

## **Are You Hoping for a Mystical Experience?**

**By Toni Petrinovich**

Well, if you are reading this article, the answer is most likely, "Yes."

My response is: Do you know what you are asking for? What meaning does it have in your life? Why do you even want to have a mystical experience?

### **Let's take a look ~**

Mystical experiences connote something happening *outside the realm of ordinary consciousness*. Even that sentence cannot be true. There is no thing outside of your consciousness and there is no thing *ordinary* about consciousness.

**Let's rephrase that to:** Mystical experiences are something happening *outside the realm of your ordinary attention*. There – that is much better – because that tends to be the truth. Mystical (meaning "spiritually significant") experiences happen with every breath. You simply do not know that a "spiritually significant" breakthrough is possible for you because your attention is on going to work, studying courses, looking for love, taking care of a family or playing at some type of recreation. (Interesting word that: recreation – to re create! Hmmm!)

**So, back to mystical experiences:** If you know that every moment is an opportunity to experience something you consider "spiritually significant", how different does that make every thought, feeling, word and action. Would you give much thought and feeling to what you are taking part in if you knew it had **significance**?

And doesn't everything have much significance in your life? Why not take the time to resonate with a frequency that enables you to access the potential you already have of receiving information that informs your consciousness. The mystical experience you desire to have is not only waiting for you, **it is already here**. All you have to do is say, "Yes".

**So how do you do that?** First, you absolutely *must* dissolve all of your expectations regarding how it is going to appear. Even the minutest glimpse of your own anticipation will shift your ability to see, hear, feel and receive that which, in this moment, lies outside of your reality. Whatever is living

within your mind right now that says, "This is what a mystical experience will look like" has to go.

What you want to do in the silence you give yourself is have **no expectations** at all. Slowing your breathing, relaxing your physical body – these two steps are paramount in taking your first steps into unknown territory. And, yes, it is unknown ~ quite foreign or you would not be searching for it. How could you possibly know what you will experience since you have not treaded upon these shores as of yet?

The first steps into this unknown region will find you attempting to compare your sensory exploration with the familiar. The dream you have had is at your finger tips, yet you know it not. This is the beginning and you are a novice, yet a practitioner – someone practicing the first steps into the "skill" of the mystery – **alchemy**.

*No one is there to direct you.* You have no map, no arrow pointing out the possible path within this enormous territory. Only your awareness knows the way and yet you are used to clouding that awareness with many myriad fancies of this or that. Release them now. *There is no thing to hold on to here.* In fact, you *cannot* hold on because if you do, there will be no mystical experience.

The amount of time you devote to sitting in the silence, quiet and composed, free and ethereal will determine (at least at first) your ability to enter into the mystery. **Why does it take time?** Because you are not used to doing so and much like any other practice or habit, you have to spend time experiencing it to get to know it. Eventually, you will find that you are aware of the "spiritually significant" occurrences every day and in every way. For the moment, put your attention on your first steps into this realm of mystery. *It beckons to you.*

As your thoughts arise, make note that a thought has come up. Simply that; nothing else . . . hmmm, a thought. How they come and go; simply that. It is nothing really, simply a thought. *Now it is here and now it is gone.* It need not distract you from your silence. It isn't an intrusion. It is only an old habit and it will dissolve. Know that.

You may experience the same with any desire that arises. Hmmm . . . I would like to eat a cookie; that would taste very good. Hmmm . . . a desire;

it comes and it goes. Only that . . . coming and going. Meanwhile, relax into your practice of entering into the silence. *It holds wide open the door to the experience of the mystical.*

As you sit with this practice, you will begin to realize that the thoughts, needs and desires are only a program running in the background. They don't really mean anything, not much at all. Simply habits making their rounds. In the midst of this familiar noise, *you remain silent*, sitting, entering into the mystical source of the unknown.

The habits you have created attaching you to the mundane participation in life have the ability to turn themselves inside out. Each iota of programming with which you identify yourself is now becoming a spark of light upon the velvet-smooth road into the mystery of your mystical experience. You are capable of holding them as such. *Now you make that choice.*

In the space between the thought arriving and the thought departing, in that momentary space, is the entrance into the mystical. *Watch for it.* Here it comes. See the space, the gap between the thoughts? Enter in **NOW**.