

COME INTO THE LIGHT SERIES

The *Illusion*— What Is It?



*Becoming aware of the most elusive
and highly misunderstood spiritual facts
about human existence*

QUOTES BY GOURASANA – COMMENTARY BY JIM ST. JAMES

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Quotes by Gourasana with commentary by Jim St. James

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il·lu·sion

–noun

1. something that deceives the senses or mind, for example, by appearing to exist when it does not, or appearing to be one thing when it is in fact another
2. a false idea, conception, or belief concerning something

– Excerpted from MSN Encarta® World English Dictionary

My intent in assembling this collection of Gourasana's teachings is to help inspire you to become more aware about what is going on around you, and sometimes within you. I've selected excerpts from Gourasana that, with an unvarnished truth, reveal challenging information about the world around us: challenging, in the sense that your doctor tells you your x-rays revealed a disease. The doctor says the disease is bad, but because it can now be seen, something can be done to cure it. Similarly, Gourasana shows us the x-ray picture of the world that tells us why life on earth has so many negative symptoms. Those excerpts I have put in **bold** text. Then, I have included excerpts from Gourasana of teachings that show us what can be done of a curative nature about these symptoms. These excerpts are in *bold italics* text. In between, I have inserted some commentary to help bring Gourasana's words into more focus for you. I hope and trust this is something of value – that there is something you can use from this booklet that will improve your existence and help you understand why many things are the way they are in life.

A NOTE FROM THE AUTHOR

Gourasana spoke from 1987 to 1995 to expose the illusion. His spoken words were transcribed and slightly edited for ease of reading. Many of the quotes in this booklet are from *Breaking The Cycle of Birth and Death* (Fourth Edition), a compilation of excerpts from Gourasana. These quotes are identified by their stanza number at the end of the quote. The other quotes were taken from two talks given by Gourasana in 1995 including *The Illusion Is a Sinister Force*. There is more information about Gourasana near the end of this booklet. (*For more information or to get Gourasana's books or talks, go to www.miracle.org.*)

P R E F A C E

All around us is an unseen force, not recognized by science, but which affects our daily lives in very significant ways. This force is called the “illusion,” and it is the domain of the material existence – but only of material existence. Our material existence and the realm of spirit are fundamentally and diametrically opposite in nature, yet they coexist. In essence, the illusion is material existence.

The illusion is an actual force; that is to say it has a controlling power, and is an energy. It also has a personification.

This strange and confounding force called “illusion” is the material manifestation that works in relentless opposition to our true spiritual nature to keep us separate from our true, loving relationship with God. Although its purpose is not fully comprehensible to the human mind, the illusion has been given this purpose by God.

To be clear, it is not the intention of this booklet to explain how such a thing could even be true. The truth about the illusion’s purpose can only be understood by our material minds in the smallest of ways. Rather, it is the intent of this booklet to help raise your level of awareness

about the existence of illusion and its controlling and seductively harmful ways.

It is the purpose of the illusion to see that you do not get to the light. That is the nature of the darkness. It is a power, it is a force, and it is working against you. The illusion will only work against you when you let it, and you can only let it when you are unaware. So become aware of the illusion.

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Right Attitude, Right Perspective

This series of booklets is entitled “Come Into the Light” and is offered as a source of inspiration for people interested in spiritual advancement. The particular kind of inspiration offered in this booklet is of a very eye-opening nature. The subject is not comfortable; it is challenging. The subject of the illusion is harsh by nature. This book is offered to help you become more aware and to understand more clearly what is actually happening in the world around you.

Most people have a perspective on life that is unbalanced, lacking sufficient awareness about the illusion. In order to help heighten our awareness in another direction for a while, Gourasana pulls no punches. He lays out the information bluntly and honestly to help us see different aspects of reality. He tells us of certain realities that are ours to become more aware of, and it is not a comfortable subject; it does not feel good. But equally – if not more – important is Gourasana’s message that people can receive a lot of help from God in getting free from the negative effects of illusion. People can become more aware

and make positive changes. His purpose in teaching about the illusion is not just to tell you harsh information about the nature of human existence. He wants you to know that if you want, you can make great positive strides spiritually – especially at this time in human evolution.

The teachings in this booklet will nudge you to expand your perspective to see the world a little bit more for what it is, not necessarily how you prefer it. It should help you find a more accurate and balanced perspective of reality. This sobering message about the illusion is offered so that ultimately you can learn how to be less at the illusion's ill effect. That is the best attitude for you to have when receiving these teachings. That is the best perspective.

Right attitude. Right perspective.

Let Go of attachments.

Give Up illusions.

Surrender to God's way.

To See the Unseen

The presence of an actual illusory force – and the reasons for it – is probably the most difficult law of existence to comprehend. And in fact, the reasons for its existence are not fully comprehensible. But the effects of illusion are something you experience all the time, even if you don't understand what the word “illusion” means.

To help us become aware about a material force that is real, yet cannot be seen, we can use the analogy of gravity. In the way gravity is an unseen force that affects our lives constantly, the illusion also affects our lives constantly. In addition, the illusion has a personification. It's doubtful that science could prove the existence of this illusory force, like it can measure gravity. Nonetheless, this force has been given an incomprehensible directive by God.

We have the ability to become aware of that which cannot be measured or quantified. We must become more aware. So many people are aware of God's existence; it is now time to become aware of the illusion,

TO SEE THE UNSEEN

beyond the religious dogma. Awareness is the antidote for ignorance, and overcoming ignorance is our job in developing human consciousness.

The Job of the Illusion

The illusion. The illusion is an incredibly vast and powerful force that has the controlling hand in what goes on in this earth. It is a sinister force. It is an angry force. It is hate personified, it is hell personified, and it is *evil* personified. It is an evil, sinister force that wants nothing for the beings of this earth but two things. One is that they do not leave this earth – no matter what they do, they do not get out – that is the job of the illusion. And the other is to bestow you with the greatest amount of human suffering that is possible....

It is the job of the illusion to see that the connection that the people on the Earth once had with the Lord, God Almighty, *never* takes place again. As we go on, you will understand that it allows the human being to have *some* connection with God, but as little as possible.

The illusion is *evil personified* – the devil, Maya Devi, whatever way you want to present it, and We are calling it Maya or illusion. We predominantly use the name “illusion” to refer to this force. Now this force does have a personification, but people do not see it. The purpose,

the real purpose of this force being on Earth is to *make sure* that the people on Earth never again re-establish their relationship with God....

As most people know, in different cultures around the world, evil does take place and evil things do happen. People will take up a gun, go into a place, kill a number of people for no reason, people that they have worked with and have been friends with for years and years, and afterwards they have no idea why they did this. Or, in the case of other scenarios, they just *wanted* to kill. The desire to kill members of their fellow mankind was so great, they were so filled with such a hate, that they picked the best spot where they could kill as many people as possible and the best time. Then they go to that place with a gun that can shoot a great deal of bullets and begin to kill one person after another and take great pleasure in it.

This is the illusion. This is the way the illusion is pleased. This is what the illusion (devil, same thing) wants you to do. I could go on forever, practically, talking about what atrocities are done on this earth from one person to another, but all of you have heard and listened to the media *so much* that there is no need to tell any more stories, because

you have all heard and seen the most sickening things imaginable take place on this Earth: *intended torture and horror*.

Now the illusion is not allowed to run rampant on this Earth. It, of course, has a higher master, and of course, as everyone knows, that master is the God Almighty. So there is a very real scenario, like a play, taking place on this Earth. And what it comes down to is one force, the darkness, fighting the other force, God.

Why would such a world be created? Why would God, who is completely a superior force to the darkness, allow this atrocity to go on?

The reason that this world has been created to go on is impossible to comprehend with the human mind, as are many things impossible to comprehend for the common man. The reason that this war between God and the darkness is going on, the reason this fight is taking place, is that it will actually increase the love of God and the love of man for each other. Now this is impossible to understand.

There is nobody in a human body that can truly understand this fact that is taking place. Intellectually, someone with a calm mind may theoretically, in some cold way, look at this, and after having it

explained to them, come to an understanding, but *that* understanding is nonsense. It is not true knowledge. It is nothing near true knowledge. Let's say four people have a debate and the truth about the reason for the illusion is understood; if they are all in a horrible automobile accident and they all live, at that point they will not understand it.

This is a fact that has been plaguing mankind forever, and mankind tries its best *to make up* reasons. For instance, the Christians believe that God was up in heaven with all His angels, and somehow or other, one of these angels became bad and influenced another bunch of bad angels, and anyway, these bad angels came to this Earth. This Earth was created for these bad people to come. And then there's, of course, different stories....

All the great religions have a name for the dark side that causes these troubles. In Christianity it's the devil. In Hinduism, it's Maha Maya. Whatever it's called, they blame it on something other than God. And because of this understanding, they can't understand perfectly, because, like the Christians, they say it is the devil that made

this happen. God, of course, would never do such a terrible thing. It is Satan, himself, that came and did this.

They need somebody to blame. If they do not have somebody to blame, they could not handle this world. They could not take it. They could not live in this world believing that *God actually created this place*. That not only is He aware of the devil's existence, *He created the devil, He created the darkness!*

And furthermore, not only did He create this place, He wants it to be *exactly as it is*. There is no mistake that is going on. God wants everything to happen just as it is happening. And who can understand that? Who can understand that...?

If you are going to explore spiritual life, if you are going to enter into spiritual life, if you are going to do everything you can to get free in this lifetime, take this knowledge into your mind, *but do not dwell on it*. You do not want to dwell on it, because, remember, there are two parts to this creation: one, is that God wanted it to be done, and two, you all wanted to come very, very much. There was no reluctance. There was nothing but ecstasy in the decision to come here. Now that

is incomprehensible to the human mind. What is incomprehensible to the human mind, you simply must just let it go and explore and study and put your focus on what it is *possible* to do.

Do not waste your time trying to understand other realms. Explaining what is happening in this dense state of illusion is almost impossible with words. To describe the other realms is truly impossible! Concern yourself with the immediate problem.

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Each religion has its own doctrine for what is good, what is evil, and what a person should do about it all. Setting the dogma and misconceptions aside from all the religions, the one grain of truth they each share is at least some understanding that there actually is such a thing as a destructive, illusory force that is against the nature of God. And that this force acts against the progress of human evolution into a more loving, caring, and respectful existence for each other.

Gourasana makes it clear that no one can understand the fact that the illusion is taking place, and tells us not to dwell on it. Even though some general reasons for the existence of the illusion are given, the fact

that we can't really comprehend hearing those reasons helps us grasp the profoundness of our situation. It is to inspire us to do what we can do, which is to become more aware of the illusion's existence and its ill effects, and ultimately to make changes that bring us into more and more freedom from it. For all intents and purposes, we have to know that we will never be able to comprehend such a thing as the existence of illusion, but we most certainly can become free from it. We can become freer and freer from it, or we can become completely free from it – it is based on our desire.

Most of you reading this book will not want to break the cycle of birth and death in this lifetime, which is to become completely free of the illusion while you are alive, although some of you might. But what you all have in common is the ability to become more aware of the illusion's presence. If you want to break completely free in this lifetime, then you will want to dive deeply into this subject, because time is of the essence for you. Even if you are remaining in the cycle of birth and death for now, there is much you can do to make remarkable leaps in consciousness and re-establish your loving relationship with God.

You *must* understand. You must understand. Just open up your mind for the time it takes you to read this book. In that period of time – by the mercy of God, you may come to the understanding that it is true what I am saying, and that something *does* have to be done about it.

Separation

Misconceptions of heaven, hell, and the “afterlife” notwithstanding, reincarnation is a fact. Our soul desires the experience of this material plane of illusion, and thus comes into a new body at birth. The soul lives out a lifetime of learning lessons and evolving; then the body dies, and the soul is born later into another new body to learn more lessons and keep evolving, and so on. Our journey in the cycle of birth and death is only a temporary situation until we are ready for it to end.

The illusion actually IS the material plane of existence, and thus it provides us with a way to have this experience of being separate from God. Without the illusion, we couldn't have the experience of being separate from God.

Some people say, “Since separation is only an illusion, and if we are already with God anyway, what is the problem? Why worry or endeavor to get free from separation that isn't even real in the first place?” The problem is that even though the illusion of separation is ultimately not real, it is nonetheless a very, very, very real experience.

The experience of being separate due to the illusion is real and existing as fact – it is actual. Again, if it helps you, think in terms of how we can't see gravity, but it is definitely a force that attracts. The illusion itself cannot be seen, but it is a force that most definitely binds.

To respond to the question of “Why did we choose to have this experience of being separate from God?” there is most definitely a purpose; but that is another subject.

There is no separation. Separation only exists on this plane of illusion. Once the illusion is gone, there is no separation. To feel alone means that you are in illusion, because you are never alone. It is not possible to be alone. Though your body may be isolated, your spirit cannot be separate. The illusion has created the separation. 376

The true reality is there is no suffering. Suffering is just an illusion, and it is only in illusion that you can suffer. That is why the saints and masters that have come to a state of full awareness truly do not suffer anymore. The suffering is an illusion. The sooner you can free yourself from illusion, the sooner you can become free from the

suffering. By holding on to the illusion, you hold on to the suffering. Both happiness and suffering on this plane are the same thing. 268

Regarding suffering, Gourasana is *not* saying that those who have come to a state of full awareness will not ever feel the kinds of suffering associated with the very basics of having a body – aches and pains, etc. He is talking about the myriad kinds of suffering that only happen when a person is bound to the illusion: suffering that comes from being attached to material things, and to the ego – for example, suffering that comes from jealousy, envy, anger, hate, malice, judgment, misconceptions, greed, avarice, disappointment, excitement, attachments, and so on. Again, it would be a misconception of the truth, as is often popular in spiritual culture, to think that because ultimately suffering is an illusion, we can therefore ignore it. That misconception is also called “denial,” and is not an avenue to self-awareness, truth, love, or compassion.

Living in a place of suffering and duality forces us to feel the hurts and pains of material existence, and it forces us to eventually feel the pain from the experience of being separate from God. As the pain we feel goes

deeper, lifetime after lifetime, we begin to feel more of our longing to go Home.

Eventually the true self in us, that spark of spirit, comes to a point where it no longer wants to continue this cycle of birth and death. We come to a point in evolution where we desire no more to be in the illusion, and we begin to ask for assistance from God to break free from this illusion.

If you have not made the effort to crawl out of this dark hole of illusion even once to get a glimpse of the truth, then I urge you to do this. And if you try and feel you have not succeeded, then try again and again. It will not be long before you will actually begin to experience the unlimited wealth that awaits you.

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You are fully qualified and fully worthy of achieving full awareness in this lifetime. It is only a question of your desire. There is no activity, there is no so-called sin that will stop you. You are already part of the Supreme because you are already spiritual; but you are covered by illusion.

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The Grand Illusion

The illusion of this world – this is very important to understand – the illusion of this world is that it is a wonderful place, that it is a place that you should be happy to be in, and you should be – practically at most times – you should be very happy, because it is such a nice place to be. At least this is what you are told. So the illusion covers you over from what the fact of the matter is, or the truth, and, of course, God.

Different ages, different types of illusion: at a younger age, the important things in your life may be a certain type of game, depending on the country that you live in, and that game is where you find your happiness. In other words, you believe that you are actually in a state of happiness when you play that game, so you strive as hard as you can to have as much opportunity as possible to play that game.

As you grow older and become attracted to members of the opposite sex, then that usually becomes the main focus. In fact, the relationship between men and women is certainly one of, if not the most powerful form of bondage to make sure you do not get free. If it

can get you to completely love a woman and have her love you back just as sincerely, then you are very, very deep in illusion, and your chances of getting out are not very great. And then of course, the children.

This, all of this, is a scenario in which your intelligence is being taken away so you can't see with your intelligence what is really going on – that the happiness that you're feeling isn't really all that great, the relationship with your children that you're feeling isn't really that great, and the various ways that you try to enjoy yourself in your life really are not that great. That's the power of the illusion!

As you gradually change and transform, as you gradually let go of the illusory love, truly do this in your heart, simultaneously the real love will take place. You will change the relationship from husband and wife into one of two pure spirits with a pure love for each other. 154

You may have a new sports car and this makes you very, very happy. So a material object, a piece of metal is making you happy. The illusion understands the material nature, understands what will make you happy, what will make you unhappy, and knows how to carefully

balance the two. There is like a balancing act going on between God and the illusion. In other words, God will allow that a man receives a new automobile, but in exchange for that, the illusion gets to see that the man is constantly in so much anxiety to pay for it, that it really wipes out almost all pleasure that is obtained by having it. This is actually going on right now.

Do not think, "Oh, I will have to give up this, I will have to stop this because this is an illusion." No! You can enjoy to your full capacity areas of the illusion that you wish to enjoy. It is just that by increasing your desire for the light you will evolve. You will grow toward the light.

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Do not be concerned with what others think. From their perspective of illusion you may appear very foolish. You will be dedicating all your time to the pursuit of the intangible, when you could be doing so many other things to enjoy your life. Enjoyment is there, but the enjoyment comes from detaching from the illusion. You will derive the greatest pleasure, but first you must let go of the illusory pleasure. This

does not mean all at once; it is in degrees. As you let go of the illusion, as your awareness increases, the true pleasure increases. 50

This is a very hard thing to understand, I know, but it is true: The attachment to suffering is greater than the attachment to pleasure. So people do things to ensure that suffering will continue. Just see the insanity of this plane. People are attached to their own suffering and are creating it. You can begin turning the tide. You can begin doing specific things to become enlightened, to experience the love, to become free from the illusion, to become free from suffering. You can begin to take specific action in order to develop this awareness and end suffering. 313

Every time you face a fear and come out on the other side, free from the illusion that the fear was creating, you will see the light in that area and how foolish it was to hold on to that illusion. That holding on was preventing you from a state of true pleasure and awareness. 204

When a boy and a girl first meet, there is so much love. Each one loves the other so much. They can't live without each other; every

moment away from each other is torture. That's if their intelligence is doing a real good job and has been allowed by the illusion to give them that much happiness. But pretty soon the woman is saying, "We must get married," and the husband is like, "Well, if we get married, I'm going to have to earn so much more money, and this means that I will have to perform so much more work at the factory." But the wife, of course, convinces him that they must have children, and he also has pressure on him from others in society to have a family. Otherwise it would just not be normal. "You must have children and raise them in the traditional way so your culture will continue to grow and be strong in the world." So you give in and you agree. You get married. You buy a big enough house. You supply it with all the furniture that is necessary, and then the children begin to come. Then the children are up crying. You wish you could sleep, but you can't sleep. Sometimes the children are ill where they go on crying for days and days.

The children can move very quickly. Teach them the truth. Show them the truth. Show them what is not the truth. Let them remain free. Do not make the mistake of so many parents who say, "You must do this."

When you give an absolute, first examine it for yourself and see if it is in fact something they “must do.” You will see that most of the rules and regulations are coming from an illusion.

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Everyone is doomed to suffer. Who does not suffer as they grow older? Look at the old people as their bodies begin to weaken and age. While young and in a relatively healthy state, people can sit back and pretend that they will not grow old and suffer. But as the organs begin to fail, as the brain begins to disintegrate, as real suffering and disease set in, those not on a spiritual path become devastated. The only way they can deal with old age and suffering is if they become mindless, unconscious, perhaps senile. The suffering has become too great for them to bear. You see the trick of the illusion? It is a trick. It is an illusion. Illusion means a trick. Of course most fall for the trick. Most fall for the illusion. They embrace the illusion. But for those on the spiritual path, the reality is that as they become older, they are becoming more aware and have attained more real happiness. Ecstasy is there. You can see with these aware people that even in the midst of so-called suffering, they are in states of ecstasy.

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Let go of the propaganda [about this being a nice place] that has been pounded into your mind your entire life. This is a world of illusion, and your minds have been filled with this illusion to the point where you believe it.

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An Open Mind

The last thing the illusion wants is an open-minded society. It's a closed-minded society that is responsible for almost all of the wars, and it has always been that way.

The importance and the utility of being open-minded cannot be overstated. As lofty as this overall subject is, Gourasana is giving the simple and practical common-sense advice to be open-minded. Closed-mindedness makes the work of the illusion more proliferative, especially at the level of society. An open-minded society would be tremendously effective in reducing the ills of illusion. The same is true for individuals.

Misconceptions, judgments, and false beliefs are born out of closed-mindedness. We have to deal with widespread misconceptions, judgments, and false beliefs in society, and we have to deal with our own. They are often intertwined. Open a newspaper or history book, close your eyes and place your finger randomly on a page of text. It won't take too long before you read about some type of suffering that can be traced

back to a social or religious belief that tells one group of people they are better and more deserving than another group.

Illusion in Us

The illusion wants everybody to feel the worst characteristics of mankind that can be felt: as much envy as can be felt, as much hatred as can be felt, as much jealousy as can be felt. The more negative qualities that people carry around in them, the happier the illusion is.

The illusion is the cause for the lies that are propagated on this earth that keep people from finding their original freedom – freedom from anxiety, stress, loneliness, heartache, separation, mental anguish, fear, guilt, and anger, for example.

If you get mad at someone, notice whether there are ever times you actually begin to covet the fact that you're mad at that person, feeling righteous, or whatever. The thing is, the more we dig ourselves into being mad at someone, the more we begin to think of different ways to make that person continue to feel bad, guilty, ashamed, or sad, and so on – that is the force of illusion at work. The part of us that wants to hurt others, regardless of being right or wrong in our reasons for being mad, is part

of the illusion! The irony is that when people engage in this kind of behavior, it actually causes them to feel tension; it's quite unpleasant. The more aware you can become of this, the better able you are to not be at the effect of this area of illusion.

As you become free from the illusion in one area, simultaneously the illusion in other areas becomes less dense, less binding. 213

Begin to see how the illusion is working. Look and examine the people around you. Look at your own self. See how you are being compelled to do things that even knowingly, you know are not good for you, but somehow you end up doing them. What is this force that is propelling you? How are you being controlled? Just begin to see the illusions, the propaganda, the beliefs, the society, the religions. You must begin to see the illusion, and as you begin to observe it, it will become more and more obvious until you come to a state of full awareness. Once you see an illusion and truly understand it, then it can no longer have a hold on you. 276

Your helplessness comes from your resistance. The more you trust, the more you surrender, the more you let go, then to that degree you can be helped. But to the degree that you cling on and refuse to let go, then to that degree, help cannot be received. Because of the way the universe has been arranged, this help cannot be forced upon anyone. There are certain laws protecting the illusion. If you let go and surrender to your internal process, then more and more help will come until you are one with the Lord. All of the power of the Lord will be with you. There will no longer be a question of separation or of needing help, because you will have everything that exists.

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Getting Free From the Illusion

The word “illusion” suggests that you are being deceived. What you consider reality is not reality. In order to break free you must begin to see the duality, what is light and what is darkness, what is truth and what is illusion.

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In the beginning you need to deal with duality. Do not think that dealing with duality is something bad. It is a necessary part of the process. You must see the illusion for what it is in order to become convinced you want nothing to do with it.

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If you want to understand spiritual life, and if you want to get free, you must face reality; and you must understand the opponent that you are up against – the opponent of illusion.... If you do not understand the nature of what is against you, if you do not learn about it, understand it, study it, you will have no idea of how to begin to combat it, or to even believe that you do need to.

The main thing you need to remember is that you will succeed if it is your desire. If you want the love and the light, if you want to know the truth, then no matter how great the obstacle, you will succeed. It can be done. There is a way for everyone to be free of this illusion. 311

Every day of your existence can be so wonderful, so rewarding, so enriching, so moving. Every single day can be like that. But you cannot sit back in this plane of illusion without making any effort, without caring, without desiring and expect to stay focused. You must do the work. You must take the next step. 302

There is no state that you cannot move in. You can learn how to use each and every state that you come across in a day – and you come across many – to move. When you rise, whatever feeling you have, you can use that to propel yourself. When you are deeply disturbed, you can pray for the peace that will come with the truth. When you are depressed, you can pray for the ecstasy that will come with the light. When you hate, you can pray for the love that will come with an increase in your awareness. When you are tired, you can be tired of the illusion and use it as a time

to let go. Because your emotions change so often during the day, if you can pay attention and begin practicing this little exercise, you can move very quickly no matter what state you find yourself in. 171

Step back to see that you are just a character in the play, and that character is just an illusion which will be gone. You will no longer be a man because you will no longer have a male body. You will no longer be a woman because you will no longer have a female body. You will no longer be old, you will no longer be young, you will no longer be any age because you are ageless. There really is no birth and death. You have allowed yourself to be in this illusion; you asked for it; you desired it. And because all your desires are fulfilled, it is done. 155

The way to become free is to see something for the illusion it is, not to repress it and pretend it is not there. 157

It is very sobering when you begin to look at the illusion and the atrocities that are perpetrated because of the illusion. You must become dissatisfied with this illusion. Do not strive separately for some joy and

some happiness. Strive only for true awareness, and automatically the real happiness will come. Until that time there will necessarily be a very sober period where you will just see the illusion. 167

When I ask you to give up, just see what I am asking: to become free from the sick relationship you have with this illusory energy, to become free from it and embrace the light and love. Do not be deceived anymore. Stop the self-deception. Open your eyes and see the illusion and its lies. See how you are being fooled day after day in this terrible state of illusion, which ultimately is producing nothing but suffering. 168

True prayer – not asking for something material, but true prayer - is a special attraction of your will to the supreme. Prayer has a special power, a special attraction. It works. If you pray to be free from this illusion, a power or energy will be attracted to you which will free you from this state of illusion. 184

There is a purpose for everything. Even in the process of leaving this plane of illusion, there is a purpose. Just let the trust grow. Have complete trust. Have complete faith. Pray for these things. Pray to be free from the illusion, once and for all. Become immersed in this consciousness. While you are desiring, you are leaving this plane. This is not something that you are planning to do in the future. It is something that is happening now. You do not let go in the future; you let go now. You do not give up in the future; you give up now. It is a moment-by-moment experience. Once you have captured the truth, it is a sensation that you feel. It is like a flow. Your conscious mind may not understand what is happening. It will not understand; it only knows that you are in the flow, which means you are leaving. In order to continue the flow, you must let go. When you feel the flow stop, then you must look at what you are hanging on to and let go. Letting go is a continual process. It takes constant endeavor to find and work through what it is that is binding you.

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As you let go you will have experiences. You will begin to have glimpses of what it is like to be free from the illusion. The reason they are only glimpses is because you are still hanging on to something. Even

though you may experience so much light and love, you come back to illusion because of your attachments. Give up your attachments and then you can have the most satisfying and rewarding experiences. 381

I want you to directly experience the truth, so you will know it not only intellectually in your mind, but you will know it in your heart. Then you will see the illusion for what it is. The illusion will be so obvious, so clear. It will be just as if someone comes and says, "If you do not accept Donald Duck and surrender to Disneyland, you will go to hell." All areas of illusion will become that easy for you to see. 189

Every time you face a fear and come out on the other side, free from the illusion that the fear was creating, you will see the light in that area and how foolish it was to hold on to that illusion. That holding on was preventing you from a state of true pleasure and awareness. 204

Your True Self and Your Illusory Self

There are two things going on – one is your true self and the other is your illusory self. You can bring your true self, your spiritual self, to a point where you want nothing else but to leave this plane of illusion. You do this by desire, by prayer. As you progress, you should be able to see that there is a distinction between the two. In other words, even while you are engaged in activities such as work, in your heart you can continually be in a state of prayer and desiring to leave this plane of illusion. Even while the illusory self is involved in so many activities, who you really are can still be moving and making advancement toward the light.

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To illustrate, there was a woman who had developed a personality that was very loud and boisterous. She talked and laughed very loudly, and her general presence was loud. It was hard for people to be around her.

This loud part of her personality developed in order to compensate for her unworthiness. It was created to protect her so no one would see other parts of her that she did not like. She had been working for years on letting go of this unworthiness. She faced and crossed through her fear in order to see this illusion. When she became aware that this loudness was illusory, she could begin to let it go. Because the truth is, her truer personality of herself was actually very quiet and gentle, the opposite of how she had lived her whole life.

To get freer from the overall illusion, often you have to see and let go of the illusory ways of your personality, and not try to replace them with another personality – not create a spiritual persona. Just become aware of the illusion, stop the illusory behavior, and allow the truer part of you that is already naturally within to be there more. It takes some diligence, but once you become aware of an illusory trait, endeavor to not allow it to control you, or to “be you” anymore – because it is not you. Sometimes it is tricky, though, because of the temptation to want to replace the bad trait with some good trait. But that usually ends up being just another illusion, albeit a nicer one. The thing to do is to discover

what your natural and truer parts are; don't try to create them. Then you can allow those parts to be there more often.

There is a part of you that is buried and forgotten. It is your true self, your true identity, and your true self knows where Home is. So there is a desire within everyone that remains unfulfilled. This desire and longing is to find your true Home. Nothing satisfies this desire. Whatever you do on this plane of illusion will never satisfy this desire. It is like a pain and it never truly goes away. When you wake in the morning it is there, when you go to sleep it is there. And even while you are dreaming it is there. You do not know what this nagging, this urging, this desire for something else is all about. Most people are trying desperately to satisfy this desire, but nothing will satisfy it. It is like a dream from which you need to wake up. Until you wake up from this dream, you will not be satisfied, because whatever happens in your dream, you will just be dreaming. The illusion is a very deep dream, and to wake up requires great effort. But it is possible; it can be done.

You must observe your illusion. Do not judge it good or bad, but simply observe it. Whatever action you are performing, want nothing else but the light. Foolish people think this is not possible. This is why I say, you must throw out the misconceptions. While a man is lying on the floor unable to move from intoxication, he can be wanting nothing else but the light. Many believe that he must first give up the intoxication; then he can desire the light. I must tell you that this is one of the greatest fallacies. I must also tell you that there are many who are lying in that state and are moving toward the light at a greater rate than many who appear to be upright, good, moral people. It is because their desire is so strong. They want the light so badly. Do you see? Desire is everything! It is everything! Do not be concerned with every little activity that you perform. I do not say I will not help someone because of what he is doing. Do not listen to the fools who say you must first stop this activity, and then you find the light. These fools are preaching illusion. I am not condemning, I am not judging. I am only here to help you. I am simply showing you more clearly how the universe is functioning. It is a universe of love and light. Desire nothing else but the love and light. Let this desire grow. Want nothing else. 77

To be clear, Gourasana is in no way, shape, or form advocating intoxication. His main point in this teaching is to be aware of how misconceptions are a binding trap of illusion. Spiritual misconceptions that a person has to possess certain qualities or have certain bloodlines in order to have the light and love of God, are illusory obstacles, distractions that cause us to judge others, and to not show proper respect for everyone!

No Free Ride

There are a lot of major religions of the world that have philosophies that say, if you do something very simple, you will automatically go to heaven. For instance, if you're a boy, a good Christian boy, and you die in battle, you will automatically go to heaven; there is no question about that. The Muslims have exactly the same one; if they die in battle, they go to heaven. So in other words, a death, especially for the Iraqis, death in war is a very glorious thing. So it is something they look forward to. And, of course, in World War Two, the Japanese were also taught that they would achieve their highest state if they died in battle. So, not only was it not a bad thing, but actually it was a very glorious thing, to die in battle.

But these things, as much and as nice as it would be if it were true, simply are not true. The number of people that get free from this world in their lifetime is very tiny, because in order to truly get free from this material existence, you have to work at it, you have to work at it diligently, and you must do nothing less than give your heart to

God, so that God is controlling what you do, more than you are. In other words, He is controlling your life. And once you truly reach this state, you only want to do things that God wants you to do, and you couldn't possibly do anything that God did not want you to do. But the illusion starts, of course, as soon as you are born. Immediately the illusion begins.

Desire Is Everything: *More Is Possible Than People Know*

It is of your own free will that you choose to be either in the light or in the illusion. 277

You will ultimately give up this plane of existence, but it will happen gradually and you will control the pace. If you do not do it voluntarily, then at the time of death you will be forced to give up everything you know to be reality. It will cease to exist for you. The identity of who you think you are – you are this body, you are a man, you are a woman, you are of this race, you do this for a living, you have this personality, you live in this state, you live in this country, you live in this world – is all an illusion. When you die the illusion will all be taken away. And because you still desire to be in illusion, again you will come back and take birth. You will have another lifetime of illusion. In

this way you are going from lifetime to lifetime, through countless lifetimes, assuming different identities of illusion. 279

The future is not as concrete as some would like to believe. There is a certain destiny with which you may take birth, but you can change that destiny by changing your desire. So do not be afraid to find the truth, because at any point you can go back into the illusion, if that is your desire. Your desire will be fulfilled. If you change your desire, then that desire will be fulfilled. 282

It is a trap of the illusion that will have you say, “I am not yet ready to become aware; it is not my destiny. It is not my karma.” These are all traps, and the traps to keep you bound are endless. 283

This set of teachings is perhaps most applicable to seekers who have stirrings inside of possibly wanting to become fully aware, fully self-realized in God, but are not yet so strong or committed in that desire. There are many sincere people who have a spiritual interest, yet are quite

vulnerable and susceptible to the misconceptions of popular spiritual culture, and the misconceptions of traditional dogma.

There is a virtual wilderness of misconceptions and false beliefs out there. Survey the spiritual landscape and you will see ... you can already see. One of Gourasana's main teachings is that "desire is everything." The more you desire spiritual awakening, the more you will overcome the kinds of misconceptions highlighted in this section.

As an example, there is a story about a spiritual teacher who heard of the efforts of those who were trying to save the whales. He said, "How dare they try and change the destiny of what is supposed to happen? If the whales are supposed to be extinct, so shall they be extinct; we cannot interfere with destiny." This is the kind of misguided teaching that vulnerable seekers might hear, and get misconceptions that could deter them from otherwise making great strides in their spiritual life.

Think about it. The man is referring to the potential destiny of whales. But he discounts the possible destiny of the people trying to save the whales. To be consistent with the view that whales will be extinct if it is destined to happen, he would have to also say that no one should interfere with the efforts of those trying to save the whales – because that

might be their destiny. Such is the spiral of misguided thinking and advice being dispensed about destiny. And this is only one of a plethora of spiritual misconceptions that are born from the illusion, and thrive in the illusion.

The point is that there are many teachers, gurus, and “wannabe” gurus who freely offer spiritual advice to the effect that we have no power to hasten our spiritual movement, or change our course in life. Such advice is not true and is the product of lazy consciousness. The lesson here is to carefully contemplate what people say before you accept it as absolute truth – and yes, that includes the teachings in this book.

Feeling Pain

The illusion is like a drug; it covers over the pain. So when the illusion is lifted, the pain is exposed. Everyone is suffering and there is so much pain. But when the illusion is dense and you are covered over, you are not even aware of your unhappiness. The initial stages of your awakening are very painful because underneath the surface of your illusion, there has always been incredible pain. To be fully aware does not mean you are only fully aware of the love and light; it means that you are also aware of the pain and suffering. You cannot have one without the other.

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There are only two ways for you to go. You can continue to move toward more awareness, which means you will have to go through the pain and suffering. Or you can run back into the illusion and hide, but the pain will still be there. It is true that if you are successful in hiding in the illusion, then you won't feel the pain as much. But ultimately you cannot escape feeling this pain.

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Although it is not the main focus of this book, there are spiritual teachings and an excellent meditation practice specifically intended to help people access and release denied emotions in order that they can become freer from the overall illusion. If you have interest in these teachings and meditation, you can attend a workshop and/or get teaching materials in the form of talks, books, and programs. (*For more information visit www.miracle.org.)*

About Gourasana

There are, practically speaking, constant Incarnations of God that come to this Earth. In addition to Incarnations of God, there are many great masters and spiritual teachers that can help you get free. I am one of those Incarnations. I have come because I can hear the prayer of the people on this Earth, the deep praying and begging, that I please come and take them out of this place back to the Home that they truly know and love. And I have come at a very high price – which I consider to be a very small price to pay for the number that are going to get free. I have come, and thousands and thousands of people will get free in this generation.

Consider what you have heard. How many new teachings have you heard in these talks tonight? Where have you heard information like this, that so simply, but yet accurately, explains why things are like they are? It is just incomprehensible to the human mind. But the very existence of this world produces a constant state of love. This world is producing an endless stream of love.

You are like children playing outside: sometimes you are dancing in the sunlight and sometimes it is cold and rainy and you feel miserable and alone. Stubbornly you will not come inside, when your parents are waiting to embrace you and care for you. The child quickly forgets the parent, but the parent is always mindful of his children. The parent is watching through the window seeing the suffering and the intermittent pleasure. And he is calling, "Please come in, please come home." When the child is dancing in the sun he will not hear, he will not consider the plea of his parents. But when he is lonely and huddled in the cold then he can hear a little, and sometimes in his misery he will call out. And I say, "Come Home!" And they say, "But the sun will soon shine again. And though I am miserable now I will have happiness again." Do you see the foolishness of the child? He may come in when it is cold and be safe and warm with his parents, and when he again goes outside it will be beautiful beyond belief, beyond anything he would have comprehended. This is why I say that what you are holding on to is causing you to miss everything. You are without a home and are constantly thrown into misery. Just see the illusion.

If you have the quality of urgency, then you are rightly situated. You are very fortunate because your awareness has grasped a very critical point. If you do not have the quality of urgency, then you should be concerned. It is this critical point of urgency that has created My Presence. If you could use one word to describe the sum total of My being here, it would be “URGENCY,” because wherever you are situated in your awareness, it is My desire to move you quickly to other realms of awareness. So this is indeed wonderful, because at least in this area your desire and My desire are one. Most do not have this sense of urgency. They will have to grow to come to this point of urgency. It is so simple. It is happening by your desire. I am simply fulfilling your desire. As you come closer, as your connection becomes stronger, then this urgency will increase until it never leaves. Although the illusion is so powerful, this sense of urgency is yet more powerful. It is this longing, this urgency, that has been moving you through countless lifetimes of evolution. I desire that many of you will be taken over by this urgency until this reality becomes the only reality and your state of illusion subsides. It is a very monumental task. There is much to be done. So let this feeling of urgency grow. Do not be afraid. Do not let anything slow you down. Others will try to influence you because they

will misunderstand your behavior [the behavior of wanting to see the illusion and break free]. *You must begin to see this is an illusion. You must start paying less attention to the illusion and begin paying attention to the truth.*

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Gourasana founded Miracle of Love, a nondenominational spiritual organization, to let it be known that there is a way out of the illusion and to provide the guidance to get out. Kalindi and The Lady lead the Path of Two MastersSM, which is to deliver live guidance to break free from the illusion and go Home to God in full union. For more information, visit www.miracle.org.

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The *Illusion* – What Is It?



The illusion has never been exposed before as it is being exposed now. No one has talked to you about the illusion in the way that is going on now.

GOURASANA



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