

Sai Maa

Part 1 of 2

Her Holiness Sai Maa is described as a spiritual luminary with a mission of global enlightenment through practical spirituality and personal transformation. Sai Maa's work invites each person to realize his or her own self-mastery. It also invites everyone to live together in unity and divine love and action. She combines Eastern spiritual wisdom and Western therapeutic knowledge. She helps individuals master their own lives as she has mastered hers.

Sai Maa will be speaking at a major public event the weekend of April 27 to 29 at the Denver Convention Center. For complete details, go to her website, *SaiMaa.com*. Or call (303) 996-0123.

Alan Hutner: Let's talk about your mission supporting individual mastery and the ongoing process of global enlightenment. You teach and guide people to self-mastery. People don't always identify with the core "self." There's the ego identity, or persona, that people usually think of first. They think, "I am a father," or "I am a mother," or "I am a doctor." Fill in the word after "I am." How do you define "self" related to self-mastery?

Sai Maa: Love. Without love there is nothing. Light is born out of love. This planet, created



by the Elohim, comes out of love for the supreme intelligence, the great intelligence . . . part of the grand design. And the more love, the more grace. Grace is the shakti, the energy, the power that sustains everything in between – in between each word, in between each step, in between each incarnation, in between each heartbeat, in between each inhale and exhale.

From this magic of grace comes an attitude that I call gratitude. You look at everything and say, "This is the grace of the great intelligence for me." For that, we come back to mastery. What is mastery? What is to be mastered? After

**Grace is the shakti,
the energy, the power
that sustains
everything
in between.**

my guru took me into a state, with discipline and devotion by my side, I could watch the slavery of emotion diminishing. I will give you an example, Alan.

When I was sent by my country to go to medical school, everything was ready. But a lot of months before, a lady from France came to my town. I cannot tell you how I did it, but I dropped medical school and went to France. I found myself in Paris, where Mother Sri Aurobindo used to be. I cried every day for six months until my parents said to me, "Do you want this experience?" I had become a slave of my emotions.



Alan: Were you asking your emotions to let go?

Sai Maa: No. Emotion will not let you go. You have to realize that every coin has two facets. One is real, and one is fake. You have to use discernment to determine which is fake and which is real. The fake one can stop at any moment. The authentic one will never change.

Mastery involves entering a place within ourselves and seeing a love base and a fear base. The fear base is what we call on this planet the duality, the ego base, the personality who flips from one side to another constantly. You cannot master anything. It grabs you. It takes you and it masters you. It makes of you a slave. It makes of you a dog with a leash. That's what it does.

The mastery part is the love base, the grace base, the gratitude base, the highest self within us. It is the light within us — the knowingness and wisdom that takes us into a greater place within ourselves. Each human being is a godly being, a divine being: divinity by itself. Divinity is not a temple. It is not a sunset, it is not a sunrise. It is the human standing in front of me.

When I am speaking to a human, to whom am I really speaking? To my own essence. The beauty of enlightenment is that when you look at something and someone, you know you are "that."

Alan: This is the essence of expressing "Namaste," from the Sanskrit. You are looking in someone's eyes and saying, "I see your divinity."

Sai Maa: This is exactly it. Yes, I'm speaking to the personal or physical body, who has a name and a title, called a persona. But what is the essence that is allowing the person's heart to beat?

Only divinity is there — only supreme intelligence, only the source.

To master my personality, my thoughts, my feelings, my ego, my mind — whatever we call it — is to come closer and closer to that great intelligence and to make choices and decisions that serve my soul, the energy that comes back to me from birth to birth. This is my soul energy. When I do this, to whom do I get closer? To my higher self, my Christ self, my mother divine self. This grace supports me, holds me day and night, and takes me to that greater and greater place.

Alan: I love that definition of mastery. We think of it abstractly at times, but we're mastering the ego, the persona, the mind — thoughts that are not in divine alignment.

Sai Maa: Yes, awesome. We say, "I'm connected to the universe. I'm connected to spirit." We are all connected day and night. Nobody is disconnected. But are we in alignment?

Alan: If we were disconnected, we wouldn't be alive, right?

Sai Maa: We would be dead right now. We've never been disconnected. We will never be disconnected, because after the body takes death, there is a spirit or soul that continues. Are we in alignment? That is the main question, particularly during this period of great shift. We call this the transformation: "trans the form." What form is my mind taking? Unfortunately, most humans have weak minds. When you live with a master, you push yourself to cultivate the strong mind of the master. This is mastery. If a thought comes, you say, "That's not me. I'm in

>> **Sai Maa** continued on 23

Nina Brown



Photo by Jennifer Esperanza

Nina Brown is the author of *Return of Love to Planet Earth: Memoir of a Reluctant Visionary*. She is also the founder of an upcoming event, the first in a series presented by the Golden Dolphin S.T.A.R. Clinic, called, "Making the Quantum Leap: Embodying Love for a New Earth."

It takes place March 23 through 25 at Bishop's Lodge Ranch Resort and Spa.

Keynote presenters include acclaimed quantum physicist Dr. Amit Goswami of *What the Bleep?* notoriety; Doctor Vladimir Turek, a quantum physician who will highlight a panel discussion on Saturday night; Sri Ananda Devi; and Nina Brown. I moderate the Saturday-night panel. For complete details, go to the website, GoldenDolphins.com.

It is now safe for us to declare our divinity and to come together so that we can embrace and support each other.

Alan: Give a two- or three-minute thumbnail of your journey. Your book goes into great detail about the shift points: where you came from and what brings you to your current work on the planet.

Nina: I love to say — and I do so with all modesty and humility — that I came from a very proper family in Philadelphia, and I wore gold slippers and beautiful ball gowns. The reason I mention this is because it is such a contrast to the life that I'm living now. Nina Brown in Philadelphia 10 years ago would never have spoken in the way that you and I are speaking today — with an extraordinary vulnerability, and extraordinary intimacy, and a profound declaration of knowing who I am: a divine human. I say this to be a model for others, so that they can courageously step forward.

>> **Nina** continued on 22

>> **Nina** continued from 21

Alan: You're saying you are "that" to everybody reading this, even though the mind or the ego or the persona may want to deny divinity. You say that does not work.

Nina: This is a message for all of humanity. It is now safe for us to declare our divinity and to come together so that we can embrace and support each other.

Alan: So what was the big shift point leading from the 3D-construct, consensus-reality perception of self — tied to the ego or the mind or the personality — to the launch, the shift into the divinity that says, "Look, you have no limitation. You are the voice of God"? And not only the voice of God, but the eyes, the ears, the hands, and the feet. Because the formless creator moving through the space of the universe (which is 99.9 percent space) has an intelligence that creates. We're co-creators. So, when did you know who you were, really?

Nina: I was called by Saint Germain on the summer solstice of 2010 to Mt. Shasta. When I was there, in a lucid dream state, I was taken into the mountain, into the chambers — into the council chambers of the Cosmic Council of Light — and I saw me. I saw my higher self in council. And I went up and merged. So I know without a shadow of a doubt that I, like so many others on the planet, am a walking master. I know this. I feel so safe in declaring it because we're in a new era. It's called "The Age of the Golden Dolphin." It's the next stage of alchemy. And what makes it different from any prior stage is that it's safe. It's safe for you and me to have this conversation. I feel completely safe speaking or answering questions in front of hundreds of thousands of people.

Alan: Do you ever feel sometimes like the darker, shadow side wants to infringe, even though you know you are divinity? And the darker side, or the shadow side, or what appears to be not divinity, is also divinity, if you know what I mean. So it's even a misperception to think that something is not divine or God, because it's all in this play of life. In the East, they call it "Maya," or illusion. The real illusion is not knowing who you are. Reality is knowing who you are in the playground. Then you get to do it all, or play in it all.

Nina: Yes. Let me share one word with you: "fascinating."

Alan: I like that word!

Nina: It's so powerful because it's non-judgmental. If I come up upon a situation that might perplex me, or might have moved me into a state of depression or confusion or anger 10 years ago, I now just step back and look at my/our creation and say, "Fascinating! Why did I/we create that? What are the life lessons, because I am not that experienced?" I am the observer of the experience that I created. That's it.

Alan: Thanks! Now, one of the most important parts of your work is love. It is multi-dimensional and has so many aspects to it. These include misperceptions by the human mind-ego-persona complex that identifies love with various experiences and emotions in the world. How do you define love?

Nina: Alan, I am looking you in the eyes, and there is a transfer. For me, love is a transfer of particles and frequency. I can feel you. I can see you, but I can also feel you.

Alan: We are in a certain collective vibration or frequency. The mechanism of distribution doesn't matter. It's all part of the divine field.

Nina: Yes. When I began this journey, I felt love, like so many people on the planet. But now I have a better understanding of what it was that I was feeling 10 years ago. I describe it as duality love. Duality has a frequency that is lower than the frequency I carry now. It is lower than the frequency I was just expressing when I was talking about the love exchange between you and me.

Alan: And when you say lower frequency, it's not about rights or wrongs. It's just the beauty of the multi-dimensional universe that you get to play in wherever you want — and experience in every frequency.

Nina: Perfect! Thank you for that clarity. So, I discovered that the reason I'm on the

planet is to bring in another frequency of love, what I call the frequency from the 12th dimension, which is pure love and light. It has none of the density of duality. I spent three years doing that. I wrote a book. I was a receiver and transmitter. My mission was to work with the 144,000 who anchor the Christ Consciousness Grid. I did that — and I did it by means of harmonic oscillation. I didn't have to work with all 144,000. Each one of the minimum of 33 carried a specific tone. And because of the laws of harmonic oscillation, all within the 144,000 who carried that specific tone were entrained or up-shifted simultaneously.

By the time I was called to Mt. Shasta in 2010, I knew that I was to be an ambassador for humanity in front of the Cosmic Council of Light. They came with their scale on summer solstice. They were measuring the frequency quota of pure love and light on the planet. I read the names of all those with whom I had worked. And, if you can believe this, I stood up and made a declaration. I said, "The tipping point has been reached."

Alan: This fits in so well with something that was given to me recently: L.O.V.E. is an acronym for Law Of Vibrational Essence, the law of love.

Now, with regard to "Making the Quantum Leap: Embodying Love for a New Earth," can you make the statement that the assembly there is designed to individually and collectively raise frequency and harmonics? So even if you come there in dualistic love, or some other form of love such as abusive love, the field will elevate you individually and collectively? And by the end of Sunday, it will be a quite a love nest, with many healing attributes?

Nina: Yes. You will be a different person. Absolutely! We're moving into a quantum field. That is exactly what is going to happen in the field of the event, by means of intention.



.....
The complete audio interview is serialized and available at TransRadio.com.

.....
For more information: GoldenDolphins.com.

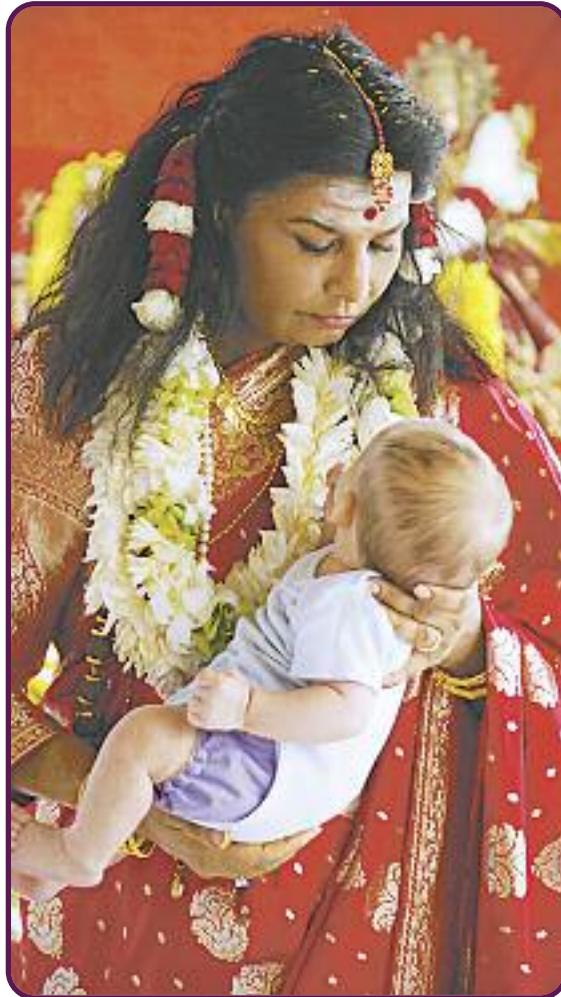
I am the observer of the experience that I created.

>> Sai Maa continued from 21

alignment with the great intelligence, with the source itself."

This grace supports me, holds me day and night, and takes me to that greater and greater place.

Alan: Talk about enlightenment. To my evolving consciousness, on my spiritual journey, enlightenment isn't a fixed state. It's a continuum of ever-evolving awareness and deeper love that has no boundaries. It's infinite. Talk about enlightenment as you see it related to evolution on this planet, and the golden age of 2012 and beyond.



Sai Maa: One thing I realized after I became "that" is that everybody is born enlightened. Every single human is enlightened, except that enlightenment is covered with the seeds of our past actions, just like an onion. The center of an onion is completely transparent, and you have to peel off the layers to get there. You can be enlightened in a nano-second. It's a matter of simple awareness.

So we come back to self-mastery. I am aware that there is a fear base in me and a love base in me. It is very important to educate myself about these states, and to practice coming out of the fear base and entering the love base and living there.



Part 2 will be published next month. The complete audio interview is serialized and available at TransRadio.com.

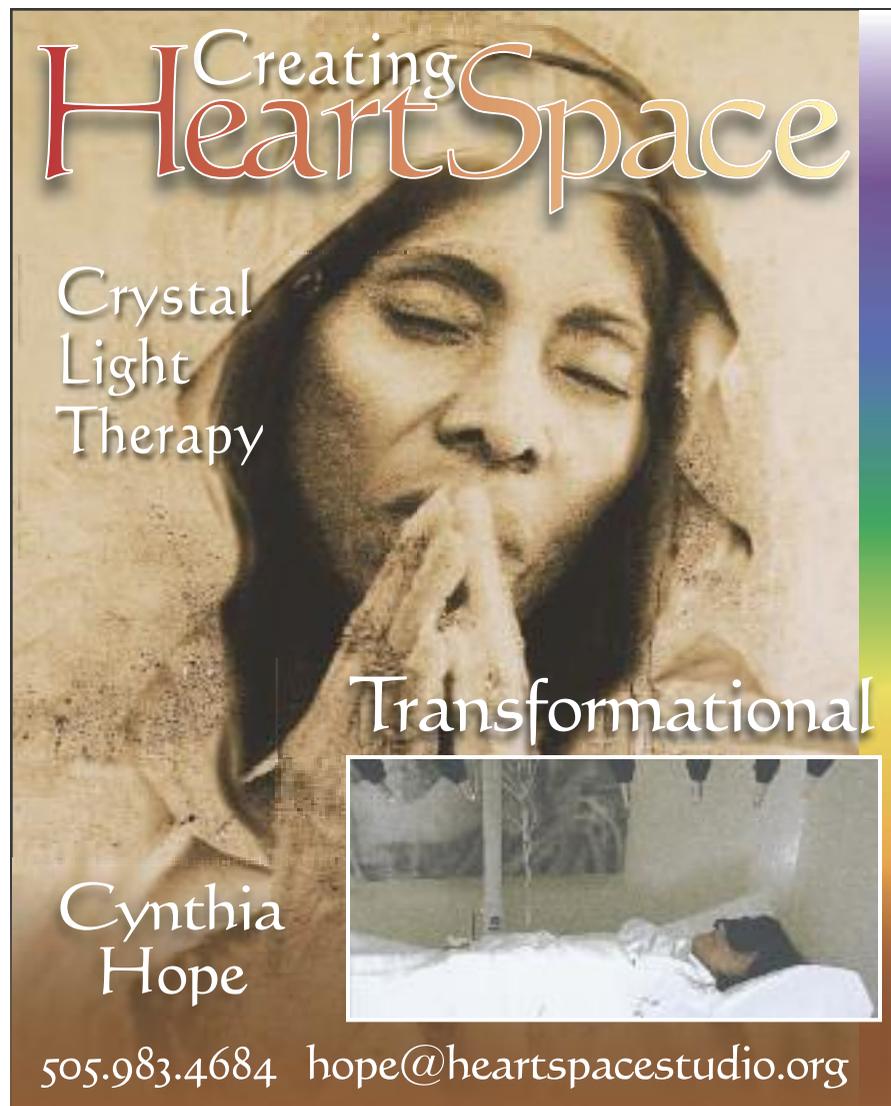
Alan Hutner is the founder of Transitions Radio Magazine (TRM) and co-hosts and co-produces the show along with Elizabeth Rose and Kathy Walsh. TRM airs at 98.1 FM, Radio Free Santa Fe (KBAC FM), 8 to 11 am Sunday mornings, and streams live on the web, with all programs archived by hour at TransRadio.com.

Creating
HeartSpace

Crystal
Light
Therapy

Transformational

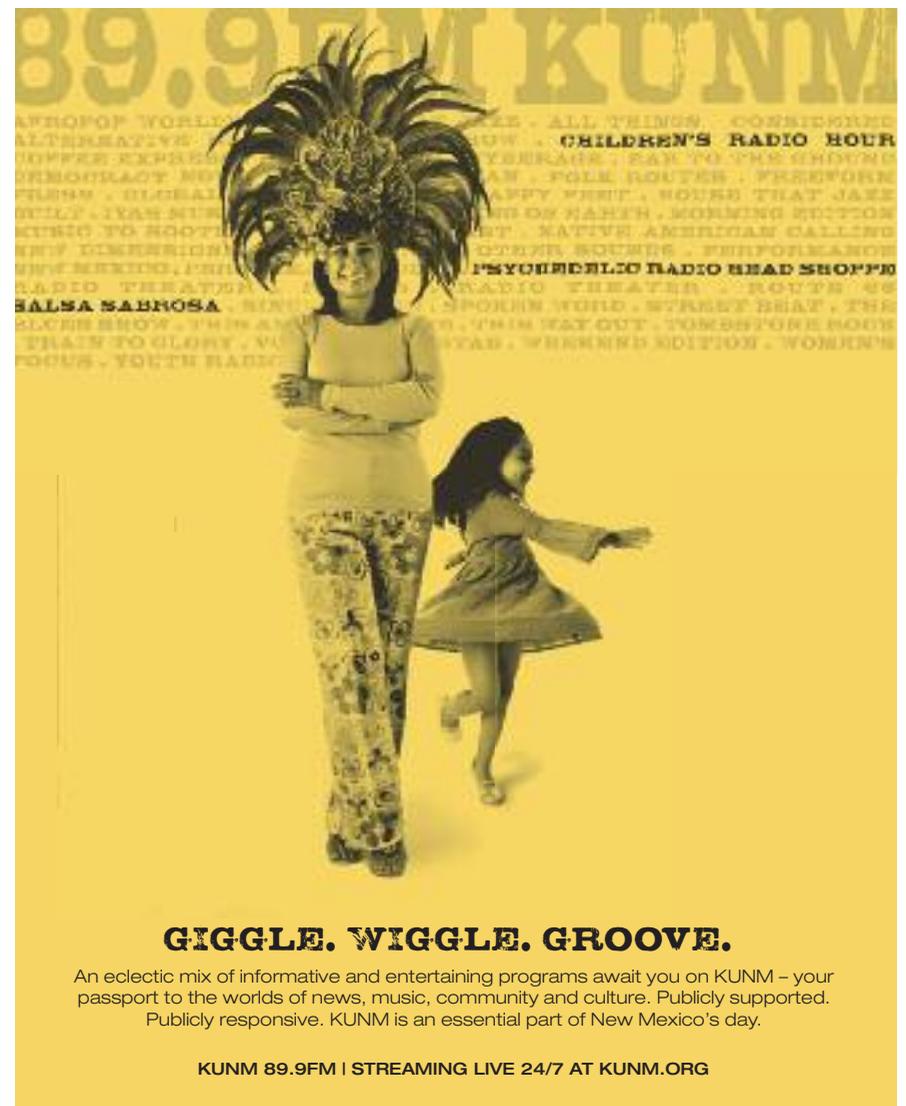
Cynthia
Hope



505.983.4684 hope@heartspacestudio.org

89.9FM KUNM

AFROPOP WORLD, ALTERNATIVE, HAPPY EXPLORE, DEMOCRACY NOW, FRESH, HUBBUB, BILLY IYAN, MUSIC TO ROOT, NEW DIMENSION, NEW MEXICO, RADIO THEATER, SALSA SABROSA, SLOTTED SHOW, TRAIN TO GLORY, YOUTH RADIO, ALL THINGS CONSIDERED, CHILDREN'S RADIO HOUR, FOLK ROUTE, HAPPY FEEL, MORNING JAZZ, NATIVE AMERICAN CALLING, PSYCHEDELIC RADIO HEAD SHOPPE, SPOKEN WORD, STREET BEAT, THE UNIN VET OUT, WORKING



GIGGLE. WIGGLE. GROOVE.

An eclectic mix of informative and entertaining programs await you on KUNM – your passport to the worlds of news, music, community and culture. Publicly supported. Publicly responsive. KUNM is an essential part of New Mexico's day.

KUNM 89.9FM | STREAMING LIVE 24/7 AT KUNM.ORG