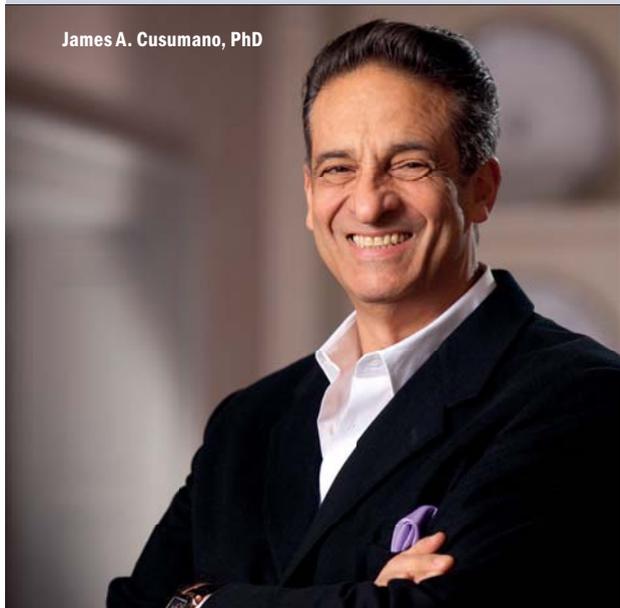


personal enlightenment

COSMIC CONSCIOUSNESS –

A JOURNEY TO WELL-BEING, HAPPINESS, AND SUCCESS PART VII: MY GIFT TO YOU^{A,B}

James A. Cusumano, PhD



"Happiness doesn't result from what we get, but from what we give."

Ben Carson: Presidential Medal of Freedom Award, 2008

KEY CONCEPTS:

- Through visualization and meditation you can manifest anything into your life as long as it does no harm to you or anyone else and that you remain unattached to the outcome.
- The key forces that you must develop to do this are **Attention** which energizes, **Intention** which transforms, and **Unattachment**, which allows the forces of the universe to work freely and in your best interest.
- You can deprogram beliefs and philosophies that permeate your subconscious and do not serve you well.
- See the 5-minute film by world-famous film director, David Lynch at <http://www.davidlynchfoundation.org/> for the power of this gift.

As I write these words on December 10, I am reminded that according to some interpretations of the Mayan Long Count Calendar, we are heading towards the end of the world eleven days from now. Personally, I believe that we are due for a *New Beginning*. As a species, we have evolved physically, emotionally and consciously to a point where, despite the immense challenges we face around the world, we can transgress the imminent "tipping point," and come out the other side as a much more fulfilled humanity.

So, as we approach the magic of Christmas and personal renewal for the New Year, I would like to pass on to you a very special gift that was given to me by my good friend, Deepak Chopra. As you likely know, Deepak is a world-famous best-selling author, but to me and many others, he is also a modern-day mystic whose message and techniques can help us through any emer-

ging and challenging transformation. Now, here is my gift to you for an amazing and fulfill 2013.

As I discussed in my book, *Cosmic Consciousness*¹, having Abundance Consciousness allows us to view life as a magical adventure where our needs are met with grace and ease. This includes the ability to see beauty wherever we go, have gratitude as our primary emotion, hold open our hearts to everyone we meet, and trust in the Cosmic Plan.

According to Deepak's *Fifth Spiritual Law*, the Law of Intention and Desire², we can recognize at the deepest level of reality that there is an infinite field of energy that gives rise to all of the forms of creation. And for better or worse, you participate in that creation as a co-creator³. Placing your **attention** on exactly what you want to create in your life – beauty, love, prosperity – will energize the object of your desire and draw it to you (**Figure 1**). **Attention** energizes. **Intention** transforms. Once you clarify your intentions, all you need to do is to surrender them into silence during meditation, and allow the universe to handle the details. The only constraint is that your intention brings no harm to anyone or anything, including you, and that you co-create it without any attachment to the outcome.

VISUALIZATION

Allow me to guide you through what Deepak calls a visualization meditation (**Figure 2**) where you create your desired intentions and then release them into the universe for manifestation. So let's begin.

Find a comfortable position, for example, sitting on a straight-back chair, feet flat on the floor, placing your hands in your lap with palms facing up. Please close your eyes. Now begin to observe the inflow and outflow of your breath. Don't be concerned if your mind begins to wander to some external thought. That will happen when you first begin to meditate, and it is supposed to happen. Each time this occurs, simply bring your observation back to your breathing. Breathe normally and effortlessly.

After a few minutes of this stress-reducing and focusing exercise, mentally think to yourself with each inhalation, the mantra, So, and with each exhalation mentally think the

mantra, *Hum*. Continue this exercise for a few minutes as it brings you deeper into relaxation, and again do not be concerned if your mind wanders to a thought, simply bring your focus back to your breath and the mantras.

Now allow your mind to carry you to a beautiful beach where white sand flows between your toes and magnificent turquoise waves gently ebb and flow at your feet. The scent of the crisp salty air tantalizes your nose and you breathe deeply. In the distance you see a flock of seagulls gliding deftly above the water and a school of dolphins at play.

In your mind's eye and close by, you see a bottle that contains a scroll and a pen. You pick it up. On the scroll you make a list of your three or four most heartfelt intentions. These are your deepest desires. As you mentally complete your list you place the scroll back into the bottle and toss it into the vast sea. Feel the abundance of the beautiful beach that surrounds you as a warm sea breeze caresses your body. Ask the universe to deliver the contents of your bottle as you cast those intentions into the vast infinite ocean of consciousness.

Now, take a slow deep breath and gently introduce the Sanskrit mantra for the Law of Intention and Desire, repeating it mentally, and allowing it to flow with effortless ease. *Om Ritam Namah*, which means *My actions and desires are supported by Cosmic Intelligence*. Whenever you find yourself distracted by thoughts, sensations in your body, or noises in the environment, simply return your attention to mentally repeating the mantra. Continue your meditation for several minutes or as long as you wish and are comfortable to do so.

^{A)} **EDITOR'S COMMENT** – This is the seventh article in a series based on the author's book, *"Cosmic Consciousness – A Journey To Well-being, Happiness and Success."* In this book, published in both the Czech and English languages within one volume, and with an introduction by internationally-acclaimed author, Dr. Deepak Chopra, Dr. Cusumano explains in simple terms, the connection between Eastern Philosophical Wisdom, consciousness and quantum physics. His new book, **BALANCE: The Business – Life Connection** is based on three decades of personal experience on how to achieve success and fulfillment in both your personal and professional lives, and will be published in April by SelectBooks in New York City.

^{B)} The author may be reached at Jim@ChateauMcelly.com.

Figure 1: Attention energizes and intention transforms. Using these attributes in conjunction with unattachment is a powerful tool to manifest great benefits into your life.



When you wish to end the meditation, “release” the mantra and bring your focus back into your body. Now, take long, deep inhalations and corresponding exhalations for about a minute. When you are ready, open your eyes and begin your day. As you move forward with your life, occasionally place your attention on the three or four intentions you scribed within the bottle. Don’t rush or be attached to the outcome. The universe **will** take care of the details.

DEPROGRAMMING

There is a saying that you are known by the company you keep. And through our environment we tend to inherit the beliefs of those with whom we spend the most time. Their philosophies then become part of our subconscious mind. Though research shows that we function largely with our subconscious mind, which has been programmed by others, a unique attribute of the human species is that we have the ability to change past conditioning. We can achieve this by releasing negativity, interacting with like-minded conscious people, enjoying inspirational sights and sounds, and engaging in uplifting activities.

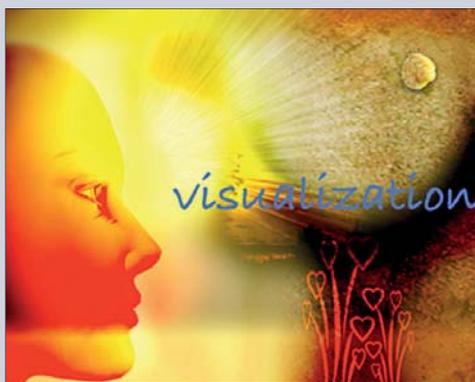
In this way we can develop new positive ways of living and begin to clear the subconscious of all that does not serve us well. As discussed in our first meditation, true transformation is brought about by the two qualities inherent in our consciousness – *intention* or focus and *attention*, a clear vision of a desired outcome. What we place our attention on expands in our lives, and our intention for the object of our attention will orchestrate the forces of the universe to support our desired result. However, as stressed above, it is important that you remain *unattached* to the outcome, and that manifestation of your intention cause harm to no one.

By harnessing the power of *visualization*, *attention* and *intention*, all three activated by your deep sense of unattachment, you can change your life exactly to that which you

envision. Entering into the field of all possibilities during meditation allows you to activate your co-creative powers and change literally any situation in your life (**Figure 3**). For instance if you want to move from where you currently live in the city to a beautiful rural location, then you might envision a lovely three-bedroom home with a view of the forest or mountains, a vegetable garden and a lawn on which your dog can play. Being specific helps crystallize the vision and imprints it in your consciousness.

When you go into meditation look at this intention and then let it go. Surrender it to the universe and the field of all possibilities and allow the universe to work out all of the details. And remember, you are a radiant, cherished and deeply-loved being, imbued with the seeds of creativity, and you possess the power to live a life filled with love, joy, health, compassion, friends, material possessions and whatever else you choose. Expect and accept this ultimate good and revel in the truth of your resplendent existence.

Figure 2: Visualization is a powerful tool for deprogramming subconscious beliefs which do not serve you well.



Right now as you prepare for meditation, take a moment to contemplate the following centering thought for the day, “*Today I embrace my potential to be, do, and have whatever I can dream.*”

Now let’s begin. As with the first meditation, find a comfortable position, sitting on a straight-back chair, feet flat on the floor, placing your hands on your lap with your palms facing up. Close your eyes and begin to observe the inflow and outflow of your breath as we did in the first meditation, eventually mentally expressing the mantras, *So* and *Hum* with each inhalation and exhalation, respectively.

At this moment go within to that place of inner quiet where you can experience your connection to your higher self. Focus on your heart in the center of your chest. Let go of all thoughts, but have no concern when they reappear; simply return to the mantras and your steady rhythmic breathing. With each inhalation and exhalation allow yourself to become more relaxed, more comfortable, more at peace. Gently introduce the following Sanskrit

Figure 3: Meditation is arguably the best means to use the tools attention, intention, unattachment and visualization. It places you in the “gap” between thoughts, where you are in direct contact with Cosmic Intelligence.



mantra, repeating it mentally and allowing it to flow with effortless ease – “*Sat, Chit, Ananda,*” meaning “Existence, Consciousness, Bliss”.

Whenever you find yourself distracted by thoughts, sensations in your body, or noises in the environment, simply return your attention to mentally repeating the mantra. Continue for five to ten minutes, or as long as you wish.

When you are ready to release the mantra, bring your awareness back into your body, take a moment to rest, inhaling and exhaling slowly and deeply. When you are ready gently open your eyes.

As you continue with your day, carry the sense of unlimited potential with you and consider the following centering thought, “*Today, I embrace my potential to be, do, and have whatever I can dream.*”

Welcome to the first day of the rest of your life. Namaste!

James A. Cusumano, PhD ■

¹ James A. Cusumano, *Cosmic Consciousness: A Journey to Well-being, Happiness and Success*, Fortuna Libra, 2011.

² Deepak Chopra, *The Seven Spiritual Laws Of Success: A Practical Guide To The Fulfillment of Your Dreams*, New World Library, Novato, California, 1994.

³ Co-creation refers to the concept that there is a Universal Consciousness and a Personal Consciousness and they are interconnected and co-creators of all things, physical and non-physical.

About the Author: James A. Cusumano is Chairman and Owner of Chateau Mcely (www.ChateauMcely.com), chosen in 2007 by the European Union as the only “Green” 5-star luxury hotel in Central and Eastern Europe and in 2008 by the World Travel Awards as the Leading Green Hotel in the World. He is a former Research Director for Exxon, and subsequently founded two public companies in Silicon Valley, one in clean power generation, the other in pharmaceuticals manufacture via environmentally-benign, low-cost, catalytic technologies. While he was Chairman and CEO, the latter – Catalytica Pharmaceuticals, Inc. – grew in less than 5 years, to a \$1 billion enterprise with 2,000 employees. He is co-author of *Freedom from Mid-East Oil*, released by World Business Academy Press (www.WorldBusiness.org) and the author of *Cosmic Consciousness – A Journey to Well-being, Happiness and Success*, published in English and Czech by Fortuna Libri, 2011. His new book, *BALANCE: The Business – Life Connection* will be published in April by SelectBooks in New York City.