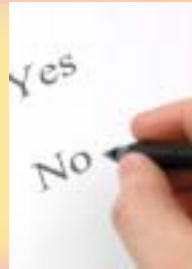




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Helping You Create
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What if you could quit searching
and enjoy the life you already have?



Move from Seeking to Being

by Judith Campanaro

What if you could transcend seeking and move into being peace and love? Arjuna Ardagh is doing that through his teachings and his work with The Oneness Blessing, a process through which a person can become aligned with their soul-self and actualize their unity with all others.

Arjuna, who has written the book, *Awakening Into Oneness*, was educated at Kings School, in Canterbury, England, and later earned a master's degree in literature at Cambridge University. He is the author of several books and the founder of the Living Essence Foundation, a nonprofit organization that is dedicated to the awakening of

consciousness within the context of ordinary life, located in Nevada City, California.

Judith: I read that since the age of 14 you have had a passionate interest in spiritual awakening and began to practice yoga and meditation. Is that how you started on your spiritual journey?

Arjuna: In my late teens I trained as a teacher of meditation, and my journey evolved from there. As each technique exhausted its usefulness to me, I moved on to the next one. After awhile, I realized that medita-

tion was like a breakthrough happened and I had the realization that all of this preoccupation with oneself is a preoccupation with something that did not exist. My spiritual seeking came to an end and my interest became more in embodiment than in seeking. I started giving satsung in Seattle. Satsung is an invitation for people to pay attention to what is right here in this moment instead of looking towards the future. That was my focus for a number of years. I lived in Seattle giving satsung.

Judith: So when you came back to the States, you basically gave people an invitation to pay attention to the now and to find that awakening

- It is much more useful to be focused on where your life is than where you prefer your life to be.
- Rather than being on a journey or in a process, take the time to pay attention to what is outside of time, right here, in this moment.
- We all have our own ways of living our own life. It's important not to impose our values on anyone else.
- There is a longing that we all share for oneness, a longing to move beyond the limits of the separate identity.

tion on its own was not going to be enough because it did not directly address the emotional wounding that we all carry. I then moved into more therapeutic approaches. That's when I got involved with hypnotherapy.

I first moved to Seattle in the late 1980s and made it my home for several years. In 1988, I founded the Alchemy Hypnotherapy Institute of Seattle, and then in 1990, I met my teacher, Poonjaji.

For many years I had been searching for what we call enlightenment. The funny thing is that when we get involved seeking enlightenment, most of the time we don't really know what we are searching for. We have a concept, but it is actually pretty vague.

I was very obsessed with thinking I had to become enlightened. That was what took me to Poonjaji, who asked me an interesting question.

Up until that time, all of the teachers I had been with wanted to give me another practice to do. Instead, Poonjaji asked me, "Who is the one? Who is the one who is trying to become free? Who is the one who is trying to become enlightened?"

No one had ever asked me that before. When I really sat with that

themselves.

Arjuna: Exactly. That was what Poonjaji asked me to do. You could almost say that was the ticket price. He liberated me from myself, but the price to be paid was to give the rest of this lifetime to passing it on.

Many times I have tried to resist that contract and I have been unsuccessful in resisting. That is really what my life has been about. To pass on this awakened view. I find The Oneness Blessing to be immensely helpful in facilitating that.

When The Oneness Blessing is given, it amplifies intention, and amplifies prayer, and makes one's intention more powerful.

Judith: You were invited to the Oneness University in India in 2005 and they asked you to write the book, *Awakening into Oneness*. What can you tell me about the Oneness University?

Arjuna: Many things impressed me about the Oneness University as being unusual or different than what I've experienced so far. The university is actually run by a group of young men and women. Usually

Arjuna Ardagh founded Seattle's Alchemical Hypnotherapy Institute in 1988. He is the author of *Awakening Into Oneness*, and founder of the Living Essence Foundation in Nevada City, California.

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