

**Q. What caused you to go on your spiritual search?**

A. I, like most of my generation, wanted answers to questions about the purpose and meaning of life and was ready to look outside of the box, if necessary, to get them. This meant travels around the world, 30 years of research and spiritual practices, meetings with yogis monks and a living Saint. It also required a scientific approach wherever possible. The youth of today are highly trained in the school system to question everything and to seek answers scientifically. I had to give up the idea that God and the dogmas of my Catholic upbringing were necessarily true and understand that although religion plays an important psychological function, it may be all just fabrication of one's imagination. So I began my search with the intention of finding out if there was a God. If God were true, then I would have to re-evaluate the way I lived my life. Life would then be viewed as a part of a continuum with purpose and meaning and not just a series of coincidental and accidental events that lead ultimately to one's death.

**Q. So what have you learned from your travels around the world and quest for spiritual truths?**

A. I have learned that all of the major world religions, the world mystics, spanning a period of more than 5,000 years are in agreement in a way that social scientists may have to re-evaluate their definition of religion as strictly useful for a well functioning society. No, the consensus of all of these spiritual cultures points to universal truths... yet they fall into the domain of mythology. It cannot be disproved if we combine our own inner subjective experiences of meditation and spiritual practices to be later discovered in some ancient text in Sanskrit, for example. The implications are even greater than the assumptions of Karl Jung and the Universal Mind Theory. The implications are that we are indeed connected in a way that is much more profound than many would care to admit.

**Q. What type of scientific information would support the Universal Mind Theory and other theories that give way to the idea of the existence of a creator and God?**

A. First, what social scientists find in the fields of history and archaeology is significant. The basic precepts of the world religions happen to be consistent... Although occurring in different times and places. The idea of a golden age followed by destruction is documented in ancient and modern cultures of North and South America, Southern and Northern Europe, North Africa, The Middle East, India and other parts of the Orient and Australia. The story is similar. Inherent in each historical theme we have a history of an ancient culture that debased itself by forgetting its spiritual heritage, causing forces of universal karmic destruction. In all of these cultures creation came from a void... In many, ancient tales of so called angelic beings fell, such as Genesis, Gnostics, Mayan, Hopi, Aborigine, Polynesian, as well as Tibetan and Ancient Egyptian records. There was secret spiritual knowledge to be found in old tablets from the Hall of Records in Egypt, Hermes of Greece, and Enoch of Judaism in addition to the ancient writings in Sanskrit of India addressing earlier times. Most of the ancient cultures recognized the concept of Reincarnation including Christianity, which had the concept, removed by Constantine's orders in 534 A.D. In fact it has been argued in 'Genesis Unveiled' by Ian Lawton, that there has been a spiritual worldview that has emerged when the first advanced souls incarnated. This has had a massive and all pervasive historical influence that has survived down through the ages.

In 'Walking with the Saint', I argue that this worldview persists because of the pervasive spiritual practices and their influence on devotees throughout time. These practices actually influence the way one perceives the reality based upon similar findings in the inner realms. Scientists such as Dr. Michael Newton state that the higher souls chose to incarnate as humans only after the brain had capacity for spiritual experiences no more than 200,000 yrs ago. Within 100,000 yrs we have archaeological evidence of ritualistic art and practices. The most famous and accepted psychic healer and reader, Edgar Cayce stated that originally humans, as souls, kept an eye on the earth to assist its evolution as watchers... They operated as co-creators until about 144,000 years B.C. when they first incarnated into human form. Such beings easily used the principals of co-creation by using thought and intention to manipulate earth's materials into higher forms in order to direct the energies. Indeed there is new archaeological evidence to support that there were intermediate stages between hunter and gatherer phases to the agricultural phase. Further, there is evidence that technical skills such as in astronomy, navigation and medicine were more advanced in the Upper Paleolithic period than was previously suspected. Evidence of the use of pigments, the production of abstract and even esoteric art and ritual burials can be traced back even further which all point to an even greater culture of advancement than before.

We have entered an era of new Philosophical Paradigm. This is a religion not based upon the distortions of Western Orthodoxy, which was created for political control... but we can look back to its point of origination. The deeper universal truths are the same as found in the Oriental religions of earlier times. Taking information from the Vedas there is the theme of souls incarnating after a great catastrophe to put us back on track. The idea is that we can still put ourselves back on track. We can resurrect our spiritual heritage. To quote the Hopis, "What you choose will determine if you can carry out the plan of creation."

Other social scientists in the area of psychology are bridging the gap of our understanding of the subjective reality of the paranormal as well with research into the concept of reincarnation...detailed scientifically acceptable research is being conducted in 3 universities by Dr. Joseph B Rhine @ Duke University, Dr. Ian Stevenson @ University of Virginia, Dr. Gertrude Shmeidler @ College of the City of NY. Additionally, we have research of Dr. Michael Newton who has conducted over 6,000 case studies demonstrating similar experiences of clients in their life between life regressions.

**Q. What are some of the Universal themes of New Age Philosophy reflected in ancient faiths and reinforced by science in the area of physics?**

A. Today theoretical physics is proving some of the most ancient tenets of the world's spiritual culture. These tenets are summed up nicely in the book 'Genesis Unveiled'.

----- All mass or matter is energy Einstein-  $E=mc^2$

While energy of matter is of a lower vibration, energy of the spirit is of a higher vibration.

-----Matter is an illusion. Newton and Rutherford

Newton held that matter is made up of particles or atoms held together by a force

called gravity. However Rutherford found that matter made up of electrons orbiting around a nucleus has its bulk in space and that the nucleus which is made up of considerable space...But these particles sometimes behave like particles while other times they behave like waves. Particles are energy waves emitted in packets or quanta or quantum fields. How they behave is viewed as a matter of probabilities...

Matter exists as a sensory perception of humans and animals but does not present the true picture of reality.

-----Everything is interconnected.

The more accurately that Quantum Physicists try to measure what is occurring in the realm of energy particles the less certain they are in determining when events actually occur...this is because the observer is not an objective bystander but a participant...matter actually behaves according to the wishes of the observer by placing itself where the observer wishes it to be for observation...This demonstrates that everything is connected by consciousness.

-----Everything has consciousness. According to Bell the act of measuring the spin of the axis of rotation of an electron gives it predictability, otherwise it appears random... Two electrons of opposite spin will neutralize each other out as a zero no matter how far apart they are.

-----The part is the whole. Bell's theorem is in support of the Universal Energy and Consciousness Theory, and aspects of the whole are contained in all of its parts according to physicist Bohm. He demonstrates that electrons fold and unfold into explicate order from one state to the next. This explains why particles sometimes change into others, or sometimes change into pure energy and vice versa. Bohm states that the universe is like a hologram in which consciousness and matter are interdependent and mutually unfolding portions of a higher reality. All forms are a reflection of the 'original whole' and all matter and energy are conscious and alive.

-----All time is relative. According to Einstein space and time measurement are relative to the observer and to each other. As gravity bends space around large objects making 3 dimensional laws null and void... Black holes suck objects in slowing down time from the perspective of the observer... Pluto says that time does not exist in the absolute sense and the research of Michael Newton shows that the perception of time is totally different in other planes of existence from the physical realm of experience.

-----There are other dimensions. Bohm supports the ancient oriental and spiritual texts which state that there is much going on in nonphysical dimensions and planes that we are not directly aware of. The research of Michael Newton and others concur with this.

-----Vibrations and Harmony Rule states that certain configurations of physical energy called strings produce different harmonic chords which follows the theory of

spiritual practitioners who advocate the use of chanting and the ‘word’ to precipitate a higher consciousness...

**Q. What other evidence do we have to support the reality of the paranormal?**

- A. We have, throughout time, stories of mystics and Saints of world religion who exhibit the gifts of spiritual practice as proof of the super human qualities of a spiritualist. Some of these are
- Clairvoyance
  - Clairaudience
  - Prophecy or the ability to read the future
  - The gift of healing others
  - Gifts of intuition, to name a few.

We are on the verge of demystifying some of the greatest mysteries of our world’s spiritual culture. Science is on the verge of major discoveries regarding the world’s subtle energy. There is agreement about the after life and spiritual powers. It all has to do with the ability to tap into subtler energy fields.

**Q. How can we accomplish this feat of tapping into higher energy fields to realize our highest spiritual potential?**

A. Read the book ‘Walking with the Saint-Spiritual Practices and Insights to Enhance Your Journey Through Life’ There is information about how prayer works all the way to the power of such practices like meditation.

**Q. What is meditation and why is one’s life affected by meditation?**

A. Meditation is concentrated focus, subtler and freer than thought itself. It is a way of synchronizing all of the energies in order to perceive the inner vistas of the soul. The soul, once perceived, can provide a new dimension to ones perspective on life. Although the soul is connected to the mind up through the causal region it cannot influence the mind if the mind is in charge. We put the mind in charge by ignoring the soul. However, if attention in meditation is directed toward the sublimation or taming of the mind then soul can be known and heard. This is like changing ones perspective from a horizontal dimensional existence to a vertical four-dimensional life. By focusing on soul, you will gain insights and power from a source not normally utilized in our day-to-day existence... By opening up ones vistas to soul one has intuition and gains insights on every level from where to go to work, what to study in school or after, who to see and meet, what to say, not to mention all new ways to receive communication with the higher power within yourself. Having access to this privileged information is what Jesus meant when he said, “Seek ye first the kingdom and all else shall be given to you”. After you begin to meditate you will learn to work and use higher and higher forms of energies and forces which will help you to manifest not only what you think you need and want in life, but what God knows you need and want. You will learn that having met these needs and wants and fulfilled your duties to yourself you can begin to fulfill the higher order duties and needs. No longer are you operating in the world as a victim of circumstances of need and want and lacking, but you are now in the world standing and operating from a position of power and inner strength.

Peace, understanding and personal power may be dispensed responsibly in a special service of advancing your soul spiritually as well as in helping others of the world in the way that you may be assigned. The world is in need of workers of the light and with the light. As you progress in your spiritual practices greater gifts and privileges will be handed to you which will not only help you to create a better world for yourself but will aid you in appropriately helping others. It is time to open yourself up to a fourth dimension if you are ready. If you have a soul, why not come to know it and benefit from the spiritual practices, which help your soul in its true destiny, to return to God, and the God power.

**Q. What other information is there about the benefits and results of meditation?**

A. There is a wide plethora of information ranging from the University level research of the physiological and psychological benefits of meditation to all of the most ancient and esoteric texts of the Orient describing the withdrawal of the soul to the 3<sup>rd</sup> eye area or seat of the soul as well as the documentation of the experiences of the inner regions.

**Q. Does this resemble death?**

A. Somewhat, when St. Paul said, “I die daily” he spoke of experiences beyond the mind to the level of the soul.

**Q. What other research is there on the topic of death?**

A. Ancient texts called the ‘Tibetan Book of the Dead’ and the ‘Egyptian Book of the Dead’ are a few. Modern scientists like Dr. Raymond Moody and Dr. Elizabeth Kubler Ross provide much scientific evidence and insight into the near death and out of the body experience. Neuroscientists like Andrew Newberg of the University of Penn. School of medicine actually uses scientific imaging instrumentation to detail the brain when soul withdrawal takes place.

**Q. Who and what have been your biggest influences?**

A. The yogis, monks, sages, and in particular the living Saint have been the biggest influences in life. Any time you meet someone who has put the search for truth above all else in life you are going to learn something. To meet someone as remarkable as a living Saint, who is God conscious, is like going into an energy field of such sacredness that it is beyond verbal description. An experiential transformation occurs beyond mind or mental description. This is about soul touching another soul.

**Q. What inspired you to write this book?**

A. It was primarily inspired by the impact of meeting a living Saint. This book however had to be written to explain my incredible search for answers about self, the world and God. I did not take anything for granted and searched around the world from ancient Sanskrit texts to the sacred writings of Buddhism combined with the meetings with yogis, adepts, swamis, monks, mystics and finally a living Saint.

**Q. Please tell us a little bit about your book ‘Walking with the Saint-Spiritual Practices and Insights to Enhance Your Journey Through Life’?**

A. This book is about the personal journey to learn the truth about ones existence. to find out if God really exists and about ones purpose in life. I had to leave all of my Catholic up- bringing behind to find out for myself what was true and what was fabrication ... I started a search with some interesting miraculous displays in the course of a Christian mystic and moved forward to a study of ancient Sanskrit texts of India... to the study of Buddhist texts and practices. This book looks at the systems of yoga and progresses forward to the mystics of Christianity. The implications of this search had everything to do with the way I would live my life and the degree of happiness that I would feel.

**Q. Please speak about the benefits of spiritual practices that you mention in your book.**

A. Spiritual practices are a way to connect to the realm of the spirit. They actually create a pathway through the brain to the soul. By engaging the mind in a simple activity of chanting it can quiet down and the soul’s essence can be felt. The soul has its purpose and this becomes known. As one advances in spiritual practices one can actually experience the soul going toward the light. One feels its true nature as the light energizes one. It feels love, peace, harmony and spiritual understanding. It begins to seek and feel the attributes of its source, which are the characteristics of God, infinite happiness, peace, love and understanding.

**Q. How does this impact the way one lives one’s life?**

A. Life becomes an expression of what the soul seeks and gets in meditation; love, happiness, and compassionate understanding. Because we no longer feel empty we no longer seek fulfillment from the outside world. We are there to express who we are and to serve rather than take from it.

**Q. You have spent many years and traveled miles in quest for fundamental truth about religion, spirituality and mysticism. How has your journey changed your life?**

A. I can honestly say that my life has true happiness, meaning and purpose. I know that happiness comes from within. When the mind is quiet, the connection to the soul is made. When the inner arena energizes the soul, through spiritual practices, it gains the power and joy to return to God. It is by the connection with the holy practices given by powerful teachers that real benefits can occur. I am hoping to find the true Saint, the successor to my master, so that many will be able to continue to benefit by doing powerful spiritual practices. By meditation and or prayer, one begins this special inner journey. It has a wonderful impact on ones self and others around one self. One becomes more an expression of love and less an expression of wanting and neediness. This has a very positive impact on the world.

**Q. What have you learned about the true origins and purpose of the soul?**

A. I have learned that this is not our ultimate home or destination. The earth is a place that we journey into to pay off our karmas and learn certain lessons. The world mythologies all speak of the same fall of angelic forces once here to help enhance the creation. We fell into its experiences and experimentation. We have forgotten our true nature and origins but can reconnect with our Godly nature by doing spiritual practices and connecting with a God man who can help us return to our rightful place in eternal heaven.

**Q. You have actually met a living Saint! Will you tell me about this experience? And who is a true Saint?**

A. A true Saint is an individual who has put God or finding God first in their life. In their individual quest they have found a way to connect with God and operate as a beacon for love and light for others who seek to know God. In the case of Saint Ajaib Singh, the living Saint who helped me, he would never do anything that would interfere with actions that would lead him back to God. He would not, for example, allow himself to sleep in a bed lest he should forget about God even as a young child. He would eventually spend at least 25 years under ground in profound and continuous meditation in order to know God. As a result of his many sacrifices, many would come to know about the peace that passeth all understanding. Saints are not ordinary people. They do not exist for fame or to exploit others. They are constantly immersed in the awareness of God and do not operate on the level of the mind and the 5 enemies.

**Q. What are the 5 enemies of the mind and how can they be curbed?**

A. They are greed, anger, pride, attachment, and lust. They are all that the mind understands. The way they can be curbed is by introducing some spiritual practice to take ones self beyond the mind. Once one is introduced to the blessings of the soul the mind can be held easily in check. For this, spiritual practices are prescribed.

**Q. What do you hope readers walk away with after reading ‘Walking With the Saint’?**

A. I am hoping that readers find a great deal of understanding about the mysteries and discrepancies of world religion and spiritual practices. The book explains what every category of practice can do for an individual in terms of gaining great concentration, intuition and success in life all the way to finding inner peace and love and soul liberation from rebirth from the realms of karma. At least the book should give peace of mind about the soul’s journey and purpose in life.

**Q. What’s next? Will there be another book?**

A. As more information comes forward about science proving spirituality and its benefits, more can be said to interest those of discriminating nature so another book will introduce how science is proving what the ancient systems of yoga have already stated.

**Q. What kind of proof is there available to scientifically back the Universal Truths of the World Religions? Is there any other reason for more books explaining all of this exciting information about spirituality?**

A. Yes, the most exciting book to be written will be when we find the living Saint who is now in meditation. We will explain how he can be found and all about the Holy Journey to sainthood, about the benefits of meeting him and the value of doing spiritual practices given by the new Holy Saint who is predecessor. To hear about the Saint Ajaib Singh, mentioned in this book, you will understand that meeting such a holy being is electrifying and life changing. I hope that many do get a chance to meet the predecessor who is still hidden, but soon to be of selfless service to humanity because he has been given that holy commission.