

*Athena International E-journal*

# SOPHIA

Issue #4

*SUCCESS STORY*

Q&A

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**Athena International**

*Realize your potential*

*Academy of Behavioural Sciences  
& Evolutionary Human Skills  
for professionals, leaders and diplomats.*

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# From the Editor

## Welcome to our magazine!



Dear Reader,

Welcome to our fourth issue of Athena International E-journal called Sophia. This journal is something that we are very proud of and we are so excited to finally share it with you. As you will see, this issue is 20 pages. We want to listen to your feedback and add in features that you want to see.

We know that this magazine is going to become something “you must” every four months. It is our mission to pack it with informative articles, new development in transpersonal field, inspiring stories and links to information that we believe will propel your expansion of consciousness and help you lead successful life at every level of your being.

This issue is an open invitation to celebrate healing arts and scientific elements in Global Enlightenment: Our evolutionary shift to Integral Sciences and Medicine by Ashok Gangadean, Margaret Gest Professor of Global Philosophy.

This work has been happening at global level, with the birth of one heart - one mind collaboration. With the rite of Passage and emergence of Global Democracy, it is definitely time to step up and identify and embrace Divine field that helps you live your true happiness, also liberates you from fear of change and invokes you create the fearless grid of life. We are pleased to share with you the wealth of wisdom and research work of well known educationist and Professor Ashok Gangadean.

We would love your feedback, so if you have something to say, please e-mail us [editor@athenainternational.net](mailto:editor@athenainternational.net). And I look forward hearing from you.

Until next issue have wonderful time.

*Renu Fotedar.*

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# S U C C E S S S T O R Y

## Global Enlightenment

### Our evolutionary shift to Integral Sciences and Medicine

#### What is our Evolutionary shift to the Integral Sciences and Medicine ?

##### Ashok Gangadean-

My journey as philosopher over 50 years, as a logician and evolutionary ontologist, has been in quest of the missing Primal Code of Logos. As you may know “ontology” is the science of Being (Reality), and the Language or Grammar or Logos-Code of Being. Over the decades I have been focused upon how we humans cross profoundly diverse world

views, cultures, religions and traditions on a trans-national basis. If, for example, we are in a Judo-Christian mind-space and inhabiting that cultural ecology, how do we make sense of very different worlds, in widely diverse mental ecologies? Are we able to truly enter the Chinese mind to understand the Tao, to understand Chi Energy, to understand Feng-shui. Can we truly access and understand the world of a Hindu in the Vedic tradition, or the worlds of Yogic realities and consequently process what is

Samsara, Dharma and Karma ? Or do we even truly understand all of those strange terms of Vedantic wisdom? Are we able to enter Buddha’s mind and the living reality of the world of Buddha ?

It would be truly remarkable to encounter the culture of our “Other” in authentic terms. How do we cross worlds ? This is a fundamental question that I posed to humanity at large early in my career. This is the question which has not been adequately looked into and yet it is all



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 ...Most often our upbringing and our education systems do not help us become adequately aware of our mental lens...

important to understand this urgent challenge of communication (and translation) across diverse worldviews, religions, cultures and ideologies.

### Why is Communication Between Worlds so urgent?

#### Ashok Gangadean-

Because most people are not sufficiently aware that as we breathe in and absorb our culture from birth (parenting, schooling, and daily experience) through early acculturation and all the way through our lives that our language and literacy encodes our worldview. People are not sufficiently aware of their worldview- their living ontology-and how it shapes their experience, their thoughts and emotions, beliefs and mental state. We are raised in our cultural ecologies which shape the **lens of our mind** through which we perceive, interpret, make sense of our world and process our lives. Most often our upbringing and our education systems do not help us become adequately aware of our mental lens which has been shaped by our culture, consciously and pre-consciously.

Our worldview and its mental lens in-forms and shapes our world, our living realities, and hence all our inner and outer experiences. Experience on the “screen” of our awareness, is shaped via this lens of our mind and most people are un-

aware of it; - we receive “the world” and our “experiences” as if presented to us as a *fait accompli*.

However our settled ways of inhabiting our worldview really become problematic when we encounter a very different worldview or seek to enter into someone else’s world. This happens when we encounter Radical Difference - a different worldview, a different gender orientation, a different ideology or religious perspective that sees the world differently and inhabits a very different mind-space. Then there is often turbulence, mis-understandings, mis-communication, friction... followed by a breakdown in human relations, disturbing ruptures and often followed by violence. When the worlds collide there can be violence of all kinds- genocide, crusades, ethnic cleansing, holocausts, racism, sexism, homophobia, demonizing of others (stranger), wars, bigotry, discrimination...the list in endless. We are not sufficiently educated to become aware that we have a “lens” that shapes all aspects of our lives, and not educated sufficiently to recognize the World of the Other, with a different mental lens. We are not sufficiently sensitized to the **skills of deep dialogue** across and between diverse lenses and inter-world encounters: “*lensitivity*” (sensitivity to the lens of self and

others).

### How do we cultivate sensitivity to our own lens and the lens of Others and develop deep dialogue skills?

#### Ashok Gangadean-

Just imagine what a different world this would be if parents and teachers and all who raise our children were themselves in touch with their own cultural lens and were sensitized to the vital importance of educating our children to learn the skills of encountering Others who inhabit different worlds. Parents are not in the habit of telling their kids: “Honey, pay attention to your own lens and the lens of others...be mindful of your own mental lens and remember that Others may inhabit very different worlds, inhabit very different perspectives, so learn to be open and listen deeply out there in the world.”...Know that your world has been shaped, that you have a mental lens, but also know that there are others who live in different worlds and have different lenses...”

Our early parenting and educating urgently call for such sensitization to how our world-views are formed, how we can develop literacy and competence in encountering the worlds of others...Raising our youth with sensitivity and critical awareness of their own mental lens and the lens of others, and the

urgent challenges of non-violent communication across diverse worlds and perspectives... Let’s call this “lens” issue, in a playful spirit: *Lensitivity*.

It is the term that needs to be learnt, to initiate vital dialogue skills that are urgently needed in today’s global marketplace: to be sensitive to the lens (or crossing worldviews) issue. When we seek to encounter the world of our Other, and to communicate non-violently across world-views, we need teachable rational skills of dialogue which require us, as humans, to step back from unilaterally privileging our own lens, and make space for understanding the lens, perspective, worldview of Others. Often we humans, because we lack “lensitivity”, can be uncritically addicted to privileging our own mind-space and processing the Other through our lens or perspective. Indeed we are not taught that this can be a form of violence. There is need to “cut some slack” and open some space to allow the voice of the other to speak and be heard. Listen deeply and hear the other as he/she speaks, rather than uncritically imposing your own mental lens on the Other. **This is a vital skill of deep dialogue.**

So if, for example, I am raised in a certain “European” cultural tradition, which is already highly complex, or more specifically,



*...Listen deeply and hear the other as he/she speaks, rather than uncritically imposing your own mental lens on the Other...*



**f**...all  
*Nature is  
alive and  
flowing with  
Spirit...*

living in “the” Judeo - Christian mind-space, or the Christian religious world (all highly complex and diverse) how do I truly “open up” to enter worldviews that are radically diverse from my own? How do I open myself and authentically encounter, deeply listen and learn from voices of “Others” across the planet, inhabiting different worlds, or even in my own home culture which may well be a multi-cultural society?

In one worldview you may say, for example that these are just “stones”, these are just “trees”, this is just “nature”, this is just dead stuff, this is just “matter”, yet in another culture (with a different lens), such as into the indigenous “Lakota” mind and worldview and begin to “see” that nature is “alive” with spirit. The river, the mountain, the buffalo...all Nature is alive and flowing with Spirit. Are these indigenous Lakota ill-informed about “objective reality” or are they seeing the “world” differently, through a different “reality lens” Is the planet earth “Gaia” or is it objective “matter”?

When we step back from privileging our own local worldview and dilate our hearts and minds into the deeper source of our diverse worldviews Reality itself dilates and we gain

access to a deeper inter-world encounter with the World. We mature from “monologue” to Deep Dialogue intelligence. So when we competently dilate our Global Lens we are able to truly appreciate Other Worldviews, other cultures, religions, and dance across worlds in a Unified Space. When we dilate our Global Mind through our Global Lens our rational intelligence dilates and our capacity for Literacy expands. **This is our ultimate technology.**

We humans co-create our worlds, cultures, and living realities. This ontological power to shape our worlds with our rational gifts is the presiding technology. As we become more educated and aware how our mental processing shapes our experience, our world, shapes phenomena and our living realities, we mature and evolve as humans. We shall soon see that if we are using “egomental” or “monocentric” patterns of self making and world making we inhabit egomental worlds. But when we mature to higher forms of Dialogic Literacy, Intelligence and culture-making, we mature as humans and rise to Integral and non-Violent cultural lives. “We ARE as we mind” is a great lesson from our planetary wisdom endowment.

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## What is the “ontological” diagnosis of human dysfunctions around the concept of Enlightenment ?

### Ashok Gangadean-

Our great Wisdom and Enlightenment teachings are that we humans suffer individual and collective dysfunctions and pathologies if our “Being” is ill. For when we step back from our more localized mental lens and expand in meditative intelligence into the global space of our World Teachers, something remarkable happens. For example, when we truly understand what Lord Krishna is teaching Arjuna (the great warrior who’s worldview breaks down on the battle field) in Bhagavad Gita, or process Buddha’s world changing enlightenment breakthrough as presented in his Four Noble Truths, or, again, think of Abrahams epic struggle as he seeks to listen and respond to the call of Yahweh, or the historic encounter of Moses with God at the Burning Bush, as he receives the great Commandments, or focus on the Life and Teachings of Jesus, or, again, the world transforming teachings brought forth by Mohamed... and so on.

What “medicine” were they bringing forth for humanity? We may ponder through the centuries of evolutionary unfolding of these great traditions, for example the emergence of Sufi

Wisdom, as brought through by Rumi, or we can follow the trail of the Mystical Teaching of Kabbalah, or follow the remarkable unfolding in the Science of Yoga from the early Vedas to the innovative teachings of Aurobindo in the 20th Century, or follow the trail of development from Buddha’s historic breakthrough all through the centuries and across borders leading to contemporary Japanese Zen. What has been brought forward? Is there a global consensus?

I suggest that when cross into global space where these diverse teachings arise, and dilate our global lens and global intelligence we encounter astounding new findings that we could not readily see before from our more localized mental lens. We are able to discern a deep consensus across these great teachings and a deeper diagnosis of a common source of human dysfunctions and pathologies at the personal and cultural levels.

One such remarkable finding resonating in the diverse teachings of Jesus, and Krishna, to focus on just three traditions, is that we humans are as we think-how we use our minds and language to make our selves and our worlds. These teachings concur that there is a Primal Field of Reality- an Infinite Field – whether we call it “God” or “Aum” or “Buddha Nature”- and when we humans are severed or eclipsed



**‘**...the historic encounter of Moses with God at the Burning Bush, as he receives the great Commandments...**’**



*...when  
humans  
are lodged  
and stuck in  
an ego-  
based  
thinking  
operating  
process...  
a real  
source of  
suffering.*

from direct intimate access to this Field we suffer. Whether we call this separation “sin” or “samsara” there is a deep Ontological breach or eclipse that is the primal onto-medical cause of diverse forms of human suffering. Thus, when we live our lives in mental practices that are ego-based – “egomental”- we are separated from the Primal Field of Reality and this causes ontological suffering. However when we move beyond such man-made separations and mature into a more Integral and Holistic form of life, we evolve from monologue to Deep Dialogue mental functioning.

So these great onto-medical teachers saw that when humans are lodged and stuck in an ego-based thinking operating process, the life you are living is going to be inherently polarized, fragmented, dis-coherent, broken and a real source of suffering. This is a classic, sensational diagnosis of the deep ontological origin of human pathology, both medical and scientific. When we dilate and cross into global wisdom and enlightenment we are able to discern across very different teachings and voices this remarkable diagnostic consensus. When we are severed from the Primal Field of Reality we suffer. When we authentically encounter this Field through the life and skills of deep-dialogue we

thrive in Well Being. There is something about human consciousness that pulls it to this Infinite Source of Life, Meaning, Being and Rational Light. It is clear that all the breakthroughs we have witnessed within egomental cultures are Sourced from this Field of Reality. We could not be an “ego self” without the Field. We could not have language and consciousness and meaning and world without this Source.

Whatever limited “light” we experience in our egomental cultures derives from the Primal Light Source. If we are not truly connected through dilated and awakened consciousness to this Source of Life and Being we remain cut off, and in a real sense we are starving, we can never reach full Rational Light, cannot mature as fulfilled Whole Persons, cannot thrive in Love, Well Being nor realize our highest evolutionary Potential. We cannot gain the highest wisdom, scientific cognition, moral development, nor rise to lives in true enlightenment. When we mature from cultures of “monologue” “I===It literacy” to awakened Cultures of Deep Dialogue: “I===Thou Literacy” we are able to surf the Primal Field and Live in this Zone.



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## What is the difference between mono-centric (or ego-based) reality and Logo-centric (or Unified Field) Life ?

### Ashok Gangadean-

This is the fundamental issue. We have arrived at a key evolutionary moment, centuries in the making, where we need to find a creative way to mark (or call out) the deep shift from /egomental/ life to ((Awakened Life)) in the ((Logos Zone)). As you know in my presentations I have introduced “visual markers” to bring to Light the great evolutionary shift from /egomental/ to ((Logosphere)). Join me in “visualizing” the dimensional shift from /monocentric/ cultures to ((Holistic...Integral...Dialogic)) Cultural Life.

We use “/x/” to accentuate when we are in /monocentric/ language and mind, and “((...x...))” to mark when we have crossed into the ((Primal Field)) that our great teachers have risen to the ((Dialogue Life)) which is non-dual, holistic and integral: the ((I===Thou)) Buddha Life. Whereas when we live in fragmented and polarized /egomental cultures/ we are in “/I...It/” de-formed relations, broken lives, and we suffer.

Our great ((world teachers)) have been urging humanity to mature beyond the /mono-

logue/ or /I...It/ cultures where we objectify each other, unwittingly violate and dehumanize one another. Our Awakening World Teachers and Guides are in consensus that when our lives and cultures are dominated by /Monocentric/ patterns we invariably suffer personal and cultural pathologies and dysfunctions.

The continued dominance of /monocentric/ culture-making has spawned abysmal violence in the clash of diverse worldviews, religions, ideologies. When /monologue/ dominates violence ignites: we see wars, genocide, ethnic cleansing, racism, sexism, bigotry, breakdown in human relations at all levels within a culture and between worlds. Thus as a result of millennia of being in this condition mankind faces a deep evolutionary crisis on a planetary scale. Our human family cannot flourish when we are dominated by regimes of /monocentric/ patterns of mental processing, language barriers and adolescent culture making.

By contrast, when we mature as awakening humans and truly cross into the ((I==Thou)) sacred space of Life and Culture making, we flourish because we enter the ((Zone of Presence)) the ((Logosphere)) that has been named differently across the planet: Yahweh, Aum, Allah, Tao, Brahman, Christ,



**↳** ...When /monologue/ dominates violence ignites: we see wars...  
...ethnic cleansing, racism, breakdown in human relations...  
**┃**



**‘**...the word  
“Logos” comes  
from classical  
Greek Philosophy,  
and it is a Primal  
Name for the  
Fundamental  
Source of Reason,  
Speech, Language,  
Meaning, Truth,  
Reality, Being and  
Consciousness. **’**

Sunyata, Spirit, God...All of these ((First Names)) call upon all humans to face the /monocentric/ disorder and rise to higher ground in the Dimensional Shift to ((Awakened Culture))

**What is ((Logos)) and how does it help to have a true ((dialogue)) across all humanity ?**

**Ashok Gangadean-**

Of course the word “Logos” comes from classical Greek Philosophy, and it is a Primal Name for the Fundamental Source of Reason, Speech, Language, Meaning, Truth, Reality, Being and Consciousness. When we step back from any one more localized cultural perspective and dilate our hearts and minds into the more inclusive and expansive space of ((What is First)) certain astounding new patterns can be seen that were not visible before. And one such ((Global Insight)) is that all the great attempts to ((name)) ((What is First)): Yahweh, Tao, Aum, God, Christ, Sacred Energy, Emptiness, Allah...are in consensus that this ((First)) must be ((Infinite)) hence ((Infinite One)). So we need to provisionally work with a ((Global First Name)) that Sources, Honors and Respects diverse ((First Names)). I use the “Greek” work “Logos” to step into this ((Primal Name)) for the ((Infinite Primal Field)),

which must be ((Presence)). Any authentic ((First Name)) also stands here. I use ((Logos)) in this way.

In this ((Global Lens)) we can readily see that the great shift to ((Yoga)) is the call to leave the /ego life/ and enter the ((Aum Zone)). The call of ((Jesus)) is for us to rise into the ((Christ Energy)); the great teaching of Buddha is for us to let go of /egomentalism/ and rise to ((Buddha Space)). Socrates and the Greek Logos calls us to leave the /caves/ and enter the ((Rational Light)). This is the journey into ((Global Enlightenment)).

This is the shift from /monologue/ to ((Deep Dialogue)). Why? Because the ((Field of Presence)) is ((Sacred Space)) in which everything is in non-violent ((relational flow)): this is the ((I==Thou)) space, the space of ((Ethics)) where we truly honor our **((Other))** beyond the violence of /monologue/. The crossing into the ((Logosphere)) is the Christ space in which we can truly ((Love one an Other)). And so on. In sum, making the dimensional crossing from “I..It” life in /monologue/ to ((I===Thou)) ((Life in Dialogue)) is our evolutionary awakening journey. We become fully ((Human)). Now it is clear that we are ((I==Thou)) = ((Dialogue Beings)) and not /monologue/

entities. Who we are as ((Humans)) is the issue. And our great teachers have been urging us to make this shift into the ((Humanized Space)). This is where our diverse worlds, religions, cultures, ideologies meet and co-originate. This is the ((key)) to entering ((Cultures of Peace)).

**How do we connect the dots all the way back to the beginning and adhere to the Buddha prescription ?**

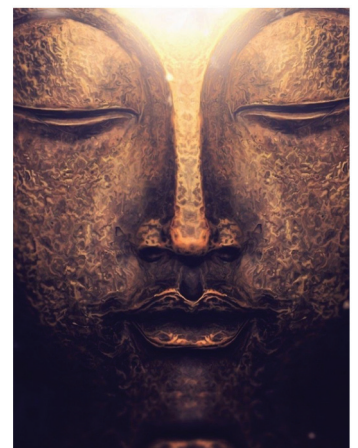
**Ashok Gangadean-**

Stated simply in light of the above: as long as we are lodged within /egomental/ patterns of thought and world making our experience is fragmented, we can't even recognize potential "dots" as ((dots)) that are already inter-woven and ((connected)). But when we mature into ((Source Field)), into the ((Script of Presence)), into the ((LogoSphere)) all ((dots)) are discovered to be ((inter-connected)) all the way "to the beginning". Why? Because the ((Primal Source Field)), being ((Infinite Presence)) flows in ((Boundless Unity))... deeper than any /Unity/. We might say, "E pluribus unum" (a Latin quote often also used in the American Ethos) meaning ((Out of the Many...One)): which means that ((Infinite Unity)) of the ((Logosphere)) flows in Primal Infinite Diversity). ((Pluribus===Unum)).

This is where ((deep diversity)) is nevertheless ((connected)) in ((Unum)).

Buddha's great ((awakening)) was that those addicted to /ego sphere/ suffer. This is "ontological suffering": your Being is broken and afflicted: ill being. When you live and play the /ego game/ and you buy into naive /identity/ that splits you from ((the field)), and further separates you into fragmentation and polarization and life becomes dis((coherent)). When we are addicted to this /mental operation system/ and it is an addiction of the mind...our "literacy" itself is compromised. When Buddha awakened, he came forth with four simple ((axioms)) (Noble Truths) and presented it to the people in a ((user friendly)) way:

1. /Ego- existence/ is suffering
2. It (=the suffering) has a ((cause)). This way of "mind-ing" is /egomental/ and flows from /monocentric patterns/ which is /objectifying/, reductive, cut off from ((flow)).
3. ((We have a choice)): third ((axiom)). We don't have to use our mind this way, we could use it in the ((Buddha Way)) : mindful, heads up, enduring presence, presence of mind, living in the ((moment)) the ((Buddha field)) which is ((Infinite Presence)). This ((field)) is field



*...Buddha's great ((awakening)) was that those addicted to /ego sphere/ suffer. This is "ontological suffering": your Being is broken and afflicted:*



... We no longer put our /monocentric agenda/ and /life narrative/ above and before the ((Truth of Presence))... ,

of ((reality)). Everything is inter-connected, everything is flowing in this field. Buddha saw himself as an ((ontological scientist)) diagnosing the ontological sickness of being separated from integrity, wholeness and flow. He made it clear that he was not interested in giving /theories/ or doing /philosophy/, but teaching as an ((Onto-Physician)) to remove the /arrow/ of suffering: which is the /ego centric mentality/, the mental operating process that produces our broken /world/ of fragmentation, division and separation. So how do we find ((healing and wholeness)) medically and ontologically ? In this ((Buddha Science)) and ((technology of Integral Mindfulness)) we overcome the source of wide-ranging human pathologies.

4. This is the Fourth Axiom: the Fourth Noble Truth is that when we enter the ((Buddha Way Rehabilitation)) which is eight-fold path of rehabilitating the /mental patterns/ to ((Buddha Mind)) we shift from /vice/ to ((Virtue)) and learn to embody new ((Patterns)) of ((Awakened, Mindful Living)) which sustains ((Live in the Zone)). This is the Buddha Way flowing from his ((medical diagnosis and prescription)).

People who live under the

/regimes/ of /egomentalism/ privilege (make first) their /monocentric/ life-story : their addiction to naïve /identity/, their attachments to their objectified /self/. Buddha's powerful ((Therapy)) calls on us to stand back from and let go of this form of /life/. All the great ((awakening teachers)) re-mind us that when we honor ((what is first)) appropriately we experience an ((inversion)) to the ((LogoSphere)) wherein we re-orient our lives and our presiding ((story)) of what is ((Real)).

We no longer put our /monocentric agenda/ and /life narrative/ above and before the ((Truth of Presence)).

So in this ((Light)) we may now ((process)) the great ((shift moments)) across the planet in our pioneering ((Teachers)). For example, the global story of ((Abraham)) in responding to the ((Call of Yahweh)), had to face the ((real and symbolic)) ritual letting go=((sacrifice)) of his attachment to his /personal story/ as first and to truly honor ((Infinite First)) as ((First)). This ((call of Presence)) holds for all "humans".

Thus when ((Jesus)) arrives on the scene in this noble ((tradition)) of ((Honoring What is First))...((The Logos))...his ((life Mission)) was to deepen the ((shift)) to the ((Christ Script)) that overcomes the

/alienation/ of /sin/ and brings “humans” to the ((Christ Field)). I am thus seeking to share with you a ((sense)) that all our ((pioneering teachers)) are in ((consensus)) imploring ((humanity)) to ((medically let go)) = ((sacrifice)) our alienated /life/ to mature spiritually into a ((Life in the Zone)). The whole point of ((wisdom)) and ((enlightenment)) is to find the sacred crossing from the severed regimes of /monocentric life/, whether we call it /sin/ or /samsara/ and perform the ((rite of passage)) into the ((Life of Mindful Presence)).

**So what is the best way to enter this ((Infinite Field)) and really operate from this ((Zone of Presence)) ?**

**Ashok Gangadean-**

In fact there is no stepping out of ((Infinite Presence)). We are always situated within ((Presence)) precisely because it IS ((Infinite)). This is a classic yet stunning revelation: all /egomental/ or /monocentric/ life is situated “within” the ((Field of Presence)). This is an elementary ((truth)) of ((Reality)). We may “picture” this primal condition as follows:

**((.../x/...))**

The shift from /monocentric life/ to ((Presence)) is the ((shift in place)) right ((where we are)). When make this all-important ((evolutionary shift)) from /x/ to ((X)) we realize our ((High Self)) was already closer to us

than /we/ are. When we tap the ((medicine)) to dilate our ((hearts and minds and stories)) beyond the /monocentric life/ we discover ((we are already Here Now)), and this is a stunning revelation, this ((dimensional crossing)): for now it is ((evident)) that every ((x)) is ((sacred)) when ((encountered)) in ((I===Thou Presence)). Our great ((poets, mystics, seers...)) realized that there is ((infinity in a grain of sand)) and ((eternity in an hour)). When any /thing/ is encountered in the ((Deep Dialogue Sacred Space)) we discover it is a miraculous ((power point)) of the ((Infinite Zone)). This is as it is seen that ((There is that of God in every Human)).

And why is this so? Because when we realize that every ((x)) is situated in ((Infinite Presence)), in ((God)), in ((Allah)) in ((Aum)) in ((Tao)) in ((Buddha Emptiness))....we ((see)) through the dilated ((global lens)) the ((First Eye))...that ((it)) expresses the ((Infinite Field)). If you try to /break off/ a “piece” of ((AUM)) you will get ((aum)). We cannot /fragment/ ((Presence)) with our /monocentric/, adolescent, /mental processes/. When we make the ((dimensional shift)) into the ((Zone Life of Presence)) we mature into ((Deep Dialogue Flow)) and move in ((harmony)) with the Boundless Flow of ((The Field)).

So in concluding this opening



**‘**...we discover it is a miraculous ((power point)) of the ((Infinite Zone))... **’**

((meditation)) I am seeking to give a ((visualization)) and evolutionary ((invocation)) of our ((world teachers)), trying to show the ((technology)), the long emerging ((Code of Logos)), the ((literacy of global mind)) and ((awakened intelligence)) that is vital for ((flourishing)). This ((rite of passage)) is urgent for our human sustainability at this time.

Some might /think/ that “global enlightenment” is a luxury we

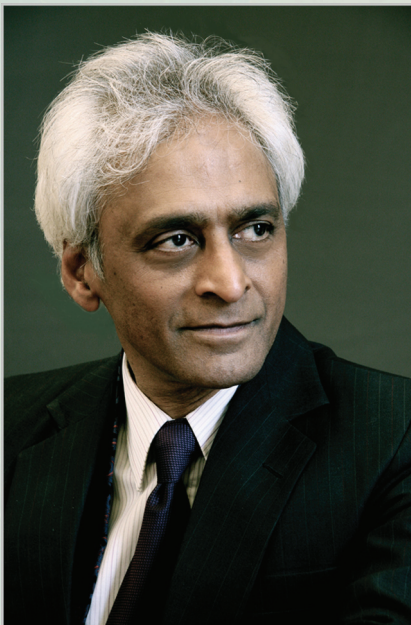
cannot afford to make a priority, or that it is reserved for a few spiritual geniuses and not for us “ordinary folks”.

But, in ((truth)), global enlightenment is meant for all ((Humans)) and is an urgent and absolute necessity we can't afford to ignore, miss or defer. The time has come for us to awaken to the ((script)) and the ((literacy)) of this call of our great wisdom teachings, ((scriptures)) and the highest

dimensions of ((science)).

The highest ((wisdom endowment)) of our planet through the ages concurs that we mature as ((whole humans)) when we are able to enter ((Presence)) and ((Be Here Now)).

And this is where we are now going to examine ((the shift)) of ((integral science)), ((integral democracy)), ((ethics)) and our ((Rational Enterprise)). Welcome to our ((Global Philosophy Forum)).



Ashok Gangadean, Ph.D.

Margaret Gest Professor of  
Global Philosophy

Director of the Margaret Gest  
Center for Dialogue Studies

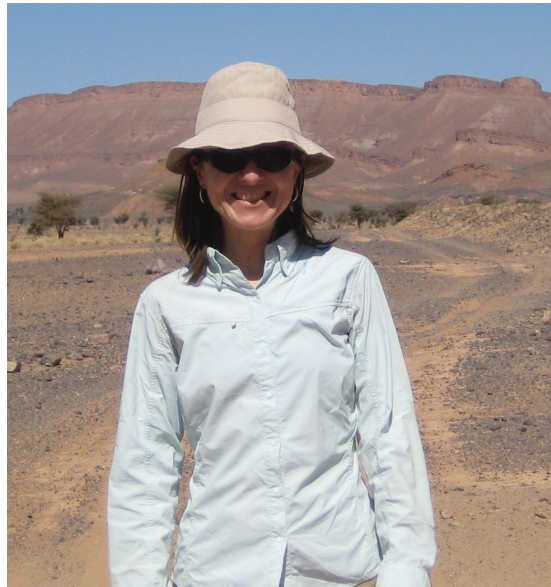
Haverford College  
(Haverford, PA, USA)

[www.awakeningmind.org](http://www.awakeningmind.org)

Having taught at Haverford for more than four decades, Ashok has been appointed The Emily Judson and John Marshall Gest Professor of Global Philosophy. He completed his Ph.D. in Philosophy at Brandeis University, and his early work focused on Logic (Science of Thought) and Ontology (Science of Being). Throughout his career Ashok has sought the primal, integral logic at the heart of human reason and also to elicit the deep dynamics of communication and dialogue between diverse worldviews. He has emerged as a pioneer of the new frontier of global reason, global ethics and global wisdom, seeking to clarify and excavate the common ground among widely diverse worlds, cultures, ideologies and disciplines. His courses range from Philosophy of Logic and Language, Global Ontology and Global Ethics to Hindu, Buddhist and Zen Thought in Global Context and Global Wisdom.

Active in diverse professional conferences around the globe, Ashok has published numerous essays and books seeking to demonstrate that human reason is global, holistic, integral, dialogic and intercultural in scope and power.

Ashok has sought diverse ways to bring his findings on the fundamental Logos in human cultures, experience and life to the wider Academy and public. He is Founder-Director of the Global Dialogue Institute, which seeks to embody the powers of Deep Dialogue in all aspects of cultural life. He helped convene the World Commission on Global Consciousness and Spirituality, which brings together eminent world leaders to cultivate global vision and wisdom for the new millennium. Ashok is also Co-Chair of the World Wisdom Council, which focuses on the transformative power of wisdom to address the crises facing humanity today. For five years, Ashok has hosted “Global Lens,” a television show in Greater Philadelphia that cultivates global literacy with the public. He has played a leading role in the development of the Margaret Gest Center since its launching in 1972 and has served as the Center’s Director for the past three years.



# SOPHROLOGY

by **Gabrielle Feldner**

## ORIGINS

Sophrology means ‘the science of the consciousness in harmony’. It is a life-balancing technique made of very practical physical and mental exercises aiming at an alert mind in a relaxed body. It is simple and does not require complicated postures or large amounts of time each day.

It was created in 1960 in Spain by a neuro-psychiatrist, Professor Alfonso Caycedo who described it as both a philosophy and a way of life as well as a therapy and a personal development technique. He later added, ‘Sophrology is learning to live’.

Sophrology is inspired by Yoga Nidra, Buddhist meditation, Japanese Zen and classical relaxation techniques. It has structured sets of exercises that can be done either sitting down, lying down or even standing up. It is not a hands-on therapy. You are guided by the voice of the Sophrologist. You close your eyes and you follow simple instructions to learn how to relax, experiment with different breathing techniques, use simple movements, etc.



You can do Sophrology one to one or with a group. You learn to quieten the ‘little voice’ in your head, to ‘switch off’ at the end of the day. You do not need to spend a long time each time doing the exercises; they fit into your life as it is.

The idea of Sophrology is to be able to stay both calm and alert in the middle of our modern, fast-paced, very full life without having to spend a long time doing

postures or meditating while sitting down cross-legged. It is ideal for people who feel they do not have the time to relax. Sophrology is often thought of as being a relaxation technique but in fact, relaxation is only one of the tools used. Other Sophrology tools can help regain energy for instance. So the best word to describe Sophrology would probably be ‘balance’. Sophrology can very aptly be described as a technique restoring balance

in our body, mind and spirit.

Sophrology can be used just as well by the super-busy business person or by someone lying in bed in hospital. The whole idea is that anybody can do it and you do not need to have plenty of time on your hands for that. You learn from the Sophrologist exercises that you will be able to repeat by yourself on your own: thinking about breathing



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while you walk or wait for your computer to start, closing your eyes for a few seconds several times a day to regain energy, doing a little 'shaking' movement with your shoulders every morning for a couple of minutes to help manage your stress.

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learn from the Sophrologist exercises that you will be able to repeat by yourself on your own: thinking about breathing while you walk or wait for your computer to start, closing your eyes for a few seconds several times a day to regain energy, doing a little 'shaking' movement

- As mental preparation for sports
- Managing emotions
- Pain management
- Weight problems
- Depression
- Preparing for a forthcoming event : exams, interviews, stage fright...
- Increasing energy levels
- Phobias

Try these few simple Sophrology exercises at home:

To lower anxiety: Breathe in and gently contract the muscles in your whole body, sensing any tension or discomfort. Breathe out loudly, let go and completely relax the muscles, letting the tensions flow away. Do this three times and listen to how you are feeling inside. You can do this exercise sitting down, lying down or standing up.

To sleep better: Count up to three in your mind as you breathe in, count up to four as you breathe out and count up to three while you gently

hold your breath, your lungs empty and then start all over again. Do this at your own pace and change the counts if this is better for you, but keep the exercise as regular as you can until you feel that you are calming down. To better manage your stress: Several times a day, for a few seconds, close your eyes, unclench your jaw, relax your shoulders (let them drop to the floor) and breathe out loudly.

#### FOR WHOM ?

Anyone in search of harmony : body, mind and spirit. Adults, seniors, teenagers and children (individual or group sessions)



# Gabrielle Feldner

Holds a diploma in Sophrologie Caycédienne de l'Académie Suisse de formation en Sophrologie Caycédienne, member of the Association suisse des sophrologues caycédiens, recognised by l'ASCA Fondation Suisse pour les médecines complémentaires, and since several years has furthered her education with specific seminars and workshops :

## Seminars and Workshops

- Seminars and workshops Séminaire « Fun Sophrology » for children and adults (Sophrologie Ludique Formations à Neuchâtel)
- Meditation walking and afghan walking techniques (Workshops in Haute-Savoie, France)
- Seminar : Discover your food character/ food&emotion management (Lausanne)
- Workshop : Dr. Kousmine method : nutrition and health (Fondation Kousmine, Vevey)
- Reinforcement of nervous system using essential oils and tools of awareness (St-Martin VS)
- Course « Anatomy, Physiology & Pathology » (Sierre)

## Also works with the following techniques:

- EFT : Emotional Freedom Technique. Form of acupuncture to liberate negative/blocked emotions
- « Point Zero » : method to balance positive and negative energies
- Ho'oponopono : Hawaiian medicine to erase false memories
- Cohérence cardiaque : breathing techniques to calm heart and mind
- Tibetan yoga
- Guided meditations

## Workshop/Retreats offered :

- Walking or snowshoeing meditation in nature: A time to enjoy inner silence and discover oneself and nature to live in harmony. Breathing exercises, meditation, conscious and positive thinking.
- Afghan walking and preparation for trekking :

Learn how to walk without being out of breath with very precise breathing techniques. Benefits: increased vitality, oxygenation, increased lung capacity, lower heart beat, stimulates blood circulation, physical resistance, sound sleep, physical and psychological well-being, inner peace, stimulates metabolism, burns fat and quiets mind.

- Cook with fun and awareness with themes: (in cooperation with Naneatrateur) Meditation, visualisation, stimulate 5 senses, imagination and creativity, listen to one's intuition, have fun, share. Feel free to cook ! We are all « chefs ». Example of themes : Exotic spices, chocolates, tapas, sushi, pancakes....
- Creativity . Expression of Oneself : Connect to oneself with awareness, confidence and joy and express oneself through painting, play dough, dance, cooking, games, voice-mantras... Learn how to create one's own life !

## Contact :

Gabrielle Feldner would be happy to meet you for a sophrology session in a Zen chalet in Villars-Burquin over Yverdon with view over lake Neuchâtel or for a workshop/retreat in the Jura mountains or at Espace Indigo in Mauborget.

## Gabrielle Feldner

Sophrologie Caycédienne

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1423 Villars-Burquin

Gaby.feldner@hotmail.com

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If you are sick of searching & want to start finding;  
if you are tired of looking and wanting to start living...  
this the retreat that will change everything!



So many women live their lives, run their businesses and live their relationships wondering what they are supposed to be doing and how they are supposed to be doing it. **This retreat has the answers...**

Many Retreats of this nature stop somewhere, leaving you with your new-found learning but no actual direction. The problem is the story is only half done. In this unique 2-day Retreat Solstice we share the sacred space with you, receive the stories you bring and explore sensuality & spirituality through these stories, illuminate the path for the generations to come & celebrate the feminine energy in the wilderness of Switzerland! And we continue to support you by stepping you up the next levels.

### You will...

- You will learn how to be rooted in your true nature and nurture
- You will discover your freedom to thrive, create and live your passion as a woman
- You will master the art of being in your Power and Grace

**Renu Fotedar** is a Transpersonal Psychotherapist, Elite Performance Coach and Personal effectiveness Expert. She will help you master and celebrate what it takes to **merge grace with power** along with **Gabrielle Feldner** who has done a lot of research work through Sophrology 'the science of the consciousness in harmony'. She is a keen seeker and a great contributor.

Delivered in English and supported with French translation available.

**Date** - April 25th, 26th 27th (Friday - 4.30 pm till Sunday - 4.30 pm)

**Venue** - Espace Indigo.Mauborget Switzerland.

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### Call and register now

+4179 951 9953/ + 41 21 964 1551/ +41 78 640 6762

or

E- mail- [renu@athenainternational.net](mailto:renu@athenainternational.net), [Info@renufotedar.com](mailto:Info@renufotedar.com)

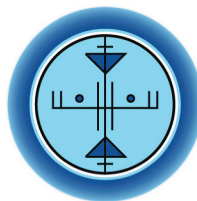
# Thank you for reading

*Athena International Journal*

# SOPHIA

Until next issue  
have a wonderful time

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