

CHAPTER QUOTES

Seeking Enlightenment In the Age of Awakening

Just for fun, here's a preview treat for you. Every chapter in this particular book begins with a title, followed by two quotes.

Browsing this book, you can tell a lot from these paired quotes. So here's your easy-peasy way to preview Rose Rosetree's up-to-date book for Smart Spiritual Seekers everywhere.

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PART I

Homesick for Heaven

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1. Seeking Enlightenment, Could You Be Homesick for Heaven?

My home is in Heaven. I'm just traveling through this world.

Billy Graham, Prominent American Evangelist

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Longing for Heaven won't help you to make the most of this lifetime, the one you have now.

Especially if you're interested in Spiritual Enlightenment, don't treat this precious human life like some pathetic kind of consolation prize.

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2. Church-Wenters in the Age of Awakening

I prayed for twenty years but received no answer until I prayed with my legs.

Frederick Douglass, Abolitionist and Social Reformer

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Organized religion can inspire you. But it won't help you evolve spiritually, not now in the Age of Awakening, not if you're intent on growing beyond your usual limitations.

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3. Your New Superpower, Enlightenment-Helpful

We suffer primarily not from our vices or our weaknesses, but from our illusions. We are haunted, not by reality, but by those images we have put in place of reality.

Daniel J. Boorstin, Political Historian

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To avoid suffering, don't keep asking, "Did I really receive this amazing consciousness superpower?"

The important question goes, "How can I use it?"

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4. What WAS the Shift Into the Age of Awakening?

The ability to recognize opportunities and move in new — and sometimes unexpected — directions will benefit you no matter your interests or aspirations.

Drew Gilpin Faust, First Female President of Harvard University
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Unless you're shopping in a store, "new" does not come with a label attached, nor with a price tag.

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5. Why Spiritual Awakening Is NOT Enlightenment

Before Enlightenment, a man has no real sense of self.

Life in ignorance brings nothing but confusion about the self, causing us to live like the football of circumstances, kicked here and there.

Maharishi Mahesh Yogi, Enlightenment Teacher, speaking at a course in Poland Springs, Maine in 1969. (As recalled by Rose.)
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Every experience of spiritual awakening strengthens our sense of self. As we continue to evolve spiritually, and especially once we cross the threshold of Enlightenment, each of us spontaneously lives with a sense of self that is constant, dependable, and true.

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6. Content or Process? Don't Be Fooled

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.

Denis Waitley, Writer

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In case you're wondering, living "with love, grace, and gratitude" is not called "Enlightenment." It's called mood-making. Thinking about positive ideas (content) can actually hold you back from living your full potential in life (a process).

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7. Energy Talk, A Seductive Substitute for Enlightenment

As a chef, I got into this because I love the creative energy and I love the science, but I also love to feed people and make them happy.

Christina Tosi, Chef

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What accounts for the appeal of energy talk? Perhaps trying to prove how much you know about the spiritual nature of life. Ironically, a person who's really in Enlightenment has absolutely nothing to prove.

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8. Can You Recognize Energy Talk?

You being you is enough, and you putting your positivity and good vibes out into the world, once you get to that point absolutely everything will fall into place.

Lizzie Velásquez, Motivational Speaker

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Informative conversation with another person, on any topic under the sun, never just falls into place because you're "being you." Nor is the point of any conversation to send people your vibes. Look, you went to a lot of trouble to learn how to talk. Please, keep on speaking Human-Type Language.

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9. Like Puberty, Except about Energy

You are responsible for the energy that you create for yourself, and you're responsible for the energy that you bring to others.

Oprah Winfrey, Major Influencer During the New Age Years

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In practical terms, you're only responsible for what you say and do. Beware frittering away this precious lifetime by trying to make it all about energy. You asked for a human life, and now you've got one.

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PART II

What the
Enlightenment Establishment...
Overlooked

10. Humanity's Superhero Story

Role model, as far as my kids, I try to be more like a superhero than a role model 'cause I don't want them to go through what I went through, like, growing up and stuff.

21 Savage, Rapper

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In real life, gaining today's Consciousness Positioning Superpower does not allow us to opt out of human living. Our superpower can help us greatly, but only if we develop a delightful default, positioning our consciousness at Human Vibrational Frequencies.

-Rose Rosetree

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11. Defy the Allure of the Astral

Something opens our wings. Something makes boredom and hurt disappear. Someone fills the cup in front of us: We taste only sacredness.

Rumi, Sufi Mystic in the 13th Century

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Living in the 13th century, Rumi could write so innocently. He had no need to question the source of his treasured experiences. But living now? We'd better learn how to distinguish astral from Divine.

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12. Super-Comfy LOW Astral Vibrational Frequencies

If a girl is smiling and is bringing positive energy and she's happy, that's what I notice right away — and her teeth.

Chandler Parsons, Professional Basketball Player
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Energy sensitive people often feel special when they talk about energy. What's missing is discernment about whether that Energy Talk helps or hinders their spiritual growth.

Ironically, what's also missing? Discernment about which type of energy is being noticed: Often any random form of astral energy is considered superior to human wisdom, but why?

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13. Snapshots of Consciousness: Innovation for Smart Spiritual Seekers

Anyone who devotes time and attention to what makes people tick, to me, is a smart person.

Actor and Activist Ron Silver
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Worthwhile though it is to seek a better understanding of people, which approach are you going to take? The "Whatever" approach? Aiming for significant clarity, we can benefit from skills — ideally, precision skills — like researching a person's chakra databanks.

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14. Snapshots for SOPHISTICATED Spiritual Seekers

The audience today has heard every joke. They know every plot. They know where you're going before you even start.

That's a tough audience to surprise, and a tough audience to write for. It's much more competitive now, because the audience is so much more — I want to say “sophisticated.”

Betty White, Popular Entertainer for Six Decades

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SOPHISTICATED about consciousness and energy? If you're seeking Enlightenment now, protect yourself by developing a more sophisticated kind of discernment about that.

Of course, the discernment in this chapter has nothing to do with all the sophistication you may have gained from binge-watching “Friends” or other show biz favorites.

Rose Rosetree

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15. Learn More About a LOW Astral Vibrational Frequency

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*They who **drink** beer will **think** beer.*

Washington Irving, Short Story Writer

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Beer doesn't only relax you. It doesn't merely provide you with a fine, substantial belly. Drinking beer is a common way to position your consciousness at a LOW Vibrational Frequency.

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16. Overcome Spiritual Illusions

I'm doing my best to be mindful about how I'm living: to be kind and patient, and not impose a bad mood on somebody else. Being mindful is as good a way to be spiritual as anything else.

Deirdre O'Kane, Comedian

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Mindfulness is one of today's most popular illusions. I agree with Deirdre that following one idealistic illusion is as good a way to "be spiritual" as pursuing any other illusion.

Use your precious time for that, though, only if you don't care about attaining Enlightenment. This you can't reach by seeking to perfect... any feel-good illusion.

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17. Pleasantly Intoxicating MEDIUM Astral Vibrational Frequencies

I think hard drugs are disgusting. But I must say, I think marijuana is pretty lightweight.

Linda McCartney, Photographer

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For most people, marijuana positions consciousness at a MEDIUM Astral Vibrational Frequency. By contrast, cocaine positions consciousness at a HIGH Astral Vibrational Frequency.

If you're seeking Enlightenment, make no mistake: All recreational drugs are heavyweight ways to disconnect from Human Vibrational Frequencies.

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18. Learn More about A MEDIUM Astral Vibrational Frequency

Heaven... I'm in Heaven.

And my heart beats so that I can hardly speak.

And I seem to find the happiness I seek

When we're out together dancing cheek to cheek.

Irving Berlin, Songwriter, "Cheek to Cheek"

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In the Age of Awakening, falling in love can mean spontaneously positioning consciousness where? Often one sweetly positions consciousness at a MEDIUM Astral Vibrational Frequency.

What a feeling! But hello, what happens at a time of infatuation? That experience may not be as Divine as it seems. Your crush hasn't necessarily been sent by God. I think Irving Berlin had it right when he compared falling in love to being "in Heaven" — an astral world.

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19. The False Grandeur Of HIGH Astral Vibrational Frequencies

We live in a fantasy world, a world of illusion. The great task in life is to find reality.

Iris Murdoch, Novelist

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Amazing Earth School can be a world of illusions or a world of reality. Which will it be for you?

The answer depends on your discernment, and then how you use your freedom of choice. Definitely you can give yourself a chance to pursue — and attain — Spiritual Enlightenment.

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20. Learn More about A HIGH Astral Vibrational Frequency

Illusion is needed to disguise the emptiness within.

Arthur Koestler, Author and Journalist

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Which matters more to you, God or pretty illusions that you've been taught in God's name? (Or have you been clinging to the austere illusion of emptiness?) Consequences will flow from your choice.

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21. Attention Spiritual Seekers: Astral Is NOT Divine

I hope you don't mind if I tell you this, but I consider that I am God.

Amelia, a One-Time Energy Spirituality Client.

(Turned out, she was a fan of psychedelic "Magic Mushrooms.")

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Drug experiences don't authorize people to call themselves "God."

Nor do other experiences of astral flash. Positioning your consciousness at the Divine Vibrational Frequency is an altogether different experience, bringing gratitude and humility, never arrogance.

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22. Uniquely Yours, The DIVINE Vibrational Frequency

A picture is worth a thousand words.

Anonymous

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Only a thousand words? What would it be worth to you, having clear experience at the Divine Vibrational Frequency? Think that might be worth far more than all the thousands of photos currently stored on your phone?

Actually, all your direct experience at the Divine Vibrational Frequency goes into permanent memory, stored as process rather than content, and kept sacred in your Storehouse of Impressions, retained now and also throughout your long future... as an eternal soul.

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23. Learn More about The DIVINE Vibrational Frequency

*Surely the Presence of the Lord is in this place,
I can feel God's mighty Power and God's Grace.
There's a Holy Hush around us,
I see glory on each face,
Surely the Presence of the Lord is in this place.*

Unity Church Hymnal

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Perhaps this hymn was inspired by the author's split-second experience at the Divine Vibrational Frequency (process).

But when a congregation sings these words, what's their experience? Most likely they're caught up in wishful thinking about Divine experience (content), their wishfulness enhanced by pretty music and group singing.

For the hymn singers, consciousness is likely positioned at an Astral Vibrational Frequency, or else a human one. By contrast, experience at the Divine Vibrational Frequency is never a wishful mood.

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PART III

Your Personal Program for Spiritual Enlightenment

24. Today's New Consciousness Smarts for Seeking Enlightenment

Tell me to what you pay attention and I will tell you who you are.

Jose Ortega y Gasset, Philosopher

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To progress toward Spiritual Enlightenment, encourage yourself to be interested in Human Vibrational Frequencies. Sure, you could do fancier tricks when positioning your consciousness, but that's for Technique Time, not most of your waking hours.

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25. Technique Time: Why It Matters for Gaining Enlightenment

Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you.

Carl Sandburg, Poet

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Wise people have always taken a passionate interest in how they spend their time. What's an essential skill now, for Seeking Enlightenment in the Age of Awakening? Do 20 Daily Minutes of Technique Time, neither more nor less.

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26. 10 EXCELLENT Choices for Your Technique Time

After I learned from you about Technique Time, my main attention was on NOT doing more than the max 20 daily minutes, tops. Only recently have I started to appreciate the importance of also actually DOING the full 20 minutes of Technique Time, EVERY DAY!

Alexandra, IT Consultant, in Spiritual Enlightenment

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Choosing Technique Time wisely, and then doing it daily, is important for a Smart Spiritual Seeker.

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27. 10 TERRIBLE Choices for Technique Time

Some people are afraid of what they might find if they try to analyze themselves too much, but you have to crawl into your wounds to discover where your fears are. Once the bleeding starts, the cleansing can begin.

-Tori Amos, Singer-Songwriter

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*What's one of the biggest surprises I've encountered as the founder of Energy Spirituality? When folks analyze what's happening to them **sub-consciously**, they're positioning consciousness at an **Astral** Vibrational Frequency.*

Whether the language you prefer is psychological or metaphysical, hello! Either approach counts as Technique Time.

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28. Consciousness Lifestyles, The Test of Enlightenment

Our Father who is in Heaven.... Give us this day our daily bread.

Jesus of Nazareth, Quoted in the New Testament

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*In the Age of Awakening, let's not passively wait for spiritual nourishment. Each day we can actively move toward Enlightenment by making choices that bring a good consciousness lifestyle — empowering each of us to **find** our daily bread, which can help us to evolve faster spiritually.*

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29. How this Program for Enlightenment Helps You

I do believe we're all connected. I do believe in positive energy. I do believe in the power of prayer. I do believe in putting good out into the world.

Harvey Fierstein, Actor

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If you'd like to help to change this world for the better...

Alternatively, if you'd simply like to personally progress toward Spiritual Enlightenment...

Either way, what's important to know?

Stop believing in feel-good ideas about energy. Daydreaming like that won't make a lick of difference. Wake up, people!

Rose Rosetree

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30. Where You're Headed

The long and winding road

That leads to your door...

Paul McCartney, Songwriter and Beatles Star

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As a Smart Spiritual Seeker, aim to find a road that won't be unnecessarily winding or long.

Rose Rosetree

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31. Summing up Your Program For Spiritual Enlightenment

Why create the Universe if not to see what happens?

Theodore Scott, Acupuncturist, in *Spiritual Enlightenment*

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*All of us humans are improvising how to live well in the Age of
Awakening, ways that are new and simple and sacred.*

Rose Rosetree, *Enlightenment Teacher*

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