

## HOW THE BOOK STARTED

One of my Masters said that our hearts are the wisest part of us and that the great mystery of life has little to do with the intelligence. Amazing words, which have echoed in the depth of my being never to leave me! But what is behind this message?

“Mother, how can I share the love that is in my heart with your Creation?” The answer came in a moment of great blessing, when my heart opened its doors to the majestic flow of an Inner Realm and Intuition.

It was September 2005. I went on a trip to Switzerland after a strong feeling of needing to be in the mountains. It was not a desire; my soul and heart were pushing me to go there and I felt I had to be in Switzerland. I didn't know where but simply 'in the mountains'. This feeling came to me in February 2005. Soon after, I happened to be in a sports shop and the thought occurred to me to buy a pair of mountain walking shoes. I said to the sales person who was explaining to me that the shoes were perfect for summer but not for the winter snow: “That's fine, that's fine, I'm not going to the mountains in winter but in summer”. It was not me but my intuition thinking and it knew what was going to happen.

The date was decided, 23rd September 2005.

The months passed and I was not thinking of the trip at all. My heart and mind were at peace. “Whatever Mother has planned will be done”.

“My Lord, Switzerland!” We had finally arrived, our destination was Centovalli, one of the most beautiful valleys at the foot of the Swiss Alps!

From the balcony of my friend's house, a long range of mountains covered by forests stood in front of me in a majestic, silent setting.

My Lord, these mountains hold in their memories many millennia of lives, love, sorrow, pain, joy – the immense beauty of this creation with all its dualities. And in the end, the presence of Love which surrounds all has made them silent – silent to witness in peace the Divine Mystery.

“Why don’t you go to my friend’s hut, up in the mountains? I know you love real mountains and the hut is at 2,100m.” It was my host suggesting an itinerary for the following day.

“Perfect. Decided. Let’s go there.”

Again it was my heart speaking and the mind channelling: “Yes, let’s go to the mountains”.

We left the next day. We drove for some hours, finally coming to the end of the road at the foot of the mountain. From there we took the long and arduous path towards the hut. My heart was impatient. It was dragging my feet, body and mind up the path - not easy, for us city dwellers used to cars and comforts.

The path was steep; my mind was trying to get my attention at the first sign of physical tiredness. “Let’s stop for a while” my mind was saying constantly. You can imagine with what promptness I satisfied that plea but alas! my heart was pushing me, “Come on, let’s go, let’s go.”

My sweet heart! She knew. The Light was pulling her and the highest presence of Light was up there in the mountains, high, high, where only the sound of the waterfalls can be heard; high up where the vibration of peace and silence were so present, up there...

1800m! The fog was rapidly catching up with us. Not being used to the language of mountains and following an unfamiliar path, we quickened our pace.

And finally “There it is! The hut.”

It was not the small hut it had seemed from down in the valley. It was a beautiful mountain refuge. It seemed to me as though the mountain was seated in the lotus position with the palms cupped one on top of the other, holding the refuge close to its heart.

I entered the dining hall and experienced a strong energy at the point between my eye brows, the mystic third eye, as has often happened to me during meditation or in the presence of the Masters.

“There is something going on in here!” I thought, little realising this was a foretaste of what was to come. But soon we started to chat with our hosts and the feeling in my third eye subsided.

“Guys, tomorrow I am going to the lake on top of the mountain, at 2,600m”, one of the hosts said to us, “Would you like to come?”

“Really, yes, that would be great. My father will be proud of me climbing so high” was my reply. My father used to be an amateur mountain climber in his youth.

After taking a shower, I found myself once again in the dining room. “Mother, it’s beautiful out there”. I was talking in my mind to the Divine Mother as I looked through the windows. A parade of mountains covered with clouds embraced in the rapturous dance of the wind, was there in front of me. At times a garland of white and grey clouds crowned the mountain crests. Moments later the clouds would completely envelop the whole valley and you could see from the windows only whiteness everywhere and nothing else. Magical! Like a dream!

“Ready to go?”

“Yes ready.”

It was a beautiful day. We started our walk towards the lake. One of the people who had been to the lake the day before said: “The last bit is very difficult, you’ll need to clamber up using both hands and feet.” I was a little apprehensive on hearing this but soon these thoughts left my mind.

“Black goats, so many!!!”

My voice broke the silence of the mountain as I pointed to a flock of black goats. Yes, we were surrounded by black goats, all black. Can you guess what came to my mind? The proverb of the black sheep. “Well, these are all black, hmmm strange, somebody should change that proverb...” Thinking of the black sheep, I realised that one of the goats had started to sniff at my raincoat and to nibble at its corners. I moved away after having taken a few photos of a goat, which didn’t move until I’d finished shooting, as if she knew what I was doing.

Walking up the mountain, the path gradually became so narrow that only a goat could pass. “That’s why some people call it a ‘goat’s path’” one of my friends said.

“I feel like a goat at this moment” my other friend retorted.

It was only then that I started to realise the path was dangerous. Until then my mind had been at one with my heart, seeing only the beauty of the mountain everywhere.

“But guys, this bit can’t be a goat’s path because they can’t climb it” I said. It was where we needed to hold carefully onto the rocks while climbing the last stretch.

“Guys, keep smiling because we are.....at the laaaake” – the joyful shout of the first of my friends to reach the top filled the air.

A lovely sweet little lake lay in front of us on top of the mountain. From it, flowed a small waterfall.

“Oh, Mother it’s .... I don’t have the words Mum!” I was in awe at the lake and the panorama that lay in front of us. Suddenly I remembered I had a camera with me, a present from my brother, and I felt the urge to take some pictures of this little lake before beginning our descent to the mountain refuge. I was not used to taking photographs and it had been my brother who insisted that I take a camera, but strangely I now had a strong feeling of wanting to capture the wonders of Mother

Nature. I don't know why, but I just kept taking pictures all the time. This feeling remained with me during the rest of our visit.

The trip back to Centovalli took hours because every few minutes I would stop to take pictures. I was photographing the smallest, often unnoticed elements of nature like minute flowers, drops of water on blades of grass, stones – those elements which we take for granted and fail to gaze at – in order to discover that special beauty which is hidden in them, there ready to be offered to every being.

Yes, Mother Nature with her creations was strongly calling my attention, showing me her gracefulness in all aspects, even in the smallest leaves of a wild mountain flower.

When I first saw the picture which became the cover for this book, I was so amazed and in such awe that I couldn't speak, I just gazed at it in wonder, whispering “Mother, Mother.”

That picture expressed an amazing beauty, simplicity and humbleness, which I never would have expected to find in a simple, tiny leaf.

In those moments my heart conveyed strongly to me the message “These pictures contain special messages for Divine Souls around the world!”

In the majesty and silence of the mountains, I felt great blessings shower upon me, which opened my heart to the Love Essence of our Existence. For the first time my whole being was conscious and focused on the heart. I realised that my heart had been closed in defence against the pressures and attitudes of the society in which I grew up and which had blocked my individuality and creativity. There in those mountains, the blockages in my heart disappeared and a new picture of the world with its hidden beauty opened up in front of me. Finally my whole existence returned to the much-desired Divine centre, the Heart, the abode of my Soul!

When it happened, I felt I was ready to enter the gateway of the realm of creativity and become a pure channel for the inner messages coming freely from the depth of

my heart; pure messages that were not distorted or translated by our secular ideas of life and reality.

“Thanks, my dear Mother, for allowing me to make tangible and express the beauty of your Creation through my pictures.”

It was amazing! I could experience emotions and feelings transmitted through the pictures as I was looking at them. Those moments brought about a dialogue with my Inner Self, whose aspects of Love, Wisdom and Compassion I call Divine Mother. Stories and poems started to come to my mind. This book came together as a collection of amusing dialogues between Divine Mother, Soul and Mind together with devotional poems.

That’s how it started. From the time of my trip in the Swiss mountains, my mind started to see the beauty and uniqueness in everything around me, even in grey railway tracks or on cloudy days. Everything in the world started to appear deserving of attention and worthy of being captured in a picture.

But the most wonderful thing for me was that I started to see and be aware of the light and love hidden in the hearts of people, whatever their personality.

My Beloved Ones, I discovered that our judgements and concepts of ‘beauty’ and ‘ugliness’, ‘good’ and ‘bad’ make us lose sight of the Truth of this Creation; that Truth is itself Beauty and Love, in every single moment and detail, and in every heart. Let your heart judge, not the mind, because it is the wisest judge! And you’ll realise that beauty, uniqueness and love are in everything and ...that they come from your heart! The moment you realise that the world out there is but a projection of your heart and mind, judgements about ‘beauty’, ‘ugliness’, ‘good’ or ‘bad’ will fade away. You’ll realise that what you think and feel is projected out into your environment.

So my Beloved Ones, open your heart and leave it free to express the truth and mystery which are in it. What a sweet heart! You’ll see and create a completely different world around you, a world of perfection and peace!

Mind is our humblest friend, which when following the heart, rediscovers its source – the Divine Creator – and falls silent with awe at the sight of its origin, the inexpressible Bliss. In these moments you'll find again what you have always looked for: happiness and peace.

Peace be with you!

### **A FEW MORE WORDS**

As you'll notice the greater part of this book, especially the stories and dialogues, are written in a very simple language. They were written as they came to mind, simple and funny dialogues between mother and child. But I have been a little more 'sophisticated' with the poems. There my mind gathered the most beautiful words in my vocabulary to express my love for the topics covered.

Some of the dialogues with my Inner Self or the Divine Mother touch on familiar ideas, events of daily life and the world in general. All these topics are viewed from an unusual perspective – that of spirituality, in its meaning of the unity, love and perfection, permeating all of creation. After some long dialogues you might find poems or short reflections. These are 'breaks' before starting new 'serious and important' topics and stories. Regardless of the 'seriousness' and 'importance' of the topic, every story and dialogue finishes in a humorous way; a reflection that, after all, life is a comedy – a comedy nurtured by the Divine Smile which accompanied the creation of the universes and in particular the creation of our own amusing dimension of which we and Mother Earth are a part.

The essence of this book has been treated from differing points of view. Basically there are three main characters, Mind, Soul and Divine Mother, whose amusing dialogues will accompany you during the whole book. The patient Mother laughs at the different questions Soul and his companion, Mind, ask Her. Their questions

sometimes revolve around the same topics but from different angles and are based on man's eternal quest about life, its origin, purpose and end – what lies behind this existence. Each dialogue unveils one at a time, realities hidden behind events and moments in life. They are not esoteric statements but simple words from the heart expressing a world of simplicity, beauty and peace, which often we are not aware of.

I have been the first reader of this book. As the stories flowed from my pen and filled page after page, sometimes I would stop, read what was coming out and say in my mind “Wow, Mother, it's amazing. I was not aware of it...” Most of the time I was overwhelmed with a wonderful feeling of love especially when I felt merged and present in the dialogues.

Forgive me if any of the stories included in this book awaken sensitive memories or experiences. Whenever I felt the urge to write, I would pray to the Divine to keep my heart and mind pure so as to transmit these messages without personal judgement or opinion. May love and peace replace any other feeling in you!

The first dialogues will hint at certain themes to reflect upon and one step at a time, the secret messages of the heart will be unfolded, which my Beloved Ones, I will leave to you to discover.

*There is just one little trick: only the language of the heart can decipher these messages, nothing else.*

Pictures I took during my trips accompany every dialogue and poem. They are intended to support the ideas and principles behind the dialogues and poems, and transmit feelings of peace, beauty, patience and relaxation during the journey you'll undertake with this book. I chose each picture listening to my heart, touched by the messages the pictures were conveying. And I hope they will convey the same inspired feeling to you, my Beloved Ones.

This book comes to you as an offering of my love to the Divine Essence in all of us. It expresses my unshakable faith that love and forgiveness will fill all people's hearts and spread all over this wonderful planet, so that it truly becomes a Garden of Eden.

With love

Sara J.