

## **The Way Home—Making Heaven on Earth** (excerpt) **Madis Senner**

The following book excerpt is from *The Way Home—Making Heaven on Earth*, pages 166-168, by Madis Senner, O Books:

[http://www.o-books.com/product\\_info.php?products\\_id=639](http://www.o-books.com/product_info.php?products_id=639).

After detailing the mystical world and explaining how humankind has trapped itself in a web of its own making, Madis offers four meditations to help us break free and advance our collective consciousness. The following tells how we can give added strength to those meditations.

### **Be the change we wish to see**

It is not enough that we mediate and pray on these four meditations (God, Love, Mother Earth, Heaven on Earth.) We must take them to heart and make them part of our life in all that we do. Our thoughts, actions and speech need to be reflective of and give strength to these meditations. As with praying ceaselessly we must make thought, speech and action reflective of the prayer. We must be the change we want to be.

Many associate Mahatma Gandhi with the statement that “We must be the change we wish to see.” Scholars who have written biographies of Gandhi<sup>1</sup> have told me that they were not able to find where Gandhi said this. In his *Satyagraha* Gandhi talks about merging the mind with action.<sup>2</sup> I believe that this phrase may have been coined by Sri Aurobindo’s the Mother, Mirra Alfassa, in speaking about the spiritual life and how it can become a contagion that can sweep others up with its radiating love: “If one sincerely wants to help others and the world, the best thing one can do is to be oneself what one wants others to be – not only as an example, but

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<sup>1</sup> Richard Deats; [Mahatma Gandhi Nonviolent Liberator](#)

<sup>2</sup> Page 44; [Satyagraha: Nonviolent Resistance](#); Gandhi, Mohandas Karamchand; Navajivan Publishing House, Ahmedabad, India 1958

because one becomes a centre of radiating power which, by the very fact that it exists, compels the rest of the world to transform itself."<sup>3</sup>

Both Sri Aurobindo and the Mother were contemporaries of Gandhi and spent a lot of time in spiritual efforts to win freedom for India, end to WWII and bring about world peace. Sri Aurobindo was a nationally known political activist in his youth who headed the underground Jugantar party that advocated independence for India before his spiritual rebirth.

Similarly Thich Nhat Hanh says that when we marry mind, body and speech much is possible: "We have to pray with our body, speech and mind and with our daily life. With mindfulness, our body, speech, and mind can become one. In the state of oneness of body, speech, and mind, we can produce the energy of faith and love necessary to change a difficult situation."<sup>4</sup> When we unite mind, action and speech on a particular thought or effort we are focusing our attention as we if we are meditating. It is such focused attention that gives power to the effort. Just as with meditation, when we become absorbed with what we are thinking about distractions melt away, knowledge and understanding flow. The concentrative effort of uniting thought, action and speech on one particular effort, or thought creates a very powerful thought form. When someone that has developed their spiritual strength focuses their thoughts, actions and speech on one thing, much is possible. When several people do it anything is possible.

## **Merge action with thought**

It is merging of action with thought (intention) that makes a ritual or ceremony powerful. Take for example, the Christian communion. Jesus tells us: "While they were eating, he took a loaf of bread, and after blessing it he broke it, gave it to them, and said, 'Take; this is my body.' Then he took a

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<sup>3</sup> Page 417 The Mother Collected Works Volume 9; Alfassa, Mirra, The Mother; Sri Aurobindo Ashram Trust, <http://sriurobindoashram.info/Default.aspx?1=234>

<sup>4</sup> Page 41 The Energy of Prayer, How to Deepen your Spiritual Practice; Hanh, Thich Nhat; Parallax Press, Berkeley, Calif., 2006

cup, and after giving thanks he gave it to them, and all of them drank from it. He said to them, 'This is my blood of the-covenant, which is poured out for many.'<sup>5</sup>

It is the process of symbolically eating bread that is the body of Christ and drinking the wine that is the blood of Christ that give power to the ritual. These physical actions reinforce the taking of Jesus into your life. Similarly the Native American purification ritual or sweat lodge relies on the physical action of sweating to reinforce the process of purification. You are trying to purify yourself mentally, spiritually and physically.

We must practice what we preach and try to make sure that our words, actions and thoughts are one.

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Madis Senner is sentient of Mother Earth and thought forms and maintains a listing of sacred sites in upstate NY where he believes Mother Earth soul resides. [www.MotherEarthPrayers.org](http://www.MotherEarthPrayers.org). His book *The Way Home—Making Heaven on Earth* details our dynamic relationship with Mother Earth and our dynamic relationship with her and each other: [http://www.obooks.com/product\\_info.php?products\\_id=639](http://www.obooks.com/product_info.php?products_id=639).

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<sup>5</sup> Mark 14.22-24