

# The Power of *Illusion*



This book will help to see through illusion with clarity, connect to the truth within, release self sabotaging programs whereby enabling you to live in love and Joy no matter what life has to offer.

**Maya Vidhyadharan**

## **The Power of Illusion**

*The Power of Illusion is an openhearted and loving guide to help you find peace in difficult times.*

*This book will help to see through illusion with clarity, connect to the truth within, release self sabotaging programs whereby enabling you to live in love and Joy no matter what life has to offer.*

**By**

**Maya Vidhyadharan**

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# Dedication

*I dedicate this book to my divine teachers*

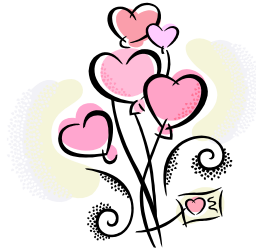
*Maya, Dr. Carley J. Henius*

*&*

*Adyashanti.*

*I would have been lost without their compassion and divine guidance.*

*May their path be blessed.*



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## Author's Note



This book is written with my love for all of creation to attain the highest enlightenment while we all share this journey called life. This love in me, which is the universal love, meets the same in you, to share or maybe to acknowledge the sameness in both of us. My deepest gratitude to life for bringing me to this place where I can feel the love move in me unhindered to reach out to another and make a connection. This same connection is passed on from one to another until we are all lifted from our invented reality called life to something that is within our hearts and truly does not belong to us.

We all share the same story. We use each other to weave patterns of pain until we finally break away from this net. This breaking away is the result of our love for truth and the need for something real, more than a beautiful illusion. We all need to be in this illusion and see through our shadows so that we may see ourselves as human beings first. We cannot bypass our humanness for a higher divinity. We need to walk through our deepest darkest shadows, embrace them, own them and then release them back to the light. This process opens the heart so that the power of the universe can flow through us; show us the magic, touch another and heal, and to ultimately fall in love with life and creation. This love is the gift which will reveal you

are part of the one great mind, which is creating and destroying life constantly, so we may realize our true nature is God.

You are perfect as you are. You are not going to be more perfect after reading this book. Your perfection will become clear to you so that you can own it along with your imperfections. The perfection in you will embrace the divine imperfections with love so much that, you will come to your knees in gratitude. Your head bows and touches the ground you walk on. You realize the divine being that you are is being supported by all the other divine beings for your own self-realization. The horrendous heart wrenching sadness in your life was created by your unconscious mind. The people who hurt you have played their part, out of love, to release you from this bondage. This is a realization that needs to be directly experienced. The more you understand illusion, the more you will know the truth behind the grand play of it all. When you allow that truth to live in you, it is your key to freedom and your initiation to realizing the divine being that you are. Until this happens, we live life in our own invented reality. One that is created to sustain us until our ignorance is lifted.

It's okay to be in denial until you are ready – ready to know you are God. I learned from my teacher, Goddess Maya, that denial was created as an illusion to give us time to accept what is real. It's a good thing!

This book is meant for you to 'feel' more than to understand. It is meant for the words to resonate with an inner knowing already present within you. It's like coming home after a long and interesting journey. The teachings in this book are my valuable learning from Goddess Maya, along with teachings

from a group of Ascended Masters called Frodham. Please take what is true for you and leave out the rest.

The most important suggestion that I would like to pass on to you is to be open to being teachable by all, even with those who shake your belief structure at its core. You will never know when an epiphany can occur and set you free forever.

Enjoy reading!



# Chapter I: My Story



## The Early Days

I was born to a middle class South Indian family. At the age of sixteen I knew I had to take care of myself to leave the life I did not want in order to have the one that I wanted. I turned myself around from being a below average student to one who aced the twelfth grade and was invited to multiple engineering schools. It was my first opportunity to realize that I could have what I wanted. I knew there was something in me that could break all the judgments, hurt, dysfunction and lack of abundance that I saw around me.

I received a degree in Computer Engineering and entered the corporate life in order to see what it was all about. In the blur of activities like marriage, childbirth and divorce, I forgot who I was. I knew there was something more because I was completely empty inside. I did not know what love was, neither did I know pain. I was a survivor who worked on solving situations by moving on. However, my time was up, and this body and mind had taken all it could for twenty-nine years. The mountain was sliding down all around me.

Panic attacks and tears followed as I was discovering pain. I had to stop my 'shuck and jive' maneuver and sit with all the disappointments from childhood to the present. That was the pull towards the spirit.

I was never drawn to religion and was not interested in 'fixing' myself with some temporary high. Unconsciously, I wanted something deeper and more lasting. To my conscious mind, I was just searching for God. A God I did not want to accept as a stone idol or some belief created by another. I had one wish, to see God and ask Him why He screwed up my life. He created me and owed me an explanation. Being an engineer, I saw the 'design flaw' in creation as witnessed in my life. I just wanted to talk to Him and ask questions, which He owed me, since I did not ask to be created!

God came to me through humans who were there to help me when I was lost in the mountains during a hike or as the paramedic who showed up in the middle of the night during a panic attack. He then led me to my first spiritual teacher, Swami Anubhavanandha, who was my father from a previous lifetime. That was my first recognition in the presence that was beyond science and logic, which I could no longer ignore. The knowing came swiftly and with clarity. The truth in me was now speaking clearly and I was allowing it to happen.

My search for God soon changed into my search for self-realization. I now wanted enlightenment to escape from the pain of living. I started searching for enlightened teachers to fill this void in my life. Yoganandha, Nisargadatta Maharaj, Ammachi, Sakyong Mipham Rinpoche, and Ramana Maharshi were my divine teachers who introduced me to the Self. I

wanted God to be something far from me and I was taught to turn back to myself. That was very difficult! It was then that I met my teacher Adyashanti.

## Adyashanti

Adya was a strong wind that ripped away a lot of my ideas and beliefs that I held sacred. I did not understand his teachings for nearly a year, but I showed up, which was divine grace. I remember sitting in the last row during his talks with the hope that escape would be easier when the teachings zipped over my head! Slowly, I found myself staying for the entire talk and also moving up to the front seat. For five years I did not get up to ask Adya a question because I did not want him to see how confused and 'unenlightened' I was. Pure ego stuff! I slowly noticed all my questions would get answered in his presence without having to ask a question. It was simply divine and helpful!

I cried for years in his presence as the grief of separation from something that I could not define hit me. I showed up for several years and something inside me shifted as I started the movement of stopping. It was time to stop looking outside of myself for joy. I became aware of the movement of thoughts in my mind and inquiry began. The most important question that took me from delusion to a higher place of truth and joy was the question, *"Is This True?"* That truth was nothing but love, which helped me discover the love already present in me. A love that no longer catered to neediness and helped me make very difficult decisions, in order to stay in the

truth, no matter what I lost. I love Adya deeply and I bow to his divine feet for lifting me from the darkness. He never allowed me to put him on a pedestal because of my lack of self-love. He never bought into my deceptive neediness. He just made me turn back home and stay there. I am still a student on the path of God realization and my deepest gratitude to Adya for meeting me where I am, every moment.

## **Goddess Maya, Creator of Illusion**

I continued this journey of existing day to day and grasping at good moments and reassuring myself that everything was getting better. Somewhere along the way, I got down on my knees and asked God to lift me out of this pain. Slowly, something shifted. I was led to my divine teacher Goddess Maya through her beautiful channel, Dr. Carley J. Henius. I prayed to see God for years and received a Goddess from the God plane!

I was confused and defensive with having Maya on my path, since I was against blind faith and not easily drawn to anything that I did not experience directly. The Creator being formless was easy for me to rest in, but Goddesses threw me off. It was safe for me to ignore the part of creation manifested as form. This creation can come in the form of the most divine teachers as well as the most painful suffering endured in life. Maya came to my life to help embrace ALL aspects of creation, form and formless, so I may know God.

The day came when I was ready to attend my first workshop with Maya in Greece and I stood in front of her as she came into the body of Carley. I felt fear like never before. She held my face gently in her hands and lifted it to look into her eyes – I then knew! The lifetimes of knowing rushed through me and I cried to her like a daughter crying to her mother for the pain I endured in this lifetime. Her compassionate eyes and loving arms healed me and she asked me to let it go, and I did. That was the beginning of my spiritual journey in a direction I never envisioned.

She knew what my soul wanted and she blessed me with gifts for which I could never express my gratitude. She took me lovingly on a path that was like walking through fire and thorns. The lessons were difficult, more difficult than ever before, since I was now seeing and eliminating core dysfunctional beliefs. All my illusions were laid bare for me to see. All my comfort zones were getting wiped out. For several days I would bow to the ground and weep and ask for the courage to live that day in integrity. I knew there was no going back, and I would crawl onto the lap of the Creator to hold me and I was held. Maya never gave me something that I could not handle.

Maya lifted the veil of illusion to reveal all that was hidden for lifetimes. Goddess Maya's teaching is simple: **What is revealed is healed.** The healing process starts the moment our fears are revealed and from there on, it is taken to its full release and we are healed. We were given tools to understand illusion, which are mentioned in this book. Her teachings address emotional healing, physical healing, expansion of the mind, owning our power, heart opening, God realization, ascension and more.

Without the emotions resolved from childhood and past lifetimes, I was not going to realize who I was, since I was too caught up in my sorrow and false beliefs. My heart center was totally disconnected from my lower centers so I had compulsive eating patterns and self-sabotaging behaviors that I did not know existed. My first shocker was the realization that I created my life experiences. I created my unhappy childhood and marriage because my soul wanted it for its highest learning. I was introduced to my unconscious mind and I got to know it every day. I got to see and undo sabotaging behaviors. I started manifesting what I wanted.

I let go of people and things, which were held earlier out of my constant need for reassurance. I found my house empty of things and no one around me, which was total freedom! There is a time in our lives when we need to isolate ourselves to have a deep connected experience of who we are. We then discover the abundance of love already existing within us, which sees our strength and weakness with equanimity. This love gives us the courage and knowing to handle everything God wants us to learn without external dependence. Once we have this inner connection we can go back to the world and enjoy it more fully, knowing there is no need to get hooked onto anything.

Maya also showed me who I thought I was not. I saw that I was arrogant, proud, jealous and envious most of my life. I cried and surrendered to the Creator and asked Him to take my shadows away from me. I work at it everyday by writing to my unconscious mind and releasing my shadows. It is a lot of hard work which is paying off. I am discovering humility and service. I am discovering joy in everything that I do. I am discovering the ability to say no to anything that is not in the

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divine flow. I can now say it with total confidence and without guilt. That is freedom and compassion. I am no longer leaning on another to feel secure in their false belief that they are worthy because I let them into my life out of a lie!

I was taught how to have good boundaries, being open to a man, expressing my sexuality, sexual maturity, understanding illusion and how to break free, listening to angels and owning and releasing my dark shadows. I came to this point in life through pain inflicted by me onto others and experienced it inflicted back on me so that I would understand the effect of my actions. I realized what not having any power really meant, so that I could finally release this cycle of pain and anger. **As I live, so is life lived onto me.**

With Maya's loving guidance, I learned the teachings can come in any form God chooses to use. I learned about the existence of Angels, Ascended Masters and Unseen Beings (E.T.). Ultimately we are all of the same essence and one is not superior to another. Her teaching laid emphasis on being teachable by all and not to separate God. It is all One.

She took away my guilt and the belief that I cannot have everything that I want. I now know I can have abundance and the relationships I desire and still have my divine calling. After 11 years of working in the corporate world, life is now taking me on a different path. I do not know where the final destination is, but I no longer want to say no to anything out of fear. I want to pay heed to the calling and march right through it, knowing it is all right to stumble, at which time I hold on to Maya and the Creator.

I am drawn to helping children and adults find their way out of this maze of pain and illusion that we are enmeshed in. What I have learned, I am now passing on. It is time for me to act and live in what is true.

I love Maya. My love for her cannot be expressed in words. She is an enchanting loving mother, divine teacher and ultimate reality in motion. My blessing this lifetime is to have her on my path as my divine teacher.

This life is a play. A play of such human pain and joy that you might come to a point where you want neither; since both have a price to pay when one is not grounded in wisdom. Sometimes you just want to drift and let everything wash over you because you are tired of living. There have been many times in my past where I wanted to wrap up this act on earth and have requested Yoganandha to take me back in my sleep. I am one of those who wanted enlightenment so much that I could easily imagine myself saying to the Universe, "Bring it all on!" I got an armful!

Life was difficult, the way was not clear and many times I was lost. If I let go of all clichés I can truly say I do not know if it was all meant to be the way it was or did I take on more pain due to my resistance to change. I guess this is where free will played a role in my life. I was free to live a pattern of lack and experience it over and over in my life. So, choose wisely. If you do not, that's ok too. Denial was created in illusion to give us some time until we are ready to face the truth. Maybe, at one stage, the truth might have broken us apart and denial was better. Who is to judge?

The path to living in the truth is not easy while you are breaking free from old patterns of behavior. You can always ask for help and it will be given to you. The help may not be in the form that you expected, but accept it, and see the hidden gifts unfold. I am where I want to be; always open to any feeling that arises, and surrendering to each day. Along the way I will pass on what I know, so one can avoid the suffering. Maybe they will go through the same path of ignorance and pain if that is their way to freedom. Who is to say anything about this divine life?

If there is one thing that I can pass on, it would be to honor the truth within you at all times. Realize that there is no need for protection by being defensive. You will discover truth and love only when you connect deeply within yourself. Your heart will then burst wide open and you will feel everything around you - the earth, a child in sorrow, and the love of the divine Creator. You will enjoy everyone fully, knowing they can be themselves, without having the need to take care of you. You will begin to dance in the divine flow and a song will come out that has the power to heal all those who come to you – all done in total silence.

