

## Breaking the Illusion

### Discourse for Meditation 1

Universal Medicine predicted that as of October 1<sup>st</sup> 2008 the light of Illusion will increase over us. This means that –

- A. many will be constantly de-stabilised by the ongoing array of thoughts in their minds;
- B. many hidden beliefs and ideals will surface confusing many and making them question themselves even more, but not the ideals and beliefs that hold the illusion to be;
- C. many will be thrown into the chaos of what they think is happening when it is not as they see it and thus making it harder to be honest with themselves to heal the real issues at hand;
- D. many will begin to pursue new or renewed interests, missions, activities, work, studies etc that are not from their inner-truth, but which will erroneously feel as though they were;
- E. and, many will be exposed as a result of this very thought-exposing ill mental light.

***In short, we are coming into very exposing and difficult times.*** The Illusion and its very incessant mental light will abound our planet for the next few years and or until such time as man lifts his inner-heart to override the excessive mental stimulus that will instigate him and her to think excessively and thus act not *in* and *by* their inner-most truth.

**What is the 'illusion' and what is its light?** The illusion is the mental energy that stimulates all active thoughts, thinking, ideals and beliefs that lead one to use such mental activity, which is derived from those external ideals and beliefs as their only way of understanding life, and as a result, they are making life what they are impelled to make it under its mental-light. In other words, they make their life according to those ideals and beliefs, but not according to what it truly is and thus could be from their own inner-heart.

**What is wrong with using mental energy to think and work things out?** Nothing if you accept life as it has been given to you. It means nothing if you are prepared to accept that needing caffeine, sugar, loads of carbohydrates and other stimulants are a natural way of life and not exposing of your exhausted body. It means nothing if you need alcohol and or any other forms of drugs to numb you out of the pain or reality of what is truly going on. And, it means nothing if you use your work or study to distract and or numb yourself away from the truths of life. However, and revealingly so, if the above is your choice, it may not be a 'true choice' you are making, for the illusion and its mental energetic light **DO NOT** allow you to truly feel your inner-heart and thus there is a denial of the inner-most true feelings when one looks at life and how they will perceive it, understand it, and hence, how they will make it what it is for one to truly live in it. Excessive mental thoughts deny us of our true inner-feelings and as a result, what we can truly make of our lives. Your **inner-heart** does not think – it knows the TRUE YOU and thus it impulses you accordingly.

**What can we do about it?** If the above rings with any truth and, if your inner-most feelings register what the above says as it being in accordance with your inner-heart, then there is a choice to be made. Of course, one can also choose to ignore this message and flick-it-off as some frivolous announcement or made-up illusion from one's mind. However, there are many who are now

beginning to feel, if not already confirm the fact that the world is not the place we were lead to believe it was going to be by religion, secular thought or ideal and by science as we know it. The increase in illness and disease, in particular the growth of cancer in conjunction with the many multi-symptomatic conditions that now abound are all part of a silent awareness that the world is yet to scream out-loud about. Are we to sit back and 'just take it' or can we do something that can give us a possibility to not only get through it, but to actually have the harmonious life we were naturally made to have.

We are naturally Divine. And thus, by all means, we are a living harmonious inner-core structure that has its vibrational roots in the Divine in accordance to it and by symphony with all of nature. And yet, we live so far from that Divine orchestral arrangement that we –

## **Live to exist instead of live to joy-fully live.**

Hence, we need to deliberately focus ourselves into getting back what we have lost. Our true inner-core still holds all those Divine values and so much more. Why deny or resist the glory that is within by allowing all of the outer to infiltrate and make you what it wants you to be?

## **Are you not what you are by what you are within?**

*Your true living nature is within you and not outside of you.* And thus, it is what you make of it that will make you what you will be. Allow the outer to have you and you will be its subject, make yourself what you truly are and you will be that which is within all around you. The choice is yours to make – become a subject of the ideals and beliefs OR, become what you truly are by what lives within you.

### **The Audio:**

The audio is a live recording as given to a group of students. The Meditation given asks us to recognise where we are truly at. It asks us to become aware of what we are at any given time. And it asks us to **re-connect** to that inner-most core that still holds who we are by its natural essence without the outer intruding and making it what the outer demands. The audio provides you with the technique that – allows you to make a tangible choice about what you will be by the quality of the breath that you will breathe yourself to be.

### **The Esoteric Psychology Chart:**

The specific meditation is designed to break the illusional mental hold. It uses the Esoteric Psychology Chart to help you become energetically aware of yourself and thus, of what is truly going on. The chart is as follows – if you **RECOGNISE** where you are truly at, with or about any given thing, food or situation, you will become much more **AWARE** of what is truly happening. If this is the case, you will be more **HONEST** about yourself and about the food you eat, the relationship/s you have and or any other situation you find yourself in. If through **RECOGNITION** you become **AWARE**, which leads to you being far more **HONEST** with yourself, then there is only **TRUTH** to be arrived at. Of course, one can choose the other way or side of the Esoteric Psyche Chart, which uses the pranic energy to exist through one's life. And hence, instead of **recognising** what is actually going on you will **REACT** to what is evidently being shown to you by life and by your own body. If this is the case, you are more likely to ignore the early signs and thus you will **DEFEND** what is so obvious. As a result of

defending what is so obvious, such as why you say you like chocolate instead of accepting that you crave sugar to uplift you in some way, you greatly lessen your **awareness** of what is truly going on and hence you DENY it. If you DENY what life and your body are showing you, you will counter those signs by BURYING them deeper into your body and thus, will then blame the outer world for the ills that later appear. And so we have a choice to make – RECOGNISE and become more AWARE, which leads to a greater form of HONESTY that then arises our inner-most TRUTHS or, **react, defend, deny and bury**.

The **Gentle Breath Meditation** that Universal Medicine has been presenting since early 2000, is in this audio specifically used to develop the energetic awareness of where we are at in order to arrest the onslaught of the mental excessive activity that the world is currently in. **If you are one breath away from your inner-most, it is one too many.** And, if you are two or many breaths away from your inner-divine-harmonious-impulse – ***you are very far from who you truly are.***

What makes you who you truly are is – **to breathe your own breath.**

**May you breathe the breath you truly are**

With love and in Atmic light,  
Serge Benhayon



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**One-Unified-Truth**