



Leading Today's Shift in Consciousness

Panache Desai Helps Spiritual Evolution Take Hold

by Lisa Marlene

The first, famous “Earthrise” image, photographed from the Moon by Astronaut William Anders on the Apollo 8 mission, gave humanity a new outlook on our place in the universe. In the 1960s, the Gaia Hypothesis, formulated by NASA research scientist James Lovelock, radically changed how we perceive our planet, now considered by many to be a single, living organism; an elegant complex of coordinated interactions. Today, millions of individuals around the world are sensing the beginnings of another, equally vital, transformation in the making.

This one, according to Panache Desai, a spiritual master residing in Naples, is a palpable global shift in consciousness; an accelerating understanding of the urgent need for societal change—beyond the environmental—on all levels. In his world, the answer to every problem and life issue lies within, and requires active commitment and focus on the part of every one of us.

Sharing His Gift

Born and educated in London, England, the 30-year-old Desai is an ordinary man with an extraordinary gift, one he has traveled the world to share with others. Since 2002, Desai has met with thousands of people who have voiced their frustration about the lack of movement in the realm of a long-anticipated, evolutionary shift in consciousness.

“Many are deeply discouraged,” he explains. They’ve been keeping the faith for 20 or 30 years, attending discussion groups on spiritual topics, reading consciousness-raising books, attending seminars and workshops, consulting with gurus, praying and doing their 30-minute morning meditation.

“The problem,” he observes, “is that we have intellectualized spirituality, turned it into a mental concept. It’s hard to effect change when you’re working only on this one level.”

He points to Albert Einstein’s insight, which continues to serve as a timely reminder: “We can’t solve problems by using the same kind of thinking we used when we created them.”

“I use my gift, says Desai, “to free people energetically of whatever is in the way of being their true self. At heart, in our most natural state, as our birthright, we are all about love, health and abundance—that is, in fact, who we are—and we are connected. When we dissolve the limiting energy within ourselves that has been in our way, we return to this natural state.”

The starting point, always, is an honest dialogue with oneself, he advises. “Although you may not like the answer you get when you inquire and unearth the core issue, you cannot lie to yourself.”

Removing Blocks

Desai helps us along the road to identifying the physical, mental and emotional limitations embedded within our nervous systems, or energetic bodies—the culprits blocking our ability to mature, expand and progress. “Whatever you react to, that which ignites anger or discomfort, is an area where you can work to further free yourself,” he counsels. Self-dialogue, often initiated or activated by Desai, helps open these deep-rooted stresses and remove energy blockages.

The first question is: “What energy dwelling inside of me is this issue triggering?” Desai explains that this gentle inquiry elicits a subtle physical sensation

around the energetic blockage that we can feel, signaling what issues exist in the body in relationship to the perceived external issue.

“Next, you put the full power of your awareness on who you truly are. Then, focus your attention on that place where the energetic blockage exists and let it rest there, holding in thought your identity as love, health and abundance,” articulates Desai. “The energy in the body will start to dissolve on its own. You’ve take a step on the spiritual path of truth that can set you free, and help to set the world free.”

Since his own, spontaneous, spiritual awakening at age 23, Desai has been supporting others in their efforts to awaken themselves. His gathering on October 18 and 19 at the Hilton Naples hotel will be a global confluence, joining those who have learned from him with newcomers who wish to learn.

“Contacting the energetic force within every individual is a thousand times more powerful when large groups gather in the presence of a living master,” says Desai. “The coming together of beginners with those who have already done the work increases the momentum of everyone’s evolution.”

The individual and collective shift in consciousness, to which Desai refers, is about no longer living in a victim mentality, thinking that the world is doing something to us. “It is instead, about realizing that every single experience is a gift, a teacher, a message or an indicator of the reality we yet need to discern within.”

For more information on Panache Desai, call 239-649-7373 or visit PanacheDesai.com. The Global Gathering will be held at the Hilton Naples, 5111 Tamiami Trail N. the weekend of October 18-19, from 10 a.m. to 6:30 p.m. Call 239-649-6489 to register. See ad on page 30.