

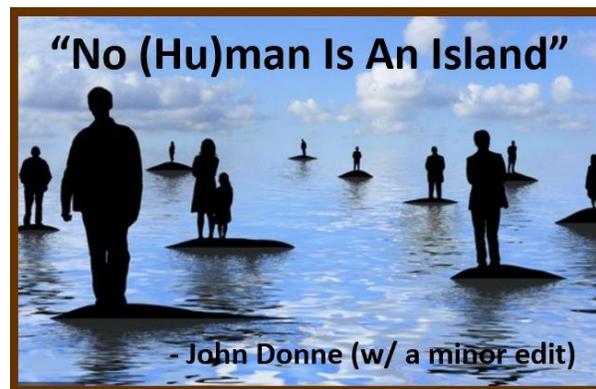


# Travelers Within Society

## Member Monthly Newsletter

### A Community “Dancing” With “Energy and Space”

[Note to all TWS Members] Greetings to you all! I have chosen to change up this month and our future month’s newsletters and weekly posts. Two key changes; first is rather than focus on Mitote Dreamtime, I have written the following article which I believe is timely for us as a fledgling community. The second change is that rather than sending the newsletter out mid-month, I will send it out the first of every month as a way to ground us and set the context for the coming four weeks. The supplemental weekly blog posts will then be crafted to be deeper dives and momentum-builders for the main newsletter topics. I want you to know that I hold each one of you in my heart and that this forum gives me a reason to be. To be here for and with you is one of the greatest joys of my life . . . and I love you deeply for that privilege and opportunity. – Val Jon



*“Dance, when you're broken open. Dance, if you've torn the bandage off. Dance in the middle of the fighting. Dance in your blood. Dance when you're perfectly free.” – Rumi*

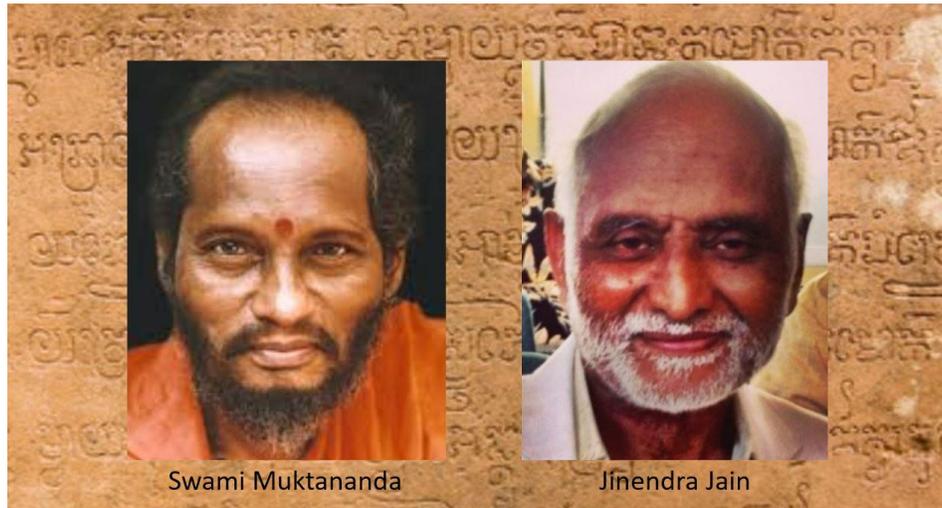
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A “Community” is defined as a fellowship with others that results from sharing in, and acting upon common ideals, interests, and goals. There are a multitude of different kinds of communities we can choose from pertaining to our lifestyles, families, friends, faiths and philosophies. And depending on the purpose of these communities, they can be defined as anything from associations, clubs, guilds, leagues, and bands, to sects, societies, orders, tribes, and fellowships.

Earlier on in my adult life I had the profound opportunity of being in the presence of some extraordinary community-minded and hearted spiritual teachers. One such experience stands out for me that I want to share with you. In my twenties, while living in Hawaii, I was involved in a spiritual fellowship that had a very special way of operating, and one I’m drawing upon as we develop our fledgling Travelers Within Society. The fellowship was a Siddha Yoga movement, and its founder, Swami Muktananda was considered by many to be a living saint and the highest of gurus. He was said to possess the ability to give “Shaktipat,” to awaken by touch, or glance, or simply by his presence, the dormant spiritual energy dwelling within everyone called Shakti or Kundalini.

Having personally been in Swami’s presence, I can attest to the abilities he was so highly regarded for. I’ll share one of my experiences with him as a way to illuminate why he, and the fellowship he founded, was so different and special. While I’m no guru, and I don’t claim to

possess mystical powers, because I've witnessed first-hand the extraordinary workings of Shakti Energy, I'm inspired to share it with you and integrate aspects of it into our growing community.



Looking deep into Swami's eyes reminded me of gazing up into the heavens at night as a young boy. Star light scattered across the black expanse of the cosmos twinkled from behind his eyes like a luminous stellar robe wrapped around the shoulders of Shakti herself. Focusing on the red bindi-dot painted between his brows, I relaxed into a gentle state filled with peace and well-being. This was my personal interview time with Muktananda, (and with his interpreter Jinendra Jain, who would years later become a dear friend and spiritual ally). These two saintly souls, along with their holy entourage traveled to my home town of Honolulu, Hawaii to host a series of Siddha Yoga retreats I was helping with and attending.

Sitting cross-legged and face-to-face, we begin a memorable exchange. He asked about my spiritual practices and if I had any questions about Siddha Yoga. Unplanned, I asked him a pointed question that is still fresh in my mind, "Swami, how will it be possible to enlighten all of humanity if there are more people being born than are being initiated?" To my surprise, he rolled his eyes upward towards his bindi-dot, closed them and started fidgeting in his body . . . his arms and hands began swaying up above his head with his fingers twitching and bending like a cosmic puppeteer. (He reminded me of Joe Cocker, the 70s rock star who writhed and contorted his body on stage in very much the same way.)

Bewildered, I turned to Jinendra for an explanation, which he indeed gave me, and which I will never forget. "Swami is conducting some business with his disciples back in India." "Huh? He's doing what?" I asked. "Val Jon, Swami works on many levels and always outside the bounds of our assumed reality. He's not only energetically dealing with his devotees and ashram back in our homeland, he is tending to all those participating in this retreat, and is even answering your question by allowing you to witness how he works." Clueless, I stared at this almost comic, yet somehow sacred scene being acted out before me.

After a few moments, Muktananda opened his eyes and peered directly into me as he spoke. (While I cannot recount his exact words, I do recall the essence of the conversation and will convey it to you as accurately as possible. He spoke in a dialect of Hindi and Jinendra interpreted for me.) "To answer your question Val Jon, initiation and enlightenment does not take place within our familiar dimensions of Matter and Time, but rather within the two lesser-known dimensions of Energy and Space."

"The number of births as compared to initiations happening is nothing to be concerned about because these sacred acts are not bound by the illusions of Matter and Time. Enlightenment is

timeless and does not require elements of matter to sustain its revelations. Also, because the act of enlightenment arises from within rather than from without, the burden of initiation is only shared between the initiate and the Divine. I simply make a point to show up the moment when the Divine chooses to enact some of its initiations.”

I commented on these extraordinary insights and then added a follow-on question just so I understood the implications of his statements. “So, Swami, you appear at the correct moment and merely serve as an affirmation and guide for those on the way?” (I got a rolling head nod indicating agreement so proceeded with my clarifying question.) “Are you saying that all the work involved in teaching, facilitating, reaching out and helping others on the path, and carrying forward the lantern of enlightenment has less importance because it is all accomplished by the Divine? A moment of silence and Swami continues . . . “No, all that has ever been done, all I am doing, all you and others are and will be doing during your Earthly presence IS important and must be continued. What I am saying is that the work of enlightenment is a ‘co-creation,’ a shared process between all of us and the whole of the Divine. It is in essence an eternally divine dance we are all invited into.”

Relaxing into my body I’m relieved . . . and truly enlightened by the idea of a “dance of co-creation,” and of the fact that I will perhaps work very hard my entire life to be of service to others, but that I do not need to carry the burden of the outcome on my shoulders as I do so. Spirit, once again has got my back!

Muktananda then drives the point home with this statement . . . “Val Jon, you will indeed spend countless hours with many people in your lifetime, and you will facilitate, teach and learn much, but you must always remember that it will never be the Matter and Time of what you do, how many programs you lead, or the numbers of people you serve that will make the difference. It will always be the purity of your Energy and the clarity of your Space that you dance into existence while you serve that will make the greatest difference.”

. . . And so my dear fellow Travelers Within, THIS is why Swami’s fellowship was so special for me and why I wish to “dance” its powerful Energy and Space into being with you. As we move forward on this extraordinary journey called life, I want to affirm with you that whatever expectations I may have about us growing, expanding and continuing to be of service to one another and others, I will happily surrender them and instead trust Spirit to lead the way.

In keeping with us doing our part, while I do not believe “what” we do, or “how often” we reach out to one another within TWS is what matters. I do feel, however, that the purity of our Energy and the loving care of our Space is essential in order to encourage each other and those we care about to take the bold steps of entering the world of Traveling Within, communing together and acknowledging that we can’t do it on our own, (and don’t want to). After all . . . ***“No (Hu)man is an Island.”***

## >>> MEMBER UPDATES & ANNOUNCEMENTS <<<

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Our private social media network, "HeartShare" is now fully operational and ready for use! Please join us by clicking on the icon and entering your profile info if you've not already done so, and then reach out and share your heart out!



Please invite other like-minded and hearted people to join us as well. Feel free to forward this newsletter to those you feel will relate, or pass along our website link: [www.travelerswithin.com](http://www.travelerswithin.com)