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Her Work Through Bodies Continues

By Soleil Aurose

The early morning hours are this body's bath. I call my embodiment 'our' body.

On the good days this receptive body feels it is swimming in a field of light filled energies. The sense of the Mother and Sri Aurobindo is there in visible outlines or more defined. The whole room is full of golds, yellows, scintillating white with wafts of pink, and turquoise.

This makes my heart center very happy and there is certitude that nothing in the outer world could be as satisfying as this. This is what my inner being always wanted, probably since before this birth. But these kinds of experiences were not my norm for the first 50 years of my life.

My first darshan meeting with the Mother was in 1971. I was a distraught sixteen year old.

My childhood had been an adventurous fairy tale of traveling through forty different countries with my family of six, when the world was largely at peace, 1955 to 1969. But like most fairy tales there were the times between traveling, when my family had its ups and downs. Home base then was Saudi Arabia, which offered my American parents many perks working for Aramco oil company. One perk was paying for the teenage kids to go to private high schools anywhere except Arabia!

I was already a global citizen, loving the diversity of peoples and cultures at fourteen years old when it was my turn to be shipped out for high school. I chose Colorado for a community-based school, where the teens had weekly and daily jobs contributing to the school. But my world was turned upside down by nuclear testing underground not too far from my new school. My classmates soon got me up to speed with the war in Vietnam and American bombing in Cambodia! I had just been in Cambodia two months before, loving discovering hidden ruins in overgrown jungles and being in awe of Angkor Watt! Nothing made sense any more.

My parents had become atheists, so there was no concept of a God to turn to. I took a comparative religion class and did a special project on dreams and Jung. But it all felt so relative. Were all beliefs just human conjecture? Was there anything *real* or universal underlying creation?

The pain of living in this foreign land, whose passport claimed me, became a knife in my heart. I had to *know*. There was no point in being alive if nothing made sense.

Long story short, I had not been to India. Maybe there was an answer. Two ashram names caught my attention. The Sri Aurobindo Ashram had a school. I could convince my parents to let me finish my senior year of high school there.

Knowing nothing about Auroville or the Mother, I landed in Pondicherry on August 5, 1971. Madhav Pandit, one of the Mother's secretaries, asked me if I wanted a private darshan with the Mother and directed me to read *Sri Aurobindo, or the Adventure of Consciousness* by Satprem.

Sitting on the outdoor veranda on August 8, I felt a strange and heavy weight on my head. When the line began entering Mother's room there were about twenty people in front of me. I glanced over to see this Mother. My brain screamed silently, "She isn't human!" I was in shock! Nothing in six continents of travel, including churches and temples, nothing, prepared me for this. She didn't strike me as a goddess or guru, nor as an alien from some other planet, just something physically unnameable on this earth. So, when I knelt before her my mind was a complete blank. Her laser eyes went through my eyes, through the internal mud

which I was aware of. Suddenly there was a light inside! I was relieved with her smile, and left the room in a totally altered reality: I knew the light inside was part of a light underlying the entire life and creation on earth.

Thousands of spiritual experiences and dozens of lucid dreams with the Mother and Sri Aurobindo later, with 25 years already working as a massage therapist, even nine years after receiving my masters in Transpersonal Psychology, I was still thinking that the Mother's physical yoga in 'my' body would be for my next life.

All that would change in 1996. My own family of three traveled back to India for the 10th anniversary of the Supramental Descent on February 28.

A few days before, I was alone reading a volume of *Mother's Agenda* in one of Auroville's guest houses. The powerful description of Mother's experience evoked again that sense of a weight above my head and silenced all thought. I decided to ground this experience with a jog. I ran past Certitude, a community in Auroville, and headed for the Pitchandikulam forest.

I expected the power of the meditative experience to dissipate, but it did not. All of a sudden I was seeing golden rain pouring down all around me. With eyes open I was ecstatic! Something I always wanted to know, until I noticed the golden rain wasn't stopping at the top of my head but was raining through my body.

As with Mother's gaze, I could know exactly what parts of my body allowed this potent gold to flow through and which parts were dark or hard. My heart center was overjoyed but my body became anxious as the intensity of the experience made me feel that it would explode! I didn't know what to do! I was running, there was nowhere to go, and no way to dissipate the experience. After a terrifying moment I heard a quiet voice inside say: "Just keep running." After a few minutes the experience subsided. I stopped in the jungle ten minutes later to reclaim my body and breath.

Then I laughed out loud, "How could any human think they were in charge of evolution! Hardly any person alive could withstand such a power." I realized then how neutral this golden force was—it was simply coming down, ready or not!

Then I realized Mother's words about how it was a grace that the Supramental [the truth consciousness beyond the mental] was not coming down any faster. It was time to prepare the body, because what else is there to do, if the Force is already here?

The next two days I just wanted to feel my personal relation with the Mother, the sweet pink in my psychic being that loves her, like a flower loves the sun and the rain (and nothing else please).

I wasn't expecting anything on that Feb. 29, 1996, when I walked to the late afternoon collective meditation under the banyan tree at the center of Auroville. Suddenly, while still walking I saw the entire scene infused with a completely lucid light. I saw everyone's psychic being [soul] surrounding their physical being: their bodies were inside of this! It was like being transported to another world, yet since Mother had trained me in lucid dreaming, I recognized that the subtle physical and physical had fused together. I was seeing through my psychic being, subtle eyes, and physical eyes simultaneously. It was so beautiful, so marvelous, so entirely new on this earth that I knew if everyone in Auroville and Integral Yoga could see this, all bickering would stop.

Apparently, Mother had other intentions for 'my' yoga and followed that trip by taking me through a rapid set of circumstances which convinced my physical body that I might be ready for 'her' yoga in the body.

Another great turning point came in 2002. I had always been curious about Sri Aurobindo's indications in his book *The Mother*. He said the one we love as the Mother could incarnate four of the Divine Mother's qualities on earth while she was alive, basically because that's all the earth could handle at that time. He also said other qualities would incarnate in the future (beyond 1950). The next would be hladini, that highest power of divine love which could heal or transform *anything*. One morning in my Ashland, Oregon, room, I felt her in this incredibly powerful alive white light-substance which had all the colors of the rainbow as tiny dots within it descend. This I knew was a descent for the earth, that she was anchoring this hladini energy here, for earth.

This hladini energy traveled through my body and a group of cells lit up directly. They know this energy, even though other places in 'our' body haven't got that clue yet.

This hladini energy is now working with the supramental gold and making it much easier for people's bodies to adjust to the powerful transformative energy-forces. Working with others gives me the greatest trust in Sri Aurobindo and Mother, because I get to see how these energies are working in other bodies. It is a sacred work because *everyone is divine*, otherwise the whole transformation would be impossible.

But I would never have given this work a form, first with the Hladina Method (used in the verb form of hladini) and now with the Aurose¹ Process, if I hadn't met and married Wolfgang. He gently pushed to give talks at the Sri Aurobindo Center Berlin and with a Jungian group in Berlin in 2004. They wanted a workshop. I hadn't a clue about how to bring this to others, but as always Mother guided.

Since I had been working in these new ways with clients since 1998, I knew people had to start with the full conscious awareness of the three layers of their heart chakra. In this process which I call, Layers of the Heart, I have my clients first focus on their sternum, to feel the physical and emotional sensations there. Then they are directed into their spiritual heart at the center of their chest. They are told this is actually in the subtle physical. Most people see light here or an image of their psychic being in a beautiful form such as a rose or lotus. The third layer is behind the physical heart. I have people focus just in front of their spine. This is the area where the body feels and perceives the cosmic Vast, or transpersonal "Isness." Some people see images such as a vast ocean or the infinite night sky.

In January 2005, we were going to Auroville before our return to Germany. I thought "Aurovilians are ones who should have this first anyway" so why not offer a workshop there? But I knew they couldn't see me as a spiritual teacher or I would be crucified. So I didn't say a word about my experiences and just gave them examples from my client's experiences and said "so would you like to try this." Twenty-six showed up. But I needed a ride to get to the venue at Quiet Healing Center. A beautiful Indian woman who had gone to the ashram school

gave me the motorcycle ride, but told me in no uncertain terms that she didn't believe I could take people to their psychic beings in half an hour. I gulped, and said, "Well I am glad that you are willing to make an experiment and come."

Also, I had the Aurovilians be the facilitators, first so I wouldn't get shot, secondly because all sincere people can do this, and thirdly so they would know directly that the psychic being exists in everyone. Thank God and Mother it worked. Even my doubting driver to the venue had experiences beyond all of our expectations and so did her facilitator. The group feedback after the workshop was that most people saw light in each other. They said they remembered why they came to Auroville in the first place. They left inspired which gave me a little more courage to take this work out.

We went on to give workshops in Germany, The Netherlands, Switzerland, Canada, Colombia, and the USA.

Overall though, the evolving body-light work and our adaptation of that work for Wolfgang's Soul of Nations work has been best received in Germany. We were constantly invited to give workshops and we presented at 3 conferences there (Germany). Two of the conferences were outside of the Integral Yoga family. There were always people asking for sessions. We were even offered a piece of land to start a school!

Germany, as a collective body has been through its dark night of the soul, so the Integral Yoga people are serious while still being able to laugh a lot. As a collective soul-group they have developed spiritual discernment, which I appreciate very much. We gave dozens of workshops in both of Wolfgang's and my main topics in just Germany, besides many trainings in other countries.

I did give full trainings of the five main areas of the Hladina Method in Auroville. These included Layers of the Heart, Clearing Cellular Residue, Discovering and Integrating the Inner Feminine and Inner Masculine, Clearing Womb Residue, Aligning the Higher Self with the Heart Center and taking Light through the Body. Few Aurovilians took all segments of the training, some left Auroville, and then India banned "outsiders" from giving workshops. Tant pis.

Mother continues to awaken the whole world through the emergence of somatic therapies, Internal Family Systems work, science's discoveries of epigenetics versus

pure cellular functioning, and through all who have a sincere thirst to become the next spiritually-physically evolved species.

Her part of the work with me continues through 'our' body and through sessions with others. For more information go to theauroseprocess.com.

Arul and Shweta from 'divinebody', dedicated to discovering the Divine in the very substance of our body and to make human life a divine life, are giving courses on the Divine Body in India and have invited me onto their website.²

I have facilitated each of them, and have watched how the dense liquid light has quickly healed both physical and psychological issues in them. They are marvelous facilitators and provide some similar to and some different approaches than me. I think this is important for people who are traveling to India to know and who may want to experience their workshops.

Notes

1 See <https://www.theauroseprocess.com/> for more information.

2 See <https://divinebody.in/>

Short bio of Soleil for end of the article:

Soleil Aurose is a traveler of the worlds, 50 outer countries and many more within. Mother and Sri Aurobindo have been her active guides since 1971.

Longer bio of Soleil for Contributors' page:

Soleil Aurose has worked with various healing modalities for over 50 years. She received her Masters in Transpersonal Counseling Psychology, at JFK University in 1987. Her Aurose Process bridges all levels and brings new energies now available on earth into the body for herself and others.