

# ***Article on Freedom from Separation***

Interview with Mirabai Devi

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“This topic is very relevant at this time as I am helping many through the journey from separation to Oneness, from victimization to self-empowerment, from doubt and fear to faith and love, from unconsciousness to being spiritually awake, and from loneliness to all Oneness. This is my role in service to humanity, to help facilitate the awakened journey.” – Mirabai Devi

## ***What does it mean to be in separation?***

To forget our true nature and be caught up behind the veil of illusion into suffering and isolation.

## **What does separation feel like in human form?**

If you're not in a state of love and compassion for all living beings, then you're in a state of separation where life can hurt, feel painful and feel very limited.

## **Is the Soul separate from God?**

The Soul is the drop of water that returns to the ocean which is God, but in reality there is no difference between the ocean and the drop of water. It's all made of the same essence.

## **Why would we choose to live in separation?**

In order for us to come to the earthly school and learn our life lessons, we have to abide by the game of separation and hide the truth of our nature behind the veil of illusion until we wake up from the dream and remember who we are.

## **Is it possible for an individual to attain this dream and release the veil while we are in physical form?**

Absolutely possible. Many have done it and it's the purpose and culmination of our evolutionary journey as a human. The veil is put there so that we can take the journey from separation to Unity. It is there so that we may know and experience ourselves as Divine.

### **How does duality affect our feelings of separation?**

Duality causes us to experience others (and everything) as separate from ourselves. It comes as three dimensional and separate from ourselves. This causes the painful experience of separation as we are relating from one individual to another.

### **If we are all One then why can we be separate?**

Because the ego is a mechanism within that creates veils of separation so that we can have an experience of being separate, even though we are not separate. Our experiences feel separate so that we can know and experience who we are.

### **If I start clearing my karma will I feel less separate?**

Our karma and our samskaras limit us in our experience to a model of pain, suffering and separation. In order to overcome this limited model of patterns and programs that are coming in from other lifetimes, as well as this lifetimes, we have to burn through, release, pierce the veils of separation, and overcome the limitation of what our karma and samskaras dictate to us and become completely free of them. This is a process and takes lifetimes. It is not necessarily a goal that we can attain in one lifetime.

### **What is the purpose of Freedom from Separation on the spiritual path?**

When you overcome the separation that causes you to see everything as separate to yourself, then you merge with everything and everyone into a state of Oneness and Unity Consciousness. This takes the development of Samadhi, a merged state of Union to attain. Samadhi is the culmination of meditation, and comes after practicing deeper states of consciousness and

establishing these deeper states over a period of time. Who and what we are is not who we appear to be on the surface level of life. Nothing on the surface level of life is as it appears to be. Separation is the illusion of consciousness, hiding behind veils.

**I have tried to feel One with my Highest Self but it's not working.**

The question I pose back to you is what practices are you doing? Tell me what it is that you've tried? What attitude are you taking? What is your perspective of your Highest Self? What have you tried to do that isn't working?

You may say that you have tried meditation, prayer, mantras, but you still don't feel anything. That's because there are thick veils that stand in the way between you and your inner self that create a protection or padding from you feeling your emotions as well as your inner being.

Try to imagine there are two beings: one is the outer being, the personality, the ego and the mind. Until the ego-mind surrenders and gets out of the way and the veils come down, the Divine remains silent, as the Silent Witness.

The inner being is the God-Self, the True Nature. This being is Always present, Always guiding us. We just need to build a relationship with it. We must open the curtains to allow the sun to shine in. If we don't open the curtains we are unable to see if the sun is shining. Surrender the parts of you that are in separation and resistance so that the Light can come in and illuminate within you and throughout your life.

**Why is it so hard to attain this Oneness or freedom from Separation?**

It is hidden intentionally and well for the purpose of self discovery which is meant to take a course of lifetimes of self-development and self-realization. It is not intended to be easy, otherwise there would be no journey of self-discovery. It is like the game of hide-and-seek where the Divine has always been there under our noses, and we don't recognize it or see it because we are not meant to see it. Again because it's a process. It was purposefully designed to be hidden from us.

***Are there any specific prayers or spiritual practices that I can use to help me to overcome Separation?***

We will be including two specific forgiveness prayers in this month's program that will help to cleanse blockages to Freedom from Separation. One of the prayers will be a Forgiveness Prayer by Howard Wills and the other will be a forgiveness prayer that I will write specially for this month.