

Self Development Booklet

Self-development is probably the most important exercise that anyone can undertake. It is the purpose of life. It is the one thing that life on Earth can offer almost anyone. In fact, we develop whether we want to or not. From the moment we are born, we develop. If we kick our toes, we learn to be more careful. If someone harms us, we learn to be wary of some people. If we have difficulty reading something we learn to spend more time learning to read. However, not all learning is good. Not all learning is correct. Experience doesn't necessarily lead to positive outcomes. If one person harms us, we might develop a fear of all. We might generalize the bad in one person we meet, to all persons of that race or kind. A bad experience might be misunderstood. Someone who has incorrect understanding might teach us bad beliefs when we are young. All incorrect understanding has the potential to bring negative outcomes. That

is why insight has to be one of the most important of all things we need to attain, but insight doesn't come easily. We gain that from experience, and from wise teachers. Otherwise, insight could take a very long time indeed, far longer than one might achieve in one lifetime. The more people develop themselves, the greater the insight, the better society becomes. That is why our organisation dedicates itself to giving insight, and runs classes and groups, as well as seminars, and sells books, because for many people, insight can take you far beyond where you are today, and open doors to things you never thought possible, including knowledge and the resolution of problems. There is no real limit. So, in what ways can we develop?

- 1 Confidence
- 2 Self esteem
- 3 Self belief
- 4 Insight into life
- 5 Insight into self
- 6 Academically

7 Career skills

How can we achieve these things?

a. By understanding and overcoming self-defeating behaviours.

b. By improving our abilities for success... and overcoming failure.

c. By developing and improving as a person.

d. By overcoming conscious and unconscious conflicts.

e. By developing an increased ability to touch base with our inner selves and knowing ourselves better.

f. By developing and improving our ability to hear and heed inner guidance.

g. By developing our intuition.

h. By understanding life and death, what they are, what they mean, and the evidence for it. If we don't understand the evidence, we're not in a position to judge. It is beneficial to access our own inner unconscious understanding, along with the reasons why we have that understanding.

i. By understanding the now common phenomenon of past life memory... seeing if we have one... and if so, what that means for us? It is important here to read our blog (on the Aramai site - www.aramaiglobal.org) on past life therapy. Past life therapy and past life regression are two separate things. There are different ways to achieve past life recall. We need to be advised by someone with much experience.

j. By understanding the link sometimes found between past life memory and some psychological

afflictions. Spontaneous cures have sometimes resulted from people recalling past lives. We may need to understand whether this applies to us.

k. By understanding the purpose of life. By examining whether our understanding of life and ourselves is positive or self-defeating.

l. By understanding sexuality and how it affects us.

m. By understanding the harm that excessive prudishness and damaged or suppressed sexuality can bring.

n. By overcoming inner sexual conflicts experienced at either a conscious or an unconscious level. *Sometimes sexual conflicts are held outside of a person's awareness, and only the effects of the conflict are experienced, leaving the person unaware of why the effects, (such as anxiety for example, which may seem to have nothing to do*

with sex), are experienced.

o. By enhancing our ability for learning and studying.

p. By overcoming impediments to our career.

These outlined gains can be achieved through insightful self-development techniques and a wise guide or teacher. A foolish or ignorant guide will not bring the desired insight or benefit. Self-development at the holistic level covers all of these things. They become understood during the course of the self- development process, which can be practiced in groups or individually with a wise personal trainer, one who is highly adept at understanding the development process and has the knowledge necessary to guide such novices to their own Shangri-La.

In this book I talk about concepts that might seem a bit too good to some. That is because such

people don't have experience. That is why we have books on our site that outline research and findings into the mind, into dreams, into reincarnation and past life memory and so on, as well as self-development. Our knowledge is based on research and findings carried out over many years by ourselves, and others. It is important you understand this research, so you understand the truth of what I say, and the extent of what we've found. This research also opens up an understanding of life.

Before you undertake your own self-development it is extremely important that you understand something of life. By reading the work carried out on reincarnation you can gain a reasonable understanding of what life is about. Some people will not want to know about it but that doesn't alter the truth of it. There is enough evidence to show that reincarnation is true. You need to be aware of that evidence. It is not flimsy. You need to be aware of what that can tell you about life. Knowledge has come from study, research and

learning. This has been carried out on past life memory. Even with past life memory there is much disinformation and fantasy given as fact. You need to be able to discern the fact from the fiction. Once you recognise the reality of reincarnation you need to recognise the purpose of reincarnation. It's not just for us to have a good time. There are other things as well. Life has a plethora of opportunities for growth. It is interesting to note that even the subjects of research we had for our reincarnation research gained a lot from it. They recalled past life memories they didn't know they had. They went overseas to places they had never been and knew their way around. Their previous names were found in records and they uncovered finds they couldn't possible have known about. It brought them a new understanding of their own lives in so many ways. This work was documented in film and the book *The Search for Lives Past*, as well as the book *The Truth About Reincarnation*, which documented the recall and findings of some young children as well as others. Other people have shown the guiding

nature of the unconscious mind, or what we might call the inner mind, and this work has been written up in our book series entitled *The Code of Aramai* of which there are multiple volumes. Again this work brought forth some extraordinary evidence.

One of the most important aspects of life is love. Possibly the greatest ability to gain is the ability to love. By this I don't mean infatuation, or romantic love, but the ability to appreciate and love life, to love all life around you, to love diversity and other people, though at times you might not understand them. To have a genuine sense of love for people and the world around you is probably the most important thing you need to achieve, as well as a belief in yourself and a caring for yourself. This raises you higher and helps to raise the world higher, as it helps to bring harmony. To become a truly loving being, you need to remove all anger and hate. To do this you often need assistance as well as insight. You need to do this because anger gets in the way of love, as does hate. We project our anger onto others. We

project our hate as well. Other things such as greed, envy and jealousy also impede the ability to love and stand in our way, and in the way of society as a whole. Improvements in society come as a result of improvements in us.

If we are going to try to improve ourselves we first need to look at how. Not all people will need assistance, as the improvements needed will be few, and the insight they need to develop will be small. Others will need all the help they can get. Obviously, such improvements are easier if you can have someone knowledgeable to rely on and to help you. So in order to tackle the task of self improvement, first you need to look to what you need to improve; in what ways do you need insight; what more do you need to understand about yourself, and how might you go about achieving that.

Techniques

There are two principal ways to develop yourself

and your self-awareness. The first is by practical means (or doing). By doing and trying things we learn many of our shortcomings and abilities. The shortcomings we can improve. The second is by development of mind. It is most effective if both methods are utilized.

The practical means of change and development is obvious. If you are fearful, you try to be more courageous, taking it in little steps. If you are mean, you try to be more generous. If you want to do something well, but can't, then practice. These types of practical means of self-development are obvious and have little mystery about them. If you want to achieve something, then put in the effort. That is the first method. The second way of self-development is a very powerful one if handled correctly, but involves the mind and techniques that need to be guided by someone who has expertise in the area. It is best done in conjunction with the practical means. We experience the world we live in through the mind. It is our mind that

experiences the body. If we didn't have a mind we wouldn't know that the body even existed. The body doesn't experience itself, though it reacts to the world around us. The arm might become numb through leaving it in one position too long, or because the nerves have been severed, or because of some other neurological damage or block, but the arm doesn't say to itself, "Hey, I've been injured!" though a signal of damage is carried to the brain. It is the mind that experiences this and becomes aware of it at the conscious level. Many thoughts, conflicts, desires and emotions can also be held at the *unconscious* level, so in order to know ourselves, we need to know about these, and bring our total being into harmony. We can have unconscious spiritual needs as well as unconscious sexual ones. We can have unconscious anger as well as unconscious love. For completeness and complete self- development we need to understand ourselves at all levels. This is not as easy as it seems and necessitates a complex understanding of the language of the mind and the unconscious. To give example of the importance of this, we might

return to the need for the ability to love (whether that be for family, partner, friends and so on). I mentioned earlier that hate, anger and other emotions impinge on our ability to love. It is difficult to feel love if you feel hate at the same time. A love/hate relationship is not a relationship of pure love. Yet, emotions can be harboured at an unconscious level, and we might not even be aware that we have such feelings. Insight and the correct techniques can put us in touch with these types of feelings and unburden us from them, as they are in fact, a burden. We cope much better without them. We need to do more than just work at the conscious level and discuss things that we are all already aware of. We need awareness at all levels. Techniques of mind development and self awareness have been understood and developed over thousands of years, specially in the East. Modern methods of teaching, of self exploration, and even of psychotherapy, all have limitations, and are not holistic, in that they do not encompass the whole, or some of the very important deeper understandings that can bring a much wiser self,

and a greater inner harmony, as well as a deeper understanding of life.

In order to understand the holistic approach, and to develop fully and naturally, as our minds and bodies should naturally develop, and to achieve a greater self awareness, and deep insight into life, we must do more than just talk, more than just think wishfully, more than just try to do what we think we might like or should do, as there is a balance of conscious and unconscious forces within all people that need to be understood, and these take in spiritual matters, sexual matters as well as emotional and intellectual ones, not to mention past memories. None can afford to be ignored. All need to be understood. Opening the door to your inner self takes time, but is a pastime well rewarded if taken to its completion. For some it is easy. For others it will take more effort. Involvement in such practices that developed and evolved over thousands of years, and still evolve today, can not only bring the correct answers, but

can also have their own valuable rewards that can make your life much better and rewarding, and allow you to cope with the demands of life much better than before. Largely, ancient practices, such as the various forms of yoga, were developed through fairly secretive spiritual societies throughout the centuries, but they became more open in the 18th and 19th centuries, and evidence for their validity also became more readily seen.

Psychotherapies developed in the 20th century that left out or avoided many of the findings and developments made over centuries before, due to prejudice. However the 20th century also evolved many of the practices of mind, and methods of insight developed before, and has taken yoga of the mind, (rather than yoga of the body), to new heights. We have also greatly advanced some of the early practices and understandings over a forty-year period, so that self-development can now be taken to a new height, involving spiritual, sexual,

emotional and intellectual awareness. These processes are non-religious, and are practiced both in groups and in individual situations, but will take many people beyond what they thought possible, when fully achieved, when the insights from their own inner selves are fully understood and recognised.

Developing Confidence, Self Esteem and Self Belief.

There is no need to explain why improving self esteem and confidence is helpful. A lack of these things can stop you from operating to your fullest potential, including with interpersonal relationships. A lack of confidence can come from different sources. Personal experience during childhood or at other times can bring a lack of confidence and a lack of self-esteem. A lack of self-esteem can also come from sources such as unconscious conflicts within the self. Shyness can come from that type of problem. Processes of self-

development both of the practical and insightful types can help to bring a greater self confidence and self esteem, and even unlock memories to things forgotten.

Overcoming self-defeating behaviours.

Self-defeating behaviours can come in different forms. The important point is that they are behaviours that are not helpful. They can emanate from different causes. Naturally, when people understand themselves at a deep level, and recall much of their lives, they gain a much greater understanding of their emotions, habits and the inner forces that drive them along life's path. If you understand unconscious memories then your insight becomes even greater, and one must remember, even past life memories exist in at least a large percentage of the world's population, (as has been shown by hypnosis) and do sometimes influence people un-consciously, whether or not they believe in the reality of those memories.

Through insight and memory recall, one gains an understanding of their strong points and the weak points, and the reasons behind them. Amongst this understanding comes an understanding of self-defeating behaviours. This is not an easy process however, and without someone who can guide you along the path correctly, you are liable to encounter many self-deceptions, and are likely to lead yourself along a path that has little real value or reward. The inner worlds and the outer worlds have barriers between them to cross. The inner world doesn't usually make itself easily known or seen to the outer self. The memories we have that are lost are not always easily recalled again, and the past is commonly distorted, often to what we want to believe. Self developmental paths, including meditative ones, some based on ancient Eastern experiences, can open the door to a much greater self understanding, and even to memories you may have forgotten. Self-defeating behaviours can have both conscious and unconscious components. By understanding yourself at a greater depth and gaining insight in areas you have probably never

even thought of, you can not only recognise and identify self-defeating behaviours, but can also overcome them, and in so doing, greatly improve your ability for success... and for overcoming any past failure.

Developing and improving yourself.

There are various rewards for improving yourself, including peace of mind, better coping abilities, greater self understanding, improved personal performance, greater confidence and appeal to others. The person we are is not all our doing. Others have helped us to become what we are, whether that be good or bad, or both. Influences of childhood, of school, of peers, of parents, all play a part, as do incidents we recall and don't recall, and subtle influences of the times in which we live and have lived. Many of the influences we have experienced we don't recall, and may not have even been aware of at the time we experienced them. As we grow, we accept ourselves as we are. Often we

don't think to assess ourselves, assess our actions, or the way we face life. Deep, holistic, self-awareness techniques highlight both our positive and negative sides to ourselves. This can give a guiding light to future developmental goals at the conscious level. Sometimes we have goals at the unconscious level that we need to be aware of, especially if our conscious goals are in conflict with our unconscious ones. Through insight into conscious and unconscious conflicts, into the inner and outer minds, and through re-highlighting past memories, we are guided towards being more insightful people, people that have insight into themselves as well as insight into others, as many of the conflicts that lie within us, also lie within others. The result of insight and self-discovery makes us better people, better at coping, better performers, and can result in better long term relationships with others. We develop friendships with people who wish to be associated with our true selves, rather than with the mask which in

many cases, we might like to put forward.

Societies change with time. What is important in one era may have no importance in the next. The values of society, including sexual values, can be set and influenced by a few in power, who themselves have no insight into themselves or others, or to the realities of life, and may themselves be harbouring inner conflicts, fears and bigotry, because of their own unhealthy childhood and background of distorted teaching. It is important therefore, whatever the era, to assess the truth of something, its value and correctness for yourself.

Overcoming conscious and unconscious conflicts.

Why is this important? Well, such conflicts can exert a great amount of pressure on our thoughts and behaviour, including our fears, likes and dislikes. I have personally seen many people with

difficulties, including people who have their major difficulties coming from unconscious sources. Sometimes, even after the sources are found and explained, they sometimes have difficulty accepting what they have learnt, because of their inner conflicts. The point of this is that there can be a substantial barrier between conscious and unconscious thoughts in some people. Even when unconscious sources are found that point to the causes of problems, sometimes it can take much work and effort to properly put a person in contact with those forces and thoughts emanating from within. Many of us have conflicts we mightn't be aware of, or even conflicts we are aware of, but don't realize the effects these conflicts have on our lives and lifestyles. Some meditative and other self-development techniques give us insight into these conflicts and the way they affect us. Insight also gives us a pathway to their resolution. Such resolution might come from a mixture of the practical and insightful paths. There is much to understand about the mind. In my book *The Code of Aramai Vol 1*, I clearly show how at an

unconscious level, some people advise themselves on their conflicts, and direct themselves through dreams, on how to develop themselves, particularly their own sexuality and sensuality. This advice comes through their dreams, but the dreamers remained unaware of it until it was carefully explained and shown to them, why it was so. Once shown, the people recognised the reality of what had been stated in their dreams and the guidance they were unconsciously giving to themselves. There is a world of mind that happens at an unconscious level.

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It was recognised as early as the 19th century that unconscious conflicts caused psychological problems. Mostly at that time these problems were understood to be related to trauma, or sexual conflict, and associated with what was known at the time as hysteria. Today we still see sexual conflict from social pressures and some people suffering psychological difficulties such as

depression and anxiety because of it. But unconscious conflicts are not limited to sexual issues. There can be unconscious conflict over spiritual and other issues. We can have unconscious expectations of ourselves that we don't consciously meet. We can hold guilt and shame, fear and anger, resentment of people, bottled up emotions, all at an unconscious level, and all things can affect us. Self-development over time loosens the chains on these issues and conflicts and brings them into the open, and dissipates them, bringing a better balance and harmony to the mind.

Developing an improved ability to touch base with their inner self, sometimes called the higher self.

This self-development is what allows for the resolution and understanding of internal conflicts at both a conscious and unconscious level, but it also puts us in touch with who we are at a spiritual

level, which can be profound. In the same way as we are not aware of our unconscious conflicts, so we are not aware of our unconscious knowledge. Within us lies a whole world of mind that remains outside of our conscious awareness, and much knowledge lies within. Much of this knowledge is empowering. It is not something that we will ever completely understand because it is unlikely for a person to be able to cross the conscious/unconscious barriers entirely. Few people overall will ever get to understand the unconscious knowledge that lies within, because relatively few people worldwide will ever get the opportunity to undertake the process, (which requires someone of knowledge to help them). At an unconscious level we seem to understand much about our lives, our futures, our purpose and our makeup, that most of us will never access. The few that do, give us insight into the possibilities for the rest. Fortunately, most of us can delve within successfully, at least to some extent, if we have a teacher or guide to assist us.

Many of us can delve within to an extent beyond what many people would think possible. An interesting inclusion in this is past life memory. If you know nothing of this you should read my book *The Search For Lives Past* available on the Armai Global website (aramaiglobal.org), or *The Truth About Reincarnation*, also available on the website. These hold the results of research and the documented proof and findings. Some people will find these extraordinary. Past life memory is one of the interesting phenomena that surfaced

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spontaneously in the 19th century in Western, and predominantly Christian, society in association with altered conscious states. When it surfaced it gained much resistance from those who didn't want to know. Even in modern day Australia it gains a lot of resistance from some quarters. Not that long ago a so-called academic said to me that he didn't care what evidence there was for it, he wasn't going to believe it... so much for objective science and thinking. To ascertain the possibility of the reality of such memories we went on an expedition around

the world to dig up the evidence. We were amazed by what we found. The proof was extraordinary, and became the subject of a feature length documentary which went to air around the world 30 years ago. Part of that was also written up in my book *'The Search for Lives Past'*. Such memories have led to the cure of people and to the uncovering of memories that lead to a deeper understanding of life and even its purpose. This is not to say, of course, that past life memory is by any means the full story. There is more to it than that.

**Developing and improving one's ability for
inner guidance.**

When we talk about the unconscious mind we are talking about more than just a part of the mind that is blocked off from consciousness. There is a wisdom within that lies beyond the barriers of the conscious/unconscious divide. There is knowledge of things beyond our conscious knowledge, as well

as a wiser self. There is an aspect of mind at an unconscious level that can be equated to the spirit. This has been shown to me in a few extraordinary happenings I have witnessed. I have written of these incidents in my books. The unconscious knowledge generally is easy to show, if you know how. The strange extent of mind caused Freud and others at the time to coin the term 'psyche' to denote the mind as a whole, encompassing the conscious and unconscious parts. Self-development and insight brings harmony and opens the way to guidance from the deeper levels of self. A simple aspect of this is intuition, the 'sixth' sense. A further example of this is the one I mentioned earlier, of dreams, coming from the unconscious, guiding and explaining solutions to the dreamer. One such famous case is the discovery of the Benzene ring in chemistry, reported to have come to the discoverer in a dream. There are other scientific discoveries that have been made in a similar way. In one case the researcher was told the solution to a problem in a dream, but by the time he got to the laboratory he had forgotten it. He

dreamt the same dream the following night. The second time, upon waking he wrote it down, went straight to the lab, and successfully completed his experiment. There are many examples one could give of strange guiding dreams or even dreams of warnings. Through self development and bringing the mind into harmony at both the conscious and unconscious levels, you gain greater access to such advice and inner guidance, a guidance that can come in other ways than dreams. It is important to understand that the unconscious mind in many people is not in alignment with the conscious mind. This can be in different ways, including spiritual ways as well, in addition to issues associated with the material world. The spiritual need within the psyche is confirmed to exist by the millions that follow one religion or another, but this need, especially within the Western world, is often suppressed, or sublimated to other interests and pursuits. Nevertheless, it remains. People in desperate need, often in a life threatening situation, pray to God, though they have never followed a religion for all of their lives. Such actions show

the deeper, or what might be termed ‘primordial’ understanding (or hope) of the psyche. It is of course, not necessary or imperative that one follows a religion to be in harmony with the spiritual self. One simply needs to understand the spiritual self and its needs, and be in harmony with that, and those needs. We tend to dictate life’s direction at the conscious level, or try to do so, but forces existing at the unconscious level can operate to destroy or undermine those plans, especially if those plans are not in alignment with unconscious forces and needs within. Inner harmony therefore brings directions better suited to us at both the conscious and unconscious levels. To understand the reasons behind inner disharmony, you need to determine what lies within.

Understanding elements of life and death, especially one’s own inner unconscious understanding.

Why is it important for us to understand

something of life and death? Well, firstly, because one day we will all face death, whether we like it or not, and that might be many years before we expect to face it. That however, is not the main reason. The main reason is that we have a picture of life and death in our unconscious, as well as the expectations that brings. If we live our lives in contradiction to the way we unconsciously see we should live our lives, it can bring unnecessary repercussions, such as mood changes. Many people don't realize that at an unconscious level they may have an entirely different understanding of life to their conscious self. In the same way as the people we asked to be guinea pigs for a past life experiment didn't know about their past life memories until they were uncovered, and didn't know the reality of them until they went overseas to find the evidence, which was really nothing short of amazing, so many people are walking around with memories and knowledge within their own minds that they are not consciously aware of. The mind then, can be seen as a very large repository of thoughts and knowledge, memories

and beliefs, that we are normally only partially aware of; in fact, Freud equated the mind to an iceberg, with only about 10 percent out of the water in the sunlight, and about 90 percent under the water and unseen. Like the iceberg, we are, according to Freud and others, only aware of about 10% of our total minds, if that. I believe it could be even less. Logically, the more we understand of ourselves and our hidden knowledge, the better it is. Self development, using ancient and modern techniques, and both ancient and modern understandings, can bring a large part of the iceberg of mind out of the water and into the seen world. It is then that many revelations reach the surface and much insight is gained. Unfortunately, because of barriers of mind and other reasons, it is not generally possible to simply access the unseen part of our minds. The ancient yogis sat for years and meditated in the hope of attaining enlightenment. Some claimed to have achieved that, but certain developments were needed to their techniques in order to more quickly gain what we understand you can achieve today. Ancient temples had similar

processes to today but we have no way of understanding their deeper secrets, as they are largely lost to the world. We may talk of the famous case of 'Cosmic Consciousness', where a sense of enlightenment came spontaneously to a man during a ride in a Hansom cab. This may have given a sense of the wonderment of the universe, but it was not something that could be retained beyond that. Understanding the road to fulfilled self development is the best way to open the door to the wonderment of the universe, as well as to a much greater understanding of the self.

Understanding the now common phenomenon of past life memory... seeing if you have one.

After working so long with the unconscious mind of people, to me, asking someone if they have a past life is like asking a male if they have a penis. It might not be readily seen as he walks down the street, but it's there, and in most cases, like the analogy, so is his past life memory that lies

unseen. It is not always easy to recall one's past live memories. For some it is easy, for others it is difficult. It would be a great mistake to dismiss such recall as fantasy, as experiments that we have carried out brought very strong evidence in unexpected ways. As mentioned, much of the evidence for this has been laid out in my books and films, and if you haven't heard of this or read or seen them, it would be worth your while finding someone who has one, or getting yourself a copy if possible. You will be surprised by the extraordinary extent of evidence found. Some of the feats achieved were impossible in logical terms, unless one looks at the feats in the light of reincarnation. We also uncovered evidence with children. Other evidence has been found over the years since the mid nineteenth century. Arnold Bloxhamth found excellent evidence in the 20 century, and a member of the University of West Virginia has also explored the phenomena, leading the researcher to a belief in the phenomenon. However, such recall shows more than just

reincarnation.

The evidence also shows a similarity of recall between the past life memories of death, and the modern near death experiences, and also some cohesiveness with the Catholic beliefs regarding other levels or realms of existence, as well as the Hindu belief that we live many lives. The logic remains that if you have lived many lives and don't recall any of them, then you are not whole from the point of view of memory, but fragmented, with much of your knowledge and memories locked away beyond the reach of your normal self. This is not necessarily an impediment. Past life memory is only a small part of the knowledge that can be found within.

Understanding the link between past life memory and some psychological afflictions in some people.

It may surprise some to know that very serious

problems have been resolved and cured simply by the recall of past life memories involving emotional trauma. Even a physiological problem I know of was resolved through the process of uncovering past life memory. It is important to note that most problems I have seen have nothing to do with past life memory, only a few have, but those few have been spectacular in their resolution. The first of these I encountered was in the mid nineteen seventies. The last was recently, because I have encountered a few since, over the years, but not many in relative terms. The few show the importance of the understanding. It is amazing to me that there are millions of people walking around the streets who have no knowledge of past life memory, or such conscious memories of their own, yet at an unconscious level, possibly have memories that stretch back for millennia. We know this to be true by the percentage numbers of people who have already recalled past lives who previously had no knowledge of them, and the implications of this for the vast numbers of people who have never tried to recall them. On past

experience we know that a large percentage of those who have never tried will bring forth past life memories if they made the effort. Unfortunately, many who will try to help them do this are not that skilled. It is logical that if people have lived past lives, and some of those lives have had traumatic experiences attached to them, the emotional effects of those traumatic experiences might linger on today, though the source of the emotion remains unconscious, as do all of the past life memories. The truth or otherwise of past life memory has to be judged by the evidence, and the evidence so far has been extraordinary in the affirmative.

Understanding the purpose of life at both a conscious and unconscious level.

Why is it important to understand at least to some extent what life is about? Now some people might think we cannot know these things, but this is purely guesswork and supposition on their behalf,

because the mind holds many secrets that we can know about if we wish, and the purpose of life is one of them. I can say that because of the work carried out into the mind over the past centuries, but especially the past forty years. Experiments with the unconscious, and past life memory, along with the experiences of many who have had near death experiences, show there is a meaning and purpose to life. This has been reflected in dreams and altered states of consciousness for a long time. There is obvious evidence for people to see, but a lot of people never look, and others don't want to see. At the conscious level we also find a purpose in life and a meaning. This can be different to the unconscious purpose we see. People who follow different religions see a purpose of life associated with their particular religion. Their life's meaning comes from this purpose. Some will find meaning through children. Others will find meaning through their careers and achievements. Some will find meaning through achievements that bring betterment to mankind. Whatever is the source of meaning, it is important that life has a meaning

and value. When all meaning and value has gone, life can be empty. If we feel that life has little meaning and purpose, then we are getting ourselves into negative emotional territory that may also be negative for society. There is a purpose in life for all of us. We need to understand it. Exploring the meaning of life for you personally, and finding an ever greater meaning and purpose, is important. This can come through self-development and self-discovery. It also comes from understanding what life is about, from understanding the research that has been carried out. When life gains a purpose, it gains meaning, and when life has a purpose and a meaning, it can supply satisfaction that is difficult to otherwise achieve. Wealth and fame do not bring the depth of meaning to life that true understanding can.

Understanding sexuality.

Why is this important? Well, simply because over the centuries, sex has been one of the most

explosive topics of our civilisation, especially its mix with religion. The permeations and combinations this mix has brought affect many people throughout the world and you may be one of them, depending on the influences you have experienced throughout your existence. I have come to the conclusion that most people don't understand sexuality fully or the influences it can have, which can impact on you emotionally, behaviourally and creatively. Many have a stereotyped belief, whether that comes from their parental teachings, or from social understandings or from religious teaching. We sometimes accept social mores that depict something rather than looking at the logic and truth behind them. Many sexual beliefs are based on falsity, especially falsity of ideas of right and wrong. Importantly, past beliefs of society were based on the realities that sex can bring disease, and can bring babies. Religious ideals led to the idea in some that children are somehow born pure and sexless, and become sexually sullied after the age of purity has passed for some years. In truth, children are born

sexual, complete with sexual organs, and, if left to themselves, will not take long to get up to sexual activity. This is evidenced through different societies of the past. That sexuality develops from an early age is not difficult to confirm. Also, if we have lived past lives, we have merely brought that sexuality through with us, along with unconscious memories and associations. So when we are taught sexual matters, they are not falling on sterile soil, but soil that has already germinated with the seeds of developing sexuality, a sexuality that began with birth, and may have endured for lifetimes. Most of the teachings about sex given by Western religion, up to the time of the modern world, had a deleterious effect on the psyche, a deleterious effect on the psychological makeup of society, and as a consequence, negative effects on society as a whole, including fallacious beliefs. The result of all this is that many sexual issues and conflicts can exist in the average person at an unconscious level, depending upon which social scheme or strata you were subjected to in the formative years. However, some societies of the past were healthier than some

modern day ones, because sexual frustration and a lack of fulfillment can lead to depression as well as to other problems. Sexual guilt can lead to other difficulties including anxiety and compulsions. For a healthy mind and a sense of peace and oneness, you may need to be aware of the health of your sexual self at the deeper level, as well as any conflicts you have. One of the surprising things that I have found is that people are sometimes completely out of touch with the sexual aspect of themselves until work is done to bring awareness.

Understanding the harm that damaged or suppressed sexuality can bring.

Many of us are familiar with some of the damage that can result from sexual problems and sexual suppression. These include impotence in men, vaginismus in women, relationship problems, self-depreciatory feelings and so forth. They can become much more severe than that however. With many of the problems I have personally helped

people overcome through insight, a common underlying reason was sexual conflict. Of course, not all problems are sexually based, but it is surprising to know the percentage that are. By overcoming sexual problems, one can be led to a better life, through better relationships, and greater insight into oneself. Of course, like all things, there is necessity for balance, but it is not always easy to understand where the balance should lie, and it is not going to be the same for all individuals, as we are all different, with different likes and dislikes and needs.

One final word to say is that the purpose of insight is to alleviate problems and bring a sense of freedom within oneself from any burdens, as well as to forge a better life, and a better means of adapting to life. Sometimes, rather than being fearful, suppressive, and aversive of something, people are obsessed, addicted, and overly desirous of something, (such as sex, love, power, money and so on). Insight can also bring better balance

and harmony, and remove such obsessions and addictions. That is why, in our classes we teach meditation, how to access an understanding of yourself to see where conflicts lie, to see where emotions lie, to see where impediments to your personal performance lies. We show how to access past life memory, though not all will be able to do that. We show how to access unconscious information and inner guidance through both meditation and dreams. To understand how this inner guidance comes through, you need to read the books '*The Code of Aramai*', (Volumes One and Two). These explain and give many examples. Through these self-development tools you can build a better life and a more advanced self, and open the door to extraordinary insight.

**Touching base with, and experiencing, one's
true self.**

This is a process which makes a person more whole, more harmonious within the self, more

genuine, more accepting of self and less pretentious. It brings a sense of inner peace. It is of course, not focussed by any means, solely on sexuality or associated issues. The insight you gain into yourself gives you a greater insight into others as well, as no one is genuinely Robinson Crusoe. Greater insight into yourself helps you to gain greater insight into others and build a better self and life. If all people better understood themselves and others, it would give to all a greater clarity about human nature and social issues, so we would have a better and healthier world. We must ask ourselves, how much violence and antisocial behaviour results as a consequence of the psychological difficulties and inner conflicts, not to mention inner turmoil, that result from unhealthy and ignorant teaching and ignorant social practices, brought about by people who have no deep insight into themselves, others, or life itself?

Enhancing one's ability for learning.

Insight has to be one of the most valuable assets of human existence. Undergoing self-development and gaining a greater insight into oneself helps life in many ways. One of those ways is in the improvement of study and learning. Blockages and impediments to learning of a psychological nature can be removed, allowing for better recall as well as better retention. Also greater insight helps to overcome self-defeating behaviours that undermine study, retention, and performance in examinations and careers.

Overcoming impediments to one's career.

Again, it is the same principle. The problems that afflict our ability to perform, whether it be in relation to learning, retaining knowledge, public speaking or something else, are affected by the conflicts within, and these in turn affect our confidence. Sexual conflicts and shyness for instance, commonly go hand in hand. Shyness affects confidence and therefore the ability to

perform some tasks such as public speaking. Self assertiveness can be impeded by a lack of confidence, which can originate from shame, or feelings of inferiority, or even fear of embarrassment in relation to sexuality. The conflicts we have within ourselves tend to link together. Emotions of a negative nature radiate out from a central core and affect many of the things we do and aspire to in life, and they affect the way we act and feel. Holistic self-awareness, insight into the deeper layers of self, coupled with self-development endeavours can improve your life considerably, as well as the lives of those around you. The improvements can be emotional, psychological, intellectual and spiritual. One wonders if there is a limit to the development an individual can achieve and undertake. Possibly there is not.

For information about Aramai Global and its courses and groups email info@aramaiglobal.org.