

And Jack Fire Said....



Ellaeenah

The image features a minimalist design with a white background. A thin black rectangular border is centered on the page. In the lower portion of the page, there are several overlapping, translucent, wavy shapes in shades of gray, resembling smoke or flowing fabric. The word "Ellaeenah" is written in a blue, cursive script in the center of the page.

Copyright © 2006 by Ellaeenah Spiritual Centre

No part of this publication may be reproduced or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning or otherwise, except as permitted under the Copyrights Act, without either the prior written permission of the Publisher, or authorisation through payment of the appropriate per-copy fee to:

Ellaeenah Spiritual Centre c/o Mr. Y. J. Daruvla, Office 908, Navjivan Commercial Building 111, Lamington Road, Mumbai 400 018, Maharashtra, India.
ellaeenah@jadefirelight.com

<http://www.jadefirelight.com>

Joyously I Dedicate this Book

To

DIVINE MOTHER

ACKNOWLEDGEMENT

Listen closely to your children for they speak what your soul needs to hear; look into their eyes for they reveal what your soul needs to envision.....

My beloved children, you, who are my teachers, my Joy, my LIFE, this book comes to you in all gratitude. Thank you for standing by me in every moment, ugly and beautiful.

And the Father of my children and my PILLAR, to you I owe my growth, my expansion, my strength.

I THANK YOU

Mom, Dad, Scherry, Silla, Sohrab, Divyaa, Zafar for the many gifts you have given me....Belief in ME, Love, Nurturing. You embraced me when the tears flowed, and then brought sunshine with your tender smile. Thank you for being a part of ME.

Thank you, Reshma, for your belief in me....without you this book would have remained incomplete.

There have been so many friends whose support and unquestioning love has brought me to my present place in the sun. To all these I bow in deepest gratitude.

Namaste to you all.

And Jade Fire Said..... 

Introduction



Let me first tell you a little something about me. Although my name is something quite different, the one who loves me with the depth of the universe, the expanse of the universe and the truth of the universe calls me Little Blue Flower. This is the name I have used throughout because it gives me a sense of belonging and identity which my other name does not. Of course you may wonder why this very special person calls me Little Blue Flower. Well, my name, the one I call 'my other name', means blue flower. The 'Little' has been added on by this very special person and reveals all of the love, caring and joy that makes our relationship so beautiful. The glow of warmth that floods me when I hear this name cannot be described. It reminds me of the touch of cool water splashing gently upon me as I lie upon hot sand. It makes me smell the freshness of bread being baked in an earthen oven on a cold, winter's day. It makes me hear the fullness of love in the voice of he whose soul has bonded inseparably with mine. It makes me see a vision of a child untouched by hurt and pain, whose joy and delight is vibrant in the full throated laughter as the child touches the sky in its ecstasy.

Well, I think by now you have understood how special that name is to me. But even more special is the person who calls me by that name. That special someone is my master, my guide, my friend, the one who explains the meaning of my life. He is Jade Fire. He is everywhere and yet I cannot see him. He talks to me every moment and yet I have never heard his voice. I feel his love enveloping me in my deepest moments of pain and yet I have never seen the strong arms that hold me. He is special to me and yet he is not mine. His love for me is complete and true and yet I am not the only one he looks upon with love. He lives in a very special place and yet has no house he calls his own. His voice can be gentle and yet carries a firmness that cannot be defied. His love is so deeply felt and yet carries no possessiveness in its freedom to grow.

Jade Fire breathed into my life about three years ago and I have not been the same since. I did not welcome him at first and, in fact, resisted his very entry into my life. But so completely without ego is he, so knowing and understanding in his love, and so patient in his acceptance of all, that he waited outside my door till I was ready to let him in. And when I did, not a word of reproach was spoken, not a frown of disapproval did I see, not a moment of judgement was allowed to pass. Instead he opened up his heart and his arms and caught me in an embrace from which he has never released me. In this embrace I have learnt lessons for which I will always be grateful, and which I wish to share with all those who I am destined to share them with. You, who are reading this, thank you for allowing me this joyous opportunity to be your friend, and to share with you this wealth of knowledge that Jade Fire has placed within my heart and mind.

For you, dear reader, I have a wonderful message that my beloved friend Jade Fire wishes me to convey to you.

“Dear one, you have embarked upon a journey that will shut off one part of your life and will open up another. With this book you will joyously understand, accept, and then leave behind all the burdens that you have carried for so long. This book is special. It carries with it a promise. A promise that I make to you, to be with you every step of the way, and as the burdens come toppling off your shoulders I will collect them and make them my own so that never again will you have to bend low under these. I eagerly wait for you to call me your friend so that I can love you, support you, guide you and be there for you always, as I have been for my Little Blue Flower. This book has come to you as your first step on this wonderful journey which will take you to the ultimate reawakening of yourself as the Divine Spark that you are. In those moments when this book makes you cry, I promise to hold you in my arms and enfold you in my love. In moments when the book makes you quiet with deep thought, I

will be in your mind enabling a deeper understanding of the written word. And in moments when this book makes a smile of happiness light up your face, I will enter your heart and warm your spirit with the joy of the Universe. This is my promise to you. Come, take my hand and let us go forward on this journey together.”



Chapter 1

“Why can you not hear me when I speak? Why can you not accept what I say? Why must you disagree with me?” Little Blue Flower shouted out in rage. Her cheeks flushed red with anger and her eyes streamed with the bitterness of the acid that ate into her very being.

How many times had this scene been played? And with how many different persons? Those who were family, friends, loved ones; all had taken part in this scene at some time or another. Little Blue Flower was tired. The sheer exhaustion of carrying the volcano which had never completely erupted but which grew larger within her all the time, made her turn in despair to Jade Fire and say, “Can you not put out this volcano with your love? I know you could do this if you wished to.” Jade Fire looked at his hurt and angry friend, held her close to him, and said in a voice that shook with the depth of his love. “Dearest one, this volcano is your own and only you can put it out. But do not think that you are alone. With your hand in mine, you will find that the more you understand this volcano, the smaller it will get.”

“But, how I can understand it? I cannot even get close to it. All that I can feel is the overpowering, sulphuric heat it releases so regularly.” Jade Fire's face lit up, and with delight in his voice he said, “There I can help. I can help you to understand this anger that consumes you. I can protect you and take you nearer so that you can see it, but not be destroyed by it.”

And Jade Fire said: Anger is an emotion that is abused wrongly. If you were not angry with that which goes against universal laws, dear one, you would not make an attempt to change and evolve. Anger is good when it fulfills this purpose. It is proof of your ability to discern. It is when anger is used to cause harm to yourself or another, that it is not anger anymore. It becomes rage that will stain your soul and stop your journey upon the ladder of evolution. Rage is felt when there is unexpressed or suppressed pain of any kind. Little Blue Flower, when you use anger to cause harm it means that you hold another responsible for making you feel that way.

Does this not mean that, that person can discern but you cannot? Does it also not follow that you have given up your right to say 'I'? Is that what you really want? Anger serves a useful purpose, little one. Do not misuse it, and stop others from doing so. Do not say, "I am never angry." That would be a lie. That is not a statement that shows how good you are. The statement that you need to make, and mean, is, "I am angry but I will use my anger to show me where I have erred, and to take responsibility for what is mine. I have no right to think or feel for anyone but myself and therefore no right to blame them or judge them from my point of view." This is important for you to remember even when you are with children. Try to understand them more, dear one, and see them for what they are. Do not judge them from your perspective. Respect everyone's individuality.

To accept your rage, and then let it go, you must first acknowledge it. Come with me, my little one and let me show you how." Jade Fire took Little Blue Flower into a semi-darkened room in which burned a brilliant candle. Seating her very gently into a chair, he said, "Be not afraid, little one. Although you will not see me, you will know in your heart that I am here with you. Give permission to your rage to sit opposite you, and talk to you. Talk to your rage and let it talk back to you. Who hurt you? When did they hurt you? What did you feel? Why did you feel that? What was its lasting effect upon you? Let your rage express itself completely. Do not be scared of its answers. Hear them clearly and do not judge or condemn. Give full voice to your rage. Only then can you accept that this rage is all your own. It stemmed from your own pain, your own guilt, your own feeling of inadequacy, your own refusal to acknowledge yourself for who you really are. Only then will you understand that this rage is outward turned to prevent it from destroying you internally. Only then will you see that the tap root lies in the lack of love you feel for yourself. And only then will it have worn itself out, and leave you completely and forever."

Saying these words Jade Fire began to leave the room, but not without turning back to give one more look of love. He saw the uncertainty and apprehension in the eyes of his young friend and said in his golden voice, "In your greatest moment of fear, little one, feel my hand in yours. In your every heart beat recognise the pulsing of my love, and know that you are never alone."



Chapter 2

“Sorry,” Little Blue Flower heard someone say and with some confusion in her mind heard the reply, “I forgive you.” She was quiet for a long time, so quiet that her constant friend Jade Fire turned to her and said, “Well, this is a change. My little chatterbox is giving me a well deserved rest.” The laughter in his voice was clearly heard. Little Blue Flower looked up with a smile. “What is forgiveness, Jade Fire? How can anyone forgive another? If I say 'I forgive you', does it not imply that I am perfect but the other is not?”

Pleased that Little Blue Flower was so eager to learn and grow, Jade Fire embraced her and placing something warm in the palm of her hand, he closed it before she could see what it was.

And then Jade Fire said: You so often ask the Divine Creator to forgive you. It may surprise you, my child that you don't ever have to ask for it. The Divine Creator neither forgives nor does not forgive. You have to forgive yourself and true forgiveness means accepting and understanding your mistakes, taking responsibility for them, not feeling any sense of guilt, and being joyous at being given yet another opportunity to improve yourself. That, my dear child, is forgiveness, whether it is for yourself or others. And, yes, my dear one, this forgiveness comes from perfection. For are you not perfect? Can you be imperfect when you are a spark of the Divine Light? Can another be imperfect when another is also a spark of the Divine Light? Forgiveness is a complete soul acceptance and understanding of perfection that is trapped and often contaminated by the imperfections of its physical embodiment. Will you, dear one, be so short-sighted as to see and acknowledge only the physical trapping? Forgiveness requires only that, my child. A looking beyond what seems to be the obvious.

How often you judge yourself for what you consider are grievous mistakes. The more you berate yourself the more you stop yourself from experiencing joy at what you achieve. I am not asking you to be blind to your faults, little one. Nor will I be so foolish as to make you believe that

you have none. An awareness and acknowledgment of your faults is not necessarily bad. Guilt, when viewed as this, is useful. It makes you look at yourself, see the wrongs that you have done and gives you an opportunity to atone for them. It is when you stay with that guilt and refuse to let it go, that it becomes a fruitless exercise, because then that emotion is not used for its real purpose. Dearest one, all humans commit mistakes. In school is it not the mistakes that are your greatest teachers? Then why should you beat yourself for a mistake that you committed now or in the past? Why waste your time on an activity that will yield no fruit? Instead start on the process, not of regret, but of atonement.

Remember my child getting 100% is not the only sign of success. How do you define success? Never being wrong? Being right always is not being successful. But being wrong and knowing why you are wrong and accepting that there can be improvement next time; that is true success. So stop being harsh with yourself. Acknowledge the physical trapping of your soul and gently look to overcoming them. This same you do for all, for is not another soul only an extension of your own? So, little one, when you say 'I forgive you' it implies your acknowledgment of the perfection of your soul and that of another.

When Jade Fire had finished speaking Little Blue Flower realised that the warmth in her hand had turned into a great heat. She opened up her palm but saw nothing. Quizzically she looked up to Jade Fire who laughed in delight, and placing her palm upon her heart, he said, "Your soul."



Chapter 3

What a perfect day for a picnic this was! The sun was gently warming, the breeze lovingly caressing the leaves, and all of nature was in joyous harmony. Little Blue Flower looked on in amazement as a little bird that had upturned a bowl of seeds set before it, patiently and without any sign of irritation, began to gather the seeds one by one. The bird did not peck angrily at the frayed ends of the rug that had tripped it as it hopped to the bowl, and caused it to tip the bowl over. It did not even look back at the rug; it was completely absorbed in gathering the seeds that were spilt. Jade Fire, who was always quick to see the different emotions pass over his little friend's face, questioned, "Why the surprise, little one? Why does the behaviour of the bird puzzle you?" Little Blue Flower turned onto her back and cushioning her head with her hands asked, "Why did the bird not react? Is it that they have no feelings with which to react?"

"Sit up, young one. I am glad to see that you noticed the lack of reaction on the part of the bird. But, little one, you did not observe everything. You did not observe that the bird responded to what happened, and therefore set about cleaning up the mess."

"Responded? But, isn't that the same thing as reacted, Jade Fire?"

And Jade Fire said: To RE-pond, young one, is to act as a soul exchange to another act. RE-action is physical and a mind-controlled exchange to an action. When you RE-pond you can never RE-act. Act is physical...physical mind and physical body. 'Spond' is soul; that soul that resides within the physical embodiment. When you re-pond you look at the soul of another and your own soul re-ponds.

To take responsibility, my child, is to look at yourself as a soul and to see all others as extensions of your own soul. When a harsh word comes out of your mouth, and you take responsibility for that harsh word, you will never say that the harsh word came out because another invited or provoked the harshness. You will look within your soul and you will see

the origin of the pain due to which you uttered that harshness. If you hit or harm another, you will not say that he slapped me and so I slapped him. But you will then turn inwards and find out the true origin of the pain caused by that slap. Responsibility, little one, is looking inward. Reaction always looks outward. To take responsibility, you must have the courage to know your soul very well. Remember, the spiritual path cannot be tread upon if you have no psychological knowledge of yourself. Study that word carefully, dear one... psycho-logical. There is complete logic, there is a complete reason for what you do, but the reason is inside... psycho.... It is an inside knowledge, it is an inside reason. It has very little to do with this point of time or place. The inside knowledge, the inside reasoning, can go back to when you were an infant, or it can go back to twenty lifetimes ago. The spiritual and the psychological paths always move hand in hand. Without treading both these paths you cannot accept complete responsibility. There will always be some reactivity.

Little Blue Flower softly and slowly said, "I think I understand what you are saying. But, when I am worried and pray for my child who is ill, can that also be called a reaction?"

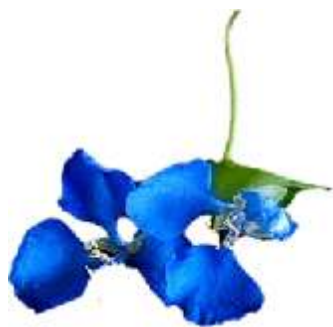
And Jade Fire continued: Yes, dear one. When your child is ill and you ask that the child be cured, you think you are doing so because of the care and love for that child. That is not true. You ask for a cure because you re-act. The physical illness of the child brings out from you the physical fear of losing the child. Now, who are you asking help for? No, dearest one, I am not judging you to be mean and self-absorbed. But the physical mind is always focused upon the physical self as you have trained it to look after you at all times. When you respond to your child who is ill, your soul will then observe the soul contract taken by the child to go through the process of an illness or a disease, which may be crippling, yes, but which is meant to help the soul. In response, your soul will then offer strength to the child's soul. It will not desire a cure for a selfish reason. If there is a loved one who is going through turmoil and stress and you ask that the problems be reduced, you do so because you, in physical form, are unable to stand by and watch the turmoil and stress. So you re-act and you ask for help. If there was a re-sponse, you would, in soul form, give

strength, courage and fortitude to the one in trouble. You would not ask for the trouble to be reduced. My little one, you ask me, why. When you, as a soul, recognize that the trouble has been chosen by the soul of your loved one as a hurdle that will help the soul on its onward journey, would you ask for it to be reduced?

Little Blue Flower interrupted Jade Fire in order to ask something that had been bothering her as her loving friend had been speaking. “Jade Fire, are you then suggesting that as one soul that recognizes another, I should not try to heal another? Is healing wrong?”

Jade Fire smiled and said: No, little one. Healing is not wrong. But, my sweet friend, you cannot ever heal another. You only give that person the strength to heal himself in a manner that is best for that person. It might be death, which in your eyes, may not be a healing, but which is one of the most compassionate forms of healing of the Divine Energy. Would you as a healer ask for death? No, you need not answer that one, my dearest. I can see the answer in your eyes. But I can also see a greater understanding. You can now understand that when you do not know what to ask for, you leave it those who know. And you ask those who know, to heal in the best manner possible. You as a healer will merely give added strength. The person who is ill, the person's higher soul, and the person's guides will do the real healing. Not you, my child, not you.

There was a long silence in which Little Blue Flower looked into the distance as she slowly attempted to take in all that Jade Fire had said. Many questions came to her mind, but she did not ask them at that time, knowing that the infinite knowledge of her beloved friend was always open to her. For the present she was content to let the words of Jade Fire illumine her inner being and take her one step closer in her inner journey.



Chapter 4

Eagerly Little Blue Flower jumped out of bed and greeted the sun with a huge smile of welcome. It was clear that she was excited about something; something that she was bursting to share with her dear Jade Fire. As soon as Jade Fire greeted her that morning, Little Blue Flower shouted out, "I know, I know what you meant by soul contract. And I figured this out on my own!"

"Well, my child, that is good indeed. It is most promising that you are now working out the answers to some of your questions on your own. That is the true sign of growth, dear one. Come; tell me what you have understood by this." With these words Jade Fire guided Little Blue Flower to their favourite spot in the park; a ledge of rocks beside a soothing, babbling brook.

"Well," said Little Blue Flower as soon as she had seated herself comfortably, her legs dangling down, making ripples in the flowing water. "Well, the way I see it is that the soul makes a contract, that is some kind of agreement to do some tasks when it comes here on Earth. This agreement is a sacred one and therefore, no one has the right to interfere in the fulfillment of such an agreement. Sometimes we may find that another's contract is very severe or certainly not the kind in which we would have entered, but this does not give us the right to hinder its completion. To me, it seems that the soul contract details the reasons why the soul has taken birth and this makes it a very vital agreement. Its importance and its sacredness must be respected by all. Well, how am I doing so far?"

Jade Fire smiled. "Very well, little one. I am pleased to see such a depth on understanding. Do go on."

"Now, using my little knowledge of the law, I know that for an agreement to be made there must be two parties present. On Earth, there are lawyers and advisors who guide you. You have spoken to me about spiritual guides and masters and how each soul on this earth has at least

two. You have also told me that we only need to be open and receptive and our guides will help us and communicate with us in several different ways. These are the same guides that we had even when we were in spirit form and they helped us through our learning before we took this physical embodiment, so I suppose that the guides take on the role of the earthly lawyers when the soul draws up its contract. From your smile I know that that I am right so far, but Jade Fire I have not been able to identify the two parties involved in this agreement. One party is certainly the soul, but who does the soul get into a contract with?"

Jade Fire leaned over and very gently and lovingly planted a kiss on Little Blue Flower's forehead. "Well done, my child, well done." Little Blue Flower felt a thrill of joy rush through her as she heard these words and felt the love of her dear friend. She placed her head upon Jade Fire's shoulder waiting for him to speak.

And Jade Fire said: "You are right, dear one. For a legal contract there must be two parties involved and this is also true for a soul contract. And, yes, the soul is certainly involved. Now, my child, listen closely because what I am about to tell you is important to your understanding of yourself as spirit. Each individual spirit has two aspects; that part which we will, for the sake of convenience in understanding, call the physical soul and that part which is the higher soul. The physical soul is that part of spirit which takes on a physical embodiment. It is subjected to the onslaught of the physical mind and body. Very often this onslaught is so severe that the connection of the physical soul with the higher soul becomes very weak. Remember, my child, this connection is never broken, but the veil of forgetfulness that surrounds the physical soul sometimes gets so thick that the physical soul does not perceive its link with the higher soul at all. It begins to believe in the illusion that it is not spirit but physical body and mind. It is only when the connection to higher soul is maintained that the veil of forgetfulness can be lifted very easily and the physical soul recognizes the illusions of the physical world. The higher soul, my dear one, is that part of spirit that does not take physical embodiment but remains in pure spirit form without being affected by the veil of forgetfulness. It retains within it all the experiences that the physical soul

has learnt from in past lifetimes, and it knows all universal laws completely and clearly. It retains the purity of the Divine Soul of which it is such a vital part. Its only task is to be with you constantly, guiding you and helping you on the journey of the spirit in the physical world. It is you, little one, just as the physical soul is also you. Intuition is the voice of your higher soul and the more you strengthen the connection between your physical soul and your higher soul, the louder and more clearly will you hear this voice.”

Jade Fire paused, in order to give Little Blue Flower a few moments to take in all that he had just said. When he saw the frown of confusion clear from his young friend's forehead, he continued.

“The higher soul is in constant link with your spiritual guides and works in complete harmony with them. When a soul contract is drawn, little one, it is between the physical soul and the higher soul, with the guides overseeing the entire process as advisors who wish for only one end; the growth and evolution of the soul in its entirety. You were right, my child, when you said that the soul contract contains details of the reasons why the physical soul has decided to take physical embodiment. These are the soul tasks or soul missions. Often, little one, the tasks are divided into primary tasks and subordinate tasks. What you call soul mission are the primary tasks. A soul may decide upon one or two primary tasks. In order to fulfill these larger purposes the soul needs to overcome certain hurdles that have come in its way in the past. These hurdles may be emotional lessons which the soul desires to learn and experience completely in physical embodiment or they may be certain karmic duties that need to be fulfilled. The subordinate tasks may be several and each one is carefully thought out and worked into the contract in a manner that will ensure the growth of the soul. The soul may have several subordinate and primary tasks which it wishes to fulfill but not all can be included in the soul contract for one lifetime. Once the details of the contract are worked out the higher soul agrees to help the physical soul in all ways possible to fulfill and complete all tasks.

Recall, dear one, what I have told you in the past. A soul takes on physical embodiment to experience for itself the lessons that it has learnt when in spirit form. It desires to know that it has truly learnt its lessons well and that in times of stress these lessons will not be forgotten. It, therefore, does what you do in your schools. It sets up a program for testing and assessing itself and its knowledge. Little one, as a student did you find all tests smooth-sailing or did some of them seem insurmountable? Life's tests follow the same pattern. Some tests you are able to meet and overcome with ease, but others leave you bruised and at times shattered. At these times you complain and cry, and look around for someone to blame. But, little one, the tests themselves do not wound you. Your resistance to them does.

The higher soul remembers always the contract, and the choices and tasks that are a vital part of this contract. The physical soul, on taking an embodiment, is subjected to the veil of forgetfulness and if in the course of daily living the physical soul permits its link with the higher soul to weaken, it will put up a resistance to these tests. When the link is firmly in place, the physical soul will at once recognize the test and will meet it confidently knowing that with the help of the higher soul, all its knowledge will be made available in order to come out of this period a stronger and richer soul. Life's tests may be big or small but they are entirely chosen by you in spirit form. There is no force that has compelled you to learn and experience. There is, therefore, no blame to be apportioned to anyone, little one. There is only responsibility that needs to be taken. And this responsibility can come only when the soul acknowledges that it is completely in charge of every test that comes its way. What a wonderful school, is it not, dear one, when the student is the only one with the right to decide upon the test and the level of difficulty the test is aimed at."

Little Blue Flower smiled but was silent. Jade Fire could see that she had turned deep within herself in order to assimilate with her entire being the full import of his words. With a look of deep contentment, Jade Fire silently rose and left his little friend, knowing that very often growth comes silently in the private places of one's inner being.