



BOOK SUMMARY

Your Journey to Enlightenment

By Simran Singh

WE ARE AT A 'CHURNING' POINT in humanity's journey, not a turning point. A 'churning' point is a place of agitation. Settling deeply beneath the surface, this palpable tension is a buildup of generation upon generation, from being conditioned to believe we are less than we really are. This rising within is stirred by the wake-up calls of our time. As the systems of our world crumble around us, it may feel safer to retreat into our old ways, going into survival, fear and isolation or simply remaining settled, stuck and tired of trying.

Although consequences rest in settling for what we believe we have been dealt, the greater risk lay in not living our true authentic nature and innate ease that has been hidden, forgotten and deeply suppressed. This power and knowing is steeped in our cells, and is the rising occurring beneath the churning.

The human conditioning has created varied forms of the 'Stepford human', a society of safe, inside the box, well manipulated consumers who have gotten seriously caught up in living the lie, rather than being the organic natural unfolding play of life. The falsehoods we have come to follow can no longer sit lodged inside of our systems. This dissonant vibration reveals itself as something that might look like fear, but has the opportunity to be so much more. This is truly an awakening - not one to wait for or by some outside force – but one that is consciously invited, and invoked. Awakening must be a self-initiated integration. It is to be inspire it by self-illumination, by claiming the Divine gifts we have always had. It is

Awakening requires we move from the references of 'what was' to the presence of 'what IS' remembering we are here to play with and ground in the Essence of life. The guiding steps of love, courage and commitment create this bridge, assisting in letting go of the greatest illusion of all... the idea that we are mere humans. It is time to release the idea that we live and then we die. The time has come to purge ourselves of the idea that we are subject to any dogma, from religion to societal conditioning or karma. Even philosophizing universal law, science or spirit must be released for the pure engagement of being and doing.

This unification goes beyond the division of mind, body and spirit into playing as an enlightened One.

In stepping across this bridge of consciousness, we are beckoned to look at 'who' we are being. We are asked to gauge 'how' we are doing. We are being teased into new ways of living. It is time to make the conscious choice to leap into 'unknowing', living an entirely opposite spectrum of experience. It is the experience as life, innately known, and yet forgotten. 'Your journey to enlightenment' is the ultimate play, in fact a playground, of the gods and need only be immersed in. It is time to step fully into the Divine inheritance of the multi-dimensional human whose thought, word and action is anchored in love, laughter, play and ease.