

# Pathways to Spirit Institute

## Centre for Spiritual Development & Growth



## Namaste – Newsletter

January 2019

### Spiritual values and the Bhagavad Gita

*“In these changing times  
the only investment worth  
making - is in yourself.”  
“The purpose of our lives  
is to be happy”*

*Dalai Lama*



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**“When you truly  
realize your worth,  
you cannot help  
but shine”**

*The Bhagavad Gita, the famous Hindu text, may help you see beyond the material reality. In the Bhagavad Gita, the most celebrated text on self-knowledge (Yoga) of the Indian millennial tradition, there are twenty essential values for those who intend to evolve in the spiritual plane and be one with the world and the with others.*

*“I believe You are the imperishable, the Supreme to be realized. You are the ultimate resort of the universe.”*

To get a sense of the importance of this text in Indian culture, we must recall that Gandhi referred to the Bhagavad Gita as “his mother.” Young Gandhi, who lost his true mother as a child, sought solace and wisdom in the words of this great work, having translated and commented it (from the original Sanskrit for his native language Gujarati) in a series of lectures in 1926, which were to be published almost 30 years later.

In chapter XIII, of the Bhagavad Gita, Krishna, who during the text assumes the role of teacher, explains to his disciple, Arjuna, what were fundamental values, or qualifications of the mind, for the attainment of self-knowledge. That there is a route, the seeker must follow – and maintain – to gather the understanding of himself. As no one is separated from the whole, as consciousness, and that beyond body and mind, we are all unlimited and full.

#### Source of Knowledge

*“The yogi who diligently strives, perfecting [gradually] through many incarnations, becomes completely free from all sins and reaches Self-realization.”*

In this way, through a process of internal maturation, the seeker is led to see beyond the information captured by his five senses, his worldly experiences and the reality of the material world. The seeker must discover that truth that lies behind the veil of ignorance and dares to answer the basic existential questions – such as “who am I, who created this world, what is my role in society and how do I relate to others?”.



In the Bhagavad Gita, we can find incredible and surprising answers, full of knowledge, capable of nullifying the feeling of insufficiency or separation and complete isolation that sometimes invade our hearts.

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# The "Intenders of The Highest Good" Movement

Tony Burroughs and "The Intenders of the Highest Good" have rediscovered a simple method of empowerment that we call The Intention Process which is making all of our dreams come true. The Intention Process will show you how to set your intention to have that which you desire come to you as easily and effortlessly as possible. We understand that our desires are in us to be fulfilled and that our thoughts create our world.

We support and help one another to become as clear as possible in our words and our thoughts so that we can live our lives to the fullest.

Anyone can do this. Just by saying your intentions each day, and becoming aware of the small action steps that show up in our lives we can begin to create and bring our lifelong dreams into reality. It is one of the simplest, most effective ways for you to put the laws of manifestation into your life.



In order to practice the Intention Process more effectively, it is important to gather together on a regular basis with friends, family and interested people from the spiritual community in an **Intention Circle**, where we help and support each other to change our lives for the better. These Circles provide you with a unique format to show you how to powerfully set your intentions into reality.

We are starting an Intenders Circle on January 27, 2019 at Hidden Gem in Langford where we can meet monthly to support each other and help manifest what we want in our lives. Stay Tuned!! Our first Circle will be announced shortly in our Monthly News Update, our website, and on our Face Book page.



## Namasté

(nah-mas-tay)

*My soul honors your soul.  
I honor the place in you where the entire universe resides.  
I honor the light, love, truth, beauty and peace within you, because it is also within me.  
In sharing these things we are united, we are the same, we are one.*



*The Key to Abundance  
Join us in our monthly Intenders Circle  
Check our calendar page at our website for dates:  
[pathwaystospirit.net](http://pathwaystospirit.net)*



**PSYCHIC** AND **Spiritual Arts Fair**

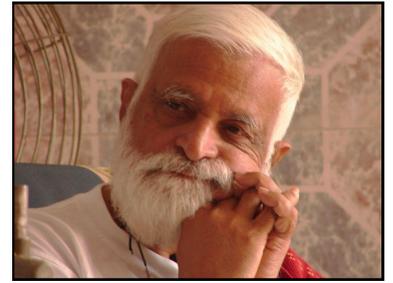
**Saturday March 23, 2019 - from 10 AM - 5 PM**

At the **Mary Winspear Centre in Sidney, BC**

Tel. 250.655.5254 · [spirit@pathwaystospirit.net](mailto:spirit@pathwaystospirit.net)

## Timely Reminders

**Instead of worrying about  
what you cannot control,  
shift your energy  
to what we can create!**



*"There is no you, no me.  
We are one.  
That is the truth.  
Love brings people together.  
So respect love.  
Do not degrade it with anger,  
violence or lust.  
Love is worship."*

*~ Sri Amritananda Natha  
Saraswati ("called Guruji"),  
he was Devi Parvati's Teacher.*

## THE POWER OF THOUGHT

***What Is the Power of Thought?*** By Jim Dreaver

The more awake and freer we are, the more we consciously use thought and intention as a creative tool to direct and guide us in the process of living. This is the Law of Attraction in its most potent form.

After all, thoughts, while not "real" in the sense that we cannot find them anywhere (they fleetingly come and go), are enormously powerful.

Everything human-made began as an idea, a thought, a vision, an imagining, or an intuition in someone's mind. Everything from the tiniest microchip to the largest bridge, building, tanker, or jumbo jet, started as a flash of inspiration between someone's ears not to mention books, movies, and the whole media complex.

That's the power of thought. And the freer we are, the more ideas become available to us as an amazing, dynamic, creative tool. Indeed, the possibilities are limitless. Just consider what is happening today with the internet, artificial intelligence, and social media, and how deeply our creative lives are entwined with cyberspace.

Most of the noise in people's minds is from thinking about themselves, their life, their problems, their hopes, doubts, fears, and desire, and often to the point of obsession, as in:

*What's going to happen to me?*

*Why is this happening to me?*

*Does he or she love me?*

*How will I make it on this amount of money?*

*What should I say or do now?*

*God, I feel so lost/confused/unhappy!*

This endless "self" obsession, which people engage in when they still believe that their thoughts are real, creates all kinds of emotional havoc, not to mention physical stress and illness, in the body.

Believing they are this ego "self," people either cling to the idea of "positive" thinking in the hope that things will turn out well for them or remain mired in negative thinking, with all its conflicting emotional reactions.

And yet the emotional havoc is completely unnecessary once we see or understand the connection between thoughts and emotions. We are left with all the beauty and creative potential of this very moment, and we are free to do whatever we want with it.

Thought, and the ego "I" itself is seen for what it is. A powerful tool that we, as awareness or consciousness are senior to, and yet have available to us. Whatever we can dream or intend to make it happen at this moment, and all the immense possibility that lies within it is ours.

We use thought, or conscious "story," to set our intention, release it, and then be here now, immersed in the flow of what is happening.

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## Relationships as Spiritual Lessons By John Holland

Did you know that relationships are mirror images of your own life? Relationships are affected by what's going on in your life. It's all about how you feel and treat yourself, as well as how you react and respond to different situations and people that are around you.

All relationships (whether they're on an emotional, physical, mental, or spiritual level) are all part of the learning process and should nurture and enlighten your soul. No matter what category a relationship falls into, it acts as a teaching tool for you to understand the lessons that your soul needs to learn at that time in your life. While you may not necessarily understand why you enter into a new relationship at the time, it can help you to understand, change, or enhance your individual qualities.

Do remember, that every relationship is an opportunity for soul growth. Different types of relationships have an uncanny way of showing you what you need to work on in your life. At times, they can reveal your vulnerabilities and insecurities, or your need for attention, approval, and acceptance. Equally, they can identify where you may be stuck in a rut, or even where you need love, peace, healing, or joy in your life.

Relationships of all kinds are really about you, even in the hardest situations. As I've said: "They're meant to be mirrors for us, always reflecting back what we need to see. The question is: Do you want to look in this mirror, and be open to what you need to learn, or simply pretend it's not there and pass it by?"

### John's lesson:

Please remember not all relationships have to be one-on-one with just one individual. They can be with a group, an organization, a pet, or even an incident or situation.

It's always worth taking time to journal the relationships you've had in the past, and see if they've guided you in the direction of where you are now, or did they lead you away from your purpose? On another page, I'd encourage you to write down all the relationships that are happening in your life right now.

Here are a few questions you might want to ask yourself:

"What am I learning from this relationship?"

"What qualities am I developing as a result of this relationship?"

"Is this relationship for my highest good?"

"How can I make this relationship better?"

"Are we learning from each other?"

"What have I learned or still learning about myself through this relationship?"

"Are the people in my life empowering and encouraging me to be all that I can be?"

Within every relationship, there's an encoded lesson that you've hopefully learned or still need to learn.

Of course, I should stress that some relationships are simply there for you to experience love or it could be showing you what you don't want in your next relationship. So when it's time to develop a relationship, you'll be more aware and can manifest the type of relationship you want – one that serves your highest purpose. Whatever the case, when you learn to open your heart and view the relationship through the eyes of your soul, you'll discover an even better relationship that's waiting for you – the relationship of your soul-self.

Live a Soul-filled life!

## THE POWER OF THOUGHT

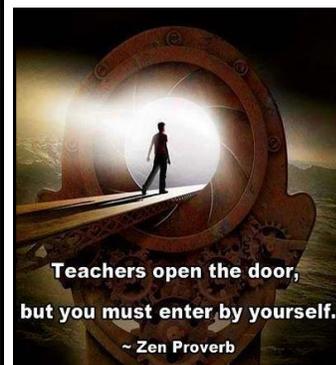
Awakened intentions are brief, conscious "stories" that we choose from a place of clarity and emptiness to align our mind and will with our heart's desire. They serve to attract and bring to us what we want in the deepest recess of our heart.

After all, we live in the real world, the relative reality, and so we draw on the power of awakened intention to better our daily experience. Also, because they arise from our heart, they invariably serve the greater good, so everybody benefits.

We can even indulge our imagination, our power of fantasy, to help flesh out our dreams, to make them more vivid in our minds. Just remember to return to reality, to being grounded in our body, here and now, when we are done.

As Jean Klein said, "Imagination is meant to enhance living, not substitute for it."

Every thought is a story, and every story an intention. Realizing the power of thought, "we" - as the ego "I" - use thought consciously and creatively, with wisdom and compassion.



**A place where Knowing & Consciousness thrive**

### Pathways to Spirit Classes & Workshops:

Metaphysical Intensives  
Spiritual Empowerment  
Finding your Soul Mission  
Spiritual Intuition  
Development Series  
The Hierarchy of Light  
Angels & Archangels  
Ascended - Masters  
Meditations  
Sacred Geometry Series  
Crystal Magick  
The Chakras  
Astral Travel  
Dragon Magick  
Path of Progression  
Pendulums 101  
Protection & Boundaries

### Intenders Circle

### Ancient Wisdom Study Group

### Vibrance & Relationship Coaching

### Goddess Ritual and Celebrations

Healing Services:  
Life Activations  
Jikiden Reiki Healing  
Energy Balancing  
Chakra Balancing  
Crystal Healing  
Telepathic Healing

Special Services:  
Emotional Cord Cutting  
House Clearings

*As you start to walk out on the way, the way appears.*

Rumi

# Spiritual values and the Bhagavad Gita

## Each of these values, by itself, can unfold an immense transformation in our lives

Like a lotus flower which, being born in the mud, blossoms on the surface of the water and goes to the Sun; so is the realization of the human being. Who, after having lived for some time beyond his infinite possibilities, rises to a new age in the path of light, through its own Light – in essence, can feel similar to that which sustains all this universe, all things, and beings.

Man is made by his belief. As he believes, so he is.

The knowledge of the Bhagavad Gita is perfectly based on the vision of the ancient scriptures of India: The Upanishads. These texts speak of the human person as Being, pursuing total immensity, complete freedom, ultimate and supreme rejoicing; a process of unity with the creator of heaven and of the earth, and, at a given moment, to dissolve our manifestation into a state of unmanifest. Notice that this Being does not refer to the body, to the flesh, nor to the mind and its finite capacities of memory and thought. So, we do not speak from the ego, from the personality. But of an immaterial Being, who in moments of meditation or contemplation, we can feel alive and awake.

These values, models of acting and thinking, may be followed as a kind of vow or promise, called vrata by Indian tradition, and are intended to lead the individual to “see behind the veil,” to identify with the whole, which has neither beginning nor end, is neither an effect nor a cause and everything permeates – Being, beyond name and forms.

If you have come here to read this article, you should certainly want to know what values I am referring to. Without further ado, here they go:

*The absence of pride, the absence of pretension, nonviolence, accommodation, uprightness, dedication to the master, purity, persistence, self-control (Bhagavad Gita 13.8).*

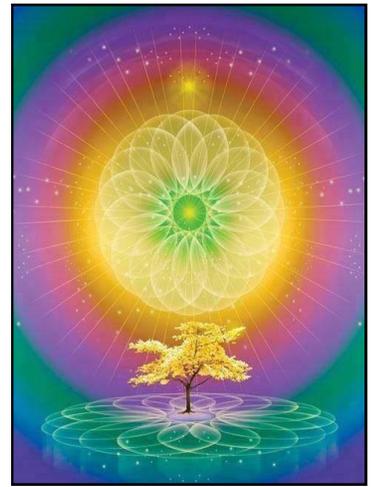
*Detachment from the objects of the senses, and the absence of egoism and perception of pain as suffering inherent in birth, death, old age, and disease (Bhagavad Gita 13.9).*

*Firm devotion [to the Being] knowing that there is no other [beyond Being], the frequency of a quiet place, the absence of the need for the company of people (Bhagavad Gita 13.11), constant search for knowledge (of Being) and appreciation of the truth (Bhagavad Gita 13.12).*

These values are usually explained in detail by sages or teachers who have a thorough knowledge of the scriptures and who are the living example of them. It is not intended to create confusion or difficulty in obtaining this wisdom, on the contrary, the objective is to bring clarity about a subject that is very close to us, the closest of all, the understanding of myself. Hence, tradition advocates the transmission of this vision through the systematic and direct monitoring of the search engine by the master for a period of time.

At this point, check to see if it's helpful for you to learn more about these values, or, for example, choose one and try to stay true to them. However, note if this makes you a more available person to others, with greater openness, more understanding and loving – these are signs of evolution, inner transformation.

The Bhagavad Gita values, as well as self-knowledge, are not unique to the Hindus, nor to a group, in any historical period. They are addressed to all mankind and are also for you. Use them wisely.



Check our website at [www.Pathwaystospirit.net](http://www.Pathwaystospirit.net)

Feel free to pass on this newsletter.

Check our Calendar page for Classes & Programs at [www.pathwaystospirit.net](http://www.pathwaystospirit.net)

### FREE HALF HOUR CONSULTATION

Contact us for a free half hour consultation regarding your path of personal and spiritual transformation and how we can be of service.

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PATHWAYS TO SPIRIT INSTITUTE



**Devi and Dietmar Dombkowski** are healers, metaphysical teachers & spiritual guides in the ancient Mystery School tradition. They have received special training and empowerments and teach classes and workshops sharing the ancient wisdom of the Mystery Schools which dates back to the earliest spiritual knowledge of this planet and beyond.

[Spirit@Pathwaystospirit.net](mailto:Spirit@Pathwaystospirit.net)  
[www.pathwaystospirit.net](http://www.pathwaystospirit.net)

250.655.5254  
Sidney, British Columbia