammavibhanga Sutta (Majjhima Nikaya No. 136) – We are all born with karma – [chap. 11] – All living-beings have kamma as their own, their inheritance, their congenital cause, their kinsmen, their refuge. It is kamma that differentiates beings into low and high states.

11. Visudhimagga (Path of Purification) (page 253) – Once life is launched, like a bullet it rushes to its inevitable destination – death. – [chap. 11] – In chapter VIII on Mindfulness of Death, Visudhimagga (Path of Purification) (page 253) gives instructions on mindfulness on the recollection of death thus : And just as when a target is set up at a cross-road and then arrows, spears, pikes, stones etc., come from all directions and fall upon it, so too all kinds of accidents befall the body, and it also falls to death through these accidents befalling it.
12. Anguttara Nikaya 3 : 1 – Wheresoever fear arises, it arises in the fool, not in the wise man. – [chap. 11]
13. Satipatthana Sutta (Digha Nikaya No.22) – Meditation is the only way to find true peace in life. – [chap. 11] – Meditation is the one and only way for the purification of beings, for the overcoming of sorrow and lamentation, for the destruction of suffering and grief, for entry into the Noble Path, and for the realization of Nibbana.
14. Anguttara Nikaya 7 : 70 – Life is likened to a dewdrop on the tip of a blade of grass that disappears soon after the sun rises. Life is also like dust that is washed away mercilessly by heavy rain. – [chap. 11]
15. Anguttara Nikaya 4 : 61 – Positive energy will enable us to lead a positive life and we are here to learn to use or handle our energy. The increasing purity of the mind and good karma creates more powerful energy to strengthen the mind and provide confidence for our future life. – [chap. 11] – The Buddha said in the Anguttara Nikaya 4 : 61 that 4 virtues are conducive to a layman happiness hereafter:- (1) saddha (faith) in moral, spiritual and intellectual values, (2) sila (morality) (5 Precepts), (3) caga (generosity), he should practice charity, generosity without attachment or craving for his wealth, (4) panna (wisdom), he should develop wisdom which leads to the complete destruction of suffering, to the realization of Nibbana.

16. Mahadukkhakhandha Sutta (Majjhima-Nikaya No. 13) – Life is uncertain but death is certain. – [chap. 11] – Mahadukkhakhandha Sutta (Majjhima-Nikaya No. 13) which says among others that one working in the field to earn a living may get bitten by a snake and dies – uncertainty of life. Kosalasamyutta (25) 5 Simile of the Mountain (of Samyutta Nikaya) says death comes to all.
17. Theravada Buddhist Proverb – Meditation is the only way [Chap. 15]

Hindu quotations – Bhagavad Gita

1. No matter what path the man may follow, it is my path. No matter where he walks, it leads to me. – [chap. 3, 4]
2. They worship only one of my million faces. [chap. 4, 12]
3. They who worship other gods with faith, they adore but Me behind those forms; many are the paths of men, but they all in the end come to Me. – [chap. 4]
4. As a single sun illuminateth the whole world, even so, does the One Spirit illumine every body. In those for whom knowledge of the true Self has dispersed ignorance, the Supreme, as if lighted by the sun, is revealed. – [chap. 4]
5. He is the one God hidden in all beings, all-pervading, the Self within all beings, watching over all worlds, dwelling in all beings, the witness, the perceiver.. God is hidden in the hearts of all. – [chap. 4]
6. He who avoids extremes in eating and fasting, In sleep and waking, and in work and play, He wins balance, peace, and joy. – [chap. 10]
7. The body is like a cloak. For the enlightened, dying is like letting the cloak fall to the floor. For the unenlightened, it is like ripping off a cloak that is sewn on. – [chap. 11]
8. Even the mind that knows the path, can stray from the path, for the senses are so unruly. – [chap. 13]
9. God is the light of all lights and luminous beyond all the darkness of our ignorance. He is the knowledge and the object of knowledge. He is seated in the hearts of all. – [chap. 14]

10. He is the one God hidden in all beings, all-pervading, the Self within all beings, watching over all worlds, dwelling in all beings, the witness, the perceiver. – [chap. 14, 15]
11. When one died it was just like one changing clothes, as one does every day. – [chap. 11]
12. Liberation comes about when that individual's soul is reunited with the universal soul, the everlasting soul. When these two souls merge there is no longer an individual soul or a universal soul. There is only one. – [chap.11]
13. Worn out garments are shed by the body. Worn out bodies are shed by the dweller within the body. New bodies are donned by the dweller, like garments. [chap. 15]
14. There was never a time when I did not exist, nor you. Nor will there be any future when we cease to be. [chap 15]

Quran quotations:

1. On God's own nature has been molded man's. All creatures are the family of God; and he is the most beloved of God who does most good unto His family. – [chap. 4]
2. There are as many ways to God as souls; as many as the breaths of Adam's sons. – [chap. 14]

Jewish quotations:

1. Hear, O Israel: The Lord our God, the Lord is One. And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy might. – [chap. 4]
2. Love the Lord your God.. Serve Him with all your heart, and with all your soul, that I will give the rain of your land in its season... and I will give grass in thy fields for thy cattle, and they shalt eat and be satisfied. And ye shall teachap. them [these words] to your children, talking of them when thou sittest in thy house, and when thou walkest by the way, and when thou liest down, and when thou risest up.. that your days be multiplied. – [chap. 4]

3. Have we not all one Father? Has not one God created us? God created man in His own image, in the image of God created He him.
– [chap. 4]

Sikh proverb quote:

1. Many millions searchchap. for God, and find him in their hearts. –
[chap. 14]

Bahai

1. We are all Gods – [chap. 6]
2. The soul, after its separation from the body, will continue to progress until it attaineth the presence of God. – [chap. 11]
3. The well-being of mankind, its peace and security, are unattainable unless and until its unity is firmly established. – [chap. 15]

Philosophical / Psychological reference

1. Carl Jung – What the East knows about the super-conscious mind is at least 2000 years ahead of Western psychology. – [Introduction, chap. 7]
2. Henry David Thoreau – If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears; however measured or far way. – [chap. 1]
3. Henry David Thoreau – March to the beat of your Own Drummer. – [chap. 1]
4. Carl Jung – We don't solve problems, we outgrow them. – [chap. 2, 6, 7]
5. Socrates – An unexamined life is not worth living. – [chap. 1, 4, appendix]
6. Native American – All religions are but stepping stones back to God. [chap. 4]

7. Einstein – Time is an illusion. – [Introduction]
8. Plato – The part can never be well unless the whole is well.
– [chap. 5]
9. Chinese Proverb – The fall of man is the fall of consciousness.
– [chap. 7, 15]
10. Dr. Paul Leon Masters – We are a manifestation of a process of eternal lifecycles with no beginning and no ending – [chap. 7]
11. Albert Einstein – The most beautiful and most profound emotion we can experience is the sensation of the mystical. It is the sower of all true science. He to whom this emotion is a stranger, who can no longer wonder and stand rapt in awe, is as good as dead. – [chap. 8]
12. Carl Jung – When an inner situation is not made conscious, it appears outside as fate. – [chap. 1]
13. Dr. Paul Leon Masters – You are a walking universal laboratory carrying the best physician that knows all and knows how to heal you mentally & physically. That is the Divine Consciousness dwelling within you. – [chap.10]
14. Benjamin Franklin – I look upon death to be as necessary to the constitution as sleep. We shall rise refreshed in the morning.
– [chap. 11]
15. Ghandi – When I go to bed, I die, when I wake up, I am reborn.
– [chap. 11]
16. Heracleitus – All things are in motion and nothing is at rest; he compares them to the flow of a river, and says that nobody can go into the same water twice. It simply means no man can cross the same river twice, because neither the man nor the river stays the same. – [chap. 11]
17. Shakespeare – The world is a stage, and all the men and women are merely players: they have their exits and their entrances; and one man in his time plays many parts, his acts being seven ages. Every man must play a part on this world stage. He can choose the role to play but he can't avoid from it. -- [chap. 11]
18. Plotinus – There is one and the same soul in many bodies. – [chap. 11]

19. William Blake – Everything that lives, lives not alone, not for itself.
– [chap. 15]
20. Mahatma Gandhi – When I admire the wonder of a sunset or
the beauty of the moon, my soul expands in worship of the Creator.
– [chap. 15]
21. Zen – Don't push the river. It will travel at its own speed anyway.
– [chap. 11]

Reference:

Oneness: Great Principles Shared by All Religions, by Jeffrey Moses.