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“The Sun Is Always There”

Mada Dalian on Finding Your Inner Being

by Judith Campanaro

Just like the tortoise, we carry our home with us wherever we go. There is no need to hurry, no need to seek shelter elsewhere... There is no need to do anything but rest in the fullness of who you are right now. — Osho Zen Tarot

For the past 18 years Mada Dalian has been helping people with healing and spiritual growth. In a quest to impart more understanding about the challenges and tribulations of our spiritual journey Mada has written *In Search of the Miraculous: Healing Into Consciousness*. The text covers many questions left unanswered by others in a unique and easy to understand manner. It's almost like a textbook for awareness.

Says Dalian, “Awareness and self-power go hand in hand. Awareness makes you come into your own power. It's like coming home. As more and more people get in touch with their own inner awareness and find their own personal peace it will work collectively.”

Judith: With the economic situation as it is right now many Americans are struggling to survive. How would one find awareness and insight amidst this turmoil?

Mada: I personally look at every situation in life as an opportunity for transformation and growth. What is happening right now economically is forcing us to start looking inside. There is clearly a struggle between unconsciousness and consciousness. I would say to anyone who looks at the economic crisis as a big problem to look at it in a positive way: as a blessing because this is how something new can

arrive that will transform us.

The old focus for many was unless you have money you're not happy. The truth is that the whole universe is abundant. The sun is always there. We have the sun, we have life, and we have the air we're breathing. We don't have to pay for these things. We have the joy of the moment of being with yourself. Of course the argument would be, “You know that's not going to feed my stomach.” But the thing is that out of this recognition of abundance we will know exactly what we need to do to take care of our survival.

Judith: What would you say to someone who asks “How do I know what my path in life is?”

Mada: In order to know what our path in life is we have to come back to looking inside. We cannot really find our path based on what is happening outside. Every single person has their own gifts. I think the most important thing is for us to start looking at our own unique gifts. The only way you're going to find them is to look inside.

If you look at it historically, the focus in North America has been how to prepare our kids to fit into society and compete instead of teaching our kids how to look inside and find their own unique strengths. Once we do that, then there is no competition. There is no struggle or unrest. Then there is more peace inside and as a result of peace inside we will emanate that peace outwardly. We cannot create peace outside if we are in turmoil inside.

Judith: It's so important to come into our center and become a witness. Awareness needs to be in the whole body. How would you explain to a person how he/she can

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Mada Dalian says we can become authentic by allowing ourselves to express what we have been suppressing. This is, she says, how we're going to heal ourselves.