

And the Mother speaks....

Short
meditations
on GuruMaa's
infinite
wisdom



NOEL SALES BARCELONA, CPR, CPC

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**Short meditations on GuruMaa's infinite
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The Guru herself is the materialization of the divine spark of God. She is both the kindling and the fire, the riddle and the answer to the riddle; she is the wisdom of God manifested in the flesh. In between words and silence, the Guru is the bridge that allows the seeker to go back home, to the dwelling of the Great One.

Sri Kulasevaka Babaji Maharaja (NSB)

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My heartfelt thanks to family, friends, and spiritual companions for their support of this book. And most importantly, to GuruMaa, the living saint in Malaysia, thank you for your love and guidance.

The Author
Antipolo City, Rizal the Philippines
27 August 2025

Dedication

To God, to the Guru, and to my fellow truth seekers: This work is for you.

The Author
Antipolo City, Rizal the Philippines
27 August 2025

Foreword

To write a foreword for a book such as this is both a privilege and a challenge, for the subject before us is not merely a treatise of philosophy or an anthology of religious commentary. It is a living testament of a soul's journey—an offering that bridges devotion, experience, and the subtle wisdom gleaned from walking many paths. Noel Barcelona has poured into these pages not only his reflections on the luminous teachings of GuruMaa from the Kriyalakshmi Gurukul in Malaysia, but also his own lived odyssey through faith, practice, and the ever-unfolding mystery of Spirit.

This book stands at a unique confluence. On the one hand, it transmits the timeless resonance of GuruMaa's guidance, a voice that speaks from the heart of a lineage grounded in reverence for the Divine Mother. On the other hand, it reveals Noel's own inner landscape—a man rooted in his Catholic faith, seasoned by exploration across traditions, and compelled to draw together the strands of wisdom into a tapestry of unity. It is in this meeting point, between teacher and seeker, between tradition and universality, that the reader will find nourishment for the journey of the soul.



A Pilgrim of Many Paths

Noel Barcelona has long been a pilgrim—not in the limited sense of traveling to sacred sites, though he has done that too—but in the deeper sense of being one who seeks, one who thirsts for the taste of truth in its many guises. His adventures into faith and philosophy have not been a mere intellectual pursuit; they have been embodied explorations, woven into the very fabric of his life. From the quiet discipline of contemplative prayer in Catholicism, to the chanting rhythms of Eastern traditions, from the silence of meditation halls to the exuberance of devotional singing, Noel has walked with openness and reverence.

Yet what distinguishes his journey is not the diversity of his explorations but the unity he discovers within them. For Noel, the essence of all true spiritual traditions converges on a single point: the direct encounter with the Divine, the recognition that beyond names, forms, and doctrines lies the living presence of Spirit. His reflections remind us that to be deeply rooted in one's faith need not exclude an embrace of the wisdom of others. In fact, to be truly Catholic—"catholic" in the original sense of the word, universal—is to honor the sparks of truth wherever they appear.

Encounter with GuruMaa

It is within this wide-open field of seeking that Noel, through online and energetic exchanges, encountered GuruMaa of the Kriyalakshmi Gurukul. The Gurukul, nestled in Malaysia, is not simply a place of teaching but a sanctuary of transmission, where the timeless current of wisdom flows through the living presence of the teacher. GuruMaa's teachings are centered in devotion to the Divine Mother—the all-encompassing, nurturing, creative force that manifests as both the world and the transcendent reality beyond it.

For Noel, this online encounter was not a departure from his Catholic devotion to the Blessed Virgin Mary, but rather an expansion of it. In GuruMaa's guidance, he recognized an echo of the same maternal presence, a divine energy that mothers all creation, shelters all beings, and calls every soul back to its source. To listen to GuruMaa was, for Noel, to recognize the hidden harmonies that link East and West, scripture and mantra, rosary and japa, silence and song.



The Art of Unpacking Teachings



In this book, Noel does more than repeat GuruMaa's teachings. He listens deeply to them, intuitively grasps their hidden meanings, and unpacks them with a sensitivity that can only arise from one who has lived through the struggle and grace of the spiritual path. His commentary is not a scholarly exegesis but a contemplative weaving—he allows the words of GuruMaa to resonate within him, to descend into his prayer, and to return as fresh insight, expressed in his own voice.

This is the mark of a true seeker: he does not merely adopt teachings as borrowed garments but allows them to be integrated, digested, and reborn through personal realization. As you turn these pages, you will encounter not a rigid system but a living dialogue between teacher and student, between tradition and experience, between the eternal and the intimate.

The Blessings of the Divine Mother

A central current flowing through both GuruMaa's teachings and Noel's reflections is the presence of the Divine Mother. To speak of the Divine Mother is to speak of the uncontainable mystery of life itself—the creative energy that gives birth to galaxies, the tender love that heals wounds, the fierce protection that cuts through ignorance. Noel approaches this theme with reverence born of devotion and experience.

For those steeped in Catholicism, the figure of Mary has long embodied this maternal dimension of the Divine. For those immersed in Hindu traditions, the Divine Mother is venerated in countless forms—Durga, Lakshmi, Saraswati, Kali, and many others. What Noel reveals, however, is that beyond the particular names lies a single reality: the Mother who is both personal and cosmic, both immanent and transcendent, both fierce and gentle.

In his reflections, Noel encourages us to see the Divine Mother not as a distant figure confined to statues or scriptures, but as a living presence woven into the fabric of our daily lives. To feel the Mother's blessing is to experience life itself as sacred, to recognize that every breath, every encounter, every challenge carries within it the tender guidance of the one who births and sustains us.

Universal Understanding

One of the gifts Noel offers through this work is a framework of unity. He does not flatten differences or pretend that all traditions are identical. Instead, he honors their uniqueness while revealing their convergence at the level of essence. His Catholic faith remains his anchor, yet he shows how that anchor allows him to appreciate and integrate the wisdom of other traditions without fear of dilution.

In this way, Noel embodies a spirituality that is at once rooted and expansive. He demonstrates that true faith is not threatened by dialogue but enriched by it. He shows that to love one's tradition is not to close oneself off, but to recognize how the light shines through many windows, illuminating the one eternal Source. For seekers living in an age of fragmentation, such an approach is both healing and necessary.

A Guide for Seekers

Who is this book for? It is for the pilgrim standing at the threshold of the unknown, hesitant yet hopeful. It is for the devoted practitioner seeking to deepen their practice by seeing it in a larger context. It is for the curious soul who has tasted the limitations of material pursuits and longs for something more enduring.

Noel writes with a depth that speaks to seasoned seekers, yet with a simplicity that welcomes beginners. He does not demand adherence to a particular creed; instead, he invites you to listen with your heart, to feel into the resonances, and to allow the words to awaken your own inner knowing. In this sense, the book functions less as a manual and more as a mirror—reflecting back to each reader the unique contours of their own path while reminding them of the shared Source.



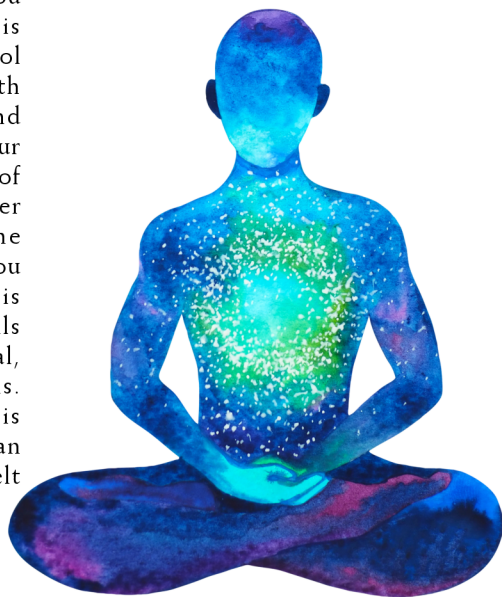
Expanding Consciousness

At the heart of Noel's intention is to guide readers toward an expansion of consciousness. This does not mean chasing mystical experiences for their own sake, but cultivating a deeper awareness of the sacredness inherent in life. To expand consciousness is to move from narrow self-identification toward recognition of one's unity with all beings. It is to realize that the Divine Mother's energy flows not only through temples and churches but through rivers and forests, through neighbors and strangers, through joys and sorrows alike.

Noel encourages us to touch this energy directly, not as a distant concept but as an immediate reality. By doing so, we come to see that spirituality is not an escape from the world but a way of sanctifying it. The expansion of consciousness leads to compassion, to reverence for creation, to a life lived with gratitude and service.

In this luminous work, Noel Barcelona invites the reader into a multidimensional encounter with the Divine Mother, drawing from his many years of devoted practice. His writing touches every level of our being—offering intellectual clarity, emotional resonance, devotional intimacy, and profound spiritual depth. Through his words, the reader is guided into realms of layered insight, where the subtle energies of the Mother are revealed as a living, breathing presence. This book is not simply read, but experienced; it awakens the heart, stirs the soul, and opens pathways of understanding that bridge thought, feeling, spirit, and the eternal embrace of the sacred feminine.

As you now prepare to step into the pages of this work, may you remember that the Divine Mother is not a distant ideal or a symbol belonging only to the realm of myth and poetry. She lives, breathes, and pulses in the very rhythm of your being. She is the fragrance of tenderness that rises when you offer kindness without measure. She is the unshakable ground beneath you when life asks you to endure. She is the whisper in your heart that calls you to create, to nurture, to heal, and to love beyond conditions. Every word you encounter here is more than printed ink—it is an opening, a doorway to a felt experience.



Noel Barcelona has written not to merely inform, but to guide you into a living relationship with the sacred feminine, to offer you a map toward realms within yourself that may have longed for recognition, for voice, for embrace. In reading, you are not just learning—you are adventuring. You are invited to explore landscapes of wisdom as vast as the cosmos yet as intimate as your own breath. This is a journey of both expansion and return: expansion into the mystery of the eternal Mother, and return to the soft radiance that has always glowed within you.

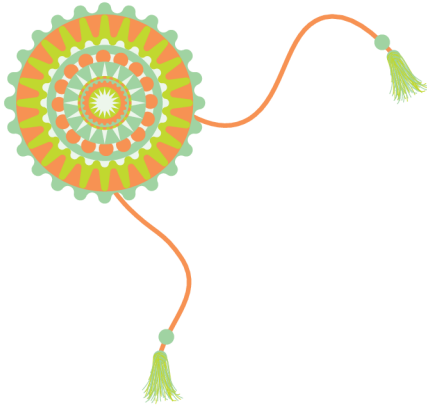
May this book serve as a companion on your path—whether you seek insight to deepen your spiritual practice, the spark of awakening that stirs the soul, or simply the gentle assurance that you are already held in infinite love. Receive these pages as you would a blessing: not as something external bestowed upon you, but as a reminder of what has always belonged to you. If at times you find yourself challenged by a passage, pause and let the Mother's presence surround you, for even the challenges are invitations toward a greater unfolding. If at times you find yourself uplifted and inspired, let gratitude flow, for inspiration is the Mother's way of whispering, "Yes, beloved, you are on the path." And when you close this book, may you not close the door it opens, but carry its light forward—into your conversations, into your choices, into your quiet moments, and into the world that so deeply longs for the balance and healing of the Divine Feminine. With every step you take, may you feel the blessing of the Mother who journeys with you, awakening within you the courage to love, the wisdom to see, and the grace to simply be.

Mataji Villareal
Roxas City, Capiz
27 August 2025



Prologue

Perhaps this is another “vanity” project of mine, although I can say that this is an entirely different species. This is not for the clout, as others say; it is for the sake of my mind, body, and soul for writing about the words of a saint, especially an unknown, living one, whose name does not ring any bell in the “mainstream” or the consciousness of many, and yet, she is there—quietly changing one life after another through Her quiet, steady, and most of the time, strict guidance, like a tigress on Her cubs.



While the Mother lives in Kuala Lumpur, in a mandir at the heart of Malaysia’s capital, Her innate knowledge and wisdom reverberate, like a ripple after a small pebble was thrown in the middle of a serene lake, reaching the shore—albeit gently—still takes off bits of sand and stones, carving the edge of that land called Maya, illusion. Her gentleness and fierceness, all at the same time, are a powerful force that changes the spiritual landscape, little by little, through the people who have met the Mother, the Guru, the embodiment of the Shakti—Shiva’s “other” force.

However, one must note that the contents of this small literature came from my thoughts, my realizations, during an attempt to understand the words of GuruMaa, whom I never met, nuggets of wisdom posted on the Facebook page dedicated to Her cause: Educating the young, feeding the hungry, providing healthcare for those who cannot afford it, and learning the ancient ways of the great sages and gurus of Bharat, the ancient India, a sacred civilization that withstood the tests of time. This book contains a few of her well-received quotes gathered by her devotee and my beloved friend, Rosa Rowena L. Conlu. (Although I used the quotes not in a sequence, or the date that GuruMaa’s team posted on Facebook.)

On the other hand, I want to clarify that this is not a book of instructions on how to understand the words of the Guru, quietly tucked between posts documenting Her selfless service to the communities surrounding Her sacred nook. Hence, not by any chance that this could be treated as a book about Dharma, Karma Yoga, or Bhakti. This is far from that. Maybe you can call it a sort of spiritual diary that contains little to no understanding of the true meaning of GuruMaa’s words.

Using religious and metaphysical parallelisms, I wanted to give some sense of what I have read and felt when I have read those words coming from a woman, revered and loved, who is currently living and thriving in the middle of an urban jungle in Malaysia. This is why you will read passages from the Bible, contemporary Jewish and Buddhist writings, or something else. Nevertheless, it is far better not to attempt to understand the messages She wanted to tell the world. With this being said, all the errors that this book might contain are mine and mine alone.

May peace and healing be with us all!

The Author

Antipolo City, Rizal Province, the Philippines

06 August 2025



1 **As We Breathe**

In the beginning, there was no creation, and the only one that existed from all eternity was the Eternal Creator himself. And at the beginning of creation, we can say there is no life, whatsoever; only the void and darkness exist as the first chapter of Genesis narrates:

In the beginning, when God began to create the heavens and the earth, the earth had no form and was void; darkness was over the deep, and the spirit of God hovered over the waters. (Gen. 1:1, Christian Community Bible, underscoring supplied by this author)

And during that moment of creation, life begins to manifest. Life has manifested because the Spirit of God, hovering over the deep, dark waters of the unmanifested creation, willed everything that has life, in one form or another, to exist, to manifest itself.

The Breath of God and the Essence of the Cosmos

However, for something to be called alive, it has to possess the ability to breathe. Somehow, a living thing must learn how to breathe, to take in something out of the atmosphere—either oxygen or another form of gas—to make its body function and sustain its existence. That's the power of the breath.

"The Spirit of YHVH is YHVH Himself...In the Tanakh, the word ruach generally means wind, breath, mind, spirit. In a living creature (nephesh chayah), the ruach is the breath, whether of animals (Gen 7:15; Psa. 104:25, 29) or mankind (Isa 42:5; Ezek 37:5). God is the creator of ruach," says theologian and Hebrew language teacher, John J. Parsons, in an undated Hebrew study material.

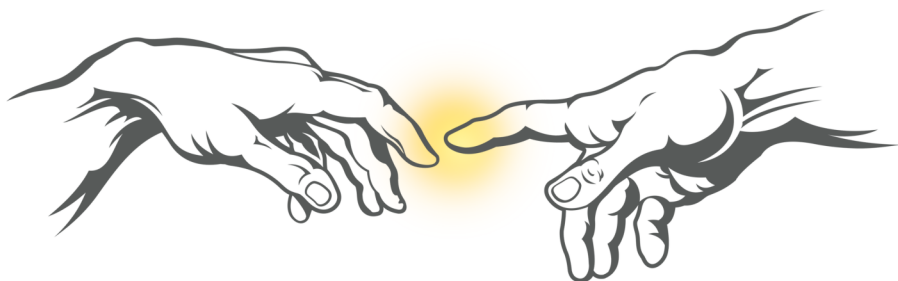
As mentioned in the quote above, because the Ruach of God is present in every creature, meaning He manifested Himself in all areas of creation, within and outside the material and non-material universe. This is real omnipresence.

And He Becomes a Living Soul

Meanwhile, the creation of Man in the Bible reveals a truth that some of us did not see: Life does not come from matter, but from Life itself.

Adam, who was created from a lump of clay, had become a living soul when Yahweh, the God of the Bible, breathed into his nostrils the Breath of Life, the ruach of God. This goes the same with other creatures that the Grand Architect of the Universe has planned and allowed to exist. Without God's breath within us and other beings, life will end up as a mere illusion, an imagination floating from the endless sea of thoughts that rapidly manifest and unmanifest themselves within the Mind and Soul of God. Moreover, the breath of God, which is part of His Spirit, which resides inside a human being, made him into the very image or likeness of God. As Parsons explained:

"The ruach of God (from God) is in my nostrils" (Job 27:3). In God's hand is the ruach of all mankind (Job 42:10; Isa 42:5). In mankind, ruach further denotes the principle of life that possesses reason, will, and conscience. The ruach imparts the divine image to man, and constitutes the animating dynamic which results in man's nebhesh as the subject of personal life.



Breathing to be One with God

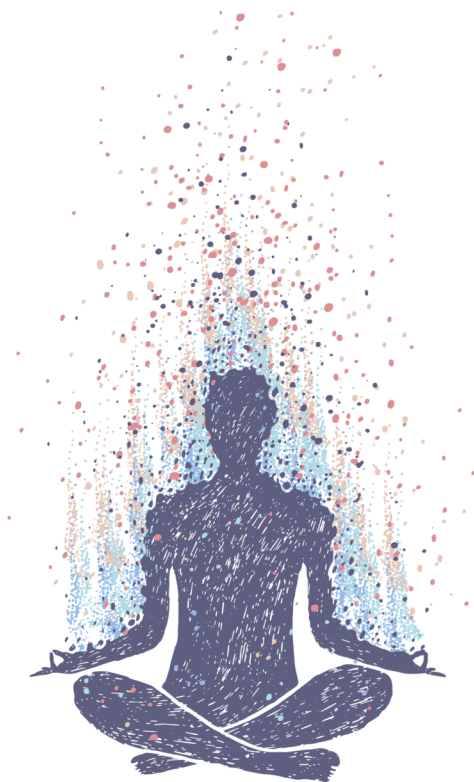
In the practice of Kriya Yoga, the movement of the breath is as important as the movement of the physical body itself, or the quieting of the always restless mind. The very moment that pure air enters the lungs through our nostrils, the cycle of living and dying commences within the cells of the body. It is also in between living and dying, the cycle of birth and rebirth (at least, in the inside), we are reminded of our God-essence, the Soul, which is also ruach—the breath of God, which is also God.

In Kriya Yoga, the breathing (pranayama) itself is the means of regaining access to the divinity that resides inside all of us. It is through the breath that we are reclaiming the divine part of ourselves, the part that is also God. The precious oxygen in the air that helps create that energy for us to move is God Himself, animating every atom of the body and making it pulsate, just like the Cosmos, which is alive and constantly expanding and evolving, like the soul.

In one of her Facebook posts, GuruMaa Annai Shree Kriyalakshmi Deviyar made it clear that breathing in itself is the essence of the practice, the very science that one must learn and embrace to become one with God and with everything else in this world and beyond:

The sound or echo, transpiring through the breath, becomes the actions of man, Kriya. Kriya is this experience, which man longs for. Allow the thinking to take you inwards. This raises the fire or energy upwards. Contemplate like Krishna asks. Align yourself to listen inwardly. Discrimination will automatically happen, without needing to do anything else. That is how the power of the mind is used. This is how the breath works on its own. Creation happens and dissolves in just one breath, by rising and falling. Kriya is happening automatically without help from man or his mind. (April 2024)

It is the breath that guides us to explore the innermost workings of the divine that lives within us, the one that makes us alive and one with His entire creation. The breath, through Kriya, also fuels our power to create an entirely different world—a world that is more peaceful, happier, and holier. The breath also takes us to the world where God resides: Within the realm of our Spirit Souls.



2 **Piercing the Veil of Illusion**

We often hear some people say that time is an illusion, plainly a concept that humans made to track the length of our existence. Perhaps, this may be true. But the illusion does not stop with time alone. If we are to dig deeply, spiritually, we can tell that the world that we're living in and even the "labels" we put on ourselves are not part of a genuine reality, which is deeply anchored in an unchanging and never-ending world of the Spirit.

While the materialistic, scientific point of view discounts spiritual reality, the fact that they never truly explained the origins of life and the Cosmos itself, or even the construction of the primordial atoms, it cannot be denied that there is an unseen intelligence and steady hands that worked to create an amazingly elaborate systems and laws that govern the further evolution of the universe. Moreover, if you are to contemplate or meditate deeply about life and existence, you will realize that life does not come from something lifeless but from something living, which is in my opinion, is the Primordial Source, the Grand Architect of the Universe, or the Supreme Being.

A book cannot print itself unless someone operates the machine and feeds it paper and ink. A raw meat cannot produce maggots in itself during the process of decomposition unless a fly lays its egg on it. Even a baby produced in a test tube cannot exist without the replication of the same environment that exists inside a mother's womb. Neither can a scientist produce a true living being without the help of a single cell extracted from something that is called a living being. In the case of the entire creation, material and immaterial, it was God who manifested it all.

Knowing Maya to Unveil Soul Reality

However, there is a puzzle that we must solve for us to enjoy supreme reality. This is to pierce the veil of illusion that our existence is merely associated with the mind and the body, which eventually fade as time passes. Interestingly, the illusion that we are experiencing is part of the supreme reality that is the divinity itself, particularly the Shakti, the Divine Mother. As GuruMaa puts it: *"Maya, the false self, was created by Her as a play of illusion. All forms – living and non-living – are Her manifestations driven by Her desire. The universe is Her grand studio, and She is the actor playing all roles to make Her creations appear real..."* (February 3, 2025)



God's or the Divine Mother's leela, or sacred play, is a means by which the Divine teaches us a valuable lesson about our true identity and its relationship with the material world, which is represented by our bodies made of flesh and bones. In every aspect of their leela, the knowledge about the one true and eternal Self, which is the Soul, becomes more and more apparent. And the more that we learn about the Self, the more that we become united with God, the Divine Creator.

In Christianity, this teaching is within the framework of passing through the narrow gate and traversing the narrow path that leads to life (cf. Matthew 7:13-14). Often, fundamentalist Christians, who lack knowledge of the true meaning of the passage, will interpret the verse as mere non-conformity with the world. But if we are to closely examine the verse, it invites the faithful to reflect inward and to find that the true way of learning about Christ is to know that Christ is already within us, that the Kingdom of God itself resides in us. This is the way of the mystic, this is the means to pierce the veil of illusion that we belong to the material world, and that this material world is the real place for our souls to thrive and live.

Meanwhile, by knowing that everything that happens in this world is nothing but a divine play, it will teach us to freely accept, without bitterness and spite, the things that are beyond our control. This time, instead of resisting, we will learn how to completely surrender to the Divine Will, just like what the ancient spiritual masters and sages did. By doing so, we can completely achieve true happiness and contentment in this life. Amen.

3 Mind Pivot

Often, we think that our problems are always caused by external forces or influences; that people and situations are the primary culprits in why we fail or live miserably. However, this is far from the truth.

Usually, the problems that we are facing are deeply rooted in things that are happening internally. Often, it is our overthinking mind that amplifies the situations, never the external factor.

GuruMaa, in one of her posts in 2024, spoke of this truth:

Human beings tend to find and deal with problems externally. In reality, most problems begin [from] within, from the limited self and mind. It is only you who possesses the ability to put an end to your misery. Stand up and march forward. Acknowledge the situation as it is, but do not get entangled in it. Let the waves pass through and focus on the ocean instead. (February 3, 2024)

In one of my favorite novels, *Siddhartha*, the author Hermann Hesse has made a critical point concerning achieving things in this world, and that is to *think* (ponder on the nature of things, but not to overthink); to *fast* (not to succumb to any strong desire); and to *wait* (to go with the flow and follow the divine will). These things can give us three critical things that can improve ourselves and our lives as we live in this world full of challenges and obstacles:

- (1). **Clarity:** As the eye of the mind penetrates the veil of illusion and passes through the mirage covering real things, we can see things more clearly and deal with things effectively and with utmost efficiency.
- (2). **Self-control:** As we abstain from things that can bring us more harm than good, e.g., succumbing to our urge to overconsume food and sexual desire, we are giving ourselves a huge favor since overindulgence in bodily pleasures leads to self-destruction.
- (3). **Spiritual and Mental Stamina:** Life in itself is a waiting game, and those who are truly patient are the ones who will always win. God sometimes delays his response to our prayers because he's preparing something better and bigger for us. Moreover, the problems and issues we face have always taught us the value of resilience and flexibility. And there are always invaluable lessons that these hardships leave behind after they have lingered for a while.

The mercy and love of God are bigger than our problems. There is always a rainbow after the storm. As GuruMaa implicitly suggests, trust God's plans and will in your life, and you will see that great rewards are greater for those who wait and trust the divine will. *Aum.*



4 Are We Living in Autopilot?

We are living in a busy world, where fast movement is considered utmost essential since time is money. Technologies have been invented to make everything easier and faster, particularly in information exchange, the production of food and consumer goods, and even transportation, which is great since all of these also contribute to personal, economic, and social growth of the world.

Fast Life + Hastened Thoughts = Anxiety and Unhappiness

However, the past-faced life that our contemporary world offers also comes with a cost. As the Foundations Group Behavioral Health, a psychiatric help provider based in the US, suggests, *"In today's world, life moves at an unprecedented pace. Technology, demanding schedules, and societal expectations have created a culture of constant busyness, leaving many people feeling overwhelmed, stressed, and disconnected. These factors contribute significantly to the rise in anxiety and depression, which are now among the most common mental health disorders globally"* (2025).

Aside from the mental health costs of a fast-paced life, which also often brings fast-paced thoughts, the speed in action and thought also robs us of happiness since it snatches the opportunity to savor each moment of our lives, along with the little things that come with it. As the mind jumps from one thought to another and triggers multiple actions and reactions all at once, it brings that sense of absentmindedness and the inability to enjoy what the present moment can bring.

Zen Buddhist master and medical doctor Jan Chozen Bays wrote in her monumental book, *"How to Train a Wild Elephant Mind & Other Adventures in Mindfulness"* (Shambhala, 2011), spoke of our lack of mindfulness like driving a car without minding the hands on the steering wheel and the ability to sense the body and its surroundings while going from Point A to Point B.

"Thus arises the experience we have all had, of driving on automatic pilot. You open the car door, search for your keys, back carefully out of the driveway, and ... you pull into the parking garage at work. Wait a minute! What happened to twenty miles and forty minutes between house and job? Were the lights red or green? Your mind took a vacation, in some pleasant or distressing realm, as your body deftly maneuvered your car through flowing traffic and spotlights, suddenly awakening as you arrived at your destination," Bays wrote.

"Is that bad? It's not bad in the sense of something you should feel ashamed or guilty about. If you are able to drive to work on autopilot for years without having an accident, that's pretty skillful! We could say that it's sad, though, because when we spend a lot of time with our body doing one thing while our mind is on vacation somewhere else, it means that we aren't really present for much of our time. When we aren't present, it makes us feel vaguely but persistently dissatisfied," she explained. Then she added: "This sense of dissatisfaction, of a gap between us and everything and everyone else, is the essential problem of human life. It leads to those moments when we are pierced with a feeling of deep doubt and loneliness."

But the hastened and often drifting thoughts can also bring us to certain places and situations that can trigger pain, bitterness, loneliness. The memories of failed romance or trauma from childhood caused by someone who should be protecting and loving can occupy the mind, making us prisoners of our own pain and suffering. When this happens, we are stuck and cannot enjoy life as it unfolds in the present.

Be Mindful, Not Mind-Full – GuruMaa

GuruMaa Annai, trained in both Sanatana Dharma and Buddhism, reminds us to be mindful and not to fill our minds with unnecessary clutter. She said in one of her Facebook posts on July 7, 2023: *"Whatever you do in life, do it by being present, wholeheartedly."* But this being in the present should not be forced, though. GuruMaa explained:

But do not try to be present. As how the flowers give out their fragrance naturally, your presence too must occur naturally, effortlessly. If you are struggling with mindfulness, then it is most probably because you are mind-full. You store unnecessary rubbish in your head that slowly weighs down your being. Get rid of them through introspection. Catch one thought at a time, and mindfulness seeps in on its own.

The fruit of mindfulness, according to GuruMaa, is more profound than you can ever imagine: *"When you are mindful in all that you think and do, you invite harmony into your being even in the midst of [life's] turbulences."*

In this world full of chaos and noise, it is about time to slow down, take a pause, breathe, and be in the present moment. The present is called as is because it is a gift that we must give ourselves.



5 **The Eternal Rhythm and the Primordial Cosmic Dance**

In the Hindu pantheon, the image of Shiva and Parvati is carved not only in granite or molded in copper, silver, or gold—but in the eternal memory of divine creation. Shiva, the masculine force, is the one who inculcates the destruction and restoration of the entire creation. He is the yogi, the ascetic, the self-absorbed one, and the potent power that encompasses all reality, particularly the highest ones.

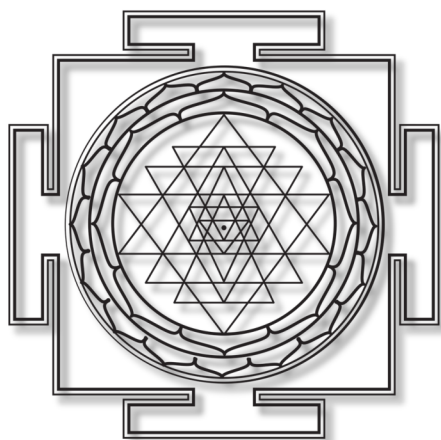
A Peek into the Great Mother's Mystery

On the other hand, there's another active energy that powers all creation—the Shakti, or the feminine energy, the Great Mother. In different stories of creation, destruction, and restoration, she was there, ever present. Through her, the entire cosmos is sustained.

"In numerous texts on yoga, meditation, and Eastern mysticism, we find references to different types of Shakti power—the Great Feminine energy that exists both within and without our bodies," wrote the late Brahmin priest, Thomas Ashley-Farrand, in his 2011 book titled "Shakti Mantras: Tapping into the Great Goddess Energy Within."

He continued: *"As a force in the universe, Shakti powers everything, from the planets in their orbit to the radiant power of the sun. Whether referring to the power of gravity or the power behind the speed of light, Shakti is the term used to describe the operating power of the cosmos, from the smallest atom to the grandest galaxy. Any kind of force, power, or influence has its genesis in Shakti, and Shakti is feminine in nature."*

But the divine feminine is not only present in the Hindu tradition. Although hidden in Islam, Christianity, and Judaism, the hints of her divine and eternal presence are everywhere. She's on the top of the Ark of the Covenant, the Shekinah; the knowledge of God or Sophia, as mentioned in the Book of Proverbs; and she epitomizes Allah's compassion and love, in Islam. In Buddhism, she is the dakini and also the bodhisattva of compassion, Kuan Yin. In Taoism, Shakti is the Yin that balances and complements the masculine Yang. The two, according to Taoist tradition and cosmology, are the very core of harmony in nature and all creation, and they are complementary, as I have mentioned, rather than opposites.



The Sri Yantra, the great symbol of the sacred feminine.



The rendition of kundalini, the great power that awakens the soul. The crescent moon, roses, and herbs are also feminine symbols, although the great yogi himself, Shiva, has a moon and a serpent in his iconography.

In yoga, the Shakti, the coiled serpent, and the fiery one at that, is the one responsible for reaching enlightenment. She is the energy that resides at the base of our spine, the fluid that keeps the nerves connected to our brain, where the third eye or the pineal gland is located. She is the very energy that our guru or spiritual master transfers during the initiation (the Shaktipat); she is the energy that purifies and purges the impurities in our chakras, the spinning wheel of colorless energy that makes the body and mind alive; and lastly, she is the very essence of the wisdom and knowledge hidden in the all scripture for she is Sophia, wisdom and the Holy Spirit, the paraclete in the ancient Christian tradition.

Kriya Yoga and the Divine Feminine

One of the critical teachings of GuruMaa Annai Shree Kriyalakshmi Deviyar is about the crucial role that the Divine Mother plays in the Kriya Yoga, which serves as the key to achieving self-realization and total unity with God.

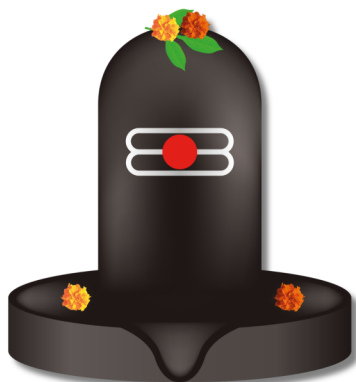
On December 22, 2022, this prolific spiritual teacher stated, "Every action is Shakti. Within every action, the ever-present breath is Shiva. When both states are in pure union, then born [is] KRIYA YOGA."

Here, we must realize that the sacred masculine and the feminine are always in unity in spiritual practice; there is no area of separation. One exists in the realm of the other, and there is no moment that these two are deemed separated.

In Kundalini, or the ascent of the fiery serpent from the base of our spine, the feminine energy traverses the path of the divine masculine, Shiva, the self-absorbed one, the quiet one that maintains everything in the material and spiritual universes. The Shakti, represented by Mother Parvati according to one story, is the one who initiates spiritual awakening.

In fact, in one tragic and yet meaningful story, her fervent desire to be with and know Shiva caused the death of Lord Kama, the god of pleasure. She wanted to be with Shiva to know the mysteries of the universe, and the wisdom she would gather from the Great Yogi, she would pass on to the sincere devotees.

In other words, the natural flow of the Shakti itself, within the body and the soul, is more than enough to achieve spiritual wholeness. There is no need to force oneself to achieve union with God. It should and must flow naturally, accordingly.



The lingam, the symbol of the divine masculine (Shiva) in a yoni (vulva, the symbol of the sacred feminine), the complete union of the two, the union of the Self.



GuruMaa, if my perception is correct, has revealed that during the practice of Kriya Yoga, there is a dance occurring within and without the Self: Shiva and Shakti dance in both destruction and creation of the cosmos, the primordial and eternal Self.

As GuruMaa explained, "Do not try improving your actions. You will continuously fail to achieve the union of Shiva and Shakti. The law is that you flow accordingly to what has been given to you and allow the Self to evolve naturally, but consciously."

Moreover, to escape the prison called samsara (the cycle of birth, death, and reincarnation), through Kriya Yoga, one must not resist the flow of life. Instead, let life flow like an endless stream of learning. GuruMaa quipped, "The more you judge life, the more the cycle of birth and death repeats itself. Be like the Buddha! Witness and allow life to move at its own pace. Do not resist. In trusting this flow, the union happens on its own, with or without your permission. This is the Rabasya of Kriya Yoga."

The cosmic dance of Shiva and his consort, the Shakti (the goddess), happens within the realm of consciousness and the material world. It happens as life happens, as the cell in our body dies and resurrects, as the planet orbits around the sun, adoring its powerful gravity. As the Guru suggests, we must not resist life, as Shiva and Shakti are there. As life unfolds and we dance with it, with complete abandon and surrender, we will achieve the spiritual union that we are dreaming of.



The great Durga, the ferocious Mother (Shakti)

6 ***Finding God***

One of my favorite verses in the Judeo-Christian scripture is this: *"Seek ye first the kingdom of God and his righteousness, and all these things shall be added unto thee."* This verse was lifted from Matthew 6:33, and practically sums up what a man or a woman must do: We must constantly seek the grace of God, his kingdom, and his righteousness, and will be blessed with his peace.

Seeking, Chasing God

The world is always in constant chaos because most people are seeking things other than God.

Whether we admit it or not, most of us often chase money, social recognition, emotional validation, and sexual satisfaction, among other things, which we all know are fleeting and often cause us distress.

On the other hand, for those who consider themselves religious and pious, God remains an ambiguous thing, an abstract concept, something or someone unattainable. Praise and worship remained in the realm of emotion, not of the spirit, and the understanding of God remained superficial.

Meanwhile, for the "spiritual," or those who are hooked on the New Age Movement, God is someone who is like a genie, granting wishes and helping them manifest material things that cannot bring them true spiritual understanding and genuine happiness. They only experience the divine during their rituals but never in their everyday, mundane life. As if God or the divinity must remain in the ethereal world, not in the material world.

Does God Even Exist?

On the other hand, for the atheists and the agnostics, God is an unnecessary and disgusting concept. The cosmos and all creatures came from the void, from dead matter, and God has nothing to do with the intricate and intelligent design of the universe. Moreover, believing in a deity is akin to lunacy, insanity, or delusion.

As a believer, I know that there's God, and God himself is not an ambiguous concept. He is the supreme reality, as everything that exists came from him. The entire creation was conceived by the powerful mind and intellect of God. There is no need to prove his existence, for the fact that everything exists, he absolutely exists. He is in the tangible and intangible things, even in our most mundane experiences. He's both the reality and the illusion, coexisting side-by-side.



Where is God?

GuruMaa has a wonderful post about God on February 4, 2024. The post started with the questions that everyone asks: **"Where is Truth? Where is God?"**

She answers the question by saying, *"He is your walk, talk, and actions. Look into these, and allow them to [give] birth [to] virtues as God. Stand and recognize every situation as Her play, Her drama."*

For us to know God, let life become our prayer and spiritual practice. As GuruMaa says, *"Sadhana is Life itself. Responding to it with sacredness, awareness, and perseverance leads to oneness with God."*

These words fulfill what a Master from another spiritual tradition (which is Christianity) has said: **"The Kingdom of God is within you."** (Luke 17:21) Only by living life with virtue, love, and compassion that we become part of God's kingdom, which is Himself. Amen.

7 **When Life Knocks You Off**

The Buddha has revealed to us one profound truth about life: It is difficult.

Life in itself is a series of ups and downs. Sometimes, life unfolds as a comedy wrapped in tragedy. There are times when it offers ambiguity and uncertainty, and our minds begin to spin and swirl into madness. But there are times that life is a bouquet of sweet flowers, beautiful and fragile. It brings in sweetness into our hearts and bitterness as it withers. Then the cycle repeats.

Our Mind and Our Suffering

But the Buddha and other spiritual masters also revealed that suffering and bitterness about life are nothing but the concoction of our feeble minds. As thoughts swing back and forth from the present, to the past and then to the future, it begins to tire us out, making existence almost unpalatable.

Yes, there are some external things that we need to deal with—issues and problems you call them—but nothing is more exhausting than a mind that overthinks and suddenly short-circuits because it can no longer process what is happening. Then, the numbing feeling will take over, making us more cynical than before. When this happens, our life slips into a tunnel of what seems like a never-ending darkness, with no way out.

The Alchemy of Life's Suffering

But to think of it, life's pain and suffering are not there to rob us of joy and bliss. As Kahlil Gibran wrote in his famous book, "The Prophet," he said:

*Your pain is the breaking of the shell that encloses your understanding.
Even as the stone of the fruit must break, that its heart may stand in the sun, so
must you know pain.
And could you keep your heart in wonder at the daily miracles of your life,
your pain would not seem less wondrous than your joy;
And you would accept the seasons of your heart, even as you have always
accepted the seasons that pass over your fields.
And you would watch with serenity through the winters of your grief...*

Besides, pain and suffering are catalysts for us to appreciate joy, happiness, and bliss. Without pain and suffering, we cannot fully understand and appreciate those small moments of joy and sweetness and blissfulness that life can bring.

Moreover, life's challenges are a means of heaven to mold us into stronger and more worthy vessels of wisdom, joy, and bliss. The pain and suffering that life brings are nothing but the fire and the hammer that purify and shape the gold and silver within us. Without the scorching fire inside the kiln, no pottery can be made strong, and without the scalding heat of the torch, gold and silver cannot achieve purity and brilliance.

GuruMaa, in her wisdom and love, offered these wise words about life and its challenges: *"If you fall, pick yourself back up. This is the only reality there is. Anyone can say anything to motivate you. Until and unless you decide to transform yourself, you will remain dependent on the knowledge of another. Falls and failures will continue to happen. However, if you understand the game well enough, they only empower your roots to grow deeper into the fertile soil of self-awakening."*

*Be like the bamboo
ows that bows
before the strong wind,
and reaches for the sun,
the rainbow, and the clouds
after the tempest.
For the silver and gold
are tried and purified
by fire, and you are gold and silver,
you are the purifying fire --
Ye are the Soul, the primordial
and the eternal.
Yes, life will test and mock you
but you will never break
just like the bamboo before the tempest,
like gold and silver hammered
after subjected to the scorching heat
of the glowing fire of purification.*

Dadaji | 08.29.2025



8 **Holding God's Unseen Hands**

In this world full of misery, uncertainty, and cruelty, it is easy to get lost in the vast ocean of worry and loneliness. And with the deepening economic, political, ecological, and social crises that plague most countries of the world, it is also easy to fall into the abyss of hopelessness.

But hopelessness is not only an uneasy feeling; it is also burdensome. It clouds the mind, makes the heart heavy as a stone, and brings the feeling of drowning even if you are not in the water.

Perfection in the Imperfect

While the world, as we see it, is an imperfect one, it was created good by the One who knows and feels everything. The creator is not absent in his creation, but secretly moves inside and outside it, working slowly but surely to restore our world, external and internal, into perfection. Besides, the Unseen One is perfection itself, in all aspects.

GuruMaa, in one of her posts dated April 14, 2025, said:

"My Child, even when you believe you can do it well, remember the Divine does it with perfection. There is a wisdom greater than the mind can grasp. An unseen grace that moves through all things..."

The above statement echoes the divine truth that cannot be altered even when time and seasons pass. Because of this, there is no need for us to fear and dread, even if the world seems to crumble under its weight. All we need is to hold God's unseen, yet powerful hands during this time of uncertainty.

"A hand unseen, yet ever present," as GuruMaa puts it. "It weaves all things to perfection, even if we do not understand. Trust it."

A Call to Complete Surrender

However, we cannot trust God half-heartedly if we want him to weave strings of miracles and healing in our lives. We cannot embrace the Divine with just one arm. We must embrace him completely, warmly, full of love, full of surrender. As GuruMaa said:

Surrender not in part, but in totality. The Divine asks not for a portion of you, but for the whole. When you surrender fully, only then does life begin to flow in ways you could not have imagined. What you once carried alone is now lifted by Grace. Not defeat, but deep trust. Not passivity, but Divine alignment. To surrender is to return. To rest in the arms of the One who was never apart."

Initially, due to our ego, we cannot fully trust the Lord. But with the help of the guru and the ancient and eternal teachings, we will overcome the power of the ego and fall into the embrace of the Divine, who is always with us, who lives within us, and never abandons us. Amen.



The penitent man is humble...kneels before God." - Indiana Jones and the Last Crusade, 1989

Epilogue

The words of the Divine, through GuruMaa, are always full of wisdom, full of love, full of compassion, full of hope. They are so powerful that they penetrate the very core of one's soul, only if we are open to receiving them with full abandon.

Nevertheless, even if the heart is closed tightly, the potency of the Guru's wisdom will serve as a powerful hand that will untangle the knots, destroy the lock of spiritual illusion, and open the door of our hearts and souls, so that the things that are true, good, and beautiful will come in. And when this happens, our lives will change, and our longing for complete union with God and the rest of creation, seen and unseen, will end. And so it is.



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*Her Holiness GuruMaa Annai Shree Kriyalakshmi Deviyar
The Guru of the Sangkamalayan Circle for Spirituality & Compassion - Philippines*

*The beginning of wisdom is to work to acquire it.
At the cost of all you possess, strive to gain insight.
Hold her close, for she will exalt you and bring
you honor if you embrace her. She will crown you
with grace and put a diadem of splendor on your
head.*

Proverbs 4:7-9



About the Author



Noel Sales Barcelona, first and foremost, is a student of religions and spirituality since he was young.

However, he has other 'titles' attached to his name: freelance journalist and editor, independent academic researcher, social and cultural critic, translator, cultural worker, poet, short story writer, and essayist.

As a creative and cultural and social critic, his poems, critical and personal essays, and short fiction have appeared in various anthologies and publications in the Philippines. Before, he was deeply involved with cultural work, publishing articles about local artists and artisans in the Philippines.

Meanwhile, as a journalist, he wrote for local and international publications, including the business-to-business magazines published by the Key Media Group. His art criticisms, on the other hand, appeared in the Manila Bulletin, the Philippines Graphic, Bulatlat.com, and Pinoy Weekly, to name a few.

On the other hand, as a spiritual truth seeker, he studied Western and Eastern mysticism, researched Catholic folk mystical practices in his home country, and got certified as a parapsychologist, energy psychologist, and paranormal consultant. His spirituality, however, is deeply rooted in Roman Catholicism, although he leans toward universalism and transcendentalism, believing that God and His Truth have manifested themselves at the core of every existing religion.