

# LOCAI

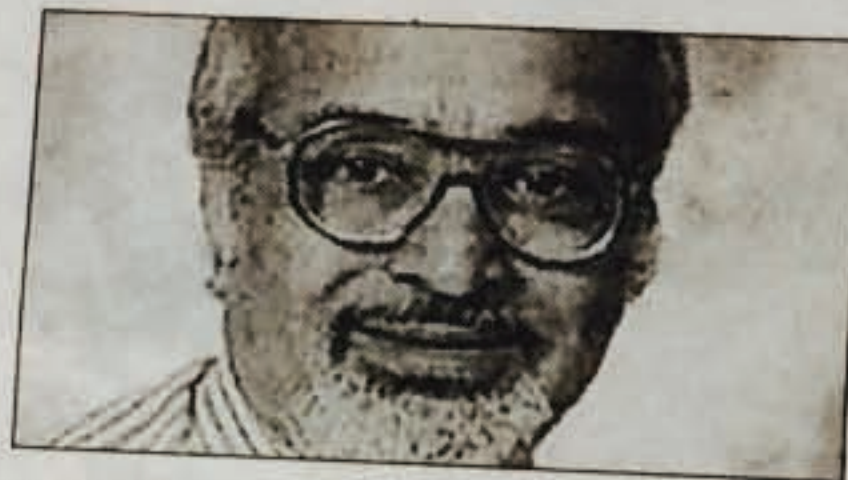
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INNER PEACE

## Creativity, creation and creator

The Holy Trinity in reality can be seen all around in the Cosmos and all around us in each and every individual cell of all species, vegetation and even in inert matter.

We are experts in condemning this ubiquitous creative energy by calling it sexual energy, which is the foundation of our microcosm as well as macrocosm, and without which I would not be here to write this and you would not be here to read this. Then why do we hide this most blessed creative force, labeling it a primordial sin and degrading it so that even to talk about it becomes like touching someone with leprosy or a horrible diseased person? When we will be matured enough to accept it as a boon, which offers us a chance to be what we are and to be a creator ultimately? And, if one wishes, to travel on the true path of absolute spirituality, without



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belonging to any pseudo-religions, which want you to remain ignorant blind followers and never to be a responsible matured adventurous human being?

It is always best to start with the primary basic tenets or first rungs of the ladder. It is far from the ultimate specialization in the true spirituality, which requires a lot of learning, practice and going ahead, without getting attached to any enchanting step of the ladder of life in the name of my religion, guru, god, or ashram until the ultimate self-realization becomes our own reality, experience and way of day-to-day loving

and leading a joyous existence, without any outside control or self-gratification slavery.

This creative energy is the source of every cell, molecule, atom and its nano parts and all life, and lifeless attributes belong to this subtle divine energy. When will we be able to shake off this blunder or ostrich behavior and wrong conditioning given by society, scriptures, elders or saints?

It is high time to grow up and to learn to be on the side of absolute truth without any guilt feelings or cruel conditioning and pay right respect to this most blessed miraculous marvel. When we will really understand and pay real respect to this energy and, when creativity or sex is not a taboo talk in dark alleys, then everyone will travel to its ultimate goal of "inner peace": salvation and self respect as a true human being without any complexes and shame. It is enough for

this holy vibrant vital energy subject.

Creation happens as a next step, automatically mostly. If we enjoy our first step totally healthy and without any hypocrisy and in harmony with life itself, then creation is its ultimate result. That is why it is said that if the seed is perfect, the fruit is bound to be more than perfect or as desired! Creation is nothing but the ever-expanding creativity. Creativity is subtle and very secretive, but creation is its ultimate reality and its final flowering and fruit. So it is said that if we take our first step in right direction, then our goal or final destination is secured. So choose it consciously, wisely and with bold and brave intention.

Our final step is to befriend this creator, which is nothing but our own witnessing consciousness — which is

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our very possibility, if we get wise enough to travel alone, ultimately, without worrying about masses and mesmerized mind. Then this comes as a reality as a blessings and bonus from beyond, which is our reality and, in zen's words, it is our "original face."

— Dr. Gokul Gokani has lived in Ashland since 1999. Born in India, he shares the experience of meditation with fellow travelers, and is a reiki master, ayurveda counselor, healer and spiritual counselor. This fall Dr. Gokani will teach stress management with relaxation and meditation at the SOU OLLI program. For more information, email dr\_gokani@hotmail.com or to www.aumawakeningcenter.com

The Ashland Daily Tidings invites residents of the Rogue Valley to submit 600 to 700 word articles on all aspects of inner peace to Sally McKirgan innerpeaceforyou@live.com