



STORY ANGLES

The Oneness Blessing

By Paula Rosenfeld

- a. **Awakening Is For Everyone; Enlightenment is not just for monks and yogis!**
There is a mysterious energy transmission traveling the globe now, somewhat similar to Reiki, but with the capability to change the structure of the brain. This shift in brain physiology is said to create a state of awakening in ordinary people. You don't have to meditate in a cave for 40 years to have this shift in perception and awareness – it can happen in a minute.
- b. **Quieting Your Mind and Listening To Your Heart; How Deeksha frees us from the inner critic.**
Most of us are plagued by an over-chattering mind, constantly judging and assessing others, as well as our self. Have you ever had a really exciting idea, only to hear that inner voice seemingly coming out of nowhere to inform you that your idea will never work? Or maybe the voice echoes what you learned from your parents; for instance “you need to buckle down and get a real job.” That critical inner voice can snuff out joy in an instant, but hope is in sight. Deeksha can lift you out of the dungeon of over-thinking into a state of bliss. Deeksha can create a shift that frees you from compulsive thinking and negativity, allowing you to follow the voice of the heart.
- c. **Who Do You Think You Are?; How Deeksha helps the REAL you to emerge.**
When you become aware of all the things you've been taught by your parents, your schools, and your culture, you realize that you've been conditioned to think and behave in very specific ways. Underneath all that conditioning, there's an inner intelligence of the heart. That inner intelligence can be your true compass for creating a joyful life in alignment with your soul's calling; for each of us brings a unique and authentic gift to the world. That gift is our authenticity, but too often, the real you is buried under all the “shoulds” that we strive to live up to.