

Return
to
Consciousness!

The Handbook for

The Course

for

Courage

Guruji Grace Love, PhD

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Why I Wrote This Book and How to Use It

The world is in a very challenged place. **People are using their GOD-given talent to manipulate and destroy rather than to give thanks and create. The planet is in a rapidly accelerating environmental crisis.**

This book was written to contribute to the reversal of this destructive cycle. I observed much of this material over a period of fourteen years as a counselor, four years as a full-time spiritual student, and the past twenty years as a Guru, with a total of twenty-five years of meditating fulltime, while observing my own mind and others as they played out in front of me. The actual writing of the initial chapters came spontaneously in meditation over a period starting in 1990, and the balance of it three years later.

For those of you who are looking for a way out of the cycle of Self-sabotage and demeaning regression to a place of proper expression of Consciousness, this book offers rare valuable data and concrete assistance.

It is particularly useful for eliminating vasanās, Sanscrit for **latent tendencies**. These **have been considered in the past harder to eliminate** than the unneeded thoughts, emotions, and/or body sensations that often arise in meditation (or therapy) to release.

It is my experience, using this material, that this is no longer so.

This book was developed originally for those spiritual students of Advaita Monism Vedānta (Non-dualism Absolute teachings about Enlightenment), as a way to approach remaining mind or unconsciousness, especially the latent tendencies, which are often the last layer of mental of veiling to release. In actuality, it serves anyone wanting to quieten the mind.

It provides a spiritual process, rather than a psychological one, and is quite useful for quick interventions and reminders about how to Enlighten, re-Awaken into Consciousness when the apparent unconsciousness is presenting.

Of course, it takes Awakened Consciousness to even notice apparent unconsciousness, and so, when you remember that, you are already halfway there.

I also use this book in combination with a short five-week course to support others to develop the Courage needed in life situations as well as in meditation to eliminate these former perceived barriers. Many have found The Course for Courage helpful.

You can use it on your own to do the same thing, if you are moved to do so, or you can contact me and see about the next Course for Courage here or in your area, or recruit your friends to take it so that I or one of us can come to your area to offer it. (The reasonable Course fee includes the book, if you are inclined to go through this process with the support of the group.)

Read in sequence, pages one through twenty-nine are an initial introduction to the dilemma and the opportunity. For those wanting to use this as a workbook, **read this section at the beginning of the first week, and apply the suggestions every day for a week.** You are welcome to read further, but if at the point you find yourself

beginning to go into overwhelm, **STOP**. Release any attachments arising. You might feel moved to put on Elm Bach Remedy for overwhelm. If you are reading in the section for the first week, pick it up later and continue reading and applying the material appropriately. Later, re-read as you are moved.

Pages thirty through seventy-eight represent an escalating sequence that the bucking bronco of a mind (yours and others) may go through as it tries to divert you from your Life Purpose, and how to harness it. **For those using this as a workbook, read this section at the beginning of the second week, and apply what you read.** Continue to apply the suggested spiritual remedies all week, along with the ones from the previous week, when and if any of these issues come up. Re-read any sections you feel moved to read.

The final chapters, pages seventy-nine through one hundred ten give a summation of what is possible. Read this section at the beginning of the third week, and apply these awarenesses as well, adding to those others already in your toolbox. Re-read any chapters as you feel inclined.

Use this book as a learning tool to correct any improper use of your own intelligence, so that you may give up destructive patterns, and use your intelligence instead with discernment to uncover Consciousness and explore Self-expression creatively in healthy positive fashions.

You can nurture and encourage rather than discourage and demean.

It is also easier to support others entangled in their own unconsciousness, when you understand what is really happening.

This is a new world we are creating. We have to recycle the tools we were given into plowshares, or be destroyed. What a terrible use of the Gifts of the Creator.

Surely we came in for more. Let us discover that, and recreate our world together.

If you find this book of use, and want to explore further in your meditation, you may want other books in this series or to contact me directly.

Guruji

Inner Guidance

At certain times in spiritual development, Inner Guidance presents ItSelf. It may come in a variety of ways.

An Inner Voice may whisper or Call out, moving you to get your attention. That still small voice has been described in the literature of many cultures and creeds. Much inspirational material about It moves us in recognition and longing.

As we follow its inspiration, the Voice becomes stronger. If we do not choose to follow it, the Voice becomes weaker or disappears altogether for some time, sometimes for years or lifetimes.

Sometimes we do not understand what we are being moved or asked or told to do. One possibility at this point is to ask for more data.

Usually our hesitancy or inability to act lies in a lack of understanding, in not having enough data to know what steps to take or in what order to proceed or the timing.

This can all be remedied by asking for more data.

As we ask for what's next or more data, at each step, we not only get the data but are empowered by the energetic release with each response. Sometimes we hear what to do, but don't see how to do it, given our current resources. We can then pray:

“How? What is the next step?”

Or we can commit to the part we can see how to do now, and then pray,

**“You'll have to do the rest. Thank
You.”**

This Voice may alternatively be described as your Higher Self, your Spiritual Heart, your Inner Voice, your Guardian Angel, GOD, Christ, the Elders, the Grandmothers, the Grandfathers, Extra-terrestrials, Internal Masters, the Ancestors, a favored dead relative, Buddha, the Karmic Board, your Consciousness, your Conscience, etc.

At times, **the Voice may sound harsh and still be your true Inner Voice.** It may be communicating in a way to get your attention. **It may be time for you to “get”**

something, or complete or follow through on something crucial. It may be close to the end of the time you have allotted to complete a soul lesson or develop a quality, and you are just being urged to do so by your own Self. A fireman trying to get you to jump properly out of a burning building does not say, “Please” and “Thank You.” He yells, “Jump!” because that’s all he has time for.

Sometimes you will hear this Inner Voice in times when you need guidance or direction, or at other times when you are at a major completion in your life. At other times you may find your Self opening your mouth and spilling out Wisdom or data about the future or the past you would have no ordinary access to. Just relax. Carry paper or a notebook and take notes and follow what you hear or see or sense. You will adjust to your own inner knowing, regardless of how it presents. This is a preview of your future.

After Enlightenment, when you are in a high enough level of vibration, this Inner Voice integrates, and you will no longer experience it as separate from your Self. At those times, your perception as the Witness or Observer will fade and you will no longer see these experiences as something at a distance or outside from You.

You will simply speak and hear Wisdom.

There is nothing the matter with your perception of Inner Knowing shifting up and down the vibrational scale. That is just the way the Energy works, as a wave. You Are Infinite variety. You Are All.

Your Inner Knowing may also present as visual shifts, or as glimmering or glowing or an iridescence around certain people or objects. At times this Light may totally eclipse the form, and you may see or be aware of only the Light or Energy.

This is not a physical phenomena. You are actually in Samadhi (a higher level of Consciousness) where you are experiencing the physical plane world for what it is: an illusion, and the Reality for ItSelf. OM

At times the Energy will simply present as more noticeable, like something is standing out to get your attention. It may initially stand out in bold relief, and as a result only one part of a scene stands out. As it continues, the rest of the scene may actually look like cardboard one-dimensional cut-outs or paper dolls.

It may be visual and auditory, and may present as your noticing someone in particular and some data they are telling you or even that what you are overhearing them tell someone else seems especially for you. It may be particularly affirming or key data or a clue or cue to your Destiny or an opening you’ve been waiting for.

It may be the opening to your Enlightenment. Ultimately it is.

Follow these. **These are Guidance sent to tell you that you are on your Way, on track. As you follow them, you will get further confirmation as you get closer to your Self. You may feel Spiritual Heart opening or Crown Chakra awareness, or Bliss or laugh spontaneously (Buddha laughter).**

You may feel deep Contentment or Strength or Love or Peace or Stillness. These may be temporary, brief dips or longer, extended stays for many minutes or hours, even days, in your Self.

You are coming Home. Rejoice. You are about to Be Free.

Denial

Denial is just a sophisticated form of suppression. Because the structure is in place to deny that the issue doesn't even exist, we are far beyond acknowledging it, let alone seeing a way out of the dilemma.

Denial lasts until it doesn't. Because it is an artificial form (not an actual aspect of Consciousness), it will not last. At some point, the subject matter comes up again and again and then we deal with it to whatever extent we are capable. Usually it comes up again and demands to be dealt with when an option presents itself.

Acknowledgment is all it takes for the process to begin to heal. Just say

“This is happening right now.

It just is. (Separate from how you may feel about it, or your opinions about it.) **This is where I am right now.”**

Now something can change. Acknowledge it and get off of the attachment. Once you acknowledge it, **own it** (not project it onto someone else, something else, or some other circumstances), **and then another awareness will arise about how to handle it, drop it, or change the situation.**

By acknowledging the situation, you have detached from suppressing it. When you detach, then you can rise in vibration and in that higher level of vibration, Wisdom dwells. In other words, you have gone back into Samadhi, your natural home of Wisdom, and at that level you will know what to do or you just find yourself acting as moved.

Denial is just a defense mechanism until you can handle it or you're in the vicinity of acquiring skills or an opening to do so.

Prayer is better. Just pray and say:

“Lord, I can't handle this. I give it all back to You. Let me know my part. Thank You.”

or

**“Help me, GOD. I can’t handle this.
Thank You.”**

Choices

What is important to notice is why you chose unconsciousness rather than Consciousness, and whether you choose to make the same choice in the future.

You may have chosen unconsciousness because your emotional body was exhausted or feeling overwhelmed or unsupported or un-nurtured. If so, you might want to notice now if you have had enough sleep lately, and does your diet need to include more foods that support your nervous system and brain, or have you played enough lately?

How long has it been since you had a full day off? Do you have regularly scheduled days off every week and keep them? Maybe you need to take a vacation (have unscheduled time when you have no responsibilities), or read a relaxing book, see a movie, or play in the sand.

If your budget is restricted and even if it isn't, go to a nearby park or playground, and swing or play in the sandbox. Hug a child, pet an animal, eat something unusual or pleasing. Sleep more. Take a nap or sleep longer in the morning or go to bed early.

Look at sunsets, notice trees. Ask for hugs. Enjoy the flowers. Notice colors. Wear happy, playful clothes. Take picnics to wonderful places or in your backyard or on your balcony. Take Epsom salt baths, bubble baths, whirlpool and hot tub soaks.

In short, **do things differently.** Break up mental rigidity, old mental and emotional grooves.

You are preparing to be the spontaneous, creative Energy that underlies and originates the Universe. All forms arise from it and fall back into it. Play as preparation. Nurture Yourself.

What is important is that it is only Conscious Awareness that overcomes ignorance, persists through it. So, develop your Consciousness by playing more, being more playful. Notice bright colors, interesting objects on the street, not as a distraction, but as an act of conscious alertness, being moved to notice certain objects on the sidewalk, in the store windows, in the sky, in the newspaper; your gaze will be moved spontaneously.

Out of a whole scene, what catches your eye energetically?

Where is your Heart moved to take you? Follow that and Be Free (of a conditioned response). It is that simple.

What is important is the nature of persistence rather than the nature of ignorance.

Persistence always overcomes ignorance.

Your mind has persisted for centuries. Give your brain a higher focus, and go on.

It Is Our Time

It is *our* time to Awaken. We are not here to celebrate the Awakenings our teachers, the leaders of our faiths, had in their own times. It is our time, our Awakening, and others, that should be our agenda now. **This is *our* time, our Happiness. Our Joy Is now.**

There is a wonderful true story told about Swami Vivekananda, the first teacher of Vedanta (the teachings about Enlightenment) to come to America. A hundred years ago he came, moved to attend the Parliament of the World's Religions.

You know the story of the Parliament. Planned by Protestant Christians of the Chicago area, they hoped to astound the world with their Christian preachers. They invited representatives of many of the world's religions to gather here as part of the World Fair in 1894. The planners envisioned a great convocation of the scientists and inventors of the day, and also the great religionists.

The religionists, the spiritual leaders, caught the imagination of all who attended. Their speaking about GOD drew huge crowds, far more than the other events; so many that each spoke before 4,000 people at a time and had to be scheduled twice a day because the halls could not hold more.

This was the first time other world religions were recognized here in the United States. The Bahais came for the first time on these shores, also the Vedantist Vivekananda, a Zen Buddhist Master, a Jain, teachers from Africa, and women ministers (from other shores) were recognized here for the first time.

Many who came stayed to teach to speak and travel here in the great aftermath of the Parliament. There was a great awakening in religious awareness and spiritual thought and conversation.

The Protestant Christian ministers did not shine at the Parliament.

It was the people who had had actual spiritual experience who made the real impact, not those just speaking from their intellects about what they felt they understood about other people's spiritual experiences.

In the four years that Vivekananda stayed following the Parliament, there is another story that stands out for me. One day when Vivekananda was resting in a house provided for him here, a knock came at the door.

Two representatives from the Church of Latter Day Saints were standing there. When he heard their purpose, he gladly invited them in, as he was always eager to talk about GOD.

He heard their words, and then he shared that he had already found a path to GOD-experience that moved him deeply. However, he told them that he was concerned about his fellow countrymen, many who were not moved by the religions of their forefathers. He shared that Vedantists believe that **GOD has given us many doors to Him, according to our various temperaments and experiences, and that what is important is that each one of us find *our* door.**

Vivekananda urged the missionaries to go immediately to India and take their teachings there, so that his brothers and sisters would not be in pain any longer.

Well, my brothers, my sisters, **it is our time to speak up, to have our experiences and share them to awaken others, not to prosthelitize or seize their money, but where there are genuine openings, go after them, enter there, and find GOD together.**

We must encourage one another. Where there is an Awakened Heart, let it sing and speak and rejoice in the Lord's walk and talk and song that the Word may be known.

Let us pray and meditate together, that GOD-Awareness may come among us and heal this world before we destroy it further.

Let us encourage others to pray, too, and especially to LISTEN, to *hear* GOD's words. GOD is surely tired of hearing us tell Him/Her what S/He already knows far better than we understand. I sense the Presence of the Self standing there patiently, waiting to share the vision for us.

I feel we are being called together to share experiences of the Self, to erase the divisions that were never meant to be. Brothers and sisters of different temperaments and understanding do not have to live divisively, but can still live together as a family. This is final exam time. GOD is calling us together to see if we have learned our lessons of Love and Compassion and Wisdom that He has sent into the World from time to time.

They are surely the basis for something more. Let us enter together and find out. **It is time for humanity to awaken to its great purpose and live it, to pass through the great door of Discovery to Application, to live it rather than just spout the words; to Be the Truth.** To become it. To recognize the Truth because We Are It.

Then we can accomplish our great goal because we are at last suitable vessels, waiting for the great outpouring that is Our Self. How do we come to Know it? Through spiritual practice. Through opening to the Self. Through living it. And not to assume we know it all.

There is always fresh Revelation; GOD, being GOD, is unable to be stagnant. And do we ever tire of hearing that Call to come Within and Be Whole?

No, It is our very reason for existence. It Is our Life.

Guruji Grace Love

Guruji is an Advaita Monism Vedanta Guru (Enlightener) in the Direct Enlightenment Tradition. (Vedanta means literally "the teachings about Enlightenment." Advaita means "non-duality." Monism means literally "**GOD (or the Absolute) IS All there IS.**")

She teaches meditation, offers retreats, and gives Shaktipat (subtle energy transmissions) for spiritual experiences, particularly Enlightenment, and Reiki healing for Enlightenment. Guruji also offers workshops: **The Course for Courage, The Destiny PlayShop, Accelerated Reiki Masters Training for Enlightenment, and The Jewels of Our Lives, Training to Clear Past Lives and Bring Forward the Skills and Benefits Previously Acquired in Those Lives.**

Guruji has given Satsangs, and led workshops, classes, and retreats in the American Mid-West, Ontario, Canada; New York City, the Bay Area of California, Arizona, Europe, and India. Prior to a one and three-quarters years sabbatical for full-time residential meditation study, she was a counselor in public and private practice for eight years, and more recently, for an additional seventeen years in private practice.

She is Medical Board Certified in Clinical Hypnotherapy and has had a practice in Clinical Hypnotherapy for 25 years. She has a PhD (c) in Clinical Hypnotherapy.

Contact her directly at regarding book orders, workshop and retreat schedules, or for further information.