

All about the Oneness Blessing / Deekshas

These FAQs have been compiled by Lisa & Pasquo Cassetta(Australian Coordinators).

www.onenesscentre.com.au

Explanation of the Oneness Blessing /Deeksha by the monks at Oneness University, India.

People visit places of power, People of power. Deeksha is a phenomenon of power. Man has been endeavouring to raze down the wall of mind that separates him from God or the Transcendental. Meditations, techniques, teachings and every form of effort to still thought, instead of leading him to the goal, have made it farther away. Sri Bhagavan says, "Thought cannot end thought; effort cannot end effort, the self cannot end itself." Every pursuit strengthens the pursuer and meditation the meditator. When you know that the effort is counter productive, a new form of effort arises - the effort to stop all effort. Effort multiplies in an exponential ratio, effort, effort 2, effort 3. Thus numerous seekers fighting their battles with the mind have lost hope. A spiritual awakening calls for the outbreak of a massive phenomenon and 'Deeksha' is the response to that call.

It is 'God' or 'The Divine', now punching a hole in the wall for man to cross over.

'Deeksha' is based on an ancient principle that says, 'anything could be transferred, be it states of consciousness, wisdom or energy'. In the Vedic lineage there is a story of a master who enraged at his disciple demanded that he return the wisdom imparted to him. The obedient disciple coughs out a 'golden ball of insights' bestowed by the master. The 'Pentecost' phenomenon where the apostles laid their hands and people had a plethora of experiences also testifies the principle of transfer. In many eastern traditions the masters used 'Mantras' to transfer spiritual experiences and wisdom.

Deekshas by themselves have varied forms; the transfer by touch (Sparsha Deeksha), transfer through eyes (Nayana Deeksha), transfer through an intent (Smarana Deeksha), etc. Based on the evolution of the individual (giver and the receiver) the mode of deeksha undergoes a change.

Deeksha thus given affects a neuro-biological change. There are 16 centres in the brain responsible for definitive experiences like sensory perception, emotions of jealousy, hatred, fear, compassion, love, joy, separation, connectedness, creativity, learning, etc. deeksha results in the activation of certain centres and the de-activation of certain centres bringing about a shift in the perception and experience of life. The process finally lands the seeker in a permanent, incredible state of consciousness.

A unique feature about this phenomenon is 'a deeksha given is also deeksha received'. When you receive a deeksha, you are a beneficiary. That is well known - but when you give a deeksha, your spiritual process is accentuated to a great extent. You play a role of a helmsman who himself crosses the river rowing others ashore. Millions across the globe are partaking divine grace in the form of Deeksha that quenches everyone's thirst. It is the convergence of man's passion and God's compassion.

The above description of deekshas was taken from www.onenessuniversity.org.



The following is a list of questions that are regularly asked during deeksha programs in Adelaide Australia.

What is enlightenment?

Enlightenment is the ability to see reality as it is, without the layers of interference and interpretation imposed by the mind. It is freedom from the perceived notion that we are separate from God. It is the dissolution of our belief in our small self. It is living with full awareness of our divine nature.

Kiara Windrider has written some great articles on enlightenment, see website www.deekshas.com.

What is a deeksha?

A deeksha is the transfer of divine energy directed by Bhagavan and Amma, which create a neurobiological shift in the brain, ultimately leading to enlightenment. Although usually a hands-on experience, the transfer can also take place through the eyes, prayer, or intention.

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How does it work?

To make the deeksha energy easy to transmit, receive and integrate Bhagavan has 'packaged' for want of a better word, this divine energy into a golden sphere. When a strong connection is established between the deeksha giver and Bhagavan, Bhagavan transmits this golden ball to the deeksha giver, who in turn pours it into the crown chakra of the recipient. At this moment the recipient may feel tingling and a sensation like cool water flowing into the top of the head.

Once deeksha is given it is like an electrical energy flowing through the recipient that affects the brain, the spinal cord, and what we call the ductless glands or the 'chakras'. Most of the work is being done on the frontal lobes and the parietal lobes of the brain. There is an activation of the frontal lobes, and a deactivation of the parietal lobes, plus some energy is sent into the ductless glands to reactivate these chakras. The nervous system is also worked on and strengthened to allow for stronger currents of energy to pass through the body safely. The DNA is altered to further facilitate our awakening.

Please note that the golden ball is transferred only during your first deeksha. Subsequent deekshas will deepen your state.

See www.deekshas.com for articles that describe exactly how the deekshas work on the brain.

What happens once this golden sphere enters my crown chakra?

Once this golden ball enters your crown chakra it immediately begins to initiate your awakening. It will work with your kundalini allowing more energy to flow through the chakras for healing, balancing and full functionality. As described above it will also work on your brain, nervous system, DNA etc.

Much of the work will be done when you are in a state of deep rest (sleep) or relaxation.

How does this golden sphere know what it needs to do for me personally?

The golden ball has been cleverly designed and comes with its own intelligence. This intelligence works directly with your higher self to determine exactly what is needed for your personal growth, healing and enlightenment. All you need to do is surrender to the process and enjoy the benefits.

Why is it recommended that I lie down after receiving deeksha?

It is recommended that you lie on your back for at least 15 minutes after receiving deeksha so that your body can assimilate the deeksha energy more effectively. Although in some cases and for some people this is not possible, so those people will get the maximum benefits as they go to sleep that night.

How long does this deeksha energy stay within me?

The deeksha energy works powerfully in you for about a week, after that the effect of the deeksha begins to subside. This is very important to keep in mind as in the days following your deeksha transfer you may experience and process many things, see further in this article for a list of common experiences.

Do I receive just one deeksha or do I need to receive many to become enlightened?

It has happened that some people have become fully and permanently enlightened by receiving just one deeksha. But for the majority it takes many.

Here in the west we hold on so tightly to our beliefs, and we value above all other things our intelligence and independence, unfortunately this is exactly why it is so hard for the westerners to go into a state of enlightenment – although not impossible. Sri Bhagavan has regularly stated that we are bathing in God's grace but we do not receive it because our heart is closed. To partake fully of this divine grace (deeksha is given to us through divine grace) we must open our heart and live in love and gratitude THIS IS THE KEY. As soon as we do this every cell in our body will be singing divine praises as it is filled with grace!

Enlightenment happens easily when the heart is fully opened and one is living in a state of love, gratitude and surrender, completely trusting that spirit is in control and is the provider of all things.

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How often can I receive deekshas?

For enlightenment deeksha it is best to wait one week before receiving another otherwise the powerful energy may overwhelm your system. For the same reason it is not recommended to receive more than 7 deekshas in one day.

Healing deekshas can safely be received as many times as needed. No restrictions.

What if I accidentally make the deeksha stop working?

As soon as the golden ball has been placed in your crown chakra it immediately becomes activated and begins its work. From that moment on there is nothing you or the deeksha giver can do to stop the process. The intelligence inherent in the energy will keep working on you until you become fully and permanently enlightened, however long that is for you.

Can I speed up the process?

You can speed up or deepen the enlightenment process by having additional deekshas, living from the heart and feeling gratitude. Likewise, you can slow down the process by having a bad attitude, being selfish, drinking, taking drugs, being abusive etc. I'm sure you know what I mean.

Do we all experience the same states?

No, everyone will experience it in accordance to their karma, conditioning, fears, personal and spiritual development, level of resistance to change, concepts of God, planetary alignment at birth, environment, belief system, life direction, and a long list of other factors.

Sri Bhagavan says that if there are 6.4 billion humans, there will be 6.4 billion unique experiences.

What might I experience whilst receiving deeksha?

Directly upon receiving deeksha you may experience any of the following:

- Energy moving through your body.
- Spaced out, like a happy drunk.
- Feeling connected to everyone in the room.
- In a deep state of peace, love and gratitude. This is a common experience.
- Sudden bursts of anger or similar negative emotions being experienced and cleared.
- Something is happening to your brain, like surgery or re-wiring.
- Intense heat generated in your body as the kundalini is activated.
- Shaking.
- Develop a headache and even feel nauseous.
- Body pain that you may have come in with releasing and disappearing.
- Your emotional state you came in with changing.
- Filled with joy or bliss.
- Find it difficult to speak or move for a short period.
- Have spontaneous and vivid visions.
- Receive clear insights, messages or guidance from spirit.
- Nothing!

The deeksha energy works powerfully in you for about a week, after that the effect of the deeksha begins to subside. This is very important to keep in mind as in the days following your deeksha transfer you may experience and process many things, such as:

- Short bursts of alternating joy and sadness with no apparent cause.

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- Deep states of peace, love and gratitude for no apparent reason.
- Temporary connection to all creation.
- See life as one big joke (not take things seriously) and laugh at everything.
- Profound and spontaneous insights about life and yourself.
- Clarity and even solutions to issues that are currently causing you suffering.
- Sudden pains in areas of the body as the energy moves through and clears blockages.
- Heart palpitations as the heart chakra is energised and healed.
- Headaches. This is normal and quite common as the brain is worked upon.
- Temporary forgetfulness or absent-mindedness.
- Vivid dreams with messages.
- Nightmares as we burn away or process our karma.
- A deep sense of 'everything will be alright now', or 'spirit is in control'.
- Heightened awareness.
- Increased sensitivity to smell, sight, hearing, touch, or other people's emotional states.
- Feeling depressed, argumentative or emotional for no apparent reason.
- Waking up in the middle of night drenched in sweat. This is the burning up of toxins and negative energy in the body and aura and can last for up to 3 nights. It is nothing to worry about.

The above is all part of the normal healing process we may go through and is no need for concern. But, if you still feel worried please give me a call and I will help you in whatever way I can to move more easily and comfortably through this period. The healing process can be uncomfortable and even painful at times but once you are sufficiently healed, you will begin to experience amazing things! So hang in there, as the end result is very much worth it.

My contact details can be found at the end of this article.

What might I experience in the long term from receiving deeksha?

If you have been receiving deeksha for a little while you may experience any of the following:

- Being truly alive for the first time in your life.
- States of oneness.
- Living in a state of bliss.
- Deeper and more unconditional love for everyone and everything.
- Greater tolerance and acceptance.
- Greater compassion and empathy.
- Healing of relationships.
- Healing of the physical and emotional body.
- Feeling naturally peaceful, calm and content.
- Peaceful mind, less chatter and thoughts. Moments of complete stillness.
- Greater awareness.
- Responding to situations as opposed to reacting.
- When experiencing negative thoughts and feeling getting out of that state of mind much quicker.
- More suffering, as the healing goes to a deeper level.
- Disillusionment with life as our old belief structures break down.
- Deep depression as our old little self dissolves and the mind doesn't want to let go.

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- Intolerance of others as we can now clearly see the games they are playing.
- Become aware of the games we are playing.
- Clearly see the nature of the mind and ego.
- Clearly see our own patterns and limiting beliefs.
- Become highly intuitive.
- The list just goes on and on....

Each person will experience what is right for him or her. Please value and honour your gifts and do not compare yourself to anyone else.

Sri Bhagavan describes the different stages of consciousness as follows:

The following is from www.onenessuniversity.org.

Doors in consciousness

"As many people, so many experiences in consciousness. The splendour of consciousness is infinite," says Sri Bhagavan. Imagine a huge mansion having countless doors; each opening to a new vista, so totally different from one another. The nature of consciousness is much the same. There are various doors to consciousness and each reveals a different facet of reality to the seeker. 'Deeksha' is the 'intelligent divine energy' that activates the various centres in the brain awakening the seeker to multifarious perceptions of reality.

The door of Meditation

Most often we 'try' to meditate on something. By meditation we mean gathering our attention and focusing it on the object of meditation. When Deeksha opens this door, 'meditation happens'. An inner passivity and observation becomes a natural state of being. Walking, eating, listening, thinking, everything become an act of meditation.

The door of life review

Deeksha can put you through a 'life review' where you become the other and experience the pain caused to them. You also experience the various emotions that you have not confronted within yourself. Thereafter acceptance and connectedness become natural to you. The force of judgment weakens paving the way for the flowering of the heart and to a more sensitive experience of life.

The door of calmness

Deeksha puts you into a state of calmness where you are at peace with yourself and the world around you. The external world does not disturb your inner peace. Strife with life comes to an end.

Bliss

Deeksha might also open the door of bliss where every sensory experience or experience in consciousness gives rise to bliss.

Expansion of consciousness

Deeksha could take you through this door of compassion where your consciousness expands beyond the physical frame (body) and encompasses everything around. You start experiencing the pleasure and the pain of all beings within yourself.

Experiencing reality without the interference of the mind

The mind is constantly judging, commenting, and evaluating every experience. It either moves into the past or the future or makes you look at the present through those frameworks. The Deeksha de-clutches the mind and makes you experience reality without its interference.

Witness

Deeksha puts you on the 'witness stand' where you no more are a 'participant' but you become the 'observer' to all experiences of life. There is no 'you' going through these experiences of life. The experiences alone exist.

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Visiting other worlds

Consciousness is not bound by the limited frame called the 'body'. It is beyond space and time. Deeksha opens this door where simultaneously you experience more than one reality. It shifts your centre of awareness and lo and behold! You are aware of other realms, without necessarily shutting down your senses or de-functioning yourself.

Perceiving reality as a dream

A famous Chinese enlightened master once said, "I do not know if I am a butterfly dreaming that I am a human being or am a human being dreaming of a butterfly". So many times we have wondered how real our dreams appear when we actually go through them. Just as all dreams are illusory, for the awakened reality appears as a dream. When Deeksha opens this door, you see everything as a dream in consciousness.

God Realization

This is coming face to face with God.

What is the difference between a healing deeksha and an enlightenment deeksha?

Bhagavan and Amma have specifically designed the healing deekshas to promote healing in all areas of our life. The healing deekshas not only bring physical healing but also spiritual, emotional, financial, and relationship healing. Healing deekshas prepare the body for enlightenment by strengthening our nervous system to be able to receive powerful energies, unblocking and balancing our chakras, calming our mind, etc.

The healing energies are milder in nature and can safely be transmitted to babies, children, and elderly. Pets, plants and even inanimate objects may also benefit from healing deekshas. Healing deekshas are recommended for people with life threatening conditions or psychologically debilitating conditions.

On the other hand, enlightenment deekshas are specifically designed for our enlightenment. As already mentioned they work on our brain, nervous system, DNA, chakras etc. Enlightenment deekshas also promote healing but not as gently as healing deekshas.

I personally experience the healing and enlightenment energies like this: if we compare the healing energy to a gently flowing stream the enlightenment deeksha is like the Niagara Falls!

For people who have a weak physical body an enlightenment deeksha might be too much and even overwhelming whereas a healing deeksha would be fine. In this case it would be strongly recommended for those people to receive healing deekshas until they are strong enough and mentally stable enough to receive enlightenment deeksha.

I have not had deeksha before, do I need to receive healing deeksha first or can I receive enlightenment deeksha straight away?

As stated above, it all depends on your constitution. If you are physically and mentally OK, not in the last stages of pregnancy, and over 18 years of age, then you can safely receive enlightenment deeksha.

Are deekshas meant only for spiritual people?

No, deekshas are for everybody, even atheists.

I do not feel anything so how can I tell if the deekshas are working?

Not everybody has the sensitivity to feel energy and that is quite OK, it is not an indication of anything. Some people may develop sensitivity over time and others may never do so even if they perform regular spiritual practices over a long period of time. Some bodies are made like this whilst others are made like that, we are all different, and shouldn't read too much into these things.

But there are signs to look out for that may give you an indication of how deekshas are working for you. These signs may include any of the following:

- Feeling better within yourself.

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- Increased co-incidences.
- Problems sorting themselves out.
- Improved relationships.
- Greater tolerance and acceptance.
- Health improving.
- Experiencing more happiness.
- Increased self-confidence.
- Greater awareness.
- Feeling more intuitive.

How long does it take to become enlightened?

For each person this will be different and therefore impossible to predict. Do not worry about this aspect and trust that the divine is taking care of everything in the right time.

To receive deekshas does it mean I have to follow Bhagavan?

No, not at all! Bhagavan doesn't want people to follow him. Deekshas help a Christian to become a better Christian, a Muslim to become a better Muslim, a Buddhist to become a better Buddhist, a Hindu to become a better Hindu.

Religion has nothing to do with enlightenment, nor even spirituality. It is a purely neurobiological phenomenon. Once enlightened, your guiding light will come from within yourself, and you will reconnect with the essence within whatever religion or spiritual tradition you belong to or don't belong to.

Are all the deeksha givers enlightened?

No, currently most deeksha givers are still in different stages on their personal and unique path to enlightenment, although some deeksha givers are now fully enlightened.

Do deeksha givers still need to receive deekshas?

No, although they may choose to at times because it feels wonderful to receive. Deeksha givers naturally deepen their state whilst giving deeksha.

When receiving deeksha it feels like each deeksha giver transmits differently?

Of course, each deeksha giver is a unique channel that Bhagavan and Amma are transmitting the energy through. But, it is also good to keep in mind that Bhagavan and Amma may themselves change the energy frequency they send to you depending on what you may need in that moment.

Is enlightenment the end of our spiritual journey?

No, it is like stepping through a doorway into a new world, but the journey is without limits! The journey is just beginning.

How do I know if I am enlightened?

How do you know if you are in love? You just know. Nobody needs to tell you, nor can anybody tell you otherwise! When you are enlightened you will know beyond a shadow of a doubt. If you are asking then you are not enlightened!

You will know you are enlightened when you are no longer trying to become enlightened. Suffering is essentially the resistance to experiencing reality as it is. Once enlightened you will no longer be seeking to change, deny, defend, or deify your experience of reality. You will naturally experience the present moment for what it is.

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Is there a way to tell if someone is enlightened?

Yes, simply raise your vibrational frequency to their level and you will instantly know!

But for most of us who cannot do this, we may get a feeling and that's about it. When I was with Ammachi (an enlightened being) it took many encounters and experiences to be able to rise above the doubting mind and accept her as God realised.

You may feel that you will know an enlightened being if they match your preconceived criteria such as if they are: loving, compassionate, tolerant, joyful, etc. This is only your belief about how an enlightened being should behave and has nothing to do with reality. Enlightened beings will behave any way they wish at any given time! They may be vegetarian, or they may eat meat, they may be compassionate or they may appear cruel. They function from a level that is beyond our understanding, so we cannot judge them by their actions.

Who can receive deeksha?

Anyone can receive healing deeksha, including plants, animals and inanimate objects. Healing deekshas can be safely given to newborn babies, children, pregnant women, people on drugs, people with mental conditions and people who are about to pass over, including people who have passed over.

On the other hand, enlightenment deeksha can only be given to people who are over the age of 18 years, are not mentally unstable and are not in their last 3 months of pregnancy.

Why can't these people receive enlightenment deeksha?

Bhagavan says that it takes 18 years for our chakras to fully develop, so if a person under the age of 18 were to receive enlightenment deekshas, their chakras would not be able to cope with the energy.

If a woman in her last 3 months of pregnancy were to receive enlightenment deekshas there would be a strong possibility that her child would be born fully enlightened, which would alter the child's natural development. It is actually strongly recommended that pregnant women only receive healing deekshas at all stages of their pregnancy.

In regards to people with mental disabilities, if they were to receive enlightenment deekshas it would make their state even worse for a period of time because of the way enlightenment deekshas work on the brain. These people need to receive healing deekshas until they are fully healed or their condition stabilised, after which they may receive enlightenment deekshas.

If you are not too sure which type of deeksha you may receive safely it is always best to ask.

How can a deeksha giver know the state of people before they give them deeksha?

We cannot. But, say a person slightly under the age of 18 years felt that they were old enough to receive enlightenment deeksha, or a mentally unstable person felt that they were OK and came to an enlightenment deeksha program anyway, Bhagavan would know their condition and only give them healing deeksha. They would not receive enlightenment deeksha.

Who can give deeksha?

Currently only the people who have been initiated by the monks during the 21-day intensive process at Oneness University, India can give deekshas.

Is deeksha the same as Reiki?

No, the purpose and vibrational frequency of the two is quite different.

Can Reiki practitioners give deeksha if they focus on the enlightenment vibration?

No, Reiki practitioners (or any other vibrational healers for that matter) cannot channel the deeksha energy unless the monks at Oneness University have initiated them. The reason for this is that during the initiation, the monks do specific things to the brain, chakras and nervous system that enable the person to transmit this particular type of energy.

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How do I know if I am receiving deeksha by a qualified deeksha giver?

The Australian website www.onenesscentre.com.au contains a list of registered deeksha givers for Australia. If the person wishing to give you deeksha is not on the list it could be that they have not registered as yet. In which case you can call Lisa and Pasquo Cassette (Australian Oneness University Co-ordinators) and they will confirm the status of this person.

Lisa and Pasquo can be contacted on (08) 8338 5642 or email: info@onenesscentre.com.au

If I cannot attend the deeksha programs can I still receive deekshas?

Yes, there are many ways to receive deekshas for people who cannot make it to a program.

1. You can receive a deeksha over the phone by a qualified deeksha giver.
2. You can arrange to receive an absent deeksha at a mutually agreed upon date and time.
3. If you feel strongly connected to Amma and Bhagavan you can pray to them to give you a deeksha.
4. Some websites offer regular online deekshas that you can participate in.
5. You can arrange for a private deeksha by appointment.

What are the benefits for children receiving deekshas?

Sri Bhagavan says that when children receive (healing only) deeksha they:

- Become better students.
- Absorb and understand information quicker.
- Creativity deepens.
- Enjoy social activities.
- Live life fully.
- Are clear about what they want to do in life.
- Have a deeper and more unconditional love for everyone and everything.
- Behave respectfully towards parents and other people.
- Become spiritually orientated and motivated.
- Less likely to develop bad habits.
- Grow into well-adjusted, happy and loving adults.

Bhagavan suggests for children to receive deekshas whenever possible.

Can animals also receive deekshas?

Yes, but only healing deekshas. Animals love it.

Would those close to me also benefit from me receiving deekshas?

Yes, if you are receiving deeksha on a regular basis everyone coming in contact with your energy field will be positively affected by having their vibrational frequency raised. If they live with you then they will be affected more often than those who occasionally cross your path.

Bhagavan has said that when one person becomes fully enlightened it will not only benefit the immediate family members of that person but also 7 generations back and 7 generations in the future!

What about those already in spirit can they also receive deekshas?

They can receive intention deeksha although Bhagavan says that once mass enlightenment takes place, they too will become enlightened.

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Sometimes I am filled with doubts about the deeksha process, how can I overcome this?

This is natural and nothing to worry about. The western mind is like this, always doubting, dissecting and comparing. If God manifested in front of us right now and gave us a beautiful experience and personal message, a short time later our mind would question whether this really happened, or did we make it up, are we losing our mind, did we give ourself a message from the subconscious, did our heart chakra spontaneously open and we only thought God visited us etc. etc. etc. How many amazing experiences have you already had in your life that a short time later you doubted? The mind!

This is why I encourage everyone to keep a journal of their experiences. When we are in a good state of mind it is easy to believe, but when we are in negative state of mind, doubts and concerns creep in!

If you really cannot shake off the doubt then do research on deeksha and read some of the thousands of testimonials to be found on the various deeksha websites.

If you are a sceptic, wonderful! True sceptics make great scientists because they go out and thoroughly research a subject, try things out, experiment, evaluate etc. prove to themselves on way or the other.

Can you tell me what happens during the 21-day process?

The 21-day process is an Oneness Process. It is a well-balanced integration of the heart and the intellect, of knowledge and devotion, of human effort and divine grace, culminating in the discovery and experience of the Divine Presence in the lives of the seekers.

Guided into meditation and contemplation through the teachings of Sri Amma Bhagavan, seekers pursue an inward journey that leads them through various milestones on the spiritual path, namely, acceptance of oneself, acceptance of the other, insights into the mind, self and the Divine.

Vedic Fire Rituals (Homams) are performed at specific stages of the process to clear any karmic obstacles and cleanse the physical and subtle bodies of the participants. The 'sacred fire' helps the seeker transcend the illusion of space and time and perceive reality through the eyes of a mystic.

The process is powered by Sri Amma Bhagavan Deekshas, given by the Dasas living in altered states of consciousness. It is the Divine touching you through human hands.

A significant part of the retreat is the Darshan (meditation in the physical presence) of Sri Amma Bhagavan. Through the power of their consciousness Sri Amma Bhagavan fulfil the spiritual needs of the aspirants. The participants experience great liberation when they pray for the departed ancestors in the presence of Sri Amma Bhagavan.

An auspicious ceremony of initiation empowers the seekers to become channels for the Deeksha Energies to flow through them. Thereafter they acquire the power to effect transformation in fellow human beings and share the vision of Sri Amma Bhagavan, to bring about 'A Global Oneness Age'.

The above description was taken from www.onenessuniversity.org (Official Indian website). See the Australian website for more info: www.onenesscentre.com.au.

Can anyone become a deeksha giver?

No, there are a few considerations. At this stage Bhagavan is asking only for well-adjusted people who are interested and committed in serving humanity to become deeksha givers. If you only want it for yourself and are not able to or interested in being an active deeksha giver then it is best to just keep receiving deeksha in your local area.

Another consideration is that the 21-day process is very intense emotionally, psychologically and physically. If you are not in shape in any of these areas you may experience a great deal of pain and suffering during the retreat.

I am interested in becoming a deeksha giver what is my first step?

The first thing to do is contact Lisa and Pasquo Cassetta who are the Oneness University Australia co-ordinators. Tell them that you wish to become a deeksha giver and they will supply you with all the necessary information and support. www.onenesscentre.com.au

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Lisa and Pasquo can be contacted on (08) 8338 5642.

Why is the 21-day course so expensive?

The price includes: Course, accommodation & food for 3 weeks, teachings, initiation and much more.

What is Oneness University about?

The Oneness University is a university for awakening, enlightenment and God realisation.

According to the records available, all the men who had the experience of enlightenment through the whole course of history do not number more than the men of talent and genius in all other branches of knowledge and art; but they created the revolutions in thought which continue to affect the world to this day.

Unfortunately, reading their narratives of wondrous mystical experiences of union with the universe or God, though intellectually and emotionally stimulating, has not succeeded in replicating their experience in the seeker. It did not provide a new foundation for his/her life, the way the experience probably did for the person who had the actual experience.

With lack of first hand spiritual and mystical experiences, we as a people have forgotten our inner world and have become almost totally lost in and pre-occupied with the external, material world. We now live in a world whose values have become contra-spiritual, fraught with anger and violence, exhaustion and disillusionment.

As we enter the third millennium however, we are in for a transition. Increased reports of spontaneous awakening experiences across the globe suggest that the time for a golden age of planetary evolution and transcendence is near at hand if only we would work collectively.

The mission of the Avatars Sri Amma Bhagavan is to bring about and sustain this great change and transition in human consciousness. They are the inspiration, power and the wisdom behind the Oneness University founded to create 64,000 individuals who would live in a natural state of Enlightenment and God realisation. They would collectively work to bring about an alteration in human consciousness. The shift will only result when many individuals would awaken to themselves, to others, to the world and to God; when these individuals would themselves become philosopher-teachers capable of enlightening others. And the critical mass required for this transition is 64,000.

The University does not propagate any particular belief, dogma, religion, faith or teaching. The underlying concept behind every one of its activities is the thought of Sri Bhagavan and Amma that says, "Truth however profound, when it is not yours still remains untruth." Accordingly the university aims to put every individual in touch with the truth of his faith via the medium of a personal experience.

All the courses here are towards this end. When we speak of God, we mean coming face to face with God. When we speak of relationships we do not talk of having love or the lack of it, but are interested in discovering love. When we speak of knowledge it is not speculative or metaphysical but direct insights that alter consciousness.

The university is the vortex of the movement in consciousness towards oneness.

The above description was taken from www.onenessuniversity.org (Official Indian website).

The phenomena of deeksha around the world

There are now deeksha givers in most countries of the world. In some of these countries such as Japan, Italy, US, Mexico and Sweden deeksha programs are broadly publicised and attended. In Australia we are lucky to get 50 people to a deeksha program, in Europe, Japan and Italy hundreds may attend.

In love and gratitude.