

## Celebrating Life's Intensives

I have only experienced two of Ron Roth's intensives and they were both very profound experiences in my life. I cannot just reflect on the impact of the most recent intensive in Oakbrook, Illinois in November, 2005. I must include the life changing events of the Sedona, Arizona intensive in March, 2005. The second one kind of "built off of" the first.

I did not know what to expect in Sedona, but I knew I was meant to be there...called really. I was able to open my heart to many people during that intensive. I learned the importance of loving one another no matter what the circumstances, or the judgements of the brain. I learned to trust the God in me, and I learned to breathe with His presence. Everything Ron Roth taught us gave me goosebumps.

"The miracle of Sedona" refers to the incredible story of the synchronicity of Sri Baghavan's call to Ron Roth to send a message to the United States of the importance of the Oneness Movement. I experienced another type of miracle. I had a life-changing, life-exchanging experience. During one of the breaks of the intensive, I was able to meet and talk to one of the Bishops, Roger Montgomery. I enjoyed our souls' exchange, and we embraced in a hug. During this hug, I felt an incredible awareness of a God presence in Roger and I heard a sound that could only be described as "the breath of God". I felt as if God breathed me ~ through Roger. It was, I thought, the most spiritual feeling I had ever felt.

Later that afternoon I went sight seeing with some friends and, because we were rushing, one of my dearest friends began to have a severe asthma attack. She did not have her inhaler with her. I had been following behind her on a very steep incline up to Cathedral Rock when I began to feel a very strange sensation of my heart racing and shortness of breath. However, *I* wasn't short of breath. I looked up suddenly realizing that this was not my feelings, but that of my friend Hope. I was feeling her asthma attack in *my* body. She stopped at the stone wall to stabilize herself, and I could tell by the panic in her eyes that it was life threatening. I quickly, but calmly assured her that she could get through it. I began to do the energy work of Reiki that I had been studying. Then I remembered Ron Roth's teachings, and I asked for the Divine to help me help her. I said, "Come Holy Spirit, I need you". I put one hand on her head and the other on her back, and then I intuitively began to "breathe" her. I was feeling the breath of God that Roger had shown me earlier that same day.

I found my body breathing and pulsing at the same rushed pace as hers, and then I began to breathe in a miraculous way that instantly, and simultaneously, changed both of our breathing to longer, deeper, calmer breaths. Our heart rates began to slow to a normal rate. This only lasted a few long, pure moments, but it gave her the ability to catch her breath, stabilize it, and breathe what she later called "the best air of her life". I felt like the gift of God's breath came through me to help her. I was, and will always be, eternally grateful. I learned how to let my heart and soul take over and become a vessel for God's work, and to not allow my mind to get in the way of that work. There were many experiences that weekend that will forever change who I am. I thought receiving the seed of enlightenment from Sri Rani would be the highlight of my life. I felt very honored to have been one of the many attendees to receive this gift. I felt tremendous love for everyone I saw after that intensive and was able to stay in that state of love much more than ever. I was not quite in my earthly body for a few weeks. I still feel very connected to Sedona. "Come Holy Spirit" is now my mantra. It gives me chills and tears every time I say it, sing it, or hear it. I see it as invoking the holy spirit from within me, not calling out to an outside force. It wakes up every cell of my body.

When I got to my 2nd intensive this past November, I really thought I had already received my gifts, and that I was going to just "tune in" more completely and continue to learn from my spiritual teacher, Ron Roth. I had yet another profound experience at this last intensive. Receiving the hands on Deeksha from Roger Montgomery, the Smarana Deeksha from Ron Roth, and the distant Deeksha from the video showing Sri Bhagavan and Sri Amma really brought me to a new and higher level of awareness, aliveness, and love.

During the reading of the message from Sri Bhagavan by his son, Krishnaji, I began to get a tremendous headache in my frontal lobes. I also started to get very sleepy. I had to catch myself from slinking down into my chair. I thought it would be disrespectful to nod off during such an important message. I know now that I was reacting to the Deeksha in those words. I continued to have a headache off and on during that weekend. Each time I noticed that tolerable pain it seemed as if I were being tuned into an inner knowledge. It was the first time I have been grateful for a headache. Knowing what it was, and where it came from helped me to surrender to it, and let it work. I believe our bodies can be like a tuning fork ~ or a kind of musical pipe, and every time we learn, feel, or hear something that resonates in us, we tune that inner musical pipe or vessel to a higher vibration.

I was able to make another connection with Roger Montgomery in the hallway before a morning session. It was a practice of sorts of the samadhi he taught us about in Sedona. I wanted to express my gratitude and respect for his spiritual teachings. He had very long eye contact with me and, for the first time in my life, I was able to return the intensity of that gaze. Later that day, when Theresa was taking us into a meditation, I saw Roger in my peaceful state. I saw his eye become larger and larger and then the pupil, a beautiful orb, separated and sort of flew into me, and I absorbed it. I recognized it as a gift of Deeksha. It seemed like a second stage of the hands on Deeksha he had given me the day before. It felt like it was another God presence showing me in a visual way that I have it inside of me. I have been able to have very meaningful eye contact with everyone I greet now for the first time in my life. I feel such love for all living things now. Unconditional love that my head doesn't get involved with the chatter of whether or not they are worthy.

I have been able to keep that love for all people and living things close to my heart since that intensive. This time it hasn't worn off. I am still processing everything I learned and metabolized, and I am living more in the moment than ever. It's as if all of my 6 senses have been reawakened and I am experiencing old things in a new way with such joy and gratitude. My judgmental voice has been quieted. I feel the peace of knowing that God's presence is in me, and working through me. I loved Ron's quote "the heart of God is speaking to your heart". And thanks to Ron Roth I am listening very attentively without all of the daily chatter.

In some ways I feel like I have done this work, and I am being called in a way to "refresh" what I came here knowing.

I am looking forward to reading Ron's books and reflecting on this whole spiritual journey. I sometimes feel like Ron's eyes are calling me home, and that he knows the work I am doing in this lifetime and how much I have done in previous ones. So I will close with a "thank you" for allowing me to continue on this path with such a loving, and intelligent ministry.

Namaste,

Tamara Lavitt