



Different *layers* of our existence

*"Our whole universe was in a hot, dense state
Then nearly fourteen billion years ago expansion started, wait
The earth began to cool, the autotrophs began to drool
Neanderthals developed tools
We built a wall (we built the pyramids)
Math, science, history, unravelling the mysteries
That all started with the big bang (bang)*

*Music and mythology, Einstein and astrology
It all started with the big bang"*

For those of you who do not know, the above are the lyrics of the theme song of a famous television show "The Big Bang Theory".

“Why and how we all came into existence” is the question scientists and spiritualists are both looking answers to for as long as one can remember. While scientists are looking at the physical plausibility, we spiritualists are seeking for answers that involves the invisible world. Different mythologies have made different assumptions, most of which are proven wrong by science. Honestly, I do not know how it all came into existence either; never got the opportunity to have a heart to heart with God to get the real answers to this question. However, of all the available theories the Big Bang and evolution makes the most sense. I completely believe in science (what’s not believe), but as science doesn’t deal with the invisible world, I had to keep looking for answers as for me that world existed, not because I was told so by the society but because I had experienced it myself, not once or twice but innumerable number of times. This is what acted as a surety that the way there is a logical reasoning behind how it all came into existence “physically”, there will be an answer to how it all came into existence “spiritually”.

I have never been able to believe in any mythological story, irrespective of the religion, as they seriously don’t make any sense. Also, for those who do believe in those stories, I wonder why the hell are they then praying to those deities? Mythology and religion has presented Gods and Goddesses as vengeful, hateful and egoistic bastards. How were those deities going to help us ascend when they themselves are trapped in lower energy emotions like ego, hate, jealousy and insecurity? I knew as a child that even when I can see and feel the energy world and experienced interacting with God multiple times, religion was not the way to connect with them.

Religion is a business.

Religion separates us from God.

It is a wall standing between us and the Divine Realm.

Since religion was not the answer I start digging into spirituality. Studied and learnt every spiritual and healing modality on this planet. Learnt every healing technique, and in the end realised only one thing,

Most spiritual modalities are creators and generators of illusions

People keep falling for the delusional and fake stories put forth by different spiritualists because the need for “define me”, “I am special” and “who am I” forces people look for an identity that is unique. And spiritualists keep coming up with different delusions like star seeds. If you study neurobiology you will understand where the stories come from. In fact most psychic visions and spiritual journeyings into the different worlds and realms are the creations of our brain. The brain constantly predicts reality to survive. It fills gaps with narratives. Humans have evolved to detect meaning fast – even false meaning. The brain hates incomplete information. So it invents explanations, symbols, entities, journeys and visions.

I am not trying to take away the magic from your life.

I

am removing lies, delusions and illusions

So that the real magic can take place.

The best way to get into Truth and Reality,

is to stop listening to the stories.

Even when people narrate to you an incident that took place in their lives, just block the stories out. Have you noticed that different people have different versions of the same incident that took place? That's how the brain creates narrations. Everyone's version of the story will reflect what they need to survive. So whether it is spirituality or physical life, just cut the stories out of your life. Only pay attention to effect and result. For example, if someone tells you that they lost the job because of office politics by someone else, the effect and result is that they lost the job and the solution is for them to find another job. That's it. Because the office politics can very well be the story their brain curated to cover up for the fact that they were terminated from the job because of their incompetency. Or maybe what they said was the truth. But their story is for their survival, not for you. The only reason people indulge in stories is for entertainment. If it entertains you, go ahead but just don't believe it. Keep an open mind and don't get attached to it.

Now, I am not saying there aren't psychics or that one cannot journey into different spiritual realms. It is all real, it happens and it can be done. All I am saying is that most people who think they are channelling or psychically seeing something or journeying into different worlds are the victims of their brain's super-imagination. They think they are seeing things but they aren't. you should neither be one of those people, nor should you ever go to those people.

Since religion and spirituality both failed to get me the answer, I turned to my spiritual experienced. I have to say this with a very heavy heart that till date (as on today when I am writing this) I haven't found the answer to how everything came into existence. However, in my quest of finding "How everything came into existence", I ended up channelling "How we exist" instead. I am very hopeful that someday either me, or someone else will surely find an answer to how we came into existence and all of our spiritual thirsts will get satisfied.

It took me years to practice and develop this realisation (of our spiritual existence), which today I proudly call "Awareness Healing". What I realised was that our existence was divided into six different layers, all of which played an important role in making us humans, the most powerful species in the Milky Way Galaxy. Before I start explaining the different layers of our existence, what you need to know is why energy healing is not working for everyone.

Why healing modalities *fail*

Almost all the energy-healing modalities in the world are effective, but the reason it doesn't work for everyone is due to several reasons. One of them is the ignorance of the different layers of existence. To receive the right treatment it is very important to do the right diagnosis, and this is not only true for doctors, but also for psychologists and healers. Let's say, a friend of yours was suffering from leg pain for many years. They went to a chakra healer and got cured of it. Now say another friend of yours has PCOD and they go to the same healer, only in their case it works for a couple of days and then it stops working. This is because their reason for PCOD is not in the chakras but it is in the mind. So what would actually

cure them permanently of their PCOD is therapy. But because of wrong diagnosis, they take a couple of chakra healing sessions and lose faith in it or worse, they feel better temporarily and get addicted to keep taking treatment which is only masking the symptoms but not eradicating the cause. This is exactly how spiritual healing modalities have gotten defamed. All the different modalities are focussed on mastering one or two different layers of existence and they work magically if the issue pertains to that layer, if not the healing fails.

Another reason why healing might be failing is because one might be lacking two of the most important ingredients of “magic”, that is “Faith” and “Focus”. If you don’t believe, it won’t come true. And if you cannot focus (concentrate), God alone knows what you may end up manifesting. Focus comes from the awareness being in the right place. I have come across many healers who cannot channel (focus/concentrate) energies into one direction because they lack focus. Focus and concentration simply means having no other thought than the one that is focussed on the purpose.

Ignorance is not bliss, but wrong knowledge is definitely poisonous.

“Ignorance is better than possessing wrong information”

- Ishtar Aren

And honestly, I still don’t get why all the modalities and religion have to complicate things so much. When I can directly call upon God to heal me, why would I go through access consciousness, or radikall healing consciousness or reiki? And before you begin questioning my intentions, please remember my real name isn’t even Ishtar Aren. Forget about money, I don’t even get recognition for the efforts I am putting in here. I am only trying to bring truth out into the world and open the eyes that are forced shut by the spiritualists and religious leaders. The hierarchy that they have created and the path that they have constructed between you and God is not taking you to God, it is only directing your money into their accounts. God isn’t running a corporate.

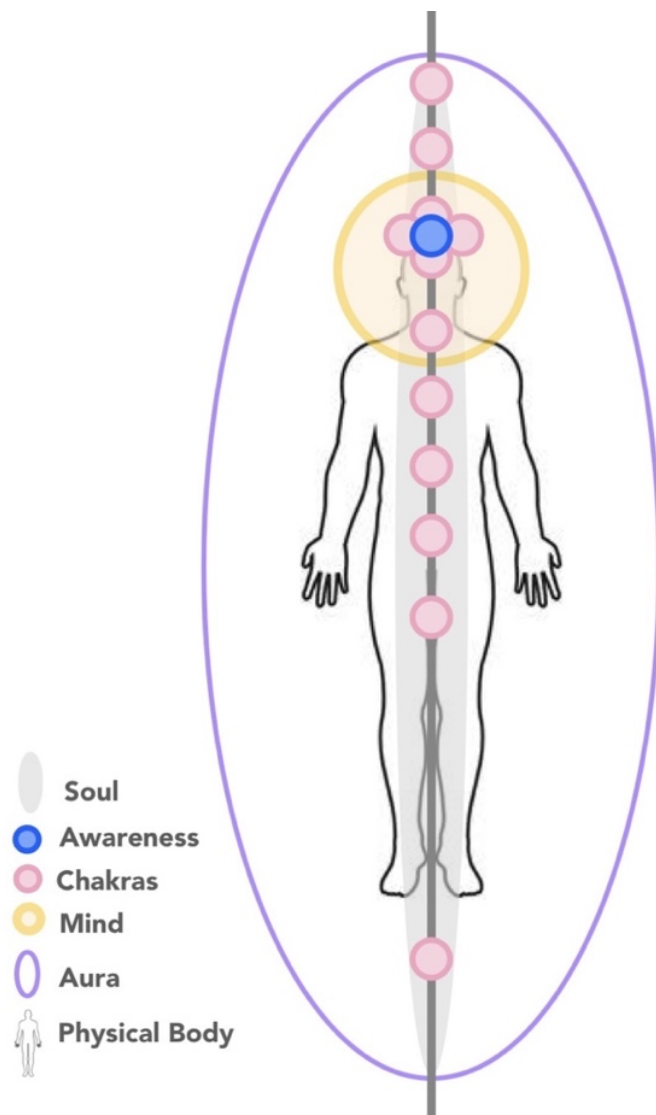
I remember the first time I got the statue of Goddess Kali; my family handed me a list of fear driven instructions of how I am supposed to pray to her, starting from washing her idol every day. And my first question was, “what kind of a Goddess cannot bathe herself?” I told all of them “fuck off” in my mind and just held the statue and called upon her. Every day I would sit down with that statue telling everything that happened with me that day and ask for whatever I needed help with. And trust me, the help was instantly provided. The kid that was bullying me in school got expelled in two days and the teachers that gaslighted me got terminated within a day. The magic and manifestation were instant. She didn’t need me to offer her my blood or pray to her with her difficult Sanskrit flattering chants or get up every day at the same time. Just holding her statue and telling her what was bothering me and what I would like her to do for me was enough. She knows if I am depressed, I cannot get up, or if I am going for a date, I am more interested the boy than performing rituals for her. She is a Goddess for heaven’s sake. So, the next time you are following any spiritual or religious practice just keep in mind that they are Gods and Goddesses, not petty humans. Another instruction, “don’t enter the temple during periods”. I stopped entering the house temple altogether and created a temple of my own in my bedroom. And yes, I had Lord Hanuman statue as well. And whenever I felt scared, I hugged that statue and slept (even during my periods) and he didn’t mind. Because he is God for heaven’s sake. For him I am just a scared child seeking comfort from him, not a female gender. Just please understand God. More than me, Gods and Goddesses are urging you to.

Honestly, I don’t have any idols today. I just call upon them and I know they are there. Every moment of my life is magic. I ask and I get. Because they don’t their need the idols to connect with them. However, in

the beginning it helps if you can't hold their energy in your mind-body system, you can channel it into an object. But it is still an object through which GODS and GODDESSES are connecting with you. They seriously don't need you to bathe them. If it gets dusty, clean it, not because they require bathing but because your physical space needs cleaning.

Most people when begin questioning become atheists and stop believing in supernatural altogether. Question, but don't lose faith. That's balance! Supernatural world and beings exist. But because they are supernatural, they don't function from human emotions or needs. We have a physical body, so we need to take shower. They aren't physical beings.

Different *layers* of existence



Soul

Soul, as you all know, is that layer of our existence that is immortal and lives on even after we physically die. All living things have a soul that is responsible for keeping them alive. As soon as the soul leaves, the body dies. Soul is a fragment of the Divine Light residing on the 7th dimension and vibrating at 7.5th dimensional frequency. The seventh dimension is called the “Soul space” because that’s where the soul resides.

The twist in the tale is, that we do not have individual souls. We all share the same soul that becomes the part of our existence as soon as any living being comes into existence. Which also means that at the core we are all connected with each other. The feeling of oneness with everything comes with the soul. This means that the farther you are from your soul the more selfish you will be. In order to get closer to the soul one needs to ascend to higher frequencies; the higher the frequency, the closer one is to the soul.

Ascension is the journey within, the deeper you go the higher you ascend. Soul is the deepest layer of our existence, which is why the process of ascension in human form completes once one merges with the soul. In other words, ascension in human form completes at the 7.5th dimensional frequency. At this frequency we become one with everything and everyone and completely lose our earthly identity. Losing earthly identity means losing lower energy emotions, conditionings, and belief systems.

Soul is not individual therefore it is not who we are (at least not at present), it is not our identity and it is not what we carry forward in other lives. Also, Soul and earthbound spirits are different. Soul is an extremely high vibrational energy space which doesn’t have any earthly imprint on it.

The energy the soul emits is called the life-force energy which is vital to keep the living alive. Due to the stressful lives that we all live today, most of us lack the life-force energy in one or more areas.

To understand soul further, I started observing things that were claimed to be ‘soulful’ by people. I heard Mozart’s music, studied the paintings of great artists like Leonardo da Vinci and watched the performances of the world’s greatest dancers and actors. I realised that everything that was the biggest and the best in the world was called “soulful” by people and it all had a very high energy, almost as if it were alive. Any work that came out of soul space was a masterpiece filled with extreme high energy and felt alive.

Soul doesn’t require healing which is why in the prayers I never mention soul.

Mind

Mind is another layer of our existence. This layer is responsible for the generation and storage of our thoughts, emotions, memories and experiences. Mind is responsible for creating our unique identities, giving us our individuality, manifestation, decision making and creating destiny. There are three different kinds of mind, conscious mind, subconscious mind and unconscious mind. What separates humans from other living beings (spiritually) is the existence of mind. Plants and insects do not have minds, and animals have limited minds. It is the power of our minds and the capacity of our brains (thanks to evolution) that has made humans very powerful. You need to understand and heal your mind in order to become successful not just in Earthly matters but also in spiritual matters. Because it is the most powerful layer of our human existence, it is also the layer that requires maximum amount of healing and work. The more powerful the mind, and the more control you have over it, the more successful and powerful you will be in any field.

That’s why “all of my minds and all of my neurological pathways” is an integral part of my prayers.

Chakras

Chakras are the energy centres that are located vertically in our energy body. Chakras are our personal energy factories which produce and transmute energies after receiving the commands in the form of thoughts and emotions from the mind. Each of the seven major chakras have a higher energy emotion and an exact opposite lower energy emotion assigned to them. The main job of the chakras is to transform the lower energy emotion into its exact opposite higher energy emotion to maintain higher energies in our energy bodies.

I don't mention the chakras in the prayers because the line, "every layer of my existence" covers them. I used to mention them earlier but realised that it was pointless. However, when you write a prayer to cleanse a chakra, mentioning their names is mandatory.

Aura

Aura is the outermost layer of our existence that carries the extra energies that our chakras are not able to hold. A healthy 4th dimensional frequency aura reflects the colours of the chakras with bright white on the edges, but an unhealthy aura can reflect any colour in any part of the aura. Also, a healthy aura of an average 4th dimensional human being expands up to 2 inches outside their physical body. The aura can also be expanded with the lower energy emotions. The size of aura is not dependent on whether the person is positive or negative, saint or evil. The more the excessive energies stuck on to our energy bodies, the bigger the aura will look. People's presence is felt through their auras. The lighter the aura, the more likable the person, the denser the aura and the more people will get repulsed. It is said in the energy world that your energies reach much before you do, and through those energies people base their likes and dislikes of you (often unconsciously) and your actions no matter how good cannot make people like you if your energies are repulsing them. I have always found this true, however, it is only applicable on energy sensitive people. And most of the world today is energy sensitive. Your aura is not your shield. It is a false information that aura protects and a hole in aura leads to energy leakage. Aura doesn't need cleansing, repairing or healing. It is the energies emitted out. It is what attracts or repulses people.

Physical Body

Physical body is the human body that acts as a vessel to the soul, mind and awareness as long as we are in the human form. Physical body also acts as the physical manifestation of what is happening in the other layers of our existence.

Awareness

We are not the physical body; the physical body is our vessel.
We are not the soul; the soul is the final destination we aspire to reach.
We are not the mind; the mind is our feeling, thinking and storage unit.
We are not the chakras; the chakras are our energy workstations.
We are not the aura; the aura is the representation of what's going on inside of us.

WE ARE THE AWARENESS.

What lives on of us after we leave the physical body is the awareness.
What leaves the body when we journey into the other planes is the awareness.
What learns, grows, ascends, descends, travels and escapes is the awareness.

According to dictionary, “awareness is the knowledge and understanding that something is happening or exists”. Awareness is the ‘knowing’ of our existence, our emotions, our identity and our individuality. The more aware you are, the more knowing and understanding of yourself and your surroundings you have.

The highly ascended awareness achieves the knowing of the Universal truths and knowledge of the masses. Awareness is immortal, it lives on even after the body dies and it is who we are. We each have our unique awareness, and it remains so until it ascends to the 7.5th dimensional frequency and merges with the soul. This is called getting *moksha*.

Each one of us have our own unique awareness. As of now there are about 8 billion different awareness’ walking the Earth, and about 20 billion waiting to be born in in-between lives. Each awareness is different from another and has their own journeys and karmas to deal with.

The first step of awareness healing is realising that you are the awareness and accepting awareness to be your true identity. Majority of psychological and energetic problems people face is because they are not acting as the awareness because of which their awareness is acting out. Therefore, before moving forward just accept yourself as your awareness by affirming 21 times in your mind, “I am the awareness”.

“When you are not functioning from awareness, you are functioning from illusions”

- Ishtar Aren

Extra layer

There is one extra layer which is not a part of our existence but gets created as a part of our existence. This layer is called **Energy Body**. Is the exact translucent energetic reflection of a person’s physical body. When you scan someone, you see their energy body to assess how their organs and body parts are doing. This extra layer is the energetic imprint of our physical body that is created because of our physical body’s heat and pressure against the veil that separates us from the energetic world. Usually, the energy body dissolves within 13 days of physical death. However, if the awareness decides to stay back on Earth as the **earthbound spirit**, it attaches itself to the energy body and this is how spirits (or ghosts) are formed. Most of these earthbound spirits have no realisation of their death as they assume their energy body to be their physical body. The Energy Body has no function, it is just an image. That’s why adding it into prayers is pointless.

Conclusion

Awareness is a fragment of soul that got disconnected billions of years ago. I don’t yet know why, therefore, I will not create a beautiful story around it. In order to be born human one needs all the layers of existence. Soul is the contribution of the Universe while physical body is the contribution of Mother Earth. When the two merges together, a human life comes into existence. This means, that the awareness that is waiting in in-between lives to be born needs permission from both, the Universe as well as the Earth. Only when the two allow it together, can an awareness take a human form.

