

Preface

LIVING WITH CONSCIOUSNESS is a product of my life's journey on Earth. When I was young, I never understood the meaning of consciousness; nor did I understand the purpose of my earthly existence, or why I was encountering certain individuals in life who were sources of grief, unhappiness, and suffering. I was caught in that cycle for a long time until, in 1985, I met Khorshed and Rumi Bhavnagri, who helped me understand the reason for my existence on Earth and why I had to go through certain tests and training in life.

Over the years I have read many spiritual books but the principal basis of my learning has been *The Laws of the Spirit World*, (Jaico Publishing House, 2009) written by Khorshed Bhavnagri. Khorshed was a spiritual teacher and dearest friend who did not hesitate to correct me on my spiritual faults. She used to hold spiritual classes in Bombay (Mumbai) and Canada, which my wife and I were blessed to attend. Her classes were simple and taught us about the existence of God and the law of karma, and how

to lead our lives on Earth, build relationships, go through our tests and training peacefully, and raise our spiritual consciousness. Each class had a different theme. Each topic touched our heart and soul, and each topic made us realize that we were born to help and serve others in life.

During my life, I have come to understand that, in order to change spiritually, we each need to elevate our individual consciousness. In this way, we gain the ability to look at things from a different perspective, to embrace our spiritual tests and training, and to experience our earthly journey with peace and joy.

I have always known that God has a plan for everyone, a divine purpose. In the universe as a whole, we are each a piece of the puzzle. When things don't work out the way we want, there is nonetheless a higher spiritual meaning, a meaning we cannot understand when we allow turmoil to control our lives. But when we listen to our higher selves we gain clarity, and our lives become more creative and meaningful.

This book describes my life, my journey, and the earthly and spiritual experiences that have guided and benefitted me. Each earthly experience shaped the way I lead my life today and made me realize that we are born to assist and serve others. Until we do so, our journey is neither promising nor fulfilling. In my lifetime, I have been required to undergo certain challenging earthly experiences so that I could learn, grow, and evolve spiritually. Once I acquired the art of learning from my journey on Earth, it was easy for me to accept whatever difficulties I encountered and to apply my spiritual learning to my life.

In the course of my journey, many types of people—including friends, my children, and colleagues—have taught me something meaningful. My friends showed me the path of loyalty and honesty. My children taught me how to control my temper and cultivate patience. My colleagues taught me the path of commitment, and some even showed me the effects of betrayal. The people I have encountered have impacted my life in varying ways. In some cases, they were just passersby—friends and colleagues whose journeys I observed. Certain other people, however, had such a profound impact on me and my life that I was able to see clearly the reason for my being born on Earth.

Over the years, I have learnt that we can only promote change in others when we each raise our own consciousness and see things from a higher perspective. Anger, irritation, impatience, and frustration lead us nowhere. Such feelings impair the ability to focus and harm the spirit, which in turn creates disruption, discord, and disharmony in our work and personal lives. The joy of living is to exist in peace and harmony. I have always loved the proverb “Live and let live” but I can add five more words: “Live and let others live in peace and harmony.” In whatever capacity we live and lead, we have the power to change the lives of others, including our families, friends, colleagues, and indeed everyone with whom we directly and indirectly come into contact. How we use our energies, truth, power, authority, flexibility, knowledge, and wisdom is entirely in our own hands. We each have the ability to create a better environment that will encourage other people to connect with us and share their pain, suffering, joy, and triumphs.

Individuals possess different levels of consciousness. Some have strong, positive, and dominant spiritual qualities, whereas others might demonstrate less spiritual development. Even though we possess different levels of consciousness, we are all connected on Earth through soul consciousness. And each of us has the power to change our individual consciousness. The way to change lies in using our energies and power productively, through positive thoughts, positive words, and positive actions; in building harmonious relationships with one another; and in performing acts of kindness. Overall, to change is to go through life's journey on Earth while accepting all spiritual tests and training that we encounter. In the end, this acceptance is the path to higher consciousness.

I hope that you will find this book inspiring to read and that my experience will provide you with strategies for your own lives. At the end of each chapter, I have provided summarizing points to further guide you in your journey. It is my sincerest wish that these signposts or, as I call them, *inspirational connections* will bring you clarity as you fulfill your life's purpose.

In my lifetime I have discovered the importance of making a determined effort to gain self-understanding and to make desired personal changes. In this way, we each reap rewards for ourselves, our spirits, and the people who surround us in our daily lives.

With love,
God bless.
Nozer