

FROM THE NEW BOOK "1000" BY RAMAJI (APRIL, 2014)

FREE CHAPTER: The RASA Opportunity



Spiritual transmission is a familiar idea to some, but not all, in the Advaita and non-dual community. Its most familiar form is probably the notion that being in the presence of or "sitting with" an awakened teacher will facilitate and somehow help to precipitate your own stabilized awakening.

The popular term "Satsang" is used to encapsulate these and other benefits that may arise in the context of an enlightened person. The Sanskrit word means "in the company of truth."

My contribution to this time-honored method of spiritual empowerment is RASA. The term RASA is an acronym for "Ramaji Advaita Shaktipat Attunement." Rasa, as you may know, is also a Sanskrit word. It means "essence."

If you would like to see a video of me delivering RASA in San Diego in 2012, here is the link on YouTube. [NOTE: Go to the "Satsang" page at Ramaji.org. The video is near the bottom.](#)

The Power of Silence: Five Minutes to Freedom?

Ramana Maharshi is well-known for emphasizing the power of Silence as the most elegant and effective form of spiritual transmission. However, in our busy modern world where the average spiritual student suffers from a limited attention span, the fulfillment of this ideal is not easy.

RASA is able to meet Ramana's high standard of excellence for several reasons. The RASA transmission is given in Silence over the Internet via video Skype. It takes only five minutes.

RASA can be given to groups as well as individuals. It does not require any talking other than a brief introduction. The recipient does not have to believe in RASA or, for that matter, in anything at all. No background in spirituality is required.

All that is asked is a willingness to receive. In the beginning, RASA was given for free. A small donation is now requested so that more people can receive RASA in support of their non-dual awakening. In the current format, I include a one hour Skype chat and consultation. I give RASA at the end.

The Story of the RASA Transmission

The RASA story begins Spring, 2011 in Palm Springs, California. It began with a heart-felt gesture for my wife.

She had come down with an immune system disease for which no cure could be found. It hurt my heart to see her suffering. I figured it was time for me to try healing again.

Even though I had learned complicated energetic techniques, the form of spiritual healing I had always come back to was also the most simple. I placed my hands above the person's head and prayed for the Divine Light to come down and, according to the Will of God, bring healing or another form of Grace that would help this person's situation.

My wife sat in a chair. I stood behind her. I held my hands above her head. I prayed from deep in my heart for a healing.

I held my hands straight out with the palms vertical. They were above her head about a foot on either side. Based on what I knew about keeping the Crown chakra open, I did not want to cover it up by holding my palms over her head.

I was surprised to feel an energy above her head. My hands moved spontaneously back and forth. When I felt the process had completed itself, I sat down. Although I had definitely felt something new and different, I was eager to know what she had experienced.

"I could really feel that!" she said. "There was strong heat. It went all through my body. I am feeling really good now."

I was very encouraged by her report. A few days later, she told me "I'm sorry, but even though I was feeling better, I think I'm back to where I was at before."

Still believing that I was performing some kind of physical healing, I began giving the "healing" sessions to my wife three times a week. She would feel much better for about the next 24 hours. Then the positive changes would decline. While she did seem to gain an overall cumulative benefit, it was not life-changing for her at a physical health level as I had hoped.

Then it struck me that what might be happening is that somehow the treatments were raising her LOC for a brief period of time. At this point, I had started assessing the LOCs of various teachers and other public personalities, but I had not yet conceived the idea of writing a book.

I began tracking and recording my wife's LOC before the treatment and in the hours and days after the treatment. My suspicions were confirmed. Her LOC was going up. When it went up, she felt better, but she was not able to hold onto it.

In early 2011, after a hiatus of more than a decade, I had gone back to being a public non-duality teacher. I was now talking to people from around the world via the Internet on Skype. It struck me that the next logical step was to give RASA to these spiritual students, track the results and get their feedback.

The results were consistent. The LOC of every person that I gave RASA went up into non-duality levels for a short period of time. Some were able to hold onto this boost into levels above LOC 600s. For these people, RASA changed their lives.

RASA By the Numbers: Brief Summary of Top Results

I have been keeping meticulous notes since I began giving RASA in earnest in early 2012. These are my top RASA "performers." I give their starting LOC (before their RASA session) and their LOC after several months time.

Subjects were contacted to discuss and confirm the results. In some cases, I received unsolicited emails confirming a major shift. My research included getting concrete feedback

from RASA recipients. If I was going to say this worked for people, I did not want to rely solely on my subjective assessments.

All of the subjects received RASA at least two times. Subject names are fictitious to preserve privacy. Location is accurate. These students experienced unusual level of success. The RASA transmission cannot promise the same results for you.

Subjects are considered stabilized. Daily fluctuation is unlikely. Month to month or year to year, there may be variations up or down (still within non-dual limits). After the subject stabilizes at LOC 1000, no fluctuation has been seen.

Subject - Location - M/F - Starting LOC - Stabilized LOC

1. Bill - Australia - M - LOC 581 - LOC 674
2. Darla - California - F - LOC 558 - LOC 674
3. Erik - Canada - M - LOC 578 - LOC 685
4. Eve - United Kingdom - F - LOC 584 - LOC 746
5. Frank - Canada - M - LOC 582 - LOC 788
6. Laura - California - F - LOC 576 - LOC 847
7. Mary - United Kingdom - F - LOC 589 - LOC 876
8. Nathan - Norway - M - LOC 583 - LOC 888
9. Rick - California - M - LOC 583 - LOC 897
10. Robert - Hong Kong - M - LOC 582 - LOC 1000
11. Stewart - California - M - LOC 578 - LOC 1000
12. Theresa - California - F - LOC 583 - LOC 1000

RASA By the Numbers: Tracking the LOC Response

In January, 2014, a Skype student from Oslo, Norway asked me for more specifics about RASA and how it worked. He had received excellent results from his RASA transmissions. I have added a few sentences to my reply for the sake of this book.

Question: What kind of LOC jumps are "normal" after receiving RASA based on your experience? Are we talking about +10, +20, +50 or +100 LOC jumps? I would guess it is highly individual. Does it make a difference where they start on the LOC scale?

Answer: I believe the biggest thing with RASA is the preparation and readiness of the person, their receptivity.

How much of the RASA can they absorb? For me on my end doing a group RASA is not any more difficult than for one person. I do not believe there is a limit to RASA per se.

A man in Hong Kong went from LOC 582 to LOC 1000 in less than a week! It is six months later and he is still at LOC 1000. I talked to him on Skype and asked him questions to verify his state. There is no doubt for me that he really is at LOC 1000. His own subjective assessment confirms it as well. His is an exceptional case, but it shows the potential.

Regarding RASA and LOC, usually the person goes up into high non-duality LOC immediately (often to 900s or 1000). This lasts several hours, maybe for 24 hours. Then they come down, only not as far. So there may be permanent gain of 1, 2 or 5 points. This is still a big gain. Five points equal a lifetime.

Some people do stabilize in the higher non-dual LOC, meaning they go up and stay up and do not come down. The usual pattern is to go from the LOC 580s to LOC 600s or 700s. Once they get to LOC 700s, they can find their way from there.

There is no extra effort for them to stabilize at the non-dual LOC. It is just time for it to happen to them.

A few people who stay up and maintain a non-dual LOC still have deep emotional traumas to heal. They have a more mixed experience. They may have to work hard to achieve full stabilization in non-duality, but they do feel the higher LOC.

If the person is not in the LOC 580s yet, they can still benefit from RASA. Repeated RASAs will help move them up from LOC 550s, 560s or 570s. After they get to LOC 580s, they are in launch position to attain and stabilize in non-dual levels.

A Global Phenomenon: RASA Reports and Testimonies

Since you do not know me personally, I can appreciate that you may be skeptical about the benefits of RASA for you. To be sure, no "guarantees" can be provided for RASA or any other spiritual transmission. Even so, I can say that, in spite of its spiritual power, RASA is surprisingly soft and gentle.

Some of the people who received the RASA transmission in support of non-duality kindly provided me with feedback that I could publish here. In most cases, the names of the RASA recipients have been kept private at their request.

The original emails are on file at my office in San Diego, CA. They have been edited for spelling, sense and continuity.

MR. K. FROM AUSTRALIA

The session itself was simple and short. Resting into the breath I soon noticed that my state had shifted, subtly more even and brighter. I felt/saw as if three fire poker were removed from the top of my heart and then a greater spaciousness was obvious around the top of my head.

I then noticed there was an energy descending, or perhaps emerging in and as me, because there was no front edge to it, no wave as it entered and transformed, it just smoothly became me. It had the quality of deep relaxation and a subtle yet thick bliss. It was profoundly subtle and extremely full field of Goddess Love, as if an ocean was above me pouring into/through/as me with the barest golden hue, if it ever glinted in the immense darkness. Despite the sense of scale it felt utterly intimate.

The sense of the descending field of love continued through a brief meditation, and then uninterrupted through an argument with my partner where I got quite emotionally triggered. Experiencing that was remarkable.

It reached a point hours later, around sundown, where the vibrational impact felt so deep and full that I needed to lay down. Some organic processing or subtle-digesting occurred over a few hours.... phone call from my partner, a completely unexpected breakthrough between us into deeper harmony. Then I noticed I felt clear, brighter and smoother throughout my inner awareness.

MR. H. FROM NORWAY

The RASA session was excellent. I could feel the energy lift. The tension in the Heart [on the right] area was reduced. I was surprised that I hardly had any thoughts during our session. My experience afterward is that I encountered a new deeper layer of tension in the Heart area. Things are going well!

Now I feel the Self is more and more taking over - no need for "effort meditation" - feels more spontaneous - and feeling in Heart of melting and opening up.

In meditation it feels like open space/sky, peaceful/silent but still full, with body tensions melting and a flowing/pulsating energy inside - feels like Self is slowly melting "Me" away - and I cannot do anything about it - I feel completely helpless - LOL :)

MR. K FROM THE UNITED STATES

RASA took me out of my head and threw me into a blissful state. I felt more alive than ever. I saw auras and experienced a deep, peaceful energy that I had no idea could be accessed so quickly and easily.

My consciousness reoriented from ego-based perception to pure being. As my false sense of self began to fall away, my overall experience of reality felt brighter, livelier, more peaceful, and ever-expanding.

MR. B. FROM CANADA

I did notice a shift after our RASA session. That evening I had trouble sleeping because I had a major wave and anxiety and fear. By the next day it lifted. What happens now takes priority, with greater clarity about what is important.

In fact, nothing really feels to be of great concern — everything seems to have the same degree of presence. Anxiety about what has happened or what might happen down the road has fallen away to a great degree.

It is like going through the motions of being in a movie and watching a movie at the same time — nothing is really personal, it is all a script. At the same time, everything feels more personal, insofar as everything feels more present. To use an analogy, in this frame of mind, I would perceive an elephant and a mouse as equally present with equal priority.

CLAIRE CERRIDWEN DAVIES FROM UNITED KINGDOM

I have had a big shift in consciousness. I was wondering if the Shaktipat was taking place already! I keep feeling my crown chakra tingle. Thank you so much for the blessing the other day ;). I really felt the energy and had such beautiful dreams... sort of interspersed with energy surges and slipping in and out of different realities.

I do feel different ;) it could of course be that I have someone to connect with on the earth plane that has answers to my questions! Usually people expect me to have the answers lol. Did you suggest three shaktipats [RASAs]? If so I'd like to book another one and two of my friends would like one too... Let me know how best you think it is for me to continue to raise my LOC with you ;).

Effects are subtle but profound! I've actually felt a little bit on shifting sands and experienced a change/shift. With clients amazing insights pop into my head I've really noticed that! With clients so emotional as I've untangled there blah!

I've been more aware of my thoughts... Sometimes I can spin into a spiral when the old tape starts playing but I've been able to halt that process and examine what the belief system is that creates the thought and so on... I've managed to close a door on a very old wound rather peacefully. I'm not yet enlightened I think I slip in and out and experience moments of non duality! I'd like to progress further certainly.

My intuition is razor sharp! Like a laser beam! I feel really connected and most fears have dissipated. I'm willing to follow my bliss and silence my ego.

Also and this is a big shift! I always wanted to escape my ego and 'get out of it' but recently I've been do grateful to it for how it has served me so far and I feel more like integrating and living it rather than stepping out of it! It's served me well rather than being my enemy.

What else? I've met or connected to a man who's evolved and a vibrational match... I never thought that would occur and just a whole series of people have been drawn to me.

I love it but I have felt the initial euphoria and wowness subside which made me think, yeah, it's integrated! Time for my next leap lol. Feel free to add my testimonial to the website. I'm happy to promote and support you in getting this energy out there! Thank you for your generosity of spirit and your energy!

MRS. A FROM UNITED KINGDOM

I just wanted to thank you again for your RASA via Skype. I feel it deeply. Even as I am writing this email, I feel extreme happiness that starts within the Heart but spreads like wildfire within me. There is also a feeling of pressure on top of the head. My husband reported that I was glowing. I cannot even express the gratitude I feel at the moment for what you have given me.

Talking with you has appeased my confusion and frustration. Before getting in contact with you I had promised my self that you would be the last teacher and teaching I would seek as the road has been so long and difficult. Thankfully I am happy to report that I feel a deep connection to you which I will trust.

You asked me to be specific and detailed about my experience. RASA felt soft yet very strong. It was powerful and forceful yet feminine. Even though I say forceful, it was not aggressive. It was a descending force down from above.

I felt it was the energy of Kali Ma. This energy is merciless. It is merciless mercy, mercy without mercy. It is all done with infinite love. It is merciless Love Absolute.

It is a fierce fearless force unforgiving to anything that is not aligned with Truth. It will destroy everything that keeps you in the illusion of separation.

MR. M FROM THE UNITED STATES

Very gentle and relaxing. The RASA sessions opened my body and awareness to more of the

downward flow of Shakti — tingling, soft, and expansive. Later in the following days, unpleasant emotional activity showed release and settling.

While my energy system was already in various states of openness, the RASA helped further stimulate the Crown and Heart on the right. This was new to me and is just in the beginning stages. It helped calm recently elevated automatic movement activity [involuntary purifying motions of the body, or kriyas]. A side effect was the increased awareness that what occurs in the flow of life happens on its own.

MR. Z FROM HONG KONG

I had been experiencing non-doership before the RASA session. Yet after the session, the detachment was more pronounced, and life flows effortlessly and miraculously.

Last night, intuitively I turned all my senses inward, and I arrived at this place just like the gap between thoughts or the place of pure awareness. The bliss was immense. It was like the RASA session had cleared a path for me to get there.

My meditation happens mostly at night and in bed these days. The gap between sleeping and waking becomes longer everyday and the bliss is massive. Still working on bringing that bliss and peace to daily life.

I hope I can have a chance to talk to you for clarification on the practice of self-inquiry. The sessions with you have really speed up the journey leaps and bounds. I am so grateful for your guidance and blessings.

The RASA sessions have helped me tremendously. My life right now is full of moments of non-doership with the realization that "I" is just a concept. Thank you once again.

RASA Is a Mystery: A Direct Non-Dual Download of Grace?

It is possible that a good description of RASA is that it is a "direct non-dual download of Grace from Divine Mother." But if you don't believe in Divine Mother, meaning the feminine side of God, or you have a problem with that concept, I don't want you to miss out. The labels don't really matter.

What really matters is the experience itself and you can get that even if you don't believe in God. As long as you believe in yourself, in the sense that you exist, then you are qualified to receive the RASA transmission. There is no other qualification.

The point is that a loving Higher Power is involved that wants to help people become

spiritually free. If you are interested in spiritual freedom, especially if you've been working at it for awhile, then RASA is worthy of your serious consideration. There are no qualifications. Just relax and receive. That is it.

All of the 12 people who have stabilized in non-dual LOCs so far, including the three who went all the way to LOC 1000, were advanced seekers and had been working hard for a long time. In my conversations with them before delivering the RASA transmission, all of the 12 people impressed me as having true humility. They were not full of spiritual ego.

RASA is very gentle. Sometimes, people see a white, gold, or white-gold light. It is felt to be a descending spiritual Force. Many feel that although it is powerful, it is still feminine. It is assertive. It is not aggressive. This is how it can be so gentle, yet still accomplish major transformation and upliftment.

I recommend three RASAs. Once a month or one a week seem to work best. Then after you get three RASAs, you can decide if you need anymore. They are still helpful even if you are already established in non-duality. Since it is typical for the RASA to take the recipient up to LOC 1000 at least briefly at the very beginning, RASA is an opportunity for you to rise to higher enlightened LOCs swiftly and easily without effort.

There is Nothing Else to Get. Your RASA Is It.

Since my Kundalini awakening as a teenager in Los Angeles, I have been involved in the spiritual world. I am very familiar with the marketplace and with the problems that go with it.

Since I do what I do out of love with the intention of helping people to be happy and be their true Self, I have zero interest in building an organization, cultivating lots of followers or organizing a system of teachings with multiple levels.

As I have told numerous people during their RASA session, my goal is to make myself obsolete. It is clear to me that you are the Self. If somehow you are confused and do not see that you are the Self today, tomorrow is a new day. It is very likely that you will wake up and come to your senses tomorrow.

Then I would just look foolish calling you a "student." So I do not have any students. What I have are friends and people who, for the moment, have forgotten that they are the Supreme Self. Maybe they got knocked on the head. Maybe they got drunk. But they are definitely the Supreme Self!

The other thing is that I am working to do all of this right now today. I am not aware of any

tomorrow that is going to show up. What we have is today and, really, we don't even have that. The reality is that we have this second. That's about it.

The spirit of RASA is to act fast and act with totality. So that means you could be the next RASA recipient who goes to LOC 1000 after receiving RASA. Of the three people who went to LOC 1000 after receiving the RASA transmission, one took two and a half years, one took six months and one took six days to get to LOC 1000! To be honest, these amazing people blew my mind! I did not even know that this was possible.

Act fast with totality means that when I deliver RASA, it is in the spirit that the RASA will do its thing, raise you into a non-dual LOC and you will stay there. Once you stabilize in non-duality, my work is done.

Some people come to me for coaching. Some people continue to get RASA and work with me until they get to LOC 1000. I am here for you. I can help and I'm good at it. There is no obligation. I am not looking for "students." I have no students. You are already the Self. If you get RASA, it may help you remember or recognize that fact. That is its purpose.

If you would like to schedule a RASA transmission in support of your non-dual awakening, you can go to my web site. Click the PayPal button to pay the reasonable requested donation.

Ramaji.org

The Next Step: Delivery of Group RASA

This book has described a spiritual map to help seekers and teachers know where they stand on the path. It is not a book about methods and techniques for spiritual advancement.

When I give a Satsang group, I usually talk about something having to do with Self-inquiry and non-doership. I also give RASA at each meeting to the group.

What I do now is give the RASA transmission to the whole group at the same time. My first test of group RASA was with my local San Diego Satsang group.

After delivering the group RASA, I went around the group and asked each person if they had experienced RASA. All of them did. I also checked to see if their LOC numbers went up quickly like they would with an individual RASA. They did.

When I give the RASA transmission, I do not feel that my energy is involved at all. I am

functioning as a "channel" for a spiritually uplifting Force that is divine or universal.

It is the same for me to give RASA to one person, to 10 people or to 100 people. It does not make any difference to me how many people are receiving. Each person is receiving from their own place. I am not sending it to them. It is direct from the Higher Power to them.

Peace, Love and Many Blessings,



Ramaji

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Ramaji.org

Ramjiunity.com

Meetup.com/Ramaji-Satsang-Group/