

Dhunami

The Ancient Science of Divine Contentment

Question and Answer booklet

Dear Seeker,

Dhunami is the Ancient Science of Divine Contentment. It is a way of life. It is a spiritual opportunity to begin to become aware of who you are as Soul, an eternal being. It is a guided tour of your own consciousness and areas of existence beyond the belief systems of this world.

Dhunami offers a spiritual opportunity to visit the various levels of heaven and to begin to dwell there in awareness while still living in a human body. It is a gradual process of spiritual self discovery, both of yourself as Soul, an eternal, immortal being, and of the Source of your existence; what we know as Sugmad (Soog-mahd), God.

This way of life is not for everyone, it is for the few in many; those who are seeking something more; the bold and adventuresome; the ones who recognize that a change in one's own consciousness must be sought before anything else may evolve. If becoming swept up in this spiritual process under the guidance and protection of Spiritual Beings who can show the way is of interest, then Dhunami may be for you.

The beneficial results of living the Dhunami way of life are clarity of purpose, proof of your existence as Soul; immortal, unchangeable and desirous of becoming useful in service to Sugmad. The changes one may achieve in states of consciousness and awareness are subtle, yet miraculous. These changes require patience, stamina and fortitude for it is not always easy to look at oneself with the desire to change; repeatedly becoming someone new and different in consciousness and expression.

Dhunami is not a belief system asking one to have faith in a set of rules. It is a method of gradually having your own experiences through the use of special spiritual exercises, thereby proving all things to yourself along the way. The goals of the Dhunami teachings are to become aware of yourself as Soul, an individualized spark of Sugmad. From there you may choose to prove the existence of Sugmad dwelling within your heart. Finally, the opportunity to grow into a state of Self-Mastery may be offered, which is to subjugate the little self, or ego consciousness.

Help with these spiritual goals is offered by the Living Dhunami Master of the Time, along with many others in this unbroken line of teaching Masters. Our only purpose is to guide and protect the individual who chooses to walk the direct path to Sugmad. The Dhunami Masters work with the chela (student) from the inside, helping to manage and balance the person in a state of consciousness, while offering the opportunity for the man or woman to evolve spiritually.

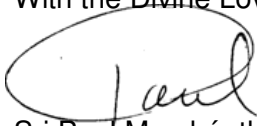
This evolutionary process begins by being directly connected to the Divine Dhun Spirit, the essence of all life, by the Inner Master. The Inner Master is the spiritual form, or Soul body of the Living Master of the Time. Through the use of the spiritual exercises, contemplation techniques and direct, personal assistance from the Inner and Outer Master, the opportunity to develop the inner sight and hearing is earned. This leads to spiritual freedom, and a level of spiritual contentment which can only be experienced, as the great flow of Divine Dhun Love is accepted more and more deeply into your consciousness.

As a reciprocal relationship with the Inner Master is formed, all things in your life begin to change for your greatest spiritual benefit. You learn to begin to communicate with the Inner

Master, relying upon his guidance more and more, thus relieving you of the need for intricate systems of behavior and methods of accomplishing the responsibilities of this world. This inner reliance is known as self-surrender and it is done in an exceedingly fine and balanced manner, so much so that it is often difficult to notice the changes until you look back to the month or year before.

When the student is ready, the Master appears! This is your opportunity to explore a new way of life, that is as ancient as can be imagined. Dhunami is the way to extricate yourself from the mysteries of these lower worlds and expand your awareness with the assistance of a line of teaching Masters who have nothing but your best spiritual interests at heart. While the following question and answer section should serve to satisfy any general questions you may have, please feel free to contact the Dhunami Office if we may be of assistance.

With the Divine Love & Blessings of Sugmad,

A handwritten signature in cursive script, appearing to read "Paul", enclosed within a hand-drawn oval.

Sri Paul Marché, the 973rd Living Dhunami Master of the Time

What is Dhunami?

Dhunami is a way of life that leads to Self and God realization, liberation from reincarnation and karma, and experiences in the pure positive God worlds while still living here in the physical body. Through a series of spiritual exercises taught by the Living Master of the Time, the individual becomes aware of him or herself as Soul. This is known as Self realization, or identifying oneself as an eternal Being via direct experience. The individual then continues on to God realization, which is the experience of recognizing Sugmad (God) dwelling within. The result is Jivan Mukti, or spiritual liberation in this lifetime.

What are the Origins of the Dhunami Teachings?

The origins of the Dhunami teachings are as ancient as can be imagined. It is the original source of philosophy, ethics, and religion. It is recorded in the Naacal Records, the oldest record known to man, although it dates back much farther than those records. There has never been a time in this world without a Living Dhunami Master presenting these teachings, and this will be true of the future to come as well.

What does the name Dhunami mean?

Dhun – the outflow, the physical and outer aspect of the teachings, the outflow that flows from the Living Master to the chelas, to uplift and protect them, to guide them and show the way to greater spiritual heights. The sound current, which is the outflow from the Sugmad ITself, the very essence of the Divine Spirit, which is the way to travel home again to the pure positive God worlds. Out of the Shabda Dhun, the Sound, is made the light, for lighting the way, making the pitfalls known to the true seeker so as to make the journey back home less troublesome and more direct.

Anami - the world of the Supreme Being, the Sugmad (God), the very heart and core of all life and existence; the source of HU; the place that all are trying to reach in a state of consciousness for God-realization – the eventual and real goal for the true seeker.

Put them together and it is the Dhunami – the direct path to Self and God-realization, which can be experienced in this lifetime, along with the Jivan Mukti – the spiritual freedom which comes with exploring the spiritual planes with a Living Master – a Spiritual Traveler. The way of the Light and the Sound, to use the sound to lift ourselves and shift ourselves in a state of consciousness, to dwell above the world consciousness, above the limited mental and emotional planes, to be in this world, but not of it.

This name emphasizes the Sound as the way to travel home, and as the source of the Light. It also makes clear that there is no separation between the physical life and the spiritual life, makes known that the Living Master is both an inner and an outer Master, and that he guides and supports his chelas both inwardly and outwardly through his writings, lectures, and Satsangs. The inner cannot be successful without the outer for any length of time, and vice versa. This name clearly illustrates that both the inflow and outflow of the Divine Spirit is essential, for the Sugmad ITself, for the teachings, and for each of us individually as spiritual beings.

How does Dhunami differ from other paths?

The Dhunami teachings are different from other teachings in many ways, although many aspects of the Dhunami teachings can be seen in all the various religions or paths available to man today. The most important distinguishing aspects are: the constant presence of the Living Dhunami Master, both on the inner and outer, the spiritual exercise techniques, and the freedom we have for ourselves and that we give to others. The students (chelas) of this path actively seek and develop their own spiritual awareness and realization, and they are responsible, friendly people who dwell in heaven, and therefore maintain a balanced, positive existence no matter what life presents.

What/Who is the Living Master?

The current Living Master is Sri Paul Marché. He accepted this responsibility from his predecessor Sri Darwin Gross, who accepted it from his predecessor, Sri Paul Twitchell, and the list goes on. This world has never been

without a Living Master, but many of them have taught only a few individuals at a time, privately. The Living Master's responsibility is to present these ancient teachings in their true and original form, and to gather up those Souls who are ready, leading them back to the pure positive worlds of Sugmad; to IT's heart. This is not a metaphor, the heart of God exists, and we can dwell there now in a state of consciousness while still living in our physical bodies.

The Living Master's purpose is to liberate the individual from the wheel of reincarnation and karma by gently and gradually guiding that individual towards Self-realization through a series of spiritual exercises and direct inner guidance, in the dream state and in contemplation.

What is meant by living these teachings as a 'way of life'?

The initiate in the Dhunami teachings diligently strives to keep his or her attention on the Divine Spirit and the Mahanta, the Living Dhunami Master. The individual maintains the spiritual perspective and dwells in the state he or she has unfolded him/herself to, whether it is the causal plane or the soul plane. The teachings become the initiate's life, and there isn't a moment when the individual isn't aware of the presence and Love of the Divine Spirit and Mahanta, and aware of the spiritual perspective.

How is it different from the life I currently live?

The Dhunami way of life is balanced, detached and yet not cold. It is free from the bonds of karma and reincarnation when the individual reaches the Soul plane. It is an awakened, expanded and developed consciousness. The individual knows who he is, why he is here, and where he is going. The individual feels the love and guidance of the Mahanta, the Divine Spirit, and the Living Dhunami Master always, and trusts in this guidance, living a more relaxed life. The individual eventually becomes unaffected by the changes that come around him, and is flexible in life, recognizing all things as opportunities and knowing that he is supported and sustained by the Divine Spirit from the Sugmad.

What are the spiritual laws?

The spiritual laws that the Sugmad set forth when the lower worlds were created are: the Law of Life, the Law of Soul, the Law of Polarity, the Law of Vibration, the Law of Attitudes, the Law of Facsimiles, and the Law of Unity. By understanding these laws we understand the world in which we live, how to live in harmony with it, and how to liberate ourselves from it.

Why am I here; why do I exist and have life on this physical plane?

Soul exists because of the Sugmad's love for IT. It is here on the physical plane to become awakened to It's true identity and to realize the Sugmad. These lower worlds serve as a training ground for Soul to realize Itself as a co-worker with the Sugmad.

What does it mean to be a co-worker with the Sugmad?

To be a co-worker with the Sugmad means that individually we will serve the Sugmad in some manner. It means to maintain our consciousness and our identity throughout time, and beyond time, and actively do something to assist the Sugmad in any of IT's worlds.

What is the spiritual perspective?

The spiritual perspective is Soul's desire, Soul's command, and Soul's will, which is always the will of the Divine Spirit and the Sugmad – all are in harmony. The spiritual perspective is individual, and yet a part of the whole. It is not concerned with this illusory world, but with living by the laws the Sugmad has set forth, fulfilling Its responsibilities, and being of service to the Sugmad and the Divine Spirit. The spiritual perspective is the positive perspective, above the world consciousness.

What is Divine Spirit? What are the aspects of Divine Spirit?

Divine Spirit is the essence of the Sugmad ITself. It consists of the Light, the Sound and the Divine Love. Each one of these exists within the individual at every moment, but at a low vibration. The spiritual exercises are de-

signed to raise these vibrations, to purify them, to raise the individual to the pure positive areas. The Light, Sound and Love are all tools for the individual to use in his or her journey to realization.

What is the Temple Within?

It is that sacred space each one of us has within ourselves. Some call it Soul, some call it the heart, and some call it their Spirit. They are all right, in the sense that all of these overlap to make the individual's consciousness, and this is what we are talking about when we say the Temple Within: it is the individual's own personal consciousness, which is the starting point for realization.

What is a spiritual exercise?

A spiritual exercise is the process of actively experiencing the Light and Sound of God, to purify oneself in a state of consciousness. This brings awareness of the individual self, the worlds of existence, and eventually of the Sugmad ITself, as well as our place in these universes. It is the process of gradually opening ourselves to the flow of Divine Spirit, increasing the Light, Sound, and Love within ourselves. It is taking our future, our spiritual growth, and our individual existence into our own hands, and developing it ourselves, with the help and guidance of the Living Dhunami Master.

How are the spiritual exercises different from meditation?

The spiritual exercises are just that: exercises. Just as the mind must be developed, so must the Soul of man if he wishes to experience the other worlds of existence. The spiritual exercises are the secret techniques shared only in the Dhunami Teachings that show the individual how to actively connect with the Divine Spirit and the Sugmad, and how to lift themselves above the mental and emotional worlds into the worlds of pure Spirit. Meditation is passive, and often doesn't have a specific goal, whereas the spiritual exercise techniques require focus, attention, and self discipline, but gradually expose the individual to greater amounts of Divine Spirit and to the other worlds of being.

What does one gain through the spiritual exercises?

Awareness:

- 1) of oneself, as Soul, and the Sugmad (God),
- 2) the various levels of existence, and what possibilities lie within each of us.

Responsibility:

- 1) for his or her own life, both spiritual and physical,
- 2) for taking the necessary steps to make the changes we would like to experience in life,
- 3) to the Living Dhunami Master to work for our own spiritual growth, while accepting his help,
- 4) to the Sugmad.

Freedom:

- 1) to roam the spiritual worlds at will,
- 2) to escape the physical and emotional planes at will,
- 3) to be, and allow others the freedom to be as well,
- 4) from the wheel of reincarnation, from karma,
- 5) to determine where we will be and what we will do when this physical life is over.

What is the Light, and how is it useful?

The Light is an aspect of the Divine Spirit, and exists within each individual, yet most are unaware of this. It is for the purpose of lighting the path for the individual, to avoid pitfalls on the path; it helps make the individual aware of things in his or her life that may delay or hinder one's spiritual progress. It keeps one balanced, and helps to expand one's awareness.

What is the Sound and how is it useful?

The Sound is an aspect of the Divine Spirit, and is within each individual, although most have never heard it. It flows from the individual, once one allows it and develops it. It is for the purpose of guiding us back to the pure positive worlds. It serves as a homing device, and keeps one centered and focused on the Dhunami path back to the Sugmad. It helps to remove unwanted emotions and habits from the individual's being, thus purifying the individual.

Is this like astral projection?

Astral travel is limited to the astral and physical planes of existence. If we want to go beyond these planes, into the pure positive planes, we must use a pure positive vehicle; that is Soul, the true identity of Man. We can be aberrated in the lower bodies, i.e., the Astral, Causal, Mental and Etheric, but not in our original and true form, Soul.

What are the main principles in these teachings?

- 1) Respecting other people's space and freedom.
- 2) Being honest and forthright in our everyday lives.
- 3) Setting spiritual goals for ourselves (either self or God realization) and continually, actively seeking those goals through the Dhunami teachings.
- 4) Being aware of our own actions, attitudes, feelings, and thoughts, and focusing on developing a more positive outlook towards ourselves and life, through the spiritual exercises and the help of the Living Dhunami Master.
- 5) Practicing the spiritual exercises daily.
- 6) Being open and flexible to new experiences, new concepts, and new spiritual realizations, as well as realizations about ourselves.
- 7) We (Soul) exist because of God's love for us (IT).
- 8) We (Soul) are eternal.
- 9) We (Soul) live in the present moment, not looking to the past or the future.
- 10) We (Soul) are sparks of Divine Spirit, the essence of the Sugmad.
- 11) As Soul, the kingdom of heaven lies within us, and it is only by looking within that we can become aware of this, of ourselves as Soul, and eventually of the Sugmad ITself.
- 12) This is an individual way of life. Each person individually practices the spiritual exercises, and thereby individually reaches the Temple Within, the starting point of realization, understanding, knowledge and freedom. We are not a church, nor a religious organization, and as such we don't have churches or worship sessions. We do have book discussion classes, and workshops that the individual can choose to attend if desired.
- 13) We are not concerned with psychic phenomenon, but with realizing ourselves as Soul and finally realizing the Sugmad, (God) within this lifetime.
- 14) We do not take drugs to attempt to facilitate these two goals, but instead apply discipline with the spiritual exercises and techniques presented by the Living Dhunami Master.
- 15) We do not worship the Living Master; we are grateful for his presence, and we recognize him as an example of what the individual can become.

What are the different planes of existence?

Also called the levels of heaven, they are divided into the psychic and the pure positive. The psychic levels are: the physical plane, the astral plane, the causal plane, the mental plane, and the etheric plane. The higher, positive planes are: the soul plane, the Alakh lok (lok is an ancient term for plane), the Alaya lok, the Hukikat lok, the Agam lok, the Anami lok. The Hukikat plane is the first plane of God consciousness. This is where the beginning of God-realization occurs. The psychic areas are the worlds of duality, meaning they contain both the positive and negative aspects of the Divine Dhunami (Spirit). Above the Etheric plane, no negativity exists.

How many bodies do I have and what are they for?

Each individual has five bodies: a physical body for walking around on the physical plane; an emotional (astral) body for feeling; a causal body for action and decision; a mental body for reasoning and logic; and a soul body

which is the individuals true identity, is eternal, and dwells in the pure positive worlds.

What is Self-realization?

This is experiencing oneself as soul – not thinking it, not believing it, but experiencing it. Thinking about it and believing it are all steps to Self-realization, but are not the experience itself.

What is God-realization?

This is experiencing the Sugmad within. This takes time and development, since most people can't even imagine what the Sugmad is, let alone that it exists within us, but each individual on this path will eventually experience the Sugmad, and there are no words to describe it.

How long does it take to reach God-realization?

That is up to you. It may take ten years, it may take twenty, and it may take fifty. The important thing to remember is that it can be done in this lifetime, and it all depends on how completely we adopt the Living Master's teachings as a way of life. It is an uphill journey; it is the most direct path.

What are the pure positive God worlds?

The pure positive God worlds are the worlds above the psychic areas. This is the real home of Soul, of each individual, yet it has to be reached in a state of consciousness through the development of self. These worlds are changeless, are timeless, and have no matter or form, as we think of form. These worlds are the dwelling place of the Sugmad.

Do you have a holy book?

Yes, it is called the Shariyat-Ki-Sugmad, written by Paul Twitchell (published before 1983). There are many Shariyat-Ki-Sugmad books; in fact, there is one for each level of heaven, and three on the physical plane. Each of these books can be read in Spirit, by going to the temple on each plane that houses them.

Can I follow another path while trying to practice this one?

It is suggested that the individual refrain from practicing other paths while trying to follow this one, only because the individual will probably become unbalanced, confused, disrupted, and scattered. The individual should take the necessary time to determine if this is something he or she is interested in, and then should devote time and attention to it to make progress, or should walk away if it is not quite right for him or her.

In what way is this teaching like a science?

This is a very straightforward path, almost mathematic. The Living Dhunami Master presents the individual with an equation: the spiritual exercises, plus the Living Dhunami Master, plus discipline, equal spiritual growth and development. This is true, and works every time. The only variable is the individual using the spiritual exercises and listening to the Living Dhunami Master – this is why spiritual growth is up to the individual, although the Living Dhunami Master is helping all along the way.

Is this a cult?

Definitely not! We stress individuality, personal freedom, and independence. We do not tell individuals what to do, nor do we make demands of them. We simply present a way of life that leads to self and God realization. It is up to the individual if he or she wishes to practice this daily.

Is there a membership fee?

No. There is an annual discourse, if the individual chooses to subscribe to it, which further connects the individual with the Divine Spirit. It represents a pact between the individual and the Living Dhunami Master – the individual agrees to study the Master's words, to apply the spiritual techniques to his or her life, and the Living Dhunami Mas-

ter agrees to guide the individual, protect the individual spiritually, and help the individual reach his or her spiritual goals.

Can I get a healing in this teaching?

Individuals should only make the Dhunami teachings their way of life for the purpose of Self and God-realization. When we understand the Divine Spirit, the Sugmad, and ourselves, such things will not seem so important.

How will I change if I follow this way of life?

The initiate who follows this way of life becomes balanced emotionally, mentally, and physically. You will become more awakened to your true identity, you will become aware of the other worlds of existence, and be able to travel through them at will. Your life will become like a play, in which you watch the events around you, and play your part, but know the bigger picture and are detached from what takes place.

What can this way of life do for me?

It can help you to reach Self and God-realization, purifying you and developing your awareness of yourself and the worlds of existence, that is all.

How do I get started?

First, it is important to determine if this way of life is for you. Look over the Dhunami website, call or write for more information, or talk to a Chela (word for one who lives this way of life) in your area. Read a book by Sri Paul Twitchell (printed before 1983), read a book by Sri Darwin Gross (printed before 2008), read a book available through the Dhunami Office, attend a book discussion class in your area, or an introductory talk.

-May the Blessings Be!