

A misty forest path with sunlight filtering through the trees. The path is a dirt road that curves slightly to the right, leading into a dense forest. Sunlight beams through the mist and the canopy of trees, creating a soft, ethereal atmosphere. The trees are lush green, and the overall scene is peaceful and serene.

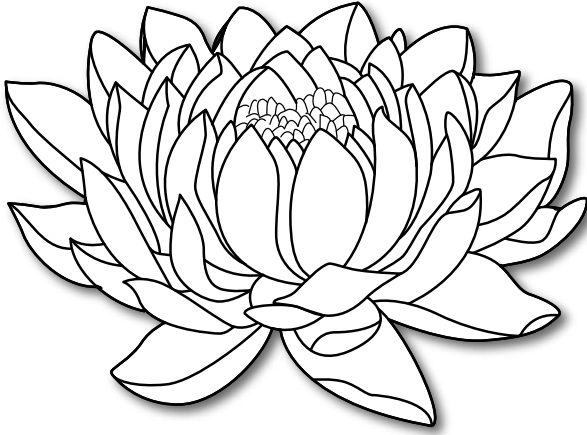
THE CALLING

A Journey Within Your Own Being

By: Steven S. Saddleir

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Considerably revised and with more energy

DEDICATION

**This book is dedicated to that
which is calling you
to read it.**

ACKNOWLEDGMENTS

**Thanks go to Ann Carr, Paula De Vilbiss, and Pauline Doan
for their technical help, creativity, love and support.
And to James T. Smith, SAI faculty and students,
and my family for their support.**

**Thank you Sri Swamiji for your guidance, example,
Shaktipat, and for the opportunity to serve.**

Thank You God

Oh My God

PREFACE

Take a deep breath, sit back and relax.

You are about to embark on a journey within your own being.

You are being called to awaken from the dream – to remember who you are and why you were born – so you may fulfill the purpose of your existence.

All your previous studies have prepared you for this moment. Your awakening has already begun...you have been called to read this.

That which is compelling you to read on will continue to guide you to full Self-Realization.

This book is a guided meditation. Rather than just reading it, connect with the energy compelling you, guiding you, *to* read it.

Stop for a moment after reading each section and reflect upon what is being shared. Each statement is designed to help you connect with the part of you that already innately knows this.

The words are few intentionally. Take in a little at a time and observe how you “feel” after reading each section.

As you are reading the feeling will guide you inward to the part of you that already knows this innately.

This book is a Shaktipat meditation.

As you are reading energy will move from the page into your eyes. Observe the feeling in your body after reading a few pages and just be with that energy. This is where the real magic in this book comes to life.

I will meet you here.

**It is no coincidence that you are reading
these words at this particular time in
your life.**

Now just take a deep breath and reflect on this for a moment.

**You have come to a pivotal point in the
evolution of your consciousness where
you are now ready to fully remember who you are
and why you were born so that you can fulfill
the purpose of your existence.**

*Take another deep breath while reading this paragraph again
and connect with the part of you that knows, or senses, this.*

**Now read this to yourself:
I have come to a pivotal point in the
evolution of my consciousness where
I am now ready to fully remember who I am
and why I was born so that I may fulfill
the purpose of my existence.**

*Close your eyes.
Observe what you feel.*

A part of you already knows this.

**Acknowledge that part of you that
senses that you are ready to take that next step
to evolve yourself to the next level,
to realize your full potential,
realize your Self,
to enlighten.**

Breathe and go into this feeling.

Observe your impetus to read on.

Your Spirit is guiding you to read these words.

**Note your curiosity,
observe your volition to move your eyes across the page
and assimilate the information.**

What is that guiding you?

Breathe in and connect with this impetus to read and reflect.

**What part of you wants to develop yourself,
realize your potential or evolve higher consciousness?
Connect with this part of yourself.**

**That which you are seeking
is causing you to seek.**

**Recognize the Spirit that guided you to be
reading these words at this particular moment.**

Breathe.

**As you are reading these words
observe the light being reflected off the page
and entering into your eyes.**

**Observe the energy running from your eyes into your brain as
you register the meaning of these words.**

Through these words I am sending energy into your eyes now.

This is what makes reading this book exciting.

**Observe the energy running into your eyes as you are reading
these words.**

Now just gaze blankly at the page for a moment.

Breathe.

Gaze blankly into the page.

Close your eyes.

Observe a subtle feeling.

This is Shaktipat.

Observe your eyes moving from left to right across the page.

Observe the light moving into your retina.

Observe the energy in your body.

**Observe images of words being reflected
in your mind.**

Observe your mind thinking.

**Note the electrical impulses moving into the part of your brain
that stores the memory of what these words mean.**

Just note that it is happening.

Imagine it.

**Thought is electrical and chemical impulses running through
fields of neurons in your brain.**

**As you are thinking about this
energy is moving through your brain.**

Stop and just observe thought for a moment.

**Observe what thoughts are moving in your brain right now.
As you read each word more thoughts keep coming.
Simply observe your mind going from word to word
accessing the meaning of each word,
forming relationships between
these meanings...
thinking.**

Breathe.

**Observe the reading.
Observe the thinking.
Observe the part of you
Observing.**

**Close your eyes
and observe
the observer
observing.**

What part of you is observing what you are thinking?

**Something other than the mind is
observing the mind.**

**There is a witness;
an observer,
a consciousness.**

**Observe the reading.
Observe the light being picked up.
Observe neurological activity, memory, association.
Observe thinking.
Observe your mind.**

**Who's watching that?
Who's observing your mind?
Who's conscious?**

**Just be conscious of that consciousness.
You are connecting with something innate within you.**

You have been guided to read these words.

Reflecting on this opens an inner gateway.

**You are accessing your inner awareness:
your instinct, inner guide...your Spirit.**

**Your Spirit has got your mind's attention and guided you
to be reading this. Every time you pick up this book
it is in response to your Spirit calling to your mind.**

**You have an instinct to evolve.
Everything you have experienced has been teaching you
something about yourself.
All your life experiences have been preparing you.
All the books and information you have been gathering
have been priming you for full self-realization.
Spirit brought you to here
to reflect on this.**

***Take a moment to consider what keeps your interest in reading
these words.***

Where does this sense to investigate come from?

Go to its source.

Recognize it.

Here, now.

Your Spirit is reaching out to you through these words.

Your Spirit is guiding you to be reading this right now

so you would look within yourself

to the very Source of this guidance

and recognize your Self.

Close your eyes for a moment and observe how you feel.

**When you connect with this inner guidance,
when you connect with your Spirit,
when you go to the Source,
you feel bliss.**

**Observe your eyes reading these words
and your mind taking it in
and thinking.**

**Witness the thinking.
Watch your mind's activity;
the activity through the senses,
the thoughts going through your mind,
the feeling in your body right now.
What part of you is observing all this?**

Go there.

**We can move the thought energy into
different parts of our brain.**

Watch.

**Look at each letter of each word in this sentence.
As you are doing this, the electrical impulses know to go to the
visual cortex.**

**If you imagine me speaking these words,
or you say them out loud,
you will engage another part of your brain
associated with sound and listening.**

**As you observe this part of you
that is observing the mental activity of seeing or listening
you become more conscious.**

**In this way
you learn to take conscious control of your mind.**

What do you think about that?

**Watch what you are thinking.
Imagine if you could steer your mind to those thoughts
and feelings
that bring about the greatest good,
that uplifts the Spirit and brings greater
clarity, happiness and peace;
the most conscious
thoughts.**

**Does that feel good thinking about that?
Do you desire it?
Then intend it.
Declare it.**

**Invite your mind into the discussion and engage it consciously.
Picture yourself being able to consciously direct your thoughts
overcoming limiting beliefs, fears, negativity and pain.
Imagine leaving the past and living in the present
feeling complete happiness and peace.
Imagine what that feels like.**

Envision the feeling.

**We are addressing an intrinsic desire and
acknowledging our own potential.
Consciously creating thought forms;
ideas that we want our mind to think.**

**What we think we create.
We create what we think.**

Breathe in and reflect upon this.

**You are not your mind.
You are not your neurological activity.
Nor the patterns or chemical reactions you feel.**

You are that which is reflecting upon this.

You are this Consciousness.

Be conscious of this consciousness.

Be aware of this awareness.

Realize this.

Breathe.

**The more conscious you are
of your own consciousness,
the more your consciousness evolves.**

Take a deep full breath and reflect upon this again.

**The more you consciously act consciously
the more conscious you will be.
The more conscious you are
the happier you are,
the more connected,
on purpose.**

**See yourself becoming more conscious.
Observe yourself as you are reading this.
Ask yourself: How conscious am I?**

*Ask yourself right now:
How conscious am I?*

**The more conscious you are
of how conscious you are
the more conscious you will be.**

**As you evolve your consciousness,
you become more aware of your Self
and your purpose.**

**Like a compass pointing the way
your Spirit is guiding your mind
to realize the Spirit
that you are.**

**In this moment,
as you reflect upon what it means to be conscious,
you are evolving your conscious awareness.**

**This self-reflection develops your sixth sense
that is providing the volition to self-reflect.**

Stop and think about this for a moment.

What is this within you that causes you to seek your Self?

What part of you wants to connect with your Self?

Where is this volition coming from?

**Acknowledge your Spirit
directing your mind
to get this.**

**Observe the energy moving from these words into your eyes,
into your mind.**

Feel the energy in your body.

Feel your nervous system.

Be aware of the energy in your nerves.

Feel the energy in your mind as you think.

Imagine the chi flowing through meridians in your body

**Visualize your body enshrouded in a cocoon of golden white
light.**

***Breathe, close your eyes and observe the energy in your body,
meditate on that feeling for just a minute.***

**The same energy that is causing my heart to beat
Is causing your heart to beat,
and everyone else's too.**

**The same Spirit that compels me to write these words to you
is compelling you to read them.**

**Everything is guided by the innate intelligence,
the life-force,
what we call Spirit.**

**It's in every energy particle, atom, molecule and cell.
It's in every living being, animal, plant and protozoa.
It's in every planetary system, galaxy and universe.**

**It's guiding everything, everywhere, all the time.
It's the living presence of God within you and around you.**

Close your eyes for a moment and feel it.

**My Spirit is reaching out to you through these words.
This book is the means for my Spirit and yours to connect.
You are connected through your interest,
through your curiosity and desire to know.
Something deep down within you is opening up.
It's your Spirit that guides you to keep reading.
Your mind is presently listening to that inner calling.
You are being guided to self-realization.**

**Now feel the energy moving from these words
into your eyes.
Observe the energy getting stronger in your eyes.
Feel the energy moving into your head.
Feel the light in your head.**

***Take a moment to put the book down
and put both your hands up like satellite dishes.
Feel the Shaktipat coming into the palms of your hands.***

My Spirit is connecting with your Spirit.

***Hold your hands up for a minute and observe the feeling in
your palms.***

**Imagine you were picking up a satellite broadcast
in your palms.
Tune into it.
Feel it.**

**Imagine your fingers were like tuning forks
picking up the vibration,
harmonizing with it.
Tune in.**

**Draw this feeling into your body
as if you were drawing light
from your fingers
down your arms
and into
your body.**

Imagine your body filled with light.

***Bring your hands down.
Close your eyes.
Observe.***

Observe the feeling of energy in your body.

**That which causes life within you
is you.
Without it you'd be dead,
along with all that you think, feel, believe, want or don't want.**

**What remains is the consciousness.
The Spirit continues,
it remains
connected.**

**You already have a sense of life-force in your body.
You know something is there making it tick.
We call that your Spirit.
Realize this is you.**

**Your Spirit has brought you to this auspicious moment
where your own mind begins to realize
that which is aware of itself
is you.**

**Your destiny is unfolding
as you begin to realize
the significance of what this
means.**

**Realizing that there is a Self to be
realized invokes that realization.**

**Having considered this, your realization
has begun.**

**The more that you reflect on this
the greater your realization.**

Breathe and reflect on this.

**The part of you that knows who you are
and why you were born is making
conscious contact with you now through
these words.**

Take a deep full breath and reflect upon this.

**As you consider how this could be, the
part of you which is considering it is
becoming conscious of itself.**

Take another deep breath and reflect on this.

**Observe what is occurring within you in
“this”
moment.**

**Now observe the part of you that is
observing.**

**Observe the observer
observing.**

**Your consciousness is reflecting upon
itself.**

Close your eyes and observe this observing.

**As your consciousness reflects upon
itself
you are seeing yourself for what
you are.**

**You are
the Consciousness.**

**Thou
Art
This.**

**When the body and mind expire,
consciousness is all that remains.**

**You were consciousness before you were born.
Your consciousness has been guiding your life experiences.
It brought you to this moment.
It remains after the body is discarded.**

**Recognize this consciousness
within you,
as you.**

**See your body and mind as a vehicle
for its expression.**

**Similar to how you come to know your appearance
by seeing it reflected back to you,
you come to know your own nature
by reflecting upon your own nature.**

*Breathe and
reflect on your own nature.*

**What is that within you
that can reflect on
who you are?**

What is that?

Go there.

**Now reflect on your ability to reflect
upon your own nature.**

**As you reflect upon what this means,
what part of you is able to observe this
self-reflection?**

**What is that
that can observe itself?**

**What is that
that is conscious of itself?**

**Observe your ability to be conscious
of how conscious you are.**

**Thinking about your own nature makes
you more conscious.**

**The more conscious you become
the less unconscious you are.**

**With greater conscious awareness comes
greater clarity, prosperity, happiness and
peace.**

**The more conscious you are
the happier you are.**

**The more unconscious you are
the more unhappy you are.**

**When we are unconscious
our mind takes over
invoking neurological patterns of
pain, fear, anger and negativity.**

**Our mind draws us into mental dramas,
like a good show on the television
we get sucked into it, as if it were real.
This disconnection is felt as pain.**

**The more disconnected we are
the more we feel disconnected,
the less happy we are
and the more unfulfilled.**

This is our Hell.

**You are either conscious or not.
Who decides what state
you are going to be in?**

**You have a choice
what state to be in.**

**Knowing this
now
for the rest of your life
you can observe your mind
and decide to be conscious.
Chose to stay present,
to be connected,
at peace.**

**Bliss is your natural state.
You came into this world through grace.
This state of blissful grace is the presence of God.
It is always within you and around you.
It is always present.**

**When you are aware of this presence
you live in grace.
You feel happiness and peace.
You are
protected and guided.
You are in the zone.
Life flows.**

**Any time that you are feeling anything other
than happiness and peace
it is only serving as a reminder
to get back in touch with
your Self.**

**All your life experiences are providing you opportunities
to see what is bringing peace or not.**

**It is guiding you to evolve;
to help you connect
and find your purpose,
to find your Self
...to enlighten.**

**A shift occurs in your level of consciousness
when you make the conscious choice
to fully awaken your consciousness.**

**I invite you to make that choice right now;
to affirm the desire in your heart,
to invite your mind to behold,
to commit to it,
to receive it.**

Breathe.

**You couldn't be anything other than that which
you already are.**

Your true Self is already realized.

**It is only your mind
that is realizing
who you are.**

**Look in any baby's eyes and
you see Spirit.**

They don't know their name.

They don't identify with their body yet.

They have not formed opinions, beliefs or feelings.

They are not identified with their life experiences.

They are Spirit.

You are still Spirit.

**As our mind takes in data through the senses
it stores imprints and
makes associations.**

**The mind develops patterns of
neurological loops and chains
that become the personality and traits
that your mind thinks is you.**

**You are not your mind.
Your mind is beginning to realize that now.
You are that which is observing your mind
beginning to realize that it is not you.**

**Your mind is beginning to realize
that which sustains its existence,
that which observes or witnesses
your mind
is you.**

**At the very core of your being
who are you?**

**Ask yourself this question:
Who am I?**

**If you are not your name, your personality, your mind;
if you are not just a person
then who are you?**

Who are you?

***Breathe and inquire into the nature of the one
asking its mind this question.***

Where does this volition to self reflect come from?

**Why do you want to know
while other people don't give it much thought?**

**Because you have been called;
you have been chosen
as is evident by your
presence here.**

**The consciousness of the planet is evolving
you are ahead of the bell-curve of humanity
that is awakening to full self-realization.
We are in the midst of an evolutionary shift
in human consciousness.
You are an "early adopter."
You are bringing it about
by evolving yourself.**

**What are you feeling as you think about this?
Isn't there a part of you that knows this already?
Do you not feel compelled
to find fulfillment,
to find peace?**

**Don't we all want to live in peace?
Wouldn't we all want to have peace on Earth?
When we find our Self we find peace.
When we live in Spirit as Spirit
we live in the Kingdom of Heaven.
It lies within us.**

**God never left.
The Kingdom we are all striving for
lies within each of us.**

**God lives amongst us
as us.**

**Your heart is beating.
You are not doing that.
Something is there
causing your heart to beat.**

**This Spirit is in everyone and in everything.
The more you look the more you find.
When you see it everywhere,
in everything
at all times,
you enter
Paradise.**

**Realize the living presence of God
within you
guiding you right now.
It's guiding every atom, molecule, cell, living being,
planet, galaxy and universe...It's omnipresent.**

Step back and reflect upon this.

**As you are reflecting on that which causes life in you
what do you feel?**

**Connect with the feeling.
From where does this feeling come?
Follow this feeling back to its Source.**

**This feeling is you.
This life force is your Spirit.
This inner knowing is guiding you now.
You are consciously evolving your consciousness.
You are following your instinct to evolve.
You are connecting with the Source.
You are fulfilling your purpose.
You are realizing your Self.
You are enlightening.**

INTERMISSION

Take a moment to clear your head.

**Think about what you are thinking about
for a moment.**

**Observe your mind as you watch
thoughts come and go,
witness thought.**

***Breathe, close your eyes for a moment and observe thoughts
passing.***

**Follow your thoughts back
to their source.**

**Go back to the quiet place before thoughts
arise.**

**Observe the places between your
thoughts.**

Breathe, close your eyes and observe those places.

**Observe the space between the observer
and the thoughts.**

*Breathe, close your eyes for another moment and observe the
space between you and your mind.*

**Focus on the space
through which your thoughts come and go.**

**Turn your awareness around 180 degrees
and observe the observer observing.**

As you are reading these words light is reflecting off the page and entering into your eyes, sending a signal to your brain.

Observe this.

**Your brain is relating current visual
signals to past imprints of written
material and assigning a meaning to the
imprints which we call words.**

Observe this.

**As you think about this, energy is
traveling through fields of neurons in
your brain – like wind blowing across
the surface of water creating
ripples of thought.**

Observe this.

**Your understanding is the relationship between
the points along this wave of thought
that forms an image in your
mind.**

Watch thoughts blow through your mind as you read.

***Imagine your thoughts as distant as these words on the page
and observe the space between you and your thoughts.***

**What part of you can discern whether you
understand what I am saying or not ?**

Do you understand?

**Where do you go inside to discern
whether you understand or not?**

Go there. Observe this faculty of awareness.

What part of you wants to understand?

**Where does this impetus to understand
come from?**

Who wants to know?

**Now let go of trying to understand.
Release the neurological habit of thinking
and observe your mind go round and round.**

Step back as if you were watching a play.

**Surrender the effort of trying to understand
and observe what remains.**

***Close your eyes for a moment and just sit back and observe,
feel your resistances waning.***

Observe how your thoughts obscure your consciousness.

**All that we are just is as it is
and it is only our perception of what is
that ever changes.**

**Surrender all that you think that you are
and perceive yourself to be,
and observe what remains.**

**Step back from your mind
and behold the interconnected wholeness
of your own being.**

*Close your eyes for a moment
and imagine that your body and mind
were dissolving and
only consciousness remains.*

**The essence of what you are is related
through the sense of being.**

**Being is reflected through your
consciousness.**

**You have never known “not being”.
Your consciousness gives you
your sense of Self.**

**Your individual consciousness
is wholly a part of the whole consciousness
that underlies everything that you are
conscious of.**

**Individual consciousness only appears
separate when your mind reflects on it.**

**The activity of mind creates the sense of self.
Like a microscope that is calibrated to a very narrow
perspective
your own mind only senses and perceives a very narrow
bandwidth of the expression of life.**

**Step back from your mind
and behold the interconnected wholeness
of your own being.**

Close your eyes and imagine stepping back from your mind.

THE BLACKBOARD ANALOGY

**Take an imaginary journey
into the metaphor of enlightenment.
Allow your mind to consider
what lies beyond it.**

**Follow me to the place from which
I get the inspiration to share this with you.
Be with me in Spirit
here.**

**Feel your Spirit guiding you and my Spirit guiding me; guiding
us to go to this place in consciousness together.**

**Begin by
thinking of your consciousness as a blackboard,
with all the space interconnected as one
infinite whole.**

**The point of reference that you think of
as your individual self is like the point at
the end of a piece of chalk.**

**Your mind is the movement of chalk
across the blackboard.**

**As your mind projects thought, it leaves
a trail of reference points that takes the
form of appearances.**

Sit back from your mind and ponder this.

**Your sense of individual self
distinguishes you from the wholeness
like a chalk point on a blackboard.**

**It appears
upon the face of consciousness;
supported and sustained by it,
underlying it,
of it.**

**As your mind moves
from one sense or neurological activity to another
your awareness is contracted to a linear perspective
and time and space appear to
occur.**

**As pictures are drawn with your mind,
the contrast between light and dark
creates an apparent subject-object relationship
and differentiation appears to occur.**

**The chalk is still only covering the
blackboard with appearances.**

**No matter where you put the chalk, the
blackboard is there providing for its
appearance.**

**Appearances come and go, but the
blackboard remains the same.**

**The consciousness remains complete and
whole, regardless of what is projected on
it through the mind.**

**If you stop drawing pictures with your
mind for a moment and step back from the
blackboard, you will behold the
interconnected wholeness of your own
being.**

You are the blackboard.

**You are the chalk
and the one drawing with the chalk.**

**You are the movement of the chalk, the
picture that it forms, and the one
beholding the drawing that you created.**

**Thoughts are projected upon the screen
of your mind.**

**Before thought,
after thought,
around thought,
and within thought
is emptiness.**

Close your eyes now and observe this emptiness.

**Like ripples across a pond, the mind
disrupts your ability to reflect upon the
whole of your being.**

**As the mind becomes still, like a placid lake
it reflects back to you your own nature,
the whole of your being.**

***Take a deep breath, close your eyes and observe the
emptiness.***

**The clearer your mind becomes,
the greater clarity you develop.**

**Without the confinement of your awareness
to that which your mind is projecting
your consciousness is unbounded,
liberated...
ecstatic.**

**The more you look for,
acknowledge and
express your consciousness,
the more you evolve your consciousness
and develop Self-awareness.**

**The more that you see the consciousness
being reflected back to you through all
that you experience,
the more your
individual consciousness integrates into
the universal consciousness.**

**As you become increasingly more
conscious of how your individual
consciousness works in concert with the
universal consciousness,
you will see
how the consciousness is directing and guiding you
through your whole life
experience.**

**The more conscious you become
of how the consciousness is guiding you
the more you will be consciously guided.**

**The more that you are consciously
guided, the more you fulfill your life's
purpose and live in happiness and peace.**

**As you attune to this guiding influence,
you live in harmony and balance.**

**To the degree that you are not tuning in
to this guidance
you feel discord
and out of balance.**

**When you act unconsciously you restrict
the flow of consciousness being
expressed through your body and mind.**

**This creates a friction that is
felt as resistance
and your life experiences become
increasingly more difficult
in order to more clearly indicate where your
blockages or resistances are.**

Stop and think about this. Does it ring true for you?

**As you surrender your resistances
your consciousness will guide you
and your life will flow more smoothly.**

**To the degree
that you are open to receive
this intuitive guidance, you will receive it.**

**The more open you are to receive
the more you will receive.
It is through grace
that we
enlighten.**

**Your whole life experience is providing
lessons for you to learn and grow and evolve
your conscious awareness
and fulfill your life purpose.**

**Everything that you experience is teaching
you something about your Self.**

**The more that you see this, the more that
you will awaken and will not have to
create difficult lessons to snap yourself
back into being more conscious.**

**When you are conscious, there is clarity,
happiness and peace – even bliss.**

**Therefore, any time that you are feeling
anything other than peace
it is only serving as a reminder to
become conscious again.**

Repeat this next paragraph 3 times:

**Anytime I am feeling
anything other than happiness and peace
it is only serving to remind me
to get back in touch
with my Self.**

**As you evolve greater clarity, happiness
and peace in your life
you are in a better position
to share this awareness
with others.**

**The more that you consciously connect with others
the more conscious those whom you are
connecting with become.**

**The higher your level of consciousness
the greater your transmission
of this consciousness.**

**The more connected you are,
the more conscious you are,
the more love you feel,
the more you have to share with others.
This is why you were born.**

**The more conscious individuals become
the more conscious the world becomes.**

**Conscious people don't hurt one another,
pollute the environment,
destroy or hoard valuable resources,
procreate indiscriminately or abuse,
place monetary values above human values,
lie, cheat, steal, deceive, or disrespect.
These are the result of going unconscious.
These are only of the mind.**

**Conscious people are conscientious,
compassionate and kind.**

**The nature of your own consciousness is loving
and peaceful.**

Your true Self is already at peace.

**We all have this intrinsic higher nature.
Once we recognize it,
we can utilize it.**

**You can bring it out in others who are
not conscious of it
by recognizing it within them,
and by helping them to see it
within themselves.**

**Just as I am helping you know.
We are here to help each other awaken.**

**As you recognize the Divine Presence within others,
they begin to see it within themselves.
As you connect with people as Spirit, as you think and speak at
this level of awareness their Spirit begins to awaken too.
They will begin to connect with you at this level of Spirit.
As you intend to bring higher awareness
into every situation,
you will.**

**Those who don't see it at all
are the ones who need it the most.
For the sake of the whole,
our collective consciousness,
we must invoke the conscious awareness
into each part of the whole,
to live happily and peacefully
as one whole.**

**Unconditional love
is the highest calling.**

**This is how your Spirit
uses your body and mind.
You intend it.
See your body and mind as a vehicle
for the Spirit that you are.**

**Each individual consciousness is like a
cell in the body of God.**

**As you realize this Spirit,
your individual consciousness awakens and
your body and mind become ever clearer vehicles
for your Spirit to be expressed
through what you think
and say
and do.**

As you awaken, the world awakens.

**Your enlightenment
is serving as a catalyst
to enlighten the collective consciousness of humanity
so we can all live together in happiness and peace.**

**Other parts of the collective consciousness
are destroying themselves.**

**Like a cancer
human beings are hurting themselves and others
through unconscious thinking and acting.**

**Those who are awaking
are creating the critical mass
that is awakening the collective consciousness
of humanity.**

**As we heal,
the planet heals.
As we enlighten,
the world enlightens.**

**We can create a happy and peaceful world
through the collective efforts
of each individual
making the effort to create happiness and peace
in their own world,
and then sharing that love
with everyone they see,
everywhere they go,
all the time,
every day.**

This about that.

**Imagine a world where we all lived
together in happiness and peace.**

What would that look like?

What would that feel like?

***Please take another moment to close your eyes and just
imagine what that would look like and feel like.***

**What would it be like if you were
completely happy and at peace...
if you were enlightened?**

**Imagine
being completely connected
in the zone where everything you need just manifested.
Where you had all the love and support you needed.
You lived with abundance, wisdom and purpose.
You lived with prosperity, happiness and peace.
You were always guided and enjoying the ride.
You lived with God.
God was in you and all around you always everywhere;
in paradise on Earth.
Imagine it.**

Please close your eyes and just imagine it.

**What could you do right now
to feel greater happiness and peace?**

**What ideas, beliefs, judgments or opinions could you give up
right now?**

**What feelings, attachments, or memories could you let go of?
What guilt, shame, sadness, fear, anger or pride
could you release right now?**

**Intend it, declare it,
Do it.**

Who could you forgive?

Find the strength within and do it.

**Does your mind tell you that it should be hard?
Do you think you have to do something else first?**

Let go of that.

**It's time to transcend your mind and realize the Spirit that you
are.**

**You are part of relatively small
but rapidly growing section of the population
that is awakening.**

**You have been called
to enlighten.**

**You are here to bring more light into the world;
to make a difference,
to contribute.**

**You are part of a movement
within the collective consciousness of humanity.
You are one of the chosen ones.
The proof is in your hands.**

**That which brought you to be reading this
is you.
And you are now guiding your own mind and body
to fulfill your destiny.**

**You are fulfilling prophesy.
You are realizing
The Kingdom of Heaven
right here on Earth.**

**God never left.
We have never been separated.
Heaven is here on Earth.**

**Those who have eyes -
let them see.**

Close your eyes and listen to your Spirit now.

**From now through the rest of your life
you will be guided by this intuition.
Spirit is guiding your mind
now
and always.**

**You have only to direct your mind to be conscious of it;
to allow your body and mind to fully embrace it,
to surrender your mind's resistance.
Open your heart and mind
to recognize it.
Feel it.
Be it.**

**Look for your opportunities to serve.
Look for the invisible hand of God
directing and guiding you.
The more you look
the more you find.**

**God is everywhere
in all places
in all people
at all times.**

**You are never separate from Him.
The Divine is always within you,
always around you,
in every circumstance
and situation.
You have only to look.**

Look!

**To the degree that you extend yourself,
you create a greater capacity for higher
consciousness to be expressed through all
that you think, say and do.**

**You are being guided through all your life
experiences.**

**Look for the signs and opportunities to
share your awareness with others.**

**Assume
all the resources and guidance you need will come
but you have to be conscious of them.
You have to remain conscious.**

***Make the commitment to yourself to remain conscious from
now on, to develop greater conscious awareness.***

**Observe the coincidences
that come up in your life,
look for the signs,
follow your intuition,
and go with what feels right
in your heart.**

**The more conscious you are
the clearer
your course of action is.**

**Your Spirit will guide
what you think
and say
and do
to the degree
that you intend it to.**

This is a conscious decision you can make right now.

**Making the conscious decision to be conscious,
to enlighten,
invokes it.**

**Your true Self already is.
Now.
There is nothing you have to do.**

**Feel the energy moving from these words flowing
into your eyes,
into your mind,
into your heart.**

**Feel my Spirit connecting with yours
through these words.
We are each being guided.
We each have a connection.
We each play a part.**

**You are that which is
engaging you to read this.**

**Feel the energy in your body.
Be conscious of your own life-force and awareness.
That which causes life in you is you.
Realize this.**

***Close your eyes
and realize
this.***

EPILOGUE

**Every time you read this book
you make a deeper connection**

I will meet you here.

ABOUT THE AUTHOR



Steven S. Sadleir has been engaged in meditation since childhood and has studied meditation and self-realization with dozens of enlightened masters from all over the world. A summary of over 250 teachings is available in his book *“Looking for God”*. He spent eight years apprenticing with Vethathiri Maharishi and has undergone yoga tapas with Sri Sri Shivabalayogi Maharaj, both of whom trained him to teach kundalini and Shaktipat forms of meditation. He founded the Self Awareness Institute in 1985 and it now has tens of thousands of students in over 120 countries.

You are invited to further develop yourself and enlighten.

More information can be found at:

**Self Awareness Institute
www.SelfAwareness.com
info@SelfAwareness.com
949-355-3249**

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- 2. A FREE live Guided Meditation teleconference to experience the Shakti with Steven S. Sadleir**
- 3. A FREE e-book on 7 Powerful Meditations**

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THE CALLING

A Journey Within Your Own Being

This book is about you. It's about who you are and why you were born. The reading is a meditation. As you are reading this book several things will begin to occur: First, the information that your mind is reflecting upon will trigger the latent memory of what you already innately know and inspire your Spirit to continue guiding you to realize your full potential...to enlighten. Second, you will be led through a series of introspective exercises as you are reading that will awaken your consciousness. An inner knowing will rise to the forefront of your awareness providing you insight and further developing your conscious awareness. Third, as you are reading you will feel energy in your body. Shaktipat, life force energy or Spirit, will be transmitted to you as you are reading, enabling you to connect more deeply with your own Spirit and recalibrating you to a higher level of consciousness. Try it. Open the book and start reading and observe how you feel.

As you learn, grow and evolve your Spirit will naturally guide you to find the resources that will help you take that next step. You have been guided to read this. This book serves as a means of connecting with that part of you that already knows. This book is short on purpose. It is designed to be read again and again as a meditation. Each time you read it you will go even deeper. Plumb the depths of your soul. Realize the true nature of your Self and fulfill the purpose of your existence. You have been called. It is time for you to awaken from the dream and remember who you are and why you were born so that you may fulfill your life purpose. You are one of the first to awaken. You are leading the way. Your awakening is bringing about the critical mass that is shifting the collective consciousness of humanity. You have been called to help bring this about. Close your eyes and connect with the part of you that already knows this.



Steven S. Sadleir is a Shaktipat Master, Director of the Self Awareness Institute in Laguna Beach, California and a teacher to thousands of students around the world. He is also the author of numerous spiritual books, including "*Looking for God*" and "*The Awakening*." Learn more at www.SelfAwareness.com.

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