



AKATHA

The Ancient Science of Sahaji

Sahaji Discourses No. 1 *

By

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The beginning discourses are not necessarily elementary as the new chelas (students) usually are quite advanced mentally. In order to get to AKATHA, one knows the road has been long and hard whilst not wishing a lot of intellectualism. The nonsense is over in AKATHA. The true essence communication will take place here without trying to impress anyone or bedazzle with brilliance. It is true that the AKATHISTS are not dummies by any stretch of the imagination, whereby their wisdom has brought them to the path. Yet aforesaid, they want the information straight without extras. That kind of communication is what is provided on the path of AKATHA. Those who have had the opportunity to meet myself or my wife know that we are just people. We are easy going and do not play head trips or games with anyone. Mostly, our close friends know us as big kidders and we have a lot of fun! The cold detached stuff does not exist around us because AKATHA really means joy along with the balance.

It is true that *sometimes* the chela has had so much trouble in their lives to this point that levity is the farthest thing from them. But one learns quickly on the path that humour will enter their lives with great joy and happiness like it always should have even in the beginning. Of course, this joy happens by the practice of the daily thirty minute contemplations. Not much discussion of whether to do or not to do the contemplations happens in AKATHA meetings. Since the discipline only is thirty minutes a day, it is not much to ask considering the enlightenment that takes place in such a short time. Many do Sahaji immediately whilst others may linger for a time, but eventually adeptship is theirs by the practice of the Spiritual Exercises of AKATHA (contemplation). The science part is the real answer. ***For every minute in Sahaji, one will receive forty-eight minutes of inner peace and protection from the negative forces on the outer planes of the lower worlds. One minute of stillness equating to forty-eight minutes of activity balance (one second for forty-eight seconds - four directions in the universe - 4X12).*** That equation equals to thirty minutes in twenty-four hours @ sixty minutes times twenty-four hours equally one thousand four hundred and forty minutes per day. Hence the Ancient Science of Sahaji is precise and no other science is as exacting. Therefore, the contemplation practice is a serious matter. It is true that Paulji (Sri Paul Twitchell's spiritual endearment name) stated that some who dedicate their entire lives to spreading the message of AKATHA are exempt from svasata (contemplation) being so busy, but this is unusual. No one receives demerits on the path or anything like this if not doing contemplation. However, one

will go slower in their unfoldment and eventually they might drop the teaching seemingly getting no where. Hence, the svasata (contemplation in higher Sanskrit) is very important for Sahaji growth, gaining awareness and initiations.

Precision is very important in life but it does not have to be stuffy only being taught by a professor in a university. The real problem with intellectualism is attitude and the lack of using the higher Sanskrit words like AKSHAR (name of God in AKATHA), SRAOSHA (Spirit), AKATHA (science of Sahaji), Sahaji (Soul Travel), Mahaji (the Living SRAOSHA Master), etc. These words have a higher vibration because they come directly from God as sound first and then letters later. It is simple like bird's song. All life must sing the song of HU (universal mantra much higher than OM) or perish. Since the latter is not possible as of Soul being eternal, one becomes unaware instead when not using the HU. However, one can spend thousands of lifetimes being unaware and having great misery in the offing. AKATHA insures inner joy when one contemplates daily for thirty minutes. It is a discipline of paramount importance. Those who have problems eventually will overcome them down the road along the path. Before one knows it, contemplation becomes like eating or breathing, an essential in daily life. No one need push here, but attempting the practice each day is the answer. The negative forces work hard here and one must be strong.

Whereby, AKATHA brings the chela great joy in the inner planes and one learns to look forward each day to their spiritual exercises. Still one can become too attached here and the way avoiding that is by knowing no end exists to perfection. The chela knows that he wants to chant the best sounding HU or do the perfect contemplation. Yet no degrees exist here. When one thinks they have done their worst, it may be the best and visa versa. The statement is a paradox and cannot be answered.

Few teachings venture to define a paradox and simply, it is something that cannot be answered, but attempts can be made. It goes deeper still than the last statement because all words are paradoxes and have no meaning really. That is why sometimes the Living SRAOSHA Master reveals the godspeak (ahkfhluiwlalo shln djahu ieawahckjaskbv) in lectures that is higher Sanskrit in practice. These are deep secrets that show us the true tower of Babel in history was simply the voice of man making any sound. He could sing instead of unsustaining his speech, but this may reveal the golden age. Illogic definitely reveals the golden age and we remember quite importantly here, that albeit we speak of the golden age in Satsang, it is not the main goal of AKATHA. The main premise of the high teaching of AKATHA is to find the ready Soul and point the way onto Sat Lok, the Fifth Plane, using

Sahaji. That important aspect reveals liberation for the ready Soul, who has yearned for it for so long. The opportunity exists each lifetime for the ready Soul to find God through AKATHA. So, those who read this discourse truly can say they are chosen people having made it to the path. What a relief!

Still some may go through difficult physical lives, but these are determined by our own judgement, AKSHAR will not interfere. True. AKSHAR is God, no doubt, but perhaps AKSHAR should be elaborated upon by this humble servant of IT. The Living SRAOSHA Master has been taught that God, the AKSHAR, has no attributes or attributeless. That could produce a negative connotation, but the answer is more of detachment. Yet this discourse really is presenting the idea that AKSHAR is NO-THING as Paulji spoke of so wonderfully uplifting in his works. The problem with His writings is that Eckankar reduced Paulji's path to a religion in 1984. The irony of George Orwell's work of the same name (1984) having such a real tragedy occurring. Whereby, history is replete with the high path going asunder as religion. All religions were the high path of AKATHA at one time, but reduced as has Eckankar now to religion. The reasons vary in history and the details are long and drawn out. But the important thing to know is that AKATHA reappears pure periodically as occurred in 1988. It must be clear that AKATHA never is religion. **AKATHA is simply the way to God via Sahaji, never religion.** If we learn anything, we must learn this previous statement as truth. If one says AKATHA is religion, they simply are wrong. AKATHA is one of these four: **a path, a way, an individual science, or teaching, and nothing else.** Sometimes science is used without the qualifier “individual” and that is fine.

The chelas of AKATHA, the AKATHISTs, who have come now to the path, are truly fortunate because the best that the previous high path of Eckankar can do is offer cosmic consciousness of the Fourth Plane. It is true that great intellectualism will come of its study but any acolyte or novice in AKATHA could win a debate with a high mentalist. The AKATHIST cuts to the pith, the core of any argument first turning it into a discussion and lightening the load. Thus no argument exists at any time. It does not mean the AKATHISTs are immune to anger. Quite the contrary, however they learn to be detached from it and use it in moderation.

The five passions of anger, lust, greed, attachment and vanity are just that, passions, or extremes not moderate behaviour. This point is argued many times, but it should not be insofar as each individual knows when they have crossed the line. These matters are simple science of cause and effect whilst also completely individual. However, it is true that we learn to transcend

these things, yet living life does not mean we are unfeeling. The AKATHIST learns getting in touch with their feelings if not already having done so before stepping onto the path.

It is ironical and difficult to explain feelings since they are really beyond definition and just to practice. Whereby, Paulji always stated that we must attempt to articulate or speak our minds, for without it, we could do nothing in the lower worlds. *These planes of time and space, the Physical, Astral, Causal and Mental Planes are the lower worlds.* We live in them, but learn in AKATHA how precisely to negotiate out of them onto the Soul Plane, the first major goal of AKATHA. It is a simple matter of practicing the contemplation exercise and learning about the other side. Those who are not good at visualizing the inner planes can know that one's feelings always are intact there. We know without physical sight for inner sight is much more subtle and powerfully precise. Hence, it may take many years to visualize the inner worlds, but some may do it straightway. Again, these things are very individual and why Paulji addressed them perfectly. Young people have a great knack for Sahaji and then later the older ones seem good Sahajiists whereas the middle years can be problematic. Of course, this middle year situation depends upon the era we live in. The Golden and Silver Ages are easier. The natural age of any human is 144 years, but mostly this transpires during the golden times. Yet remember as I have stated many times in introductory meetings that when one closes his(her) eyes they are immediately in Sahaji. Feel the power of duration there for its subtlety becomes so real!

The Golden Age happens when the consciousness of the people is extremely positive. Now we know that balance is the key, but the lower worlds are not about balance on the outer planes. People attempt balance, of course, but it is only achievable on the Fifth Plane and above. That is why AKATHA affords entry into the higher planes through Sahaji making perfection of balance existing for the Higher Initiates (Fifth Initiates and above on the path).

We must remember that a golden age is not the Fifth Plane that we seek for Self-Realization. Some get confused here because we want the earth world to be a good place. There is nothing wrong with helping one's neighbour and wishing the world success. However, the first priority is to get one to the Soul Plane in this lifetime. Once one achieves the Soul Plane in Sahaji, they become the Fifth Initiate and then can better the world, but not visa versa. If one tries to better the world without being Self-Realized, they will lose themselves for sure. They become scattered and lose their way. That is why AKATHA comes to the ready Soul to help them regain what they have lost

in Self-Realization. **Self Realization is the first major goal in AKATHA.** It is very important for without Self-Realization or Soul-Realization, one cannot reach the **second major goal of God-Realization or AKSHAR-Realization.** Remember the higher Sanskrit words of the Asacer language are extremely important indeed for they separate AKATHA from its offshoots making It the highest teaching. The vibrations of the charged words of AKSHAR, SRAOSHA, AKATHA, etc., raise consciousness whilst feeling it. It is very important to feel one's way to God because no one can get there with just words. Sure, it is important to point the way with suggestions through words, but when reduced just to this gibberish, it shows religion, philosophy, new age, and the lot. They do not have the proper language interspersed with logic, and therefore have lost their power. The last of the three major goals in AKATHA is **SRAOSHA Mastery or the Tenth Initiation.**

The charged words have the power of SRAOSHA in which is everything. Many have asked me why not just using English on the path and I emphasize that is a fatal flaw reducing the teaching amongst the others. If using just logic, instead of synthesis or becoming whole the path becomes like the others engaging in antithesis or argument. AKATHA is not argument but pure synthesis. That is why the chelas are trained not to argue their points, but instead being agreeable using the power words. Not pushy, of course, but working with people and not against them. That is why we have two feet to walk away from an argument. But aforesaid many times, the AKATHISTS are anything but cowards, however, it takes a bigger person to walk away than to fight. The best way is to say something polite because it serves it up cold. We respond no doubt, but the quieter the better because we are already ten thousand suns of power without wielding it adversely. Try it and see what happens when being polite. You will get a reputation for one who is workable and everyone will listen to you. At the same time, one's confidence grows towards SRAOSHA Mastery; a magnificent goal indeed. One achieves it as a guarantee in AKATHA either in this lifetime or the next called "Atratas".

AKATHA is not behavioural psychology and we only make suggestions. If destruction is the goal, it would seem ridiculous, but machismo arrogance and other negative energy such as war, plunder and policing act only for it. It is true that the lower worlds are destroyed periodically even during golden and silver ages (Lemuria and Atlantis as told by Paulji). Still the responsibility is to maintain these times in preservation not destruction. The paradox of "why bother" if everything is destroyed at some point is answered only in AKATHA. That is, if we do not "try" to preserve, it is foolish as we might as well die before being born. I call the lower worlds the

realms of "divine futility" whilst we know they will be destroyed, but the Godly responsibility is attempt their maintenance. The way easily to comprehend the point is knowing whilst in history no one wishes to be a statistic on some sociologist's genocide record. In other words, when living physically, we usually do no wish to die except those wishing suicide. The latter can be done, but the person will come back immediately living to the point where they committed suicide. At this previous life demarcation point, the choice will be made either doing suicide again or going on living a natural life leading to a proper non-suicidal end. Sometimes people commit the suicide repeatedly whilst the negative overlord, king of the lower worlds, Kal Niranjana (religion's god) is quite amused.

Some would maintain the life is a suicide of itself since we teach that we will die. This self-fulfilling prophecy is a suicide in one sense, but is it ludicrous to say one will not die (translation in AKATHA)? Most of you have heard that many SRAOSHA Masters have the supra-longevity or controlled longevity. The misnomer term is "immortalization". That is not possible, but it could seem immortal if one were to live long like Rebazar Tarzs (550), Fubbi Quantz (1100), or amazingly Yaubl Sacabi (25,000), and most amazing Asoki (60,000)! These latter two are not the oldest by any means, but just the recorded ones who have revealed their ages. If one does not believe these things, it usually takes a SRAOSHA Master, the Initiates of the Tenth Plane or higher to comprehend. For the new person, these things, most often, must soak-in. Many years of contemplation make universal truths like supra-longevity easy to comprehend. Remember, the path of AKATHA is the most powerful of all and anything is possible. Just pay attention to all the miracles that will take place after stepping onto the path. They have been happening all the time, but contemplation and membership in AKATHA, of itself, brings such awareness in totality. Thus, total awareness is achieved in mastery.

Chelas remark of their dreams becoming somewhat strange in the beginning and that is because millions of years of karma are being worked-off. Some have heard me speak of imagery without conclusion which is karma. To resolve these antithetical images only can be done in AKATHA. Once karma resolution takes place, one now practices dharma offered only on the high path of AKATHA. Other teachings even cannot explain dharma properly whilst the lowest Arahata (Second Initiate, teaching circle) tell it very easily. AKATHA brings total awareness this way, but never is called "the path of total awareness" or "the religion of light and sound". The latter names show offshoot teachings that were one time AKATHA but slipped in history.

The lower inner planes mentioned briefly before, **Physical Plane, Astral Plane, Causal Plane, and Mental Plane (Ethereic Plane included on the Mental Plane)**, are important to know on the path. AKATHA teaches one to travel in Sahaji through these planes getting to the Fifth region. That is the main point of the path. New age teachings claim many multi-dimensions exist with many more names. That is true. But the main planes are the major four just described. Of course, on the inner planes their names are higher Sanskrit in which one should learn at their leisure (see planes chart). The Physical Plane is called "Pinda Lok (Lok means "plane")", The Astral Plane is called "Anda Lok", the Causal Plane is "Brahmanda Lok" and the Mental Plane is "Brahm Lok". No one will be tested on these things, but eventually one becomes familiar naturally travelling to the planes. It would be like travelling to New York or London frequently and remembering the name through familiarity. No geography quiz will be given. Still if one needed to go to these cities, it would be necessary to know their names. It is easy and one needs not to stress about these things for the Mahaji always is near to help one on the inner planes especially.

Briefly, the Physical Plane is where we lead our daily lives on the earth or some other planet there. The Astral Plane is the plane directly above that can be seen before the sunset at night in the reddish colour on the horizon. The Astral Plane is the plane of emotions. When one is emotional, they dwell on the Astral Plane. These feelings are very different than the Soul feelings. After a time on the path, one learns to know the difference. The Causal Plane is the plane of memory. When we are remembering or thinking of the future that is *deja vu* or the Causal Plane, the timeline plane. The Mental Plane is the plane of pure thought dissociative of memory whilst just thinking without it. Ideas and concepts are from the mental plane. The Ethereic Plane or top of the Mental is the unconscious or subconscious plane. Usually these terms mean different things but many are unconscious when in a subconscious state and then they are the same. The AKATHIST learns ironically to be conscious of the unconscious. The AKATHA introductory book will explain much more detail about the planes. The book should be finished soon and sent online to the chelas. It is important to read and study the books. At least one time through will remind Soul of what it has forgotten about the path.

In addition, this summer the Hadjis Books will be coming online as well. The Hadjis is subtitled "The Original and True Sacred Book of the Ages". It is not a bible for the latter means "book" whereas Hadjis means the previous subtitle. All books are plagiarisms of the Hadjis for the Mahaji is the original author down through time.

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