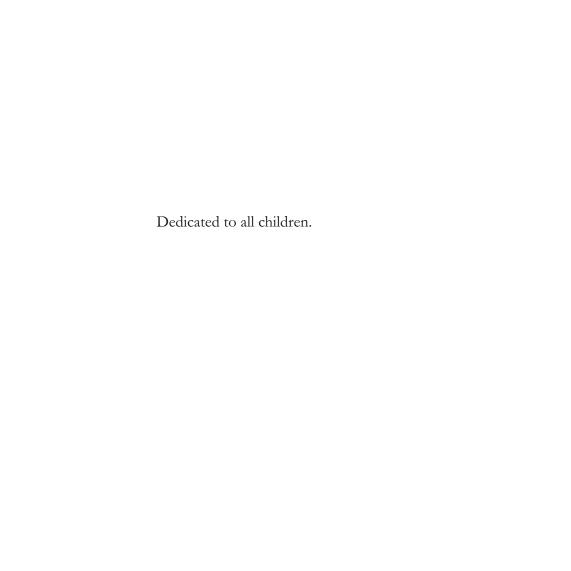


# Annette Kaiser A DREAM BECOMES TRUE

cover photo: Annette Kaiser layout: Katharina Kunze-Neidhardt printing and binding: www.sonnendruck.com

100 per cent recovered paper, climate neutral printing



## List of contents

I	The Dream	4
$\Pi$	The Foundation	5
III	Love	6
IV	The Heart	7
V	The Individual	8
VI	Not-Two	10
VII	Complete Surrender	11
VIII	Manifestation	13
IX	The Principle of Selforganisation	15
X	Shakti - The Mother-Principle	17
XI	The Conscious Yes!	18
XII	The Shadow	20
XIII	The New Identity	21
XIV	Following the Light of Love	23
XV	A Child of the Future	25
XVI	A Personal Note (To Close a Circle)	29
XVII	First Steps	32

#### I The Dream

"I have a dream...", Martin Luther King once said.

Don't we all have a dream hidden somewhere in our hearts of a world in harmony and peace? And even more than that! Could our earth maybe - in conscious co-creation with us human beings - become a planet of perfect joy, creativity and beauty that one day might transform illness, suffering and even death? A planet, where all human beings and all living beings celebrate a life in dignity, respect and majesty in Prior Unity together!

My heart is dreaming this dream. And I know that it is possible.

This is a very old dream. Many of our ancestors, living in different cultures and at different time epoches, have been dreaming it.

It is as if there is a knowledge in the depth of the human being which knows the next evolutionary step already: the manifestation of heaven on earth for the wellbeing of everybody all at once.

### II The Foundation

It is only now that this ancient dream can become true. The foundation for it is the awakening of the human being to true consciousness. It is as if humanity was discovering the fire for a second time: it is the fire of love. And love - as we all know - is able to move mountains. In this way an evolutionary quantum leap that is able to overcome any separation may gradually occur. Separation causes fear - and fear was never an intelligent adviser. The new foundation is Prior Unity, before all differences appear, which is bright consciousness-love. That is what we really are. To be aware of it is the key to become an awakened human being.

Each moment - now - is an invitation for it. In the Now the power of love is revealed: IT is one single brightness that loves everything and everybody all at once without limitation as the One Heart.

#### III Love

Conscious being loves out of itself whatever it perceives - without reason. And - for love everything is possible. It sings its highly dynamic song in and through everybody all at once in absolute stillness. Love is playing in each leaf that is dancing gently in the wind, in the cry of a bird, in lightning and thunder, in each movement - be it day or night - in each blink of an eye only THAT - bright consciousness-love, the inseparable One Reality.

The task of the human beings of our time is to 'feel' this love in themselves, to deepen it and broaden it, so that the whole cosmos will start vibrating in it. The innerst inner of each form - be it gross, subtle or causal conditioned -

is by its inherent power of love, one single, unseparable dynamic force that constantly recreates itself anew in nothingness.

In the presence from moment to moment the actual wonder is happening at every second: Evolution is becoming conscious of itself. It is one single lovesong of form and formlessness, emptiness and fullness, all and nothing at once. Only now the ancient dream of creation and humanity can become reality.

#### IV The Heart

Looking closely we can perceive that we human beings have three hearts: the physical heart, the heartchakra and the heart of the heart.

The heart of the heart is the true dynamo, the light within the light, inherently shining love. This heart is very mysterious. It cannot be localized and cannot be limited by time. It is based in the quantum field and at the same time it is beyond it. Its dimensions are beyond imagination. There is an opening as tiny as a nano in it. On it the whole cosmos dances in nothingness.

Once the knot of the heart in the human being has opened, separation no longer exists. The heart is now free. It is able to unfold its light of deepest compassion without any hindrance. The feeling of being here and now in presence is thus embracing the entire universe, all in one inseparable Oneness. This 'feeling' in presence contains the 'fluidum' of all hearts. It is all-healing, holy, unendingly subtle, and its power of attraction is unresistable and able to transform all that is.

#### V The Individual

The individual is the bridge between spirit and matter. To be born as a human being is incredibly precious.

In its conscious being it 'embodies' the transcendental and the cosmic as well as the individual principle as one. Transcendance means 'experiencing' emptiness or nothingness. It is the absolute negation. In the presence from moment to moment everything that is, is everybody and everything all at once. It is the absolute affirmation, the cosmic consciousness. At the same time the individual being recognizes itself as unique divine expression of itself. It therefore embodies a unique, dynamic gift within the symphony of the totality. In deepest silence, firmly rooted, the supramental consciousness is revealed.

The supramental consciousness in itself has the power to awaken the hidden consciousness in matter. This is the next evolutionary step which is becoming possible through a conscious humanity. The goal of evolution on our planet is to manifest heaven on earth, so that divine spirit and divine matter are fully recognized and realized in their inseparable oneness.

The human being, the individual, is the true intermediator

between spirit and matter. Through the consciousness of many individuals together a collective field will emerge in which the power of the supramental consciousness is able to become efficacious. A single individual is not able to transform the totality. A certain momentum of collective consciousness is needed for that. Finally humanity as such is one inseparable field of consciousness in which the infinite and the finite meet and develop towards the infinite.

#### VI Not-Two

In Prior Unity day and night, above and below, north and south, east and west, heaven and earth are reconciled. The bright consciousness-love is inclusive - nothing is outside of it. It is able to unify all that seems to be contrarious. That is how love is able to remove the sting of suffering that comes with the dual principle.

Subject and object are now no longer identified, that means Not-Two. Heaven and earth are no longer two poles excluding each other, but rather form an inseparable Oneness. Day and night now dance in their unique rhythm with each other within the eternal, bright blackness of the cosmos. North and south complete each other, east and west inspire each other, and above and below meet exactly in the dynamic middle of all being and becoming.

In the light of love the seemingly separated becomes translucent. In this way the dual play of Oneness can unfold into the lightness of being. It now follows a higher cosmic order of harmony. Not-Two is deepest peace.

## VII Complete Surrender

It is only in complete surrender that we human beings are completely fulfilled. This is an inner, natural kind of movement that lies inherently in our nature of being. Something in the human being wants to hand itself over completely to the highest principle, so that the highest principle may take the lead in him. It cannot be described what this highest really is. The closer we get to it, the further it moves away. This is due to the nature of the evolutionary development of consciousness. We human beings have just begun to discover consciousness as such.

Therefore it might be said, that we surrender to the present moment - now - right now; this means surrendering to that which is beyond any name, surrendering to the holy mystery.

Within this act of surrendering the bright consciousness of love sings in a hidden way. Within it an endlessly deep tenderness is revealed. Anything that hinders the path to complete surrender is melted by it. It is fulfilled in absolute self-forgetfulness.

Love, lover and THAT are the One inseparable only Reality, now recognized consciously as Prior Unity.

In this way the chymical wedding realizes itself from mo-

ment to moment. The tree of life can now flourish anew. The forces of creating and creation are now Not-Two. The light of love now flows freely from Reality to reality in inseparable Oneness.

By the act of complete surrender the first step in the evolution of consciousness is achieved.

#### VIII Manifestation

Nobody really knows what matter exactly is. And it is not clear either how it comes into existence. The old Rishis, of course, among others knew about the emergence of the relative out of the absolute in inseparable Oneness. So, in a way, each form is a causal expressed modification of the selfshining Reality. *Sat* is responsible for the shape of the form, *Chit* for the depth of consciousness and *Ananda* is its dynamic force within the entire evolutionary movement.

Science has separated matter into smaller and smaller parts again and again until no clear thing remained. Whether matter was now showing itself as a particle or a wave depended on the status of the observer. And - science discovered the quantum field - a field of pure information and energy beyond space and time. Maniestation probably happens out of this field of all possibilities. The quantum field itself emerges out of an even deeper layer of existence that has no name.

If something takes on form, be it a coconut tree, a zebra or a human being, the freely floating electrones in the universe organize themselves around the inner pole of love through the law of attraction. Being held by love in their innermost inner being, is how all forms are manifested in this world.

If we human beings are rooted in the bright consciousness-love in the Now - from moment to moment - we are inseparably one with the inner pole of all creation.

Through that we have conscious access to the creative act of manifestation. In the self-forgetfulness from moment to moment, we 'touch' at the same time the quantum field. It is the field of all possibilities, in which manifestation into space and time happens. Being pure consciousness-love as everybody all at once at its essence and at the same time having a clear sense of direction - intentionally / with-out intention - we, as human beings, are one with the creative flow of manifestation.

## IX The Principle of Selforganisation

Within the cosmic development a kind of intelligence is 'visible'. This intelligence can - among others - also be observed in the miraculous collaboration of the cells in our body. As above so below. Within the evolutionary quantum-leap, which starts to be efficacious in the consciousness of the human beings, this intelligence becomes accessible. It is a kind of selforganizing intelligence.

By being present from moment to moment there is just the One inseparable Reality. Inherently in it this kind of intelligence is alive and now reachable in pure consciousness by us human beings. This intelligence is beyond subject and object, it is pure consciousness-love. It 'acts' through 'communio', selforganizing, self-correcting and self-renewing. It reveals itself in the human being through intuition, introspection and direct knowledge.

In this way evolutionary impulses flow out of absolute stillness into the human 'heart'. They always emerge from pure love and therefore optimize the totality for the wellbeing of everybody all at once. The human being follows the light of the heart in the attitude of co-creation. Thus it contributes to the whole play of creation through its unique gifts.

In this way conscious evolution can emerge in the service of the whole. Creative force and creation are attuned in the selforganizing intelligence, inherently flowing in Prior Unity.

## X Shakti - The Mother-Principle

The One reality - absolute and without attributes - creates reality with attributes out of itself in inseparable unity. The first attribute that 'appears' is *Sat-Chit-Ananda*. Out of the manifested *Sat-Chit-Ananda* emerges the whole manifestation. The whole manifestation emerges in its causal, subtle or gross expression. *Shiva* is associated with the absolute. *Shakti* creates the whole cosmos in its rhythm of involution and evolution ceaselessly anew. That is the mother-principle, the immanent and transcendental One at the same time. In a deep 'understanding' of the One Reality with and without attributes the fear of the world, of the matter, and finally the fear of death, is being transformed into love for all that is. At the same time a new kind of adumbration of That which is beyond any name takes place. It is often associated with the father-principle.

Heaven on earth can only become manifest if the One Reality without two, with and without attributes is fully accepted. The *Shakti*-principle has to be respected,

red and loved in the same depth as the *Shiva*-principle. This is very important in the present evolutionary development. It is a very subtle and profound matter concerning the development of the human consciousness at the given time. All the ideas, concepts, cultural and religious conditions have to be released, so that the original face of the mother- and the father-principle can be revealed and can become manifest. If the view of the innermost matter is freed, it offers humanity it's unveiled highly dynamic force, which is beyond any imagination: a kind of *Shakti Pat*.

#### XI The Conscious Yes!

This 'yes' comes directly from within the heart of us human beings. It is a conscious 'yes' to the role humanity has to play within the evolutionary development on our earth. In the Oneness of all that is, this 'yes' has a cosmic emanation. It emerges out of our free will. This is why it is so precious. Within this 'yes' absolute consciousness - nothingness - and consciousness in movement as being

and becoming are unified as one spark. It is a glorious moment!

It is based on wakefulness, love, pure intention, wisdom and a clearly directed willpower of the heart, rooted in the power of being in absolute silence. This 'yes' increases the frequency of consciousness in the human being which is able to take on responsibility for the totality of all That is, in love for everybody all at once. That is the sacred collaboration between That and men as not-two.

The feeling of love inherently shining in the inseparable One Reality is very important thereby. It is able to transform the lower frequencies of consciousness-patterns like beliefs or convictions that have been formed in a state of separateness. With clear intention, a silent mind and a heart that radiates in love, we human beings are able to transform our world in pure presence - right now! That means that it is possible to co-create heaven on earth in the power of now from moment to moment. In that way anew civilization can emerge on earth.

With this conscious 'yes' we begin to create the future in the now.

#### XII The Shadow

Once the conscious 'yes' has become explicit, its corresponponding shadow will sooner or later appear. The 'yes' has provoked an energetic and conscious dynamic which releases the opposing poles out of their rigid and dense positions and sets them into motion. It is only due to this dynamic process that the shadow can be recognized. And - it mostly shows itself in full vehemence. This means that the more the 'yes' is loaded with light, intensity and concentration, the darker or more frightening the shadow-aspect will seem to be.

This conscious 'yes' is said in the context of becoming more and more conscious of the realisation of the dream to let heaven on earth become manifest. In this dream we also find its shadow which we can easily feel within our being. Something in us just does not want this dream, has its doubts about it and prefers things to remain as they have always been - comfortable - or it becomes very furious in the face of such a seemingly irrational dream. These shadow dances are not just based in the individual being, they are rather fed by collective conditionings. It is as if there was a huge resistance trying to prevent us from realizing this dream in our world. It is important to recognize the process and to overcome the shadow. Only when the shadow is integrated the dream will become true. The confrontation and integration of the shadow is part of the birth process of a new dimension in becoming. The integration of the shadow endows us human beings with strength and at the same time forces that have been bound inside so far are set free.

## XIII The New Identity

The transformation of the human consciousness has begun. It is an individual as well as a collective process,

which ultimately will encompass humanity as a whole. In the phase of transition in which the rooting in the Now from moment to moment is not yet stable, we focus our inner attention on the One without Two, again and again, in absolute determination now! We keep an eye on the One inseparable Reality unwaveringly by doing in not-doing. In this way a new identity is created: *Tat vam asi*, Thou art He, I AM THAT.

The persona thereby becomes transparent. IT can now per-sonare, sing through it. Only now its unique tone is really sung in all its beauty and fullness, being part of the great symphony of the totality, resting in the great silence.

THAT is the inseparable One reality with and without attributes: sound and stillness, human being and THAT. That is the new identity.

The One without Two has become a human being. IT now recognizes itself forever new in each moment and is able to create heaven on earth following the evolutionary impulses. The key for the transformation of this world lies in the new identity of humanity. Consciousness is what is - That - and only that is able to free the hidden substance in matter: *Ananda*.

## XIV Following the Light of Love

In which way this ancient dream will become manifest in reality on earth cannot be described in advance. Plans, concepts, imaginations and ideas may be very helpful at the right time at the right place. In this case something radically new is taking place: the manifestation of heaven on earth in Prior Unity. This is happening in the realm of no-thing beyond anything that mind can understand. It can only emerge in a state of wakefulness spontaneously and naturally within the great evolutionary flow.

Only one thing is being demanded of us humans: to follow the inner light of love and to fully trust this godly spark that we are. In this manner each step into space and time flows in utter lightness. Without ego everybody all at once begins to dance in love in a symphonic way in nothingness.

And everything is helping to make the holy dream become true: the sun, the moon and the stars, all the plants and animals, the whole earth itself and the entire cosmos within the pure consciousness of humanity being all-one.

And of course we make use of the best scientific and technological knowledge that serves the wellbeing of the totality. We also have the courage to experiment in joyous co-creation of everybody all at once. Thereby we live in a kind of simplicity in the fullness of life itself. The inner light of love is the only authority and leading power at the same time. In it there is a great freedom which essentially is very simple.

## XV A Child of the Future

A child of the future is born. It has come into this world of the future by choice and full of deep joy, rooted in its divine spark of silence that is its true nature. In this future world, there is no 'must' and 'should' - also no money that has to be earned in order to survive - no, it is a world that solely strives for truth in the service of all that is. Each human being contributes in its unique way to this world, along with its capacity and art to serve the whole. The shadows, abysses and prejudices of earlier times have been healed. Here nobody has a job, nobody is successful or stands above another human being; just as nobody is either a hero or a failure. The only 'job' that really exists is to follow the inner light of love and to flow - awake - with its inherent brilliant intelligence and revealing force, in cocreation with its synchronicities and synergies unifying everybody all at once in a higher order of still harmony. The only success that exists in this world is to be attunded within yourself and with all that is. By following the light

of the heart the child is shown the next step it has to take, and it gets hints as to new possibilities; it discovers, explores and experiments with it and sometimes the child will also stumble and learn from it. In this way the child is cultivating to be a conscious human being. Its understanding is neither based on book knowledge or teachings, nor on outer visions and dreams of other worlds. Its sole understanding is rooted in direct communication - communio - clear intuition and subtle sensefeelings. It also develops the powers of its body, being silently rooted in its real essence: the heart of the heart, expressing the power of being which one day will even be able to transmute matter.

The power of now in presence is 'shown' to the child of the future, real effective presencing, creative presencing that has the power to transform all that is. The child is also shown the power of truth in itself. The purer and clearer that it follows the laws of harmony in truth, the easier matter can obey. The child meets an open world where all is possible because impossibilities do not exist unless we believe in them. And finally the child will grow up within a natural simplicity in which there is no 'I' and 'you', no 'mine' and 'yours' and no constant learning in the sense of creating and dissolving mental barriers. It will rather learn to be inseparably one with all that lives and to feel at the same time all that feels. It is one single deep breath of everybody all at once in utter silence. And in this way it recognizes its little flame everywhere, in each flower, each stone, each tree or animal. It loves the same clear little flame in a thousand faces and a thousand melodies which are one single symphony expressing itself in absolute stillness.

In this manner there are no more frontiers for the child of the future whether inside nor outside, no more 'I want' or 'I take', no more lack or absence, no more lonely 'I'; no more 'against' or 'for', 'evil' or 'good': There will be one single supreme harmony with thousands of bodies, finding their sound in this one and that one, in this circumstance or that happening, this gesture here or there, uniting everything into a single movement, whose every minute is perfect, in which each act is authentic, every word just right, and each thought to the point, and where all the written words follow the One rhythm which flows out of eternity. All the hearts are unified in it and truth forms matter according to its deepest vision. This world of the future vibrantly radiates all around by its simple power of truth, attracting what must be attracted, repelling what must be repelled, simply by its own force of concentration, touching this point or that point of the universe, this soul here or that soul there, answering thousands of invisible calls, emitting its clear high tone, illuminating and unifying hearts without knowing them. "

## XVI A Personal Note (To Close a Circle)

It was in September 2000 on Kos (a Greek island).

I was standing at the entrance of the holy site of the Asklepieion. The perfume of the rhododendron flowers and their colors greeted me as well as the special power of this healing place. And all of a sudden I 'saw' our earth, radiating like a blue-white pearl in the infinity of the universe. And I saw its 'potential'. I felt how our planet earth, bathing in the consciousness of us human beings, can evolve. I saw the whole potential as a reality. It was such a joy to behold! It was a kind of blueprint on a subtle level that wanted to emerge in evolutionary flow into manifestation. The simplest way to express that is by the words: heaven on earth. This potential was present as clear as a diamond and was put into the middle of my heart where it is now radiating ceaselessly.

The Mother, being the partner of Sri Aurobindo, talked of a dream in August 1954. She said, "There should be somewhere on earth a place which no nation could claim as its own, where all human beings of goodwill who have a sincere aspiration could live freely as citizens of the world and obey one single authority, that of the supreme truth; a place of peace, concord and harmony where all the fighting instincts of man would be used exclusively to conquer the causes of his sufferings and miseries, to surmount his weakness and ignorance, to triumph over his limitations and incapacities... In this place children would be able to grow up and develop integrally without losing contact with their soul..."

On the 28th of February 1968 Mother signed the Charter of Auroville. Its content says:

- 1. "Auroville belongs to nobody in particular: Auroville belongs to humanity as a whole. But, to live in Auroville, one must be a willing servitor of the Divine Consciousness.
- 2. Auroville will be the place of an unending education, of constant progress, and a youth that never ages.

- 3. Auroville wants to be the bridge between the past and the future. Taking advantage of all discoveries from without and from within, Auroville will boldly spring towards future realisations.
- 4. Auroville will be a site of material and spiritual researches for a living embodiment of an actual Human Unity." <sup>v</sup>

When I read the Charter of Auroville once more in January 2016, being there, the intuitiv understanding came like a flash of lightning: This vision is part of the ancient dream. This 'vision' is meant not only for a certain place but for the whole world. And of course Auroville has a special gift to offer within the transformation of the whole. With that insight the ancient knowledge we human beings all carry in the depth of our hearts - a knowledge about One world in peace and harmony - gets unified with a vision that is evolving and that is ultimately going to reach out to all of us one day: One world, One humanity, One consciousness that is now beginning to become

manifest in a spontaneous and natural way in Prior Unity, radiating in unlimited love: heaven on earth!

## XVII First Steps

## a) Individually: Quantum Field and Joy

In the presence of Now we leave the past, the present and the future behind us. Space thus becomes infinite or zero. Our perspective is now vibrating in a field of energy and information beyond space and time. From this 'point of view' it is - everybody all at once. It also includes the field of the Akasha-Chronics. Rooted in presence, vibrating in an explicit feeling of great joy, a new program can be set. Consciousness can in this way become matter. 'We understand our being as something to be formed, flexible, plastically configurable; nothing is fixed, unless we believe in it.

Inner joy is indispensable in this context. In the depth of the joy of the heart we 'hold a diamond-clear image. In concentrated looseness the future is being created in the now. A first step has been taken. In this way the ancient dream has begun to become reality.

## b) For Working in the We-Field: The Four Principlesvii

- 1. We invoke Prior Unity.
- 2. Conscious from moment to moment, we feel without limitation as the Heart.
- 3. Rooted in zero-point, we honor the uniqueness of each and all in service to the whole.
- 4. We trust and act in the collective wisdom emerging from Reality into reality.

## c) A Possible Foundation for a Global New Civilization viii

- 0. The new civilization stands as dynamic presence in action for the eternal truth of Prior Unity.
- 1. The new civilization honours the essential nature of all as intrinsically egoless and indivisibly one.
- 2. The new civilization is based in trust, expressing the freedom, joy and dignity at the root of every human heart.
- 3. The new civilization enables universal participation and individual responsibility for the whole, generating true cooperation and co-creation everywhere.
- The new civilization is the manifestation of humanoneness emerging as the self-organising, self-correcting, and self-rightening force of Reality.

5. The ever-new and ever-renewing civilization is everybody-all-at-once.

February 2016, Auroville

#### List of References

- i cf. "Sri Aurobindo, Das Göttliche Leben", Hinder + Deelmann, Gladenbach, 3<sup>rd</sup> Edition 2004, Book Two, Part 2, S. 392
- This text is dedicated to my two grandchildren. Nazaret Amber, born while this text was written, and Erin, my firstborn grandchild
- iii cf., On the Way to Supermanhood", Satprem, pg. 157 ff, Paris 1974
- iv cf. "Introduction to the "Charter of Auroville" (supplemented by Annette Kaiser)
- v cf. "The Charter of Auroville"
- vi cf. Joe Dispenza: "You Are the Placebo. Making Your Mind Matter", Hay House Inc. USA, 2014
- vii Written on Fiji-Island by Carolyn Lee, Leo Burke, Lisette Schuitemaker and Annette Kaiser, 2012
- viii Written in Auroville by Carolyn Lee, Leo Burke, Lisette Schuitemaker, Annette Kaiser, Dustin diPerna, Jon Darrall-Rew, 2013

Annette Kaiser is a spiritual teacher and spiritual director of ,Villa Unspunnen' (CH) and the ,Windschnur' (D). Since 1991, she has conducted meditation retreats worldwide. She follows the pathless path of love that Irina Tweedie teached her.

Annette Kaiser is the author of several spiritual books and has developed ,DO - Ein Übungsweg<sup>e</sup>. As a visionary of a universal spirituality, she is creatively committed to ONE world - ONE humanity - ONE consciousness - locally / globally. (www.annettekaiser.ch)