

The Sacred Life

Part 1 — The Path

This topic, The Sacred Life, will inspire each of us to create our life in such a way that our most cherished principles and values in life are lived and expressed.

Each of us has these needs deep inside of us. And each of us, as human souls, are continuously searching for that one path that clearly puts us on the sacred path. That is, a path

- Is full of possibility.
- Offers hope.
- Gives clear road signs that we are going in the right direction.
- Gives clear solutions and answers when we are in pain, confusion, desolation.
- Even gives a clear way to go to the next step when we are happy, joyful, in love, in beauty. We can see the continuity and not the dread that something will happen to cut us off from the joy.

The path has three main aspects:

1. Inside each of us there is a spiritual antenna that can always find the sacred, no matter what darkness engulfs us. This antennae is what will always put us on and keep us on the sacred path.
2. There is in the universe a space called “The Raincloud of Knowable Things”. This is a place we can access, from our own core to the universe, where answers, guidance, hope, solutions can be found.
3. The process of living the Sacred Life helps us build the “*interstellar connection*” to this Raincloud of Knowable Things. In the Ageless Wisdom, this connection is called the Antahkarana, or the Rainbow Bridge which is a line that begins with our physical being, and extends all the way through our unfolding human soul and beyond. We can consciously build it with the purity of our physical-emotional-mental bodies and higher bodies. How high and sublime we can reach depends entirely on our equipment, the condition of our equipment, and the virtues and values that we are operating through.

This path of the Sacred Life must be cultivated. We want to be able to see the path of the sacred, to live it, to find it even if we temporarily lose it. Then even when in darkness and in loss, we are able to see the flickier of faith and hope that exists for us.

Under all this work we desire and do is this: that inside each of us is an awakened soul that has decided, “I need a change.... I will get up and go back to my Father’s Home.”

This path taken by awakened souls is what keeps our planet from totally exploding. Awakened souls are part of the heritage of the Ageless Wisdom Teachings. We have examples in every field of human endeavor. In these classes throughout these next 12 months, we will read and study the lives of these awakened souls in the book *Teachings of Great Ones*. We will see how they lived their life, how they overcame struggles, what the whole point of their lives has been how they walked the path of the Sacred Life.

Read this book *Teachings of Great Ones* with attentiveness. Use it in your meditation practice. Cultivate the Sacred. It will change your life.

I look forward to working with you.

Gita Saraydarian

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