



The Phoenix Way

INSPIRING
SOLUTIONS
FOR A
BETTER
WORLD

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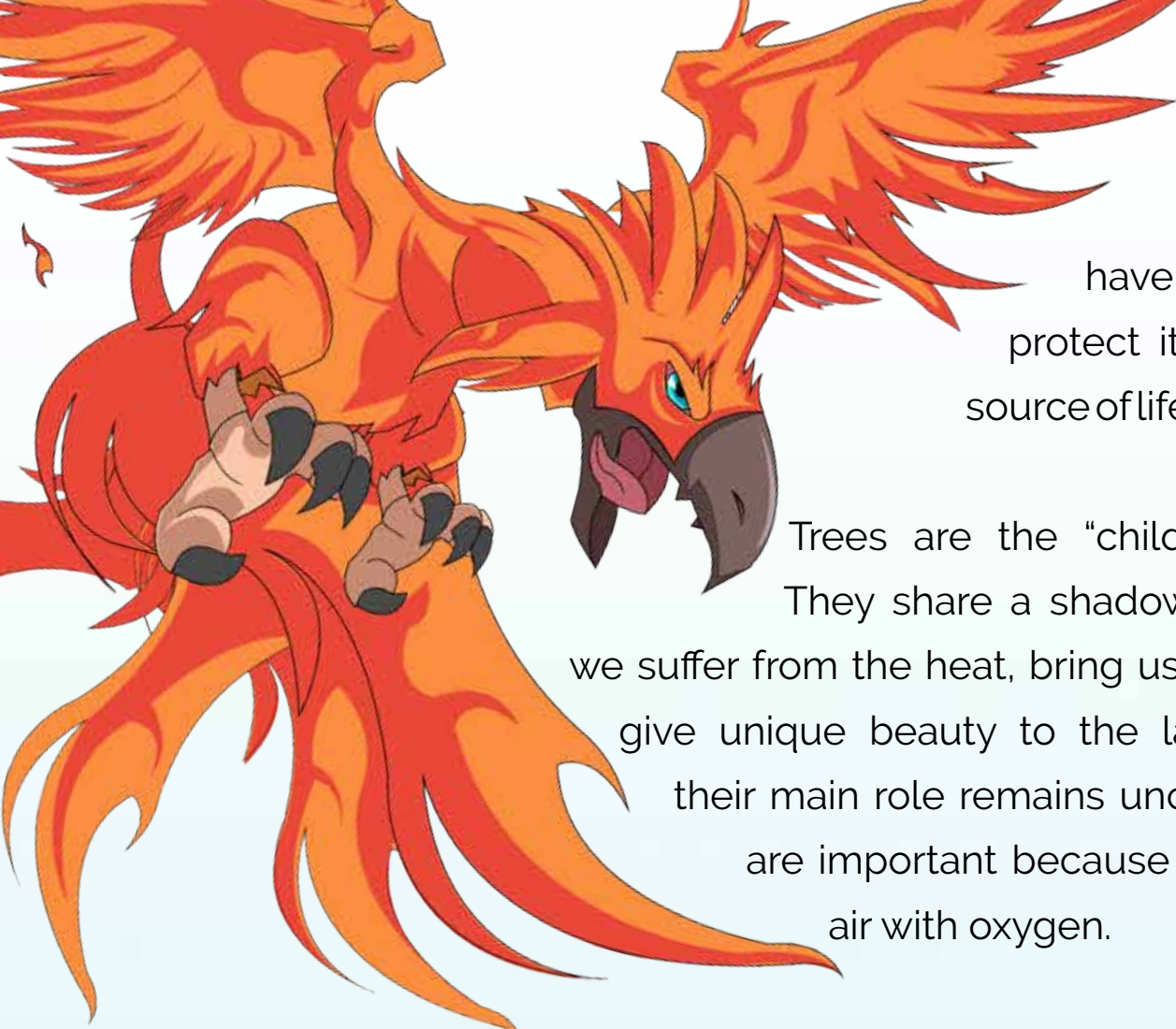
Co-exisiting with Nature

Man and Nature are designed to co-exist with each other for greater health and abundance. The health of man and Nature are interdependent. With that in view, Nature provides man with the food that is meant for the perfect maintenance of his physical, mental and spiritual health. Nature is a vibrant life-force – alive and breathing. Her elegance and beauty lies in moving gracefully with the changing of seasons, braving the stringent conditions of wind and weather with greater resilience and fortitude.

Eternity and transience are miraculously combined in Nature. Her beauty is cyclical, and what is a circle, if not infinity? Nature has a vast significant role in Cosmos. She is the heart of the planet without which, life would cease to exist in the world. Nature is an illimitable source of abundance and beauty, and does not hold monopoly to it; it is there for you to avail of it freely.

Every person always manages to find in Nature something interesting, exciting and unforgettable, appealing to him personally, because its





beauty is
limitless.
People, in turn,
have to preserve and
protect it, as a precious
source of life and inspiration.

Trees are the "children of nature."
They share a shadow with us when
we suffer from the heat, bring us fruits, and also
give unique beauty to the landscapes. But
their main role remains unchanged - trees
are important because they enrich the
air with oxygen.

Planting new trees, preventing deforestation, saving
endangered species – this is the least a person can do to help the amazing
world of Nature survive. We must not forget that respect for Nature is an
investment in the future of our children and our planet. The first step in this
direction should be done today.

At the end of the day when your work is done, sit outdoors in quiet
contemplation. Connect with Nature, and recharge your batteries with
Nature's rejuvenating energies. Just be with yourself in a state of quietude
until twilight fades to darkness. The soothing hands of the Mother will erase
away all the stress and strain of the daily grind as the healthful energies
infuse into your being. And then, your mind falls still, as your soul sinks into a
deep state of blissful peace.

Living in the NOW

The "NOW" is the only moment of time that you live in. Herein
lies your reality, your power and peace.

This is the eternal moment that ever
was, is and has been. Psychologists
and philosophers convince us that
"here and now" is an important life
principle. Be present in the moment,
practice mindfulness, be in contact
with yourself, other people and the
world, enjoying true spiritual freedom.
NOW is the core of your peace and
opportunities.

When you are focused in the moment, the past
and future fade away along with your sorrows and
worries. Therapy, spiritual practices: yoga, meditation, art,
are all different ways to become more holistic and live
with a perception of the present. "It is the present that
gives us the opportunity to choose and act.

Golden opportunities come knocking on your door,
and you can avail of these only when you are "at home"
to answer the door. Your NOW is that magical moment



where all your goals and dreams are realized. It is the template on which your tomorrows are created.

Be aware of your present moment in anything you do. Apply mindfulness in every routine task which is normally done mechanically while your mind is all over, mulling about other things. Mindfulness helps to strengthen your power of concentration and increases alacrity of the mind. Practise mindfulness in every waking moment for greater well-being and empowerment.

Strive to invest your life in this magical moment of NOW. Being in the present moment requires such skills as attention and trust. Only under these conditions can we experience real contact, co-presence with ourselves and with the world around us.

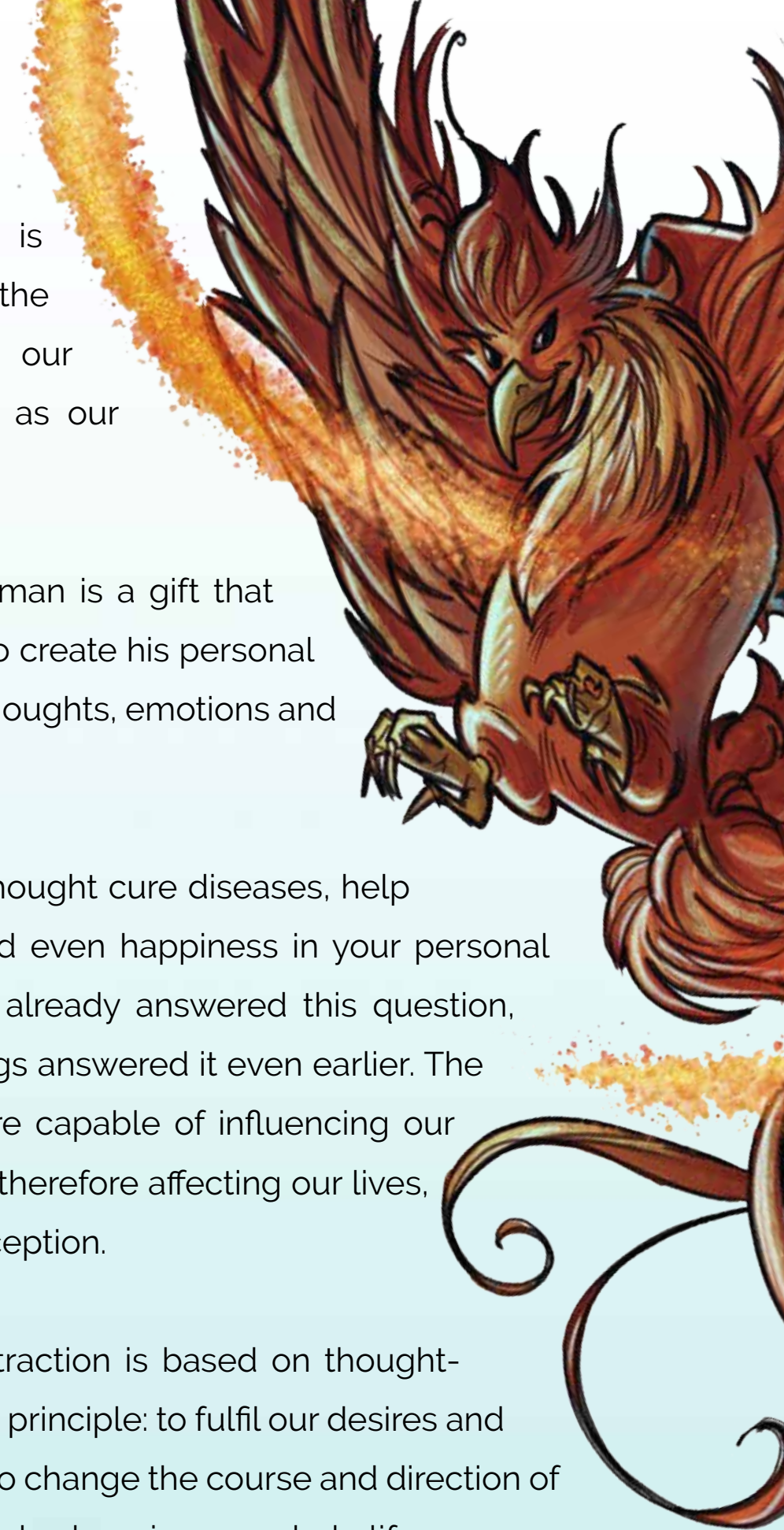
Thought Power

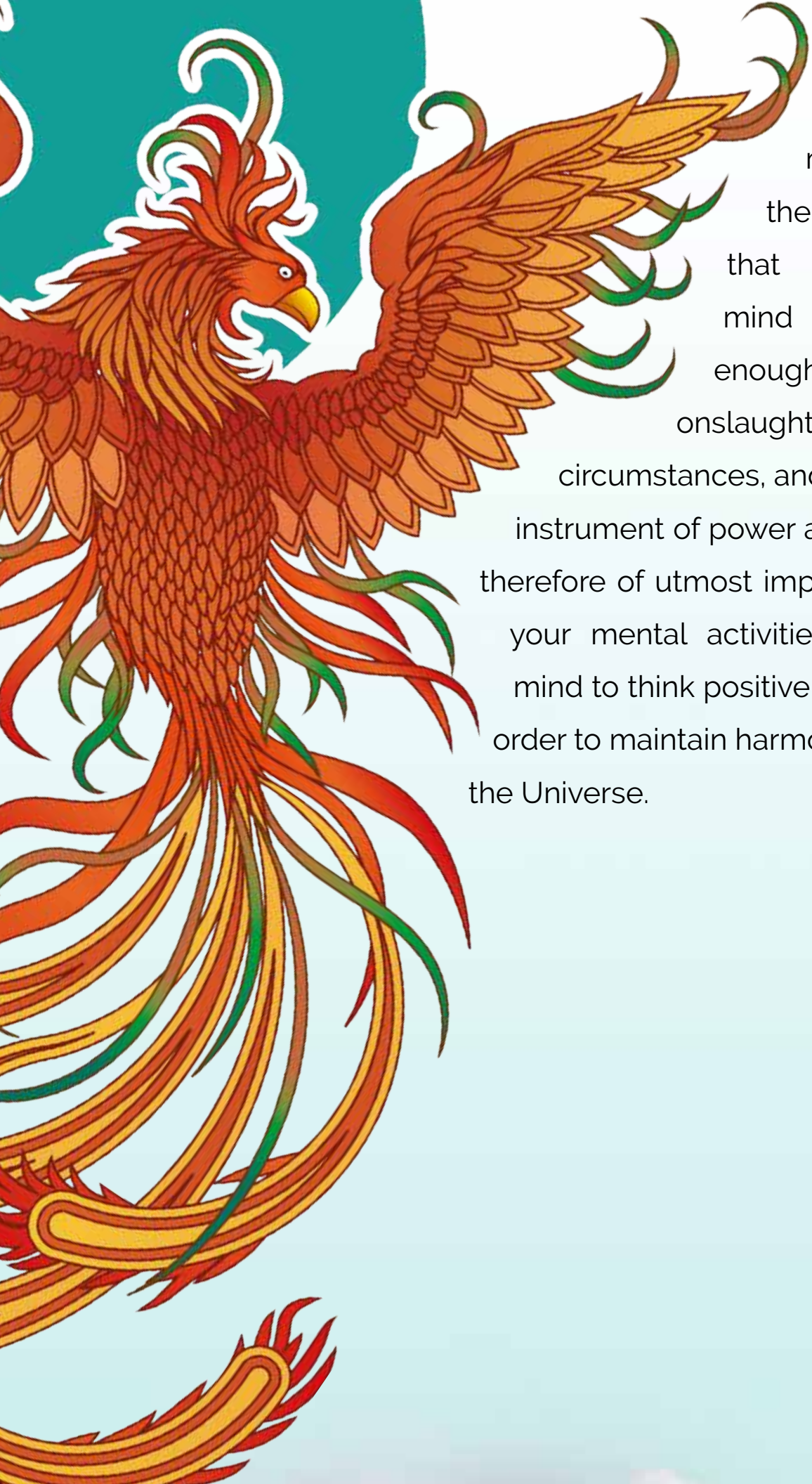
Our subconscious mind is inextricably linked with the Universe, which captures our thoughts, perceiving them as our desires.

The thought - power of a man is a gift that gives him the opportunity to create his personal reality with the help of his thoughts, emotions and energy.

So how can the power of thought cure diseases, help to reach career heights and even happiness in your personal life? Modern science has already answered this question, and many religious teachings answered it even earlier. The fact is that our thoughts are capable of influencing our physical world directly and therefore affecting our lives, reality, health, and self-perception.

The well-known Law of Attraction is based on thought-power as well. This is its first principle: to fulfil our desires and achieve our goals we have to change the course and direction of our thoughts, thus consciously changing our whole life.





Prayers and meditation are the mighty tools that strengthen the mind so that it is fit enough to withstand the onslaughts of the outside circumstances, and serves well as an instrument of power and protection. It is therefore of utmost importance to control your mental activities, and train your mind to think positively and creatively in order to maintain harmony and balance in the Universe.

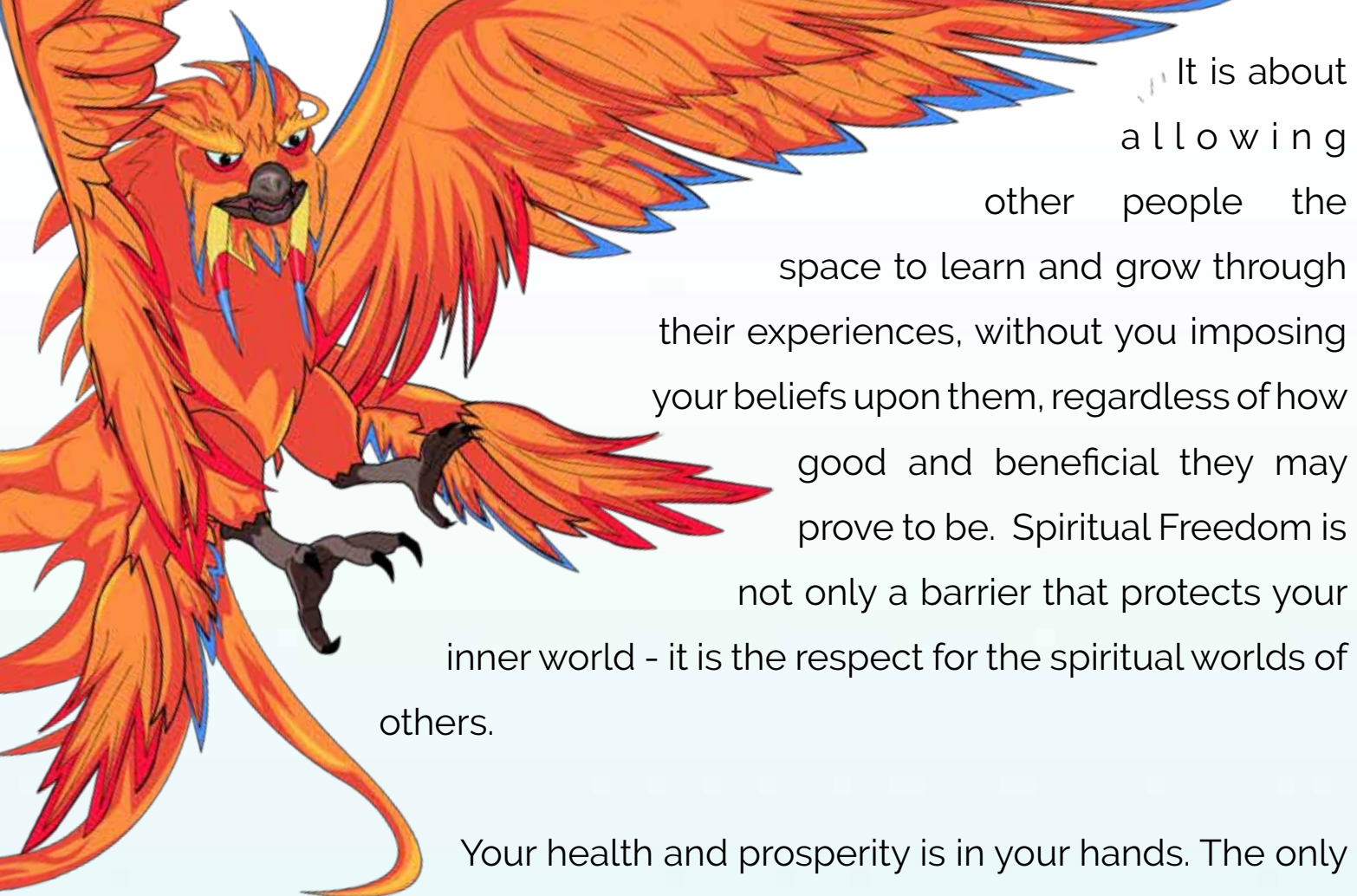
What is Spiritual Freedom?

Spiritual Freedom is the right to free thoughts, it is a soul that is not bound by chains. Everyone has their own personal space, their inner world. As long as we control our thoughts we are spiritually free.

Most of us are entrapped in the prison of our false beliefs, prejudices, and stereotypes. False beliefs are the invisible strings that keep you bound to your fears of breaking free from the mould in which you are brought up. However, each person determines the degree of his own Freedom, and this is where the true spiritual Freedom lies. It is the freedom of choice.

The time in which we live today allows us to freely look for our way in the spiritual world. The human right to spiritual freedom implies the right to free expression of one's own thoughts and opinions, the right to practice any religion, any kind of art, the right to his personal world view. At the heart of the human right to spiritual freedom lies the requirement to recognize the spiritual freedom of other people, respecting their activities and thoughts.





It is about allowing other people the space to learn and grow through their experiences, without you imposing your beliefs upon them, regardless of how good and beneficial they may prove to be. Spiritual Freedom is not only a barrier that protects your inner world - it is the respect for the spiritual worlds of others.

Your health and prosperity is in your hands. The only way to gain spiritual freedom is to beat the daylights of your sorrows with good-cheer and gladness. Rise above the dark clouds that threaten to rain down on you, and fly into the Light, your spiritual freedom to reclaim.

The importance of Meditation

Meditation is the oldest practice with the help of which a person immerses into his consciousness and tries to find his own path in this world. Meditation is a set of special exercises aimed at the inner concentration of the mind for spiritual insight and personal development.

Meditation is not a passive exercise where you sit with your eyes closed, doing nothing. It is one of the most vibrant exercises, which involves a great deal of subtle activity with respect to your four bodies (physical, emotional, mental and spiritual).

During meditation, getting "access" to his consciousness, the person finds the right solutions and makes correct choices. Personal self-development is necessary to understand whether a person is moving in the right direction. To do this, it is important to analyze your own life thoroughly, and the best way to achieve great results is to practise meditation.





Meditation is the main tool for personal development, during which it is possible to:

- Find harmony;**
- Set goals and choose ways to achieve them;**
- Restore life forces;**
- Recharge energy;**
- Gain confidence.**

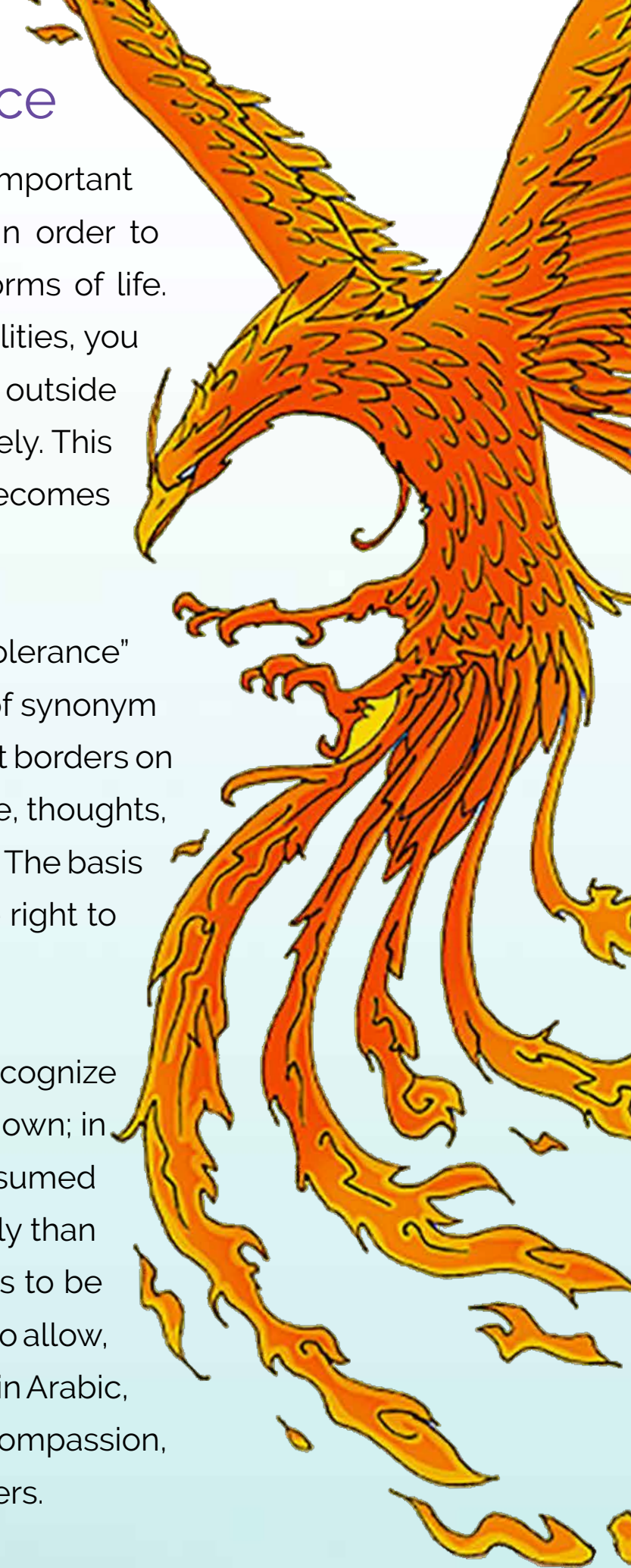
In the process of meditation, a strong connection with your body is established. As you practice meditation, your character strengthens as well. Meditation develops a sense of healthy self-confidence in the practitioner. The chaos of life is eliminated and harmony comes in its place. Meditation, releasing from complexes, endowing with self-confidence, improving health, allows you to see life in all its beauty.

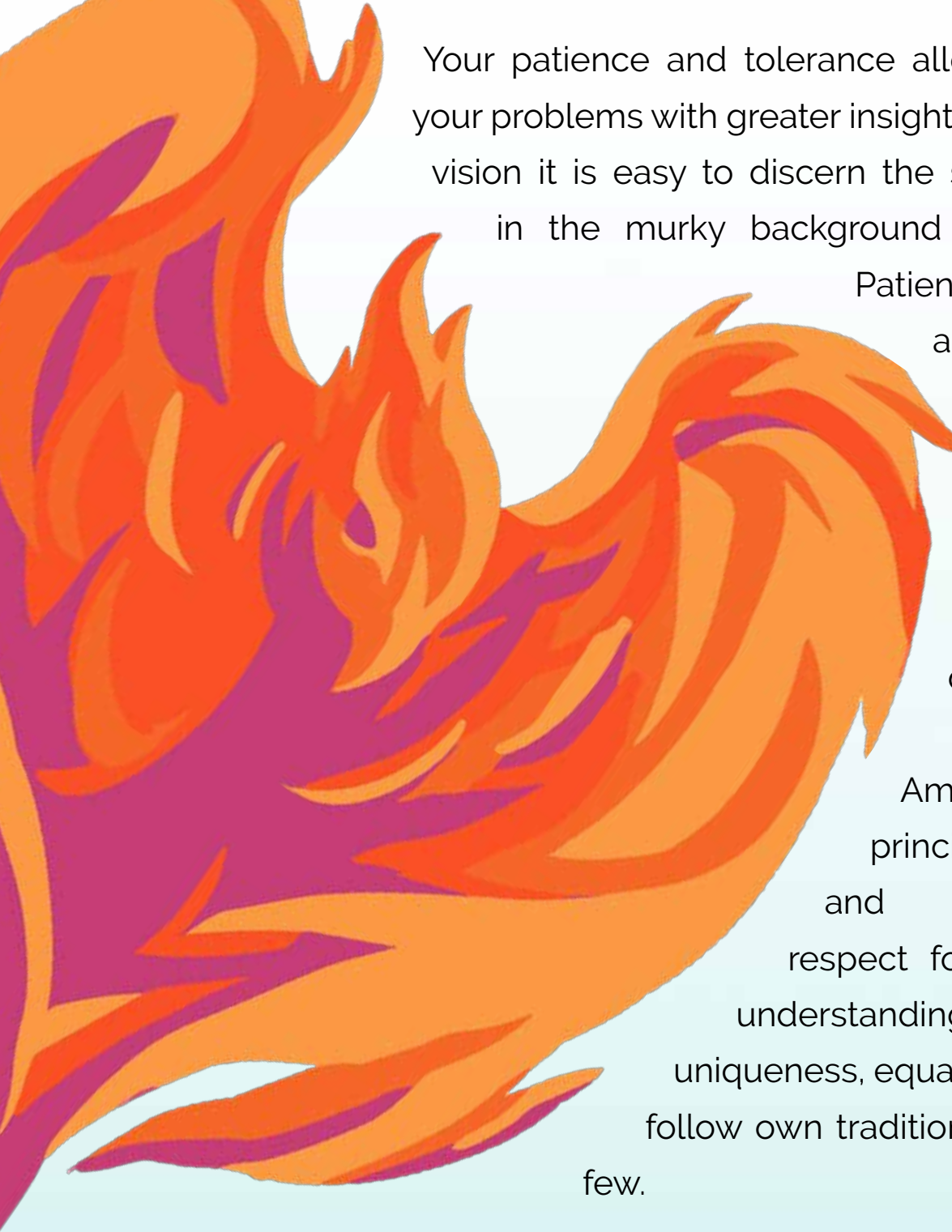
Patience and tolerance

Patience and tolerance are the two important qualities that one should develop in order to enjoy peace in the midst of the storms of life. When you have mastered these qualities, you are in full control of your mind. No outside influence can then affect you adversely. This reduces the stress levels, and life becomes tolerable and easy.

In different languages, the word "tolerance" has a similar meaning and is a kind of synonym for the word "patience". Tolerance that borders on respect for someone else's way of life, thoughts, behaviour, feelings, ideas and values. The basis of tolerance is the recognition of the right to difference.

In Spanish, it means the ability to recognize different ideas or opinions from your own; in French, a relationship, in which it is assumed that others may think or act differently than you yourself; in English — willingness to be tolerant, condescension; in Chinese, to allow, accept, be generous towards others; in Arabic, forgiveness, gentleness, mercy, compassion, benevolence, patience, favoring others.





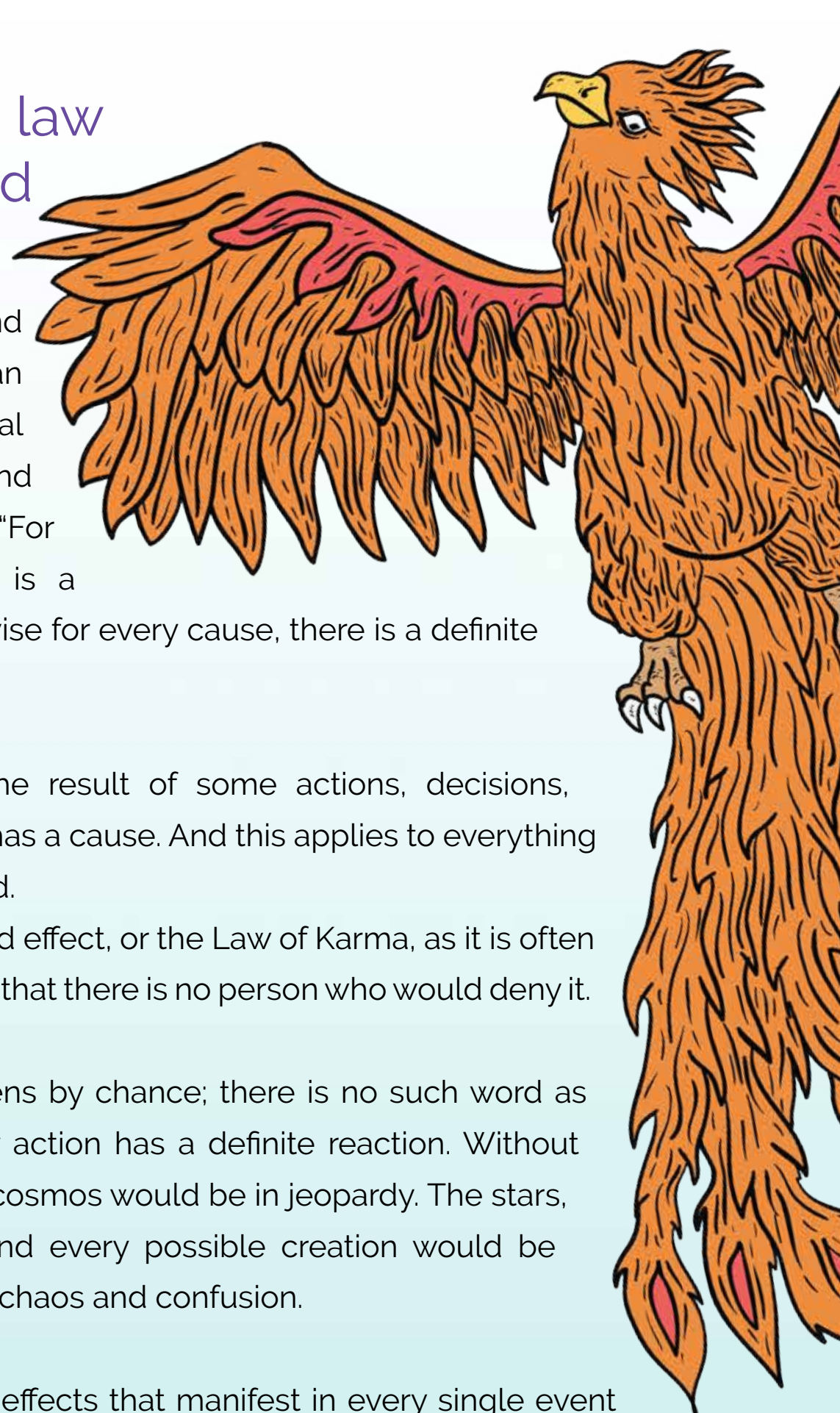
Your patience and tolerance allow you to review your problems with greater insight. And with clarified vision it is easy to discern the solutions mingled in the murky background of your ordeals.

Patience and tolerance are like huge pillars that staunchly support you when the storms of life come crashing down on you.

Among the basic principles of tolerance and patience are: respect for human dignity, understanding of individual uniqueness, equality, opportunity to follow own traditions, just to name a few.

Tolerance and patience are aimed at achieving harmony and peace, contributing to the concepts of unconditional respect, cultural diversity, self-expression, self-identification and manifestation of individuality.

The cosmic law of cause and effect



The basic truth and law governing human life is the universal Law of Cause and Effect, which states: "For every effect there is a definite cause, likewise for every cause, there is a definite effect."

Each situation is the result of some actions, decisions, thoughts. That is, it has a cause. And this applies to everything that happens around.

The law of cause and effect, or the Law of Karma, as it is often called, is so obvious that there is no person who would deny it.

Nothing ever happens by chance; there is no such word as "coincidence". Every action has a definite reaction. Without this Law, the entire cosmos would be in jeopardy. The stars, planets, mankind and every possible creation would be thrown in complete chaos and confusion.

Your actions create effects that manifest in every single event of your life. If you are not satisfied with these effects, you have to



change the causes that led to these effects in the first place.

Thoughts have no less influence on our lives than our actions. It's just that the influence is not so obvious, because sometimes we don't even realize that negative thoughts are capable of attracting negative situations over time

and do not consider them as the cause of what is happening in our life.

You need to realize that the main reason for everything that happens to you is yourself. Give up negative thoughts, try to think positively, because your thoughts cause the formation of various life situations.

Try to treat people the same way you want people to treat you. By adopting this principle, you will never hurt or offend anyone.

Change the way you are acting, transform your way of thinking, and you will create a completely new destiny.

Power of unconditional love

All over the world you find people desperately looking for a "perfect" partner; but until you learn to love unconditionally, you will continually be deluded in your search for a "perfect" partner. Perfection is in your mind, and not in others. Your ability to accept another in all their imperfection is perfection in itself.

Unconditional love is similar to the love of a parent to a newborn child, when the infant is held for the first time. At this moment the parent is «glowing» with love. It becomes clear that love is light and love is pure and unconditional. Healthy relationships are built on the foundation of unconditional love. In unconditional love you do not need to prove your love. It has no need to question or doubt, to possess or obsess; unconditional love is sure, strong and undying. There is a quiet but definite sense of belonging and surety.

Unconditional love means that we fully accept ourselves. This happens when we love and accept loved ones and those around us as they are, and not as we would like them to be. Do not impose on them your ideas about what to say, how to behave, and what to do.





Do not demand the impossible from others!
They have their own tasks in this world. They
came to this world for their own lessons.

Do not try to change the world
without changing yourself.

Do not try to change your
neighbor. Change yourself first.
By changing ourselves, we are
changing the world around
us. Have patience, the
changes will not affect your
surrounding immediately, but
eventually, your internal world
the external reality.

will influence

We always have to remember that love attracts love, however,
and only unconditional love can heal a person and help him.

Unconditional love is free; it is love in all its purity and perfection,
independent of all the false beliefs and perceptions of the
world. It is a force that transports you to the higher states
of consciousness where true bliss and happiness prevail.

Forgiveness

Forgiveness is the energy that releases you from all unhealthy bonds
with people who have hurt you. It helps bring peace not just
to yourself but to those whom you forgive. Many people
find it hard to forgive for the suffering they are put through.

Forgiveness relieves your heartache and liberates
bringing the state of peace and love.

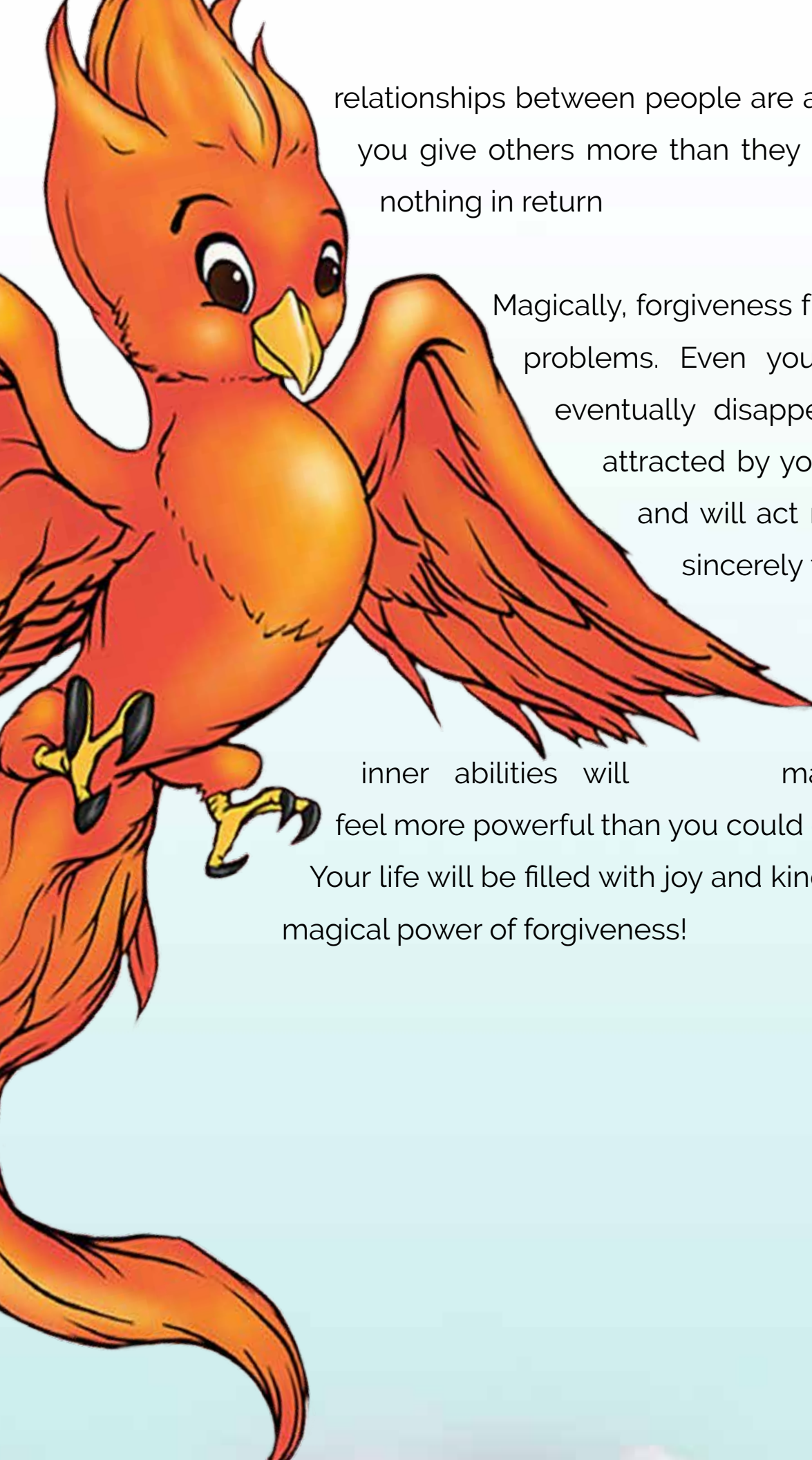
The benefits from forgiveness are so obvious. Firstly,
forgiveness frees you from the past and allows you
to reach your true potential. It positively affects your
emotional energies. Now you can use all its force to change
your life for the better.

On the contrary, objecting the importance of forgiveness, you feel
trapped and incapable of further development.

Your true strength lies in being able to forgive with complete love
and compassion. If you want to retaliate against the injustices done
to you, then this is the way.

Learn to forgive to benefit others. Being able to forgive
makes you wiser, kinder and generous. This in turn
will help you to understand that the most correct





relationships between people are asymmetrical. When
you give others more than they give you, expecting
nothing in return

Magically, forgiveness frees you from many
problems. Even your health problems
eventually disappear. People will be
attracted by you positive attitudes,
and will act more positively and
sincerely towards you.

As you learn to
forgive, your
inner abilities will manifest, and you will
feel more powerful than you could ever have imagined.
Your life will be filled with joy and kind people. This is the
magical power of forgiveness!

Patience and tolerance are the keys
To the doors of eternal Peace
Guard it against the evil foe
Of fear, envy, greed and woe.

Thoughts are things, not fantasy
Empowered by your energy
Then sent out into the Universe
To manifest as your desires.

The Mighty Law of Cause and Effect
Demand obedience and respect
Tempering souls with tears of fire
Until perfected to rise ever higher.

Live with a joyous attitude
Of contentment and gratitude
Thank God for the have's and the have-not's
Count your blessings when you're out of sorts.

Oh! Nature, Source of abundance true
In wholeness we co-exist with you.
Our bond with you is eternally strong,
Oh, Mother! To you we do belong.

NOW is all the time there is
NOW is eternal, timelessness.
This is the only reality
The moment of peace and tranquility.

Forgiveness snaps all unhealthy bonds
With all who ever did you wrong.
Bless them all and move along
Happy and free, all life-long.

Cosmic Flame from God above
Highest vibration, immaculate Love
Transmute all the dross and grime.
Raise us to spiritual heights sublime.



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