

Dialogues with The Masters



Jeddah Mali

JANET ATTWOOD: Thank you so much for being with us this morning, and if you got up early for this call and noticed we weren't there, I so apologize. Welcome to traveling the world and doing conference calls. This morning, we have a great friend of mine who I recently met, and her name is Jeddah Mali. As a child, Jeddah had amazing experiences, not only amazing but very different, that taught her how the intention of thought governs different energy, which in turn affects the behavior of matter.

These experiences, she says, came about just automatically and at the age of six she had a complete understanding, a very clear understanding, of the nature of these experiences. She said it was in the same way that a bird knows how to fly without ever having done it before. She knew then that she had an ability to understand and interact with the intangible.

In 1987, at the age of 20, Jeddah embarked on a 20-year-long journey, which led her to Asia to study with some of the world's highest-ranking Masters: His Holiness the Dalai Lama, His Holiness, Ajahn Buddhadasa, Lama Zopa Rinpoche, Master Goenka and realized teachers in the Tibetan, Theravada and the Bhutanese traditions of Buddhism. During this time she also studied Hindu meditation techniques and advanced yogic practices with Swami Dharmananda at the Ved Niketan Center in northern India.

At 22, she took Tibetan layman's vows at Kopan Monastery in Nepal under the guidance of the presiding abbot. During this time, Jeddah became particularly interested in how the principles of creation apply to child development, and this led her to gain a teaching qualification in—now Jeddah, forgive me; I was trying all morning—anthroposophy? Is that correct?

JEDDAH MALI: Anthroposophy.

JANET ATTWOOD: Anthroposophy. I was going back and forth with both of them. Thank you. It is the study of spiritual science and its application to child development founded by Rudolf Steiner between 1919 and 1927. Today, Jeddah travels around the world; that is how I met her. We met in a wonderful location. She is part of what is called The Transformational Leadership Council, which Jack Canfield, the fabulously successful *Chicken Soup for the Soul* series co-author, had put together.

Jeddah is one of those members, as well as myself. I would also like to say that Jeddah came to the TLC group through Jack because she is one of Jack's teachers. I think that says a lot because Jack Canfield is one of the most enlightened and beautiful men that I know on the planet. Jeddah, thank you so much for being with us this morning.

JEDDAH MALI: It is a great pleasure.

Dialogues with The Masters



Jeddah Mali

JANET ATTWOOD: I am going to just go right on into it. I have so many questions. How did you differ from other children growing up?

JEDDAH MALI: It is a funny thing when you are in that experience as a child, you actually don't think that you are very different. It wasn't until I was a bit older and I looked back on my experiences as a child, I realized that not a lot of other children were having that experience. If they were, they were not sharing it. I found it quite amusing, in so much as I used to tell my mother about some of the experiences I had.

She was very concerned and she, on one occasion, trundled me off down to the doctors to see if I had brain damage. As a child, I thought I was completely normal, but with hindsight, I realize I differed. That world of interacting with a greater reality seemed very normal to me then, as it does to me now. It feels like my default setting.

JANET ATTWOOD: What sort of experiences did you have? Can you share with us some of those experiences that made you realize that there was more to life than what most of us are seeing?

JEDDAH MALI: When I was quite young, I remember an experience of sleeping in my bedroom, lying on my bed, looking at my bedroom furniture and thinking about moving the furniture and being able to literally move the furniture just with the thoughts in my mind. That was, at the time, even though it sounds sort of fantastical, like something out of a movie now, at that time it felt completely normal.

I realized that it was something I was able to create, and that it wasn't a great big, long time frame, either. It was instantaneous. In that little exercise alone, I could see the power of manifestation in one's mind.

JANET ATTWOOD: You have so many amazing masters and guides who you have studied with and who have appeared to you throughout your life. How did that happen and what was it like?

JEDDAH MALI: The first ones were with me since birth. The day I had a sense of comfort, security and a sort of other quality around me all the time as I was growing up. I was able to tune into that more specifically in my late teens when I started to consciously seek the presences that I felt around me. At that time, I was able to put names and faces to some of my guides.

They are quite inventive. They are quite playful. Some of them would leave me messages or things would arrive in the post, which were sign posts to a certain project I was trying

Dialogues with The Masters



Jeddah Mali

to tune in with. It was a beautifully elaborate unfolding. It was really in my late teens that I became aware of the first members of the Great Brotherhood of Light.

They started to make themselves known to me through vision, through meditation. I've always actually been able to hear my spirit helpers much more easily than I have been able to see them, in those days anyway. They used to speak to me.

JANET ATTWOOD: Now I'm going to ask you this. Do they speak to everyone and at all times, and are some of us just not hearing? Or, do they speak to just certain people, and why would that be?

JEDDAH MALI: In those days when I approached it, I still approached it from the duality of 'them' and 'me,' and so I was ably approaching another being. From my understanding now, it doesn't feel like that. There are certain frequency bands within existence, and you can just achieve because we are everything all the time. We can simply attune ourselves to a certain frequency band and whatever is able to live within that frequency band shows up.

The answer is yes, everybody can do it. It is not so much that they are talking to us all the time; it is that they are residing in a certain vibration, and if we attune ourselves to that vibration then we can converse quite freely. There is always, always, always willingness from their side to speak with us. There is never any requirement in terms of evolution or a certain path or a certain approach.

If we really wish to connect with them, they'll do whatever they can to connect with us, but it's usually from our side. We need just a little bit of guidance, a little bit of skill, a little bit of practice in attuning ourselves to the right frequency. Once we're there, conversing is very normal and straightforward.

JANET ATTWOOD: You said, "Attuning yourself to a right frequency," and yet they came to you at a very early age, right? When you were very young?

JEDDAH MALI: Yes.

JANET ATTWOOD: You weren't attuning yourself. Was it that you were just brought into this? Would it be correct to say that you either come into this birth attuned or you do what you know to do to raise your level of consciousness in order to be able to be in that same frequency band?

JEDDAH MALI: We all come out of childhood with a slightly different set of rules because we don't have all of the mitigating factors, which are closing down your

Dialogues with The Masters



Jeddah Mali

experience. You are able to move quite freely through all of the different vibrating levels, and that is quite natural to children. It is more in our adulthood that we tend to put thought constructs around what is possible.

It is the thought constructs themselves that closes off to the possibility. Once you are an adult and you're able to use conscious thoughts, it's very, very easy to tune in, so yes, anyone can do it and it is pretty straightforward.

JANET ATTWOOD: Thank you so much for that clear answer. Jeddah, early on you studied many different paths with many different teachers, as we were just talking about. What was the greatest lesson that you learned from that time in your life?

JEDDAH MALI: I think for me, in looking back now, I think that in those days I was looking at finding a spiritual need in terms of the path. Thinking back, if I put in enough contact hours and meditation, if I did my mantra right, if I sat in the same position, if I found the right teacher, all of these would somehow contribute toward my spiritual understanding, that I would evolve myself or that I would gain knowledge, that I would progress somehow to this glorious end, which always in those days seemed so far out of reach, even the innate abilities I had as a child.

It seemed really a paradigm of having to progress along a path, but going with enlightenment seemed like a nebulous end that I would never reach. I realized from all of their teachings that that wasn't the answer; that it's that ideal of progressing along a path is an outcropping of the paradigm of separation, that the paradigm is of one with the unified consciousness, the universal agenda, one does not have merely a path that you have to tread because we are all things at all times. I guess it's ironic that the greatest gift of that path was that the path wasn't it.

JANET ATTWOOD: The path wasn't it?

JEDDAH MALI: Yes, the idea of progression is just a way of the ego keeping enlightenment out of reach. It is just a symptom of the ego, and it isn't actually true and it's not actually necessary because if we were to reach somewhere called 'enlightenment' what would that say about where we are now? I am enlightened, and from my experience of true realization, I see that there was never a time that I wasn't what I am now. It's not that I am trying to evolve my soul or grow in my understanding. It is more that I am braiding my conscience awareness into who I already am. That is what changed.

JANET ATTWOOD: That could be the same for everyone, isn't that true?

Dialogues with The Masters



Jeddah Mali

JEDDAH MALI: Absolutely. That is what the whole work is about now; just trying to tell as many people as possible that there is no path to enlightenment. You are already existing in a state of full-blown, God Consciousness. It is just that we haven't trained our faculties of perception to recognize it, and often the degree that we are in oneness at all the times are the everyday signs that we have incorrectly labeled as signs of separation.

There are actually signs of unified consciousness giving us these little bits, these little reminders, throughout our whole existence. Nowadays, I think very differently from how I did when I thought I was progressing forward on a path.

JANET ATTWOOD: There is no path, every moment is a gift, and just attuning yourself to that, is that correct, to your own God-Consciousness state?

JEDDAH MALI: Yes, and if I look back to my time before self-realization I see that everything is there. Everything is in place, but I was not really recognizing what it was. I was not reading it accurately. It is not that nothing is in place; everything is in place. Everything is as you need it to be right in this moment. It is simply developing, and it is okay to have guidance and help with this, as I did.

It is simply attuning a mechanism of perception so that you can see further, you can see more. That is the real basis of enlightenment, to enlighten oneself as to what is already there.

JANET ATTWOOD: Attuning the mechanism of perception. In your mind, how would that look? How would one attune the mechanism of perception if someone said, "How do you do that?"

JEDDAH MALI: If you look at the most basic truth of our existence, one would say there is existence itself. One could say, "I do exist now, I exist," and nobody would dispute that, not even yourself. You would say, "Yes, I exist." What's present there, in that moment, is conscious awareness of existence in the present moment. That is all we have. When we look at our experience, everything else has arisen and passed away.

Conscious awareness in the present moment is the only aspect of existence that you do not have control over. It is the only aspect we cannot change. The definition of 'truth' is that which cannot be reduced further. You cannot take anything more away from it. You have taken away all that's superfluous, and what are you left with? The absolute core, the absolute nugget of gold.

That nugget of gold is so simple, so quiet. It is ever present in every single moment, this conscious awareness in the present moment. Eckhart Tolle talks about it, all of these

Dialogues with The Masters



Jeddah Mali

great teachers have talked about it, this conscious awareness in the present moment. That is our God Consciousness residing gloriously within us every single moment, but because we have mislabeled it as 'Me,' and we have attributed individual desires and wants and all of these kinds of things to it, we don't recognize it for what it is.

It is really being able to sit quietly with that and recognize what is there in every moment, and being able to see that life as we know it—all the events of life, all the emotions we feel, all the thoughts we think—they arise in this sea of conscious awareness and they go again. Through it all, conscious awareness is ever present. Existence is ever present. To boil truth down to an indivisible state, one would say existence exists, and then you can just tune into that very simple, very humble truth. That is the start of the journey.

JANET ATTWOOD: This word, 'mislabeled,' you said that the conscious awareness is always there in the present moment and existence is ever present, and it is only what individuals do to not have that realization is mislabeling an experience or that moment. Is that correct?

JEDDAH MALI: Yes.

JANET ATTWOOD: Can you give everyone an example of how that would look?

JEDDAH MALI: If we look at our resting state, our resting being, indeed that is conscious awareness in the present moment. If everybody wants to just sit now and quietly close their eyes, just be conscious of that. Now you're in the next moment, and let it stay there. The conscious awareness is still there. I can bring into that state of being certain thoughts.

Certain thoughts will be activated within this spirit of conscious awareness. What I am trying to do now is I just did a whole year of teaching into our phone conversation, so I'm doing my best to really boil it down to its simplest form. That conscious awareness is the very substance of existence. It is not an element of existence; it is existence itself. Whatever it rests upon is duty bound to manifest.

If we experience the thought that, "I wish to find God," or "I yearn for God," or "I am looking for God," that thought passes through the conscience awareness in the present moment. Instantly, it is duty bound to create a sense of separation because we have believed in the thought that, "I am looking for God," and therefore, we've set up the separation instantly.

Dialogues with The Masters



Jeddah Mali

You experience the separation in our physical bodies, in our energy fields because our conscious awareness is a perfect registering, monitoring device, monitoring every single thing that passes through our mind. As we experience the separation, we experience contraction within ourselves, we believe in that experience and we call it separation, we call ourselves a separate 'I.' Really it is the median of our full-blown manifesting God-Consciousness, which has allowed us this experience, a temporary experience, of separation.

JANET ATTWOOD: Thank you for that. That was so completely crystal clear. To sit with that and have that moment of silence, as well, with it as you were continuing on. Jeddah, not long after you said you had your greatest lesson, you entered into motherhood. Was that a radical shift to make after such an esoteric path where you were studying with different paths and different teachers?

JEDDAH MALI: It was a radical shift, and it was one that I took on willingly. Just before I had my first child, I put out a very, very strong call to the Masters who I was aware of at that time. I said that I would like to be considered as a vehicle for getting through enlightened souls, already enlightened souls, onto the planet and to provide them with enlightened mothering to speed up their entry into the world.

I must have done a good job because to date I have four beautiful girls. They heard me loud and clear, and after the fourth one came through, I said, "Well, you know that message I sent through some time ago, well, I have canceled that order now." They sent me all the girls I am going to have.

JANET ATTWOOD: Is this what led you to the interest in anthroposophy? I love this word, and I am going to say it 10 times today. Anthroposophy?

JEDDAH MALI: Yes, yes. Absolutely. I was fascinated, absolutely fascinated, to see the development of my children and how they innately could use their conscious awareness. I guess I was a little concerned about their state or the environment that most children come into in their modern-day world. I wanted to look for a method of teaching, a method of schooling, or a method of philosophy that recognized this innate wisdom and innate intelligence in the child and encouraged it to flourish, rather than sit about, helping it grow mental constructs that were ultimately a hindrance that they would have to overcome.

I really looked for a system of education that could help the child flourish. I found it in anthroposophy. Rudolf Steiner is an amazing man, and he is known for his system of education in Waldorf Schools, but what I found studying him is much, much wider than

Dialogues with The Masters



Jeddah Mali

that. He influenced everything from architecture to biology to art. He has a very, very far-reaching influence.

He was a prophet and certainly a seer. He brought through, he channeled a system of education that allows the child to use all of its intuitive faculties as it's growing up, and the teachers and the parents, if they are interested, to understand the child in terms of their spiritual development as well as their physical development, and to be able to nurture them as a holistic person as they grow up, and to feed them information at the age-appropriate time.

JANET ATTWOOD: This is fabulous. I am very interested in this because I have never heard of this word before. I have decided—and this is only a thought in my mind since now I know I am in God Consciousness—that when I come back, if I have to come back, in the next lifetime I want to be your child, Jeddah. Just having fun with you. Jeddah, the next phase of your life involved teaching and healing. How did you develop your gifts? Are they ready-made, straight-out-of-the box?

JEDDAH MALI: I am going to contradict myself now, you see, because I said everything is perfectly formed all the time, and that is true. We're God Consciousness full-blown all the time in every moment. What changes is the extent to which we are aware of that. It's there all the time, but what changes is the extent to which we are aware of it. It is our awareness of it that grows until, once we have full awareness of it, we say, "Oh, look! I was it all the time." It's almost as if your whole consciousness says, "Yes, right. I could have told you that in the first place."

That is the only thing that changes. When I developed my abilities, what I was doing was developing my ability to be aware. The way I did that was to sit for many, many hours in meditation, many, many, many hours just exploring. Exploring like a scientist where, if I allow this thought in what is the result in my energy field? What happens in my physical body? What does that predispose me to in terms of other thoughts?

I was like a happy, really engaged, scientist with test tubes, just looking at the inner landscape of my being. I'm exploring and exploring and exploring, so that is how I developed just little by little, sort of holistically stretching my muscles to be able to be more and more and more conscious.

JANET ATTWOOD: I love this statement, 'What you put your attention on grows stronger in your life.'

JEDDAH MALI: Yes, absolutely.

Dialogues with The Masters



Jeddah Mali

JANET ATTWOOD: This is what you are talking about, is seeing a conscious creator. Consciously putting your attention on, as you said, on the inner landscape of your being, your royal beingness, which I so love. How long did you do that?

JEDDAH MALI: I am 40 now, so it has been a lifelong journey but there was a point where one has explored enough, one knows enough, and then the point comes where you have to put your money where your mouth is, as it were. Am I a separate identity or am I God Consciousness? That is the line in the sand. That is the line that so few people step over. They spend their whole spiritual journey exploring up to that line.

Very few people step over it because it means relinquishing one's personal identity, relinquishing one's personal agenda, desires. They are not desires in, "I enjoy a cup of tea," or "I'd like to go to the beach today;" nothing like that. It's trying to get something for oneself because that would mean that you thought there was an individual self. At some point, you lay down the individual agenda and you step over into universal consciousness where you still have an identity and you still have conscious awareness in the present moment, but it is now wholly merged with the identity of all that is.

JANET ATTWOOD: This is a beautiful statement that you said, "Lay down the individual agenda." Laying down the individual agenda, so if you were moved to write a book now it would be moved to write a book for what?

JEDDAH MALI: For greater awareness of the whole.

JANET ATTWOOD: Of your greater awareness or greater awareness for all mankind, or both?

JEDDAH MALI: For all mankind, yes.

JANET ATTWOOD: Would it be both or just all mankind?

JEDDAH MALI: It would be all mankind. Yes, it would be that side of dichotomy. It is a conscious decision to step over that line, but as you step you leave that individual volition and then you are identified with the universal volition, and universal volition because there is no separate entity there. There is no 'us' and 'them'; there is only that one being, and if volition arises you are free to trust it wholeheartedly and follow that direction.

If volition arises that you need to write the book, I don't question it. There is no, "Well, what would that be for?" I know that on that side of the line, one feels duty bound in a beautiful, loving, compassionate way to reach out to others.

Dialogues with The Masters



Jeddah Mali

JANET ATTWOOD: That side of the line—meaning doing it for humanity, being moved to do for humanity—means that there is only one whole, which contains you as the one, as well. Is that correct?

JEDDAH MALI: It is very hard to put into words. That is why saints and sages have struggled with that one throughout the ages. As I experience it, there is a unified foundation energy in which everything arises and passes away. Yes, there are clearly individual people here on Earth, and yes, they seem to be in charge of their own faculties, making their own decisions, loving each other, murdering each other.

The foundation energy which allows all of that to rise and pass away is ever present in every moment, at all times, in all places. Whilst I can see that there are people walking around seemingly doing their own thing, and I accept that as relative reality, I can also see the deeper truth behind it. It is not like you'd lose one when you'd step into the other. You can see both, but you are prone to identify with the deeper truth.

JANET ATTWOOD: Are there any particular souls who have helped you with this work?

JEDDAH MALI: Yes, there are. I am very aligned, my vibrations are aligned with Jesus and Mother Mary. As a young meditator, in my teens, Peter, the Rock used to look after me. Then I was handed on from him to Saint John the Beloved. It all seemed to be around that time. Since that time, I have started to work with other guides, but they are all contained within the Great Brotherhood of Light, which is a band of very advanced Masters who oversee the evolution of our planet Earth and humankind's development of awareness. I now work as an envoy for that group.

JANET ATTWOOD: How do you know when you are in communication with a particular soul? How would they differ?

JEDDAH MALI: Each soul has what I call a signature energy, and this energy vibrates at a certain pre-painted color, light, entity. It is like the human voice. You know if you're hearing someone down the hallway, you know who it is and you don't question that ability to know who it is. If somebody phones you, if one of your friends phones you, it is the same thing. They just say 'hi' and we know who it is.

In the same way, you get to know certain signature frequencies and what they all contain is in the oneness. They all vibrate at a very, very subtle, beautiful, and harmonious frequency. There are slight differences and, more often than not these days, I get a

Dialogues with The Masters



Jeddah Mali

corresponding visual with the signature frequency, so that's how I know who I'm dealing with.

JANET ATTWOOD: You crossed over, and actually I am going to ask you this other question before I do that one. You started to work as an envoy for the Great Brotherhood of Light in 1994. Would you share how that came about actually?

JEDDAH MALI: I had been working with a teacher and a healer using my spiritual abilities, and then I was told that I was an apprentice, if you like. That was all I was told at the time. I did not realize it was an apprentice for the Brotherhood, which I really liked it, because I knew since I was a small child that I had come down to Earth this time for a much larger vision, a much larger mission. I sort of intuited that it was part of that.

Over the years, they have trained me through all of my development of my spiritual awareness to reach this point of unified consciousness so that I could go through a teaching on how to recognize one's innate enlightened nature much more quickly, much more regularly, without using the paradigm, the thinking, and the mental constructs of a path, as it were. They wanted me to break through; it is almost like a new idea in spirituality for mankind, which mankind's ready for now, but previously has not been ready for.

JANET ATTWOOD: What are the entry requirements?

JEDDAH MALI: The entry requirements are someone who cannot be bought. What I mean by that is that there is no desire to serve a personal agenda, there is no desire to serve a personal mission with this work. There is no desire for personal glorification. One is simply so given over to the universal agenda that one becomes entirely trustworthy in that respect.

It's the element of them being able to trust me, and that is why I started as an apprentice. I was their gopher for awhile. They wanted to see all the different obstacles and challenges they put in my way, how I would respond. After being tested for many, many years, they came to see that my heart was clean, that my intentions were pure, and that I wasn't to be bought, as it were, by individual ego desires.

JANET ATTWOOD: Jeddah, I would tend to think that anyone who is on these calls would have a desire to serve in a way; this is in serving the light, as you said. At the same time, I am sure there are many people who will listen and read and hear this conversation, who when they drop into who they are or what is going on in their lives or what is driving them, they might feel that there is some separation and a desire for some of the things or knowing they are not quite aligned, right?

Dialogues with The Masters



Jeddah Mali

Letting go of those desires, right? What would you say to someone who had a desire to also be an apprentice, to be able to move to that place when they saw that they had personal agendas going on?

JEDDAH MALI: In my work, in my teaching, I never approach this from the point of view of 'you really have to get everything out of the way in order to be whole' because that is the separation paradigm. That is what the ego is set up to perpetuate. It doesn't work like that. If we are trying to get something out of the way, even if it's the personal agendas instead of God, if we are trying to remove something out of the way, that in itself is a supposition that there is a hindrance to God.

Therefore, we are not God. We have to become God, which is actually not true. The way I approach it is much more heartfelt in so much that we look at where we are already experiencing ourselves with God and build on that. As you rightly said, where you place your energy, that expands. If we place our consciousness awareness, which is our core foundation point, if we place that in the present moment just in quietness, just in love, just in something very, very simple or universal, we immediately are connected to the greater good.

We are immediately connected to the universal agenda. We are connected to it all the time so it is not that we need to get to a place where we can serve it. It is more that we can get to a place now, our internal experience, and that we can recognize that we are already there. For somebody in that place, I would say there are certain universal elements in your being that you have either taken for granted or not given enough air space or have overlooked.

Just to sit, be aware of conscious awareness in the present moment, and then to call in something beautiful and simple like love. You can feel immediately how universal that is, how you immediately connected to this principle of love throughout all of creation. That in itself is serving the oneness. It's serving inasmuch as where you focus, you bring that more into being. Just think of doing that as a practice.

That's such a service for mankind; you have no idea how powerful and what a tremendous gift that is to your fellow man, just by that alone, and from there it grows. This mercy, forgiveness, joy, compassion, all of these universal principles are gifted into, or woven into, the fabric of our being. If we sit in these places, we see that we have everything we need already there, all of the ingredients are there.

Dialogues with The Masters



Jeddah Mali

JANET ATTWOOD: Jeddah you said that you crossed over into unified consciousness under the guidance of the Brotherhood, so do you still need teachers, guides, after this point?

JEDDAH MALI: I don't need teachers and guides insomuch as there comes a point where truth is truth, and the definition of a Master is not one who sees the truth but one who adheres to the truth. Once you have seen the truth there is almost no element of you that doesn't want to adhere to it. My guides and beings who I work with now I see as my colleagues and coworkers, rather than my teachers.

If I was to say to one of my guides, "What about this?" or "How about that?" then that would imply that I did not know, and that would put me straight back into a separation paradigm again. There comes a point where one has to accept that one knows and that in itself perpetuates the known.

JANET ATTWOOD: What is the one thing you feel people need to remember, just that they are one? That they are already...?

JEDDAH MALI: That is a tricky one now, isn't it? It sounds so glib in a way. People have told me so many times, "Yes, I am one," but they don't feel it in their bodies. What I always encourage them to work on—and all of the work I do is with individuals and groups—is stand in a meditation setting where people are monitoring their internal state.

When they experience the internal state, I guide them to exercises and demonstrations that prove to them beyond a shadow of a doubt their universality, their God Consciousness. That is what I would like people to remember, that just in your experience every single thing you are looking for outside of yourself in teachers, in the past, in books, in terms of comfort in the world, in terms of monetary remuneration, all of these things, the essence of them starts within and there is nothing to worry about.

I feel strongly that if I came to Earth, and I said nothing else and I did nothing else but I just reassured people that they are so loved and they are so right where they need to be, that really nothing else matters, then I hope that they would take that away. There is nothing to worry about, there is nothing to fear. There is no obstacle, there's no calamity; there's just the beauty of God Consciousness dancing its dance all over creation.

JANET ATTWOOD: Jeddah, when we were in Los Cabos, Mexico with The Transformational Leadership Council, all of us were always, it seemed, eating a lot. I

Dialogues with The Masters



Jeddah Mali

would be sitting with you and you would be not eating, ever. You have experimented with breatharianism; can you tell everyone what this is and how it works?

JEDDAH MALI: Breatharianism, even though it sounds like it, is a not naughty thing. It is a state of conscious acceptance that one is able to exist in one's physical body without the need for physical nutrition. The body can run on light nutrition, the light component of nutrition. I experimented with this for some months, exploring what it meant for me, in this body that I'm inhabiting, and also what the ramifications of that might be for others.

JANET ATTWOOD: I know that you do one-on-one mentoring and teaching larger groups. Is this one of the things that you share, how to do this?

JEDDAH MALI: No. My journey as a breatharian was to just simply be an example for other people that it is possible. It helps people if they bust that fundamental myth about using physical nutritions to stay alive, then it helps them to question other unexamined assumptions. That was really the purpose of that. The mentoring is much more one-on-one guidance helping people to recognize their innate God Consciousness.

It is a beautiful gem of discovery, and it is all good. There is no wrestling with dark stuff, there is no having to overcome, there are no obstacles, there is none of that. There is just a gentle revealing of one's inner nature.

JANET ATTWOOD: How long do you mentor people for?

JEDDAH MALI: There are three-, six-, and 12-month programs depending on what people's needs are. Generally, people come to me for six to 12 months, and the occasional client that just wants to come for three months before leaving. Generally, six to 12 months gives them time to integrate a new paradigm into their being, a new way of seeing themselves and operating in the world.

JANET ATTWOOD: What benefits do they get from being with you for this period of time?

JEDDAH MALI: Generally, people report greater conscious awareness. Some people, we have found, have made the choice to step over that line. It is like the old saying, "You can lead a horse to water, but you can't make him drink." I can lead people through all of the exercises and instruction, which shows them in their own experience who they really are. Everybody has to step over that line into universal consciousness of their own willingness and understanding.

Dialogues with The Masters



Jeddah Mali

Some people step over that line; some people use that time to explore greater conscious awareness and to really come to a very, very deep, quiet, harmonious and beautiful understanding of what has been there all along.

JANET ATTWOOD: For anyone who would like to know more about your mentoring, your one-on-one mentoring, and your teaching in larger groups, they can go to www.JeddahMali.com to find out more about your different programs. Is that correct?

JEDDAH MALI: Yes, that's right. I can be mailed there: JeddahMali@JeddahMali.com, and people can email me. Either myself or my assistant will respond, and we can set up a dialogue. We can send people out information about what that looks like and what it involves.

JANET ATTWOOD: Great, and Jeddah, in closing, what would be your parting words to everyone who is listening right now? What would you like to share with everyone?

JEDDAH MALI: I would really like to remind people that really living a unified consciousness is not only possible, it is probable because the way that we are designed, the way that we're set up, the nature of us is ever, ever, ever expanding, as quantum physicists have seen, and so we are coming back to ourselves all the time. There is no place we can go where we are not. Even if we do nothing, at some point we will find ourselves right where we have always been.

At that point, everything is known, everything is possible. There would be no more sadness. There's really no need for sadness and there's no need for feeling depressed by the world we live in or the circumstances we have. If people could only see how much beauty, how much love, how wonderful it all is and how well we're designed. There is a lot of room for more joy.

JANET ATTWOOD: Thank you so much for that, Jeddah. It is just been really, really wonderful to sit with you this morning on the Dialogues with the Masters call. All the best to you for all the work that you do. It is just an honor to know you and actually have you as my dear friend, my dearest new friend, which I am very happy about. For all of those who have joined us this morning, thank you so much for joining us with the Dialogues with the Masters program and the beautiful Jeddah Mali.

JEDDAH MALI: Thank you very much, Janet. Thank you to everybody who's listening and God bless.

Dialogues with The Masters



Jeddah Mali

JANET ATTWOOD: God bless. For everyone, next month on the Dialogues with the Masters, October 18th, we will have Paramhansa Nityananda, who is one of the heads of the newly formed Kumbha Mela that just happened this last month in California, and who is from India and is a wonderful Master who is going to be sharing with us the Kumbha Mela, all that happened around that, what is going to be happening next year, and his knowledge that he shares. Again, thank you so much for joining us with Dialogues with the Masters, and have a very blessed day. Bye-bye, everyone.