



---

## The Magic Of Manifestation

### Session 3: Power

---

- 2 3.1: Homework
- 3 3.2: Roots – a meditation
- 6 3.3: Durga Riding the Tiger – a meditation
- 7 3.4: Quotations
- 9 3.5: *In The Dark Places of Wisdom* – selection
- 12 3.6: Durga Riding the Tiger image

---

© Shomit Mitter

34 Duke Road, London W4 2DD  
shomit@shomitmitter.com | +44 (0)7771 766601  
[shomitmitter.com](http://shomitmitter.com)



---

### 3.1: Homework

1. Practise the “Roots” meditation every morning before going out into the world.

Remember what I said about the two-fold advantage of doing this work every day – it not only builds up “a way of being” deep within you but is also a very powerful statement of intent.

2. Find an analogy similar to that of the cricket bat that distils the essence of what you have learnt in the session about receiving power from what appears at first to be a negative experience.

It really is vital that you find these analogies – or “objects of focus”. Once you have identified such an object, you could leave it lying around somewhere such that it subliminally reminds you of the principle every time you walk past it. This helps to reinforce the lessons of the course over time. The fact that you will have found your own objects will help to make the content of the session yours.

3. Carry on with the journal you started last week.

Make a note of the situations that have occurred not just in the week but over the years which were painful at the time but turned out to be powerful learning experiences.

4. Read *In the Dark Places of Wisdom* – and get a sense of Kingsley’s view of the indispensable value of the dark side of our reality.

#### Optional Extra:

5. Sit with the image of Durga Riding the Tiger.

I have supplied some suggestions about how you may construct a meditation around Durga. You may want to follow my guidelines for a “Durga” meditation – or construct a similar meditation yourself.



---

## 3.2: Roots – a meditation

### Stage 1

Breathe, close your eyes and relax your body from the feet up to the head.

Go ten steps down into a garden.

Feel the sun on your face, the breeze in your hair, listen to the birds, smell the flowers.

Look intently in turn at the red flowers, the orange flowers, the yellow flowers, the green leaves, the blue sky, the purple flowers, the white flowers.

Sit down on a bench and take in the sights and sounds of the garden.

---

Grow roots out of the soles of your feet, send them deep into the ground, branching out as they go so that you get a firm grip on the earth.

— *Storms can blow but I will not be blown over, I have deep roots*

Send the roots into a cavern full of red volcanic lava. Suck the lava up into your body with the in-breath. Feel the red energy surge through your body

— *I am powerful: I have red energy flowing through my veins*

Open a trap-door in your tummy and blow the red energy out so as to inflate a balloon inside which you are sitting. Make the balloon HUGE.

— *I have presence: I can fill vast spaces with my power*

Grow branches out of your shoulders and let them connect with the sun. Draw down the sunlight and let it coat your body in a protective suit of golden yellow armour such that nothing nasty directed at you by the world can get through.

— *I am protected: I wear a suit of golden armour*

Place before you a situation or person that you find daunting. You will feel yourself shrink away from the situation. You will feel vulnerable. This is natural.

---



---

Send the roots down again, draw up the red energy again, blow the balloon up again and draw down the golden armour again.

Now look back the situation you once found daunting:

Huge and powerful as your energy field now is, you will find that the situation you once found daunting isn't scary any more. You now hold the balance of power.

## Stage 2

Float up above the garden and look down at the bench and see the once weak self and the now powerful self sitting next to one another on the bench.

Ask: *Who is it that is looking at those two figures?*

— I AM.

See if you can, as the I AM presence, love the strong self and the weak self equally.

Does the strong self not owe the weak self a debt of gratitude? How would the strong self know itself to be strong if it were not for the presence of the weak self?

Go into the strong self and look across at the weak self. What do you feel?  
Go into the weak self and look across at the strong self. What do you feel?

## Stage 3

If, as the I AM presence, you can become both the strong self and the weak self, then surely you can become the earth that holds the roots you sent down! So do it!

Be the earth that holds your roots – and know that, as you are the earth that holds those roots, *you will never be blown over.*

Be the red energy that is sucked up into your body – and know that, as you are the red energy, *you will never lack power.*

Be the red energy that inflates the balloon inside which you are sitting – and know that, as you are that energy, *you will never lack presence.*



---

Be the sunlight, the golden yellow armour that protects you – and know that, as you are that armour, *you will never lack protection.*

#### Stage 4

Knowing, as you now do, that you will never be blown over...

Knowing, as you now do, that you will never lack power...

Knowing, as you now do, that you will never lack presence...

Knowing, as you now do, that you will never lack protection...

*Is there any place for fear in your life?*

Knowing that the earth is always there for you...

Knowing that the sun is always there for you...

Does it make any sense to bemoan the vulnerability you may sometimes feel, being the human that you sometimes are?

Can you now *relish* the magic by which you, the All Powerful I AM presence, can on occasion, just for the fun of it, conjure up the illusion of a world in which you seem to *lack* power?

So: do you *need* power?

Or do you simply *want* it – to achieve the things you feel it would be *fun* to achieve?



---

### 3.3: Durga Riding the Tiger – a meditation

Close your eyes, breathe and relax your body from the feet up to the head.

Open your eyes (without losing the cocoon of concentration you have created) and look at the image of Durga riding the tiger.

Feel the power of the image. Scan your body to discover which part of it is energised by the image. (Do not *think*; it is crucial that you *feel* the image in your *body*.)

Allow yourself to drift into Durga's consciousness. What is she feeling? What does she think of the tiger?

Detach from Durga and enter the consciousness of the tiger. What is he feeling? What does he think of Durga?

Float up above Durga and the tiger and view the scene with distance and detachment. What can you learn from it? What are the barriers to learning what it has to offer? Can you wash those barriers away in the waterfall?

Enter into the shaft of red energy. What do you feel? What is the source of red energy in your life?

Enter into the murky blackness around the figures. Is the blackness "positive", "negative" or neither?

Go into the blackness. Does the blackness scare you? Or can you teach yourself to love it?



---

### 3.4: Quotations

From Yehuda Berg, *The Power of Kabbalah*

Remember that everything in your life is there for one reason and one reason only: to offer you the opportunity to transform. Transformation is the only way to effect positive change in your life and in this world. Stop wasting your energy finding fault in others. Start the transformation within. Start looking for the uncomfortable situations in life and avoid the easy routes. The Light will only be found in the rough waters of life. Why? Because choppy seas trigger reactions. Sure, it will be turbulent for a while. You'll be buffeted from all sides at first. But if you remain certain that you are only being tested and you don't react, the seas will calm down quickly. And that's when you'll come to know the power of Kaballah. That's when you'll experience an extraordinary Light that has been trying to reach you and give you everything you've ever desired since time began.





---

### 3.5: *In The Dark Places of Wisdom* – selection

From “*In The Dark Places of Wisdom*,” Peter Kingsley, 1999:

“For most of us, healing is what makes us comfortable and eases the pain. It’s what softens, protects us. And yet what we want to be healed of is often what will heal us only if we can stand the discomfort and the pain.” (p.4)

“The price is what it has always been: ourselves, our willingness to be transformed. Nothing less will do.” (p.8)

“ – to follow the way of the hero – to live his ordeals, his sufferings, his transformation.” (p.30)

“People who love the divine go around with holes in their hearts, and inside the hole is the universe.” (p.34)

“Parmenides never describes himself as travelling out of darkness into the light. When you follow what he says you see he was going in exactly the opposite direction.” (p.50-51)

“Everyone runs from death so everyone runs away from wisdom, except for those who are willing to pay the price and go against the stream. Parmenides’ journey takes him in exactly the opposite direction from everything we value, out of life as we know it and straight towards what we fear most of all. (p.64-65)

“amazing: that he should go to the depths of ignorance in search of wisdom instead of straight to the light.” (p.65)

“It’s ignorance because it’s ignored, ignored by people who run from death. And what everyone ignores – that’s where wisdom lies. To die before you die, no longer to live on the surface of yourself: this is what Parmenides is pointing to. It demands tremendous courage. The journey he describes changes your body; it alters every cell. Mythologically it’s the journey of the hero...” (p.65)

“Always we want to learn from outside, from absorbing other people’s knowledge. It’s safer that way. The trouble is that it’s always other people’s knowledge. We already have everything we need to know, in the darkness inside ourselves.” (p.67)

“The underworld isn’t just a place of darkness and death. It only seems like that from a distance. In reality it’s the supreme place of paradox where all the opposites meet. Right at the roots of western as well as eastern mythology there’s the idea that the sun comes out of the underworld and goes back to the underworld every night. It belongs in the underworld.” (p.68)



---

"There's no going up without going down, no heaven without going through hell." (p.69)

"Everything has to be experienced, included: and to find clarity means facing utter darkness." (p.69)

"It was a question of going right through the darkness to what lies at the other end." (p.69)

"Then there were early Christians who talked about the 'depths' of the divine. Most of them were soon silenced. And there were Jewish mystics who spoke of 'descending' to the divine; they were silenced too... The trouble is that when the divine is removed from the depths we lose our depth, start viewing the depths with fear and end up struggling... It's impossible to reach the light at the cost of rejecting darkness. The darkness haunts us; we're chased by our own depths." (p.70)

"It was the people who believed everything was bright and clear who ended up in trouble." (p.87)

"To heal is to know the limits of healing and also what lies beyond. Ultimately there's no real healing without the ability to face death itself. Apollo is a god of healing but he's also deadly." (p.91)

"his powers of healing come from what he discovered about the world of the dead." (p.102)

"- someone who's able to enter another world, to die before dying." (p.121)

"One fine scholar once explained Orpheus' situation perfectly. 'He doesn't need to ask the divinities of the underworld for a knowledge he already has because it was the effectiveness of this knowledge of his that allowed him to make the journey into their world in the first place.'" (p.122)

"...what's extraordinary is that the crucial thing we need for breaking free is already inside us." (p.124)

"... the recipe for immortality. The recipe is strictly esoteric, only for transmission from a spiritual 'father' to his adopted 'son'. It's a recipe for going through an inner process of death – for being brought almost to the point of physical extinction, far from 'any human being or living thing' – so that the initiate can be born into a world beyond space and time." (p.129)

"This was their uncanny stillness. Gods stayed totally calm when humans would panic. They wouldn't even change their expression when people ran through the whole range of emotions from joy to terror. They'd stay exactly the same: enigmatic.. the utter unshakability of divine stillness." (p.186)



---

"the emphasis was placed less and less on being given teachings and more and more on finding the inner resources to discover your own answers inside yourself." (p.189)

"Real teachers leave no traces. They're like the wind at night rushing right through you and totally changing you but leaving everything unchanged, even your greatest weaknesses; blowing away every idea of what you thought you were and leaving you as you always have been, since the beginning." (p.192)

3.6: Durga Riding the Tiger image

