

DIVINE



LOOKING GLASS

MARGARET ASTRID PHANES

Divine Looking Glass

by

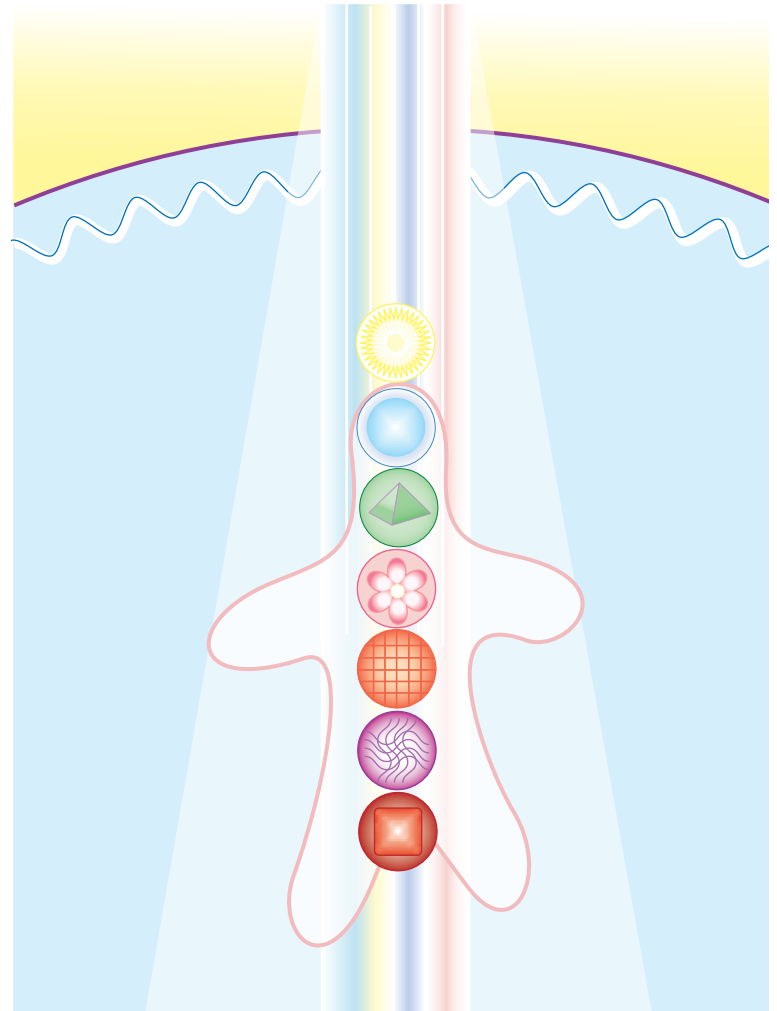
Margaret Astrid Phanes

“Divine Looking Glass, Digital Art as Meditation” uses digital imagery to express spiritual concepts and consciousness in meditation. Through the power of digital media, inner light is revealed through illuminating pixels on a computer screen. Integral Yoga offers models for “an evolution of consciousness in matter.” This book gives new expression to these experiences and manifests them with the light and software of the computer.

Margaret Astrid Phanes is a digital artist and teacher. She has taught Integral Yoga & Agni Yoga meditation at several colleges and corporations from 1975 to the present. She may be reached at phanes@ieee.org. Her images and meditations are on the web at:

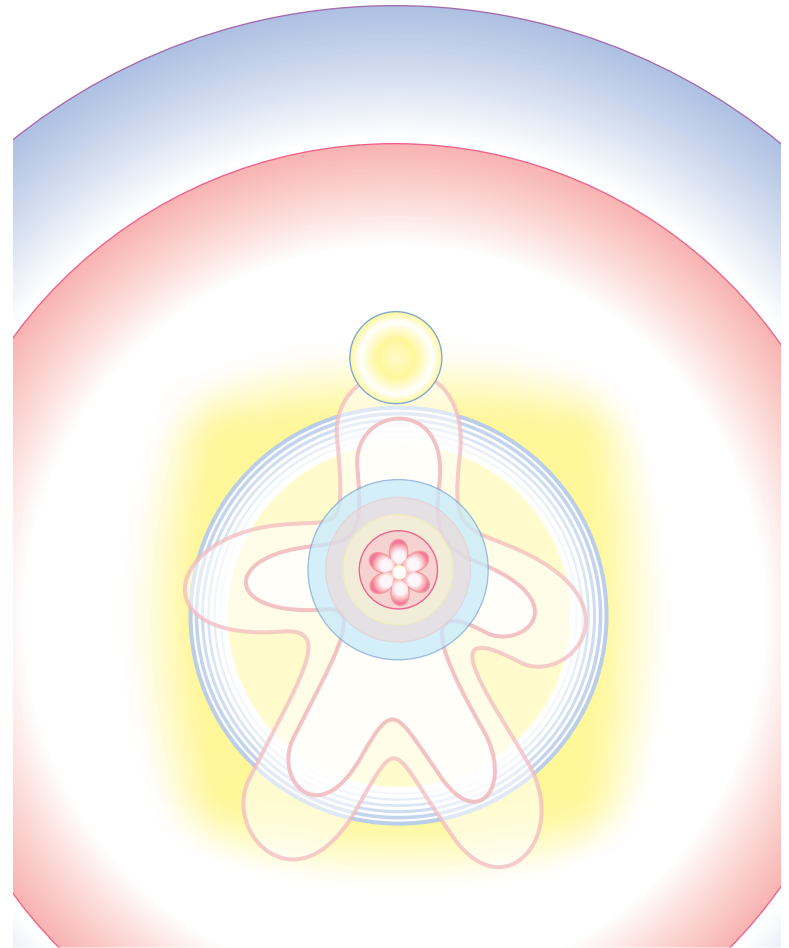
<http://www2.hawaii.edu/~phanes>

Open
to the
Descent
of
Higher Consciousness,
to the
Force
for
Spiritual Transformation.



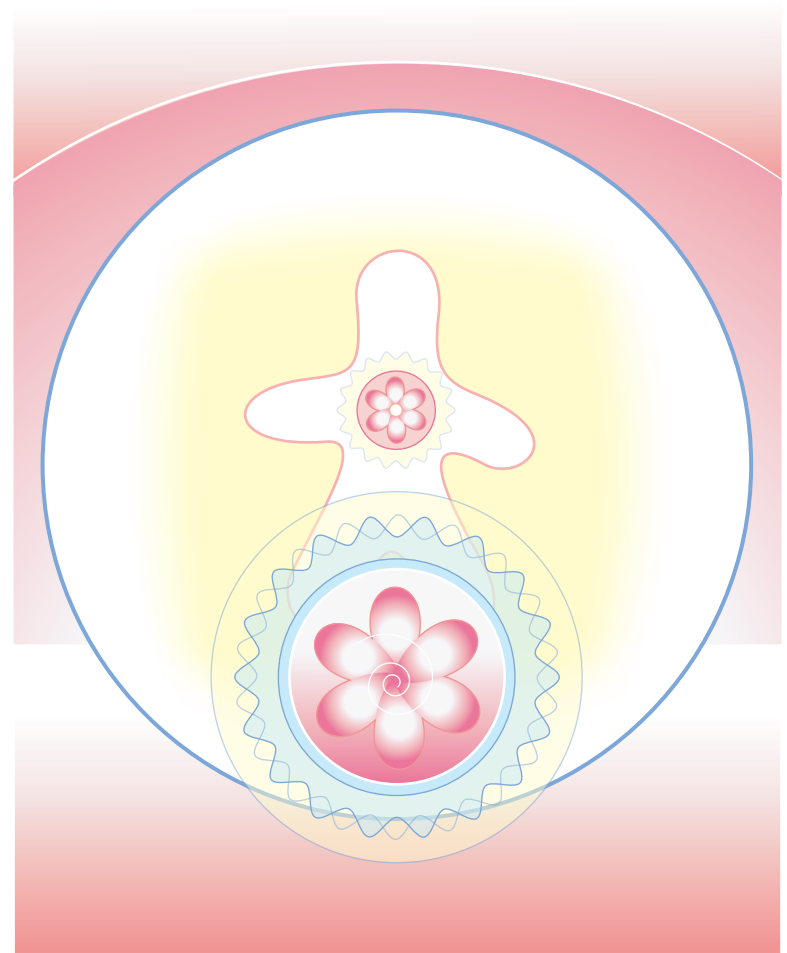
Concentrate
Attention
on a
single point of
Consciousness.

OM
Personal or Impersonal
Divine
Divine Mother
All That Is
One Self

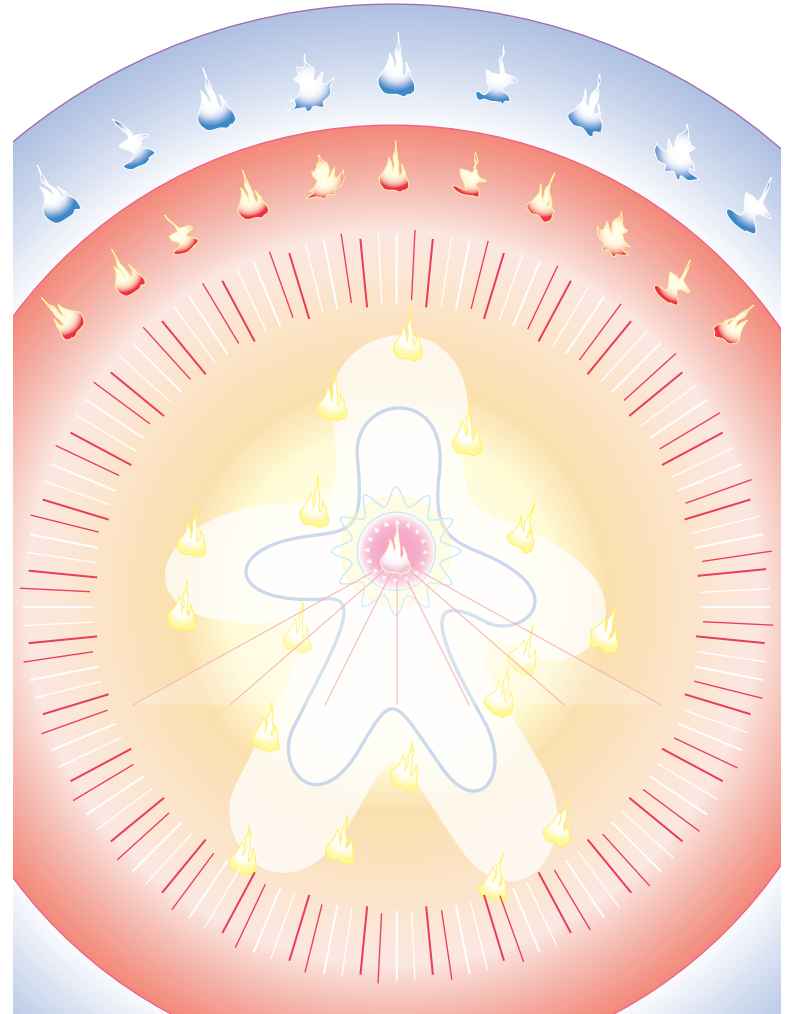


Bring
the
Soul
Forward
in the
Heart Center.

Aspiration:
Open
to the
Divine Mother
Divine Love
Surrender.



Aspiration,
offering
everything
to
the
Divine
brings
peace,
comfort
&
strength.



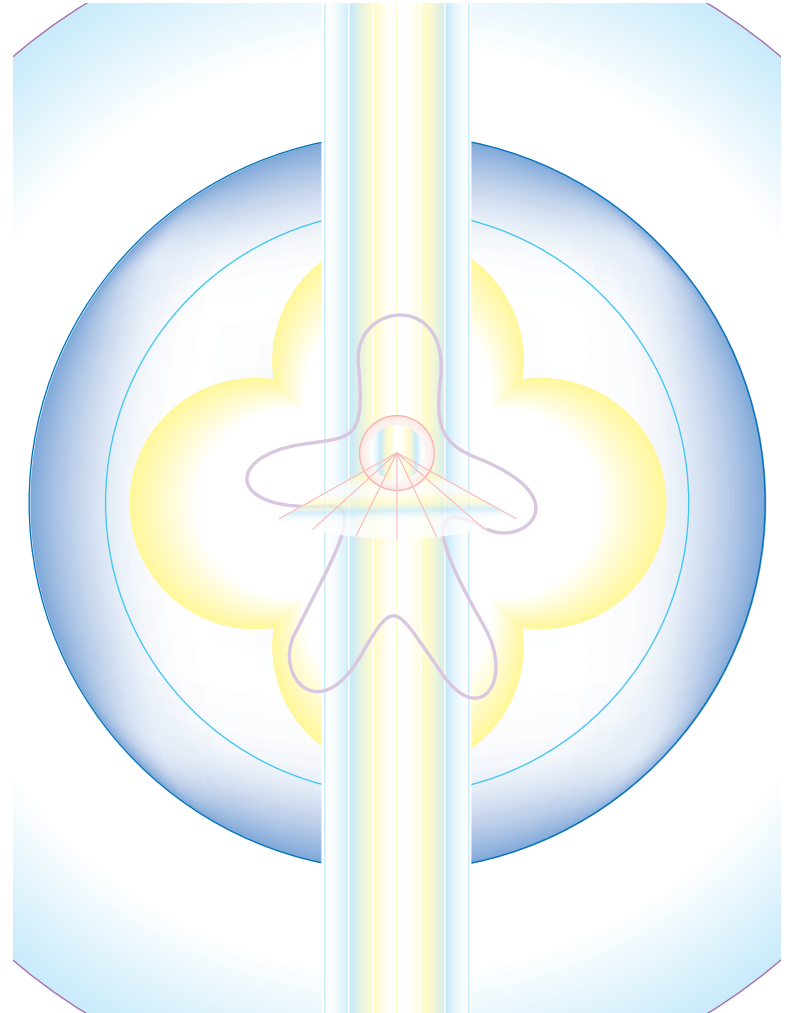
**Transparent
Instrument**

Divine Will

“All Parts of the
Nature remolding
in forms of the
Divine”

“Will of
Consecration
to the Eternal
who is All”

**Guidance
Inspiration
Illumined Life**



Meditation
allows
the experience
of the
power
&
vastness
of
the
Divine.



Constantly
Conscious
of the
Divine.

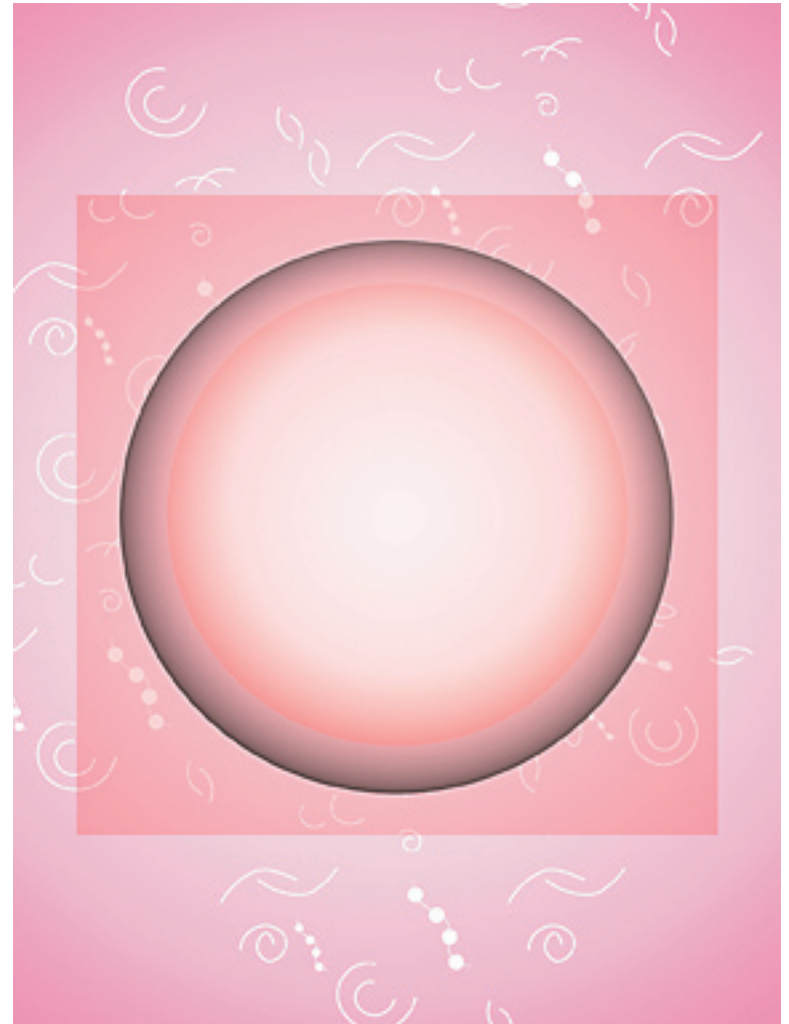
Flame of Aspiration

“Offer our
Whole Being
to the
Eternal Who is All.”

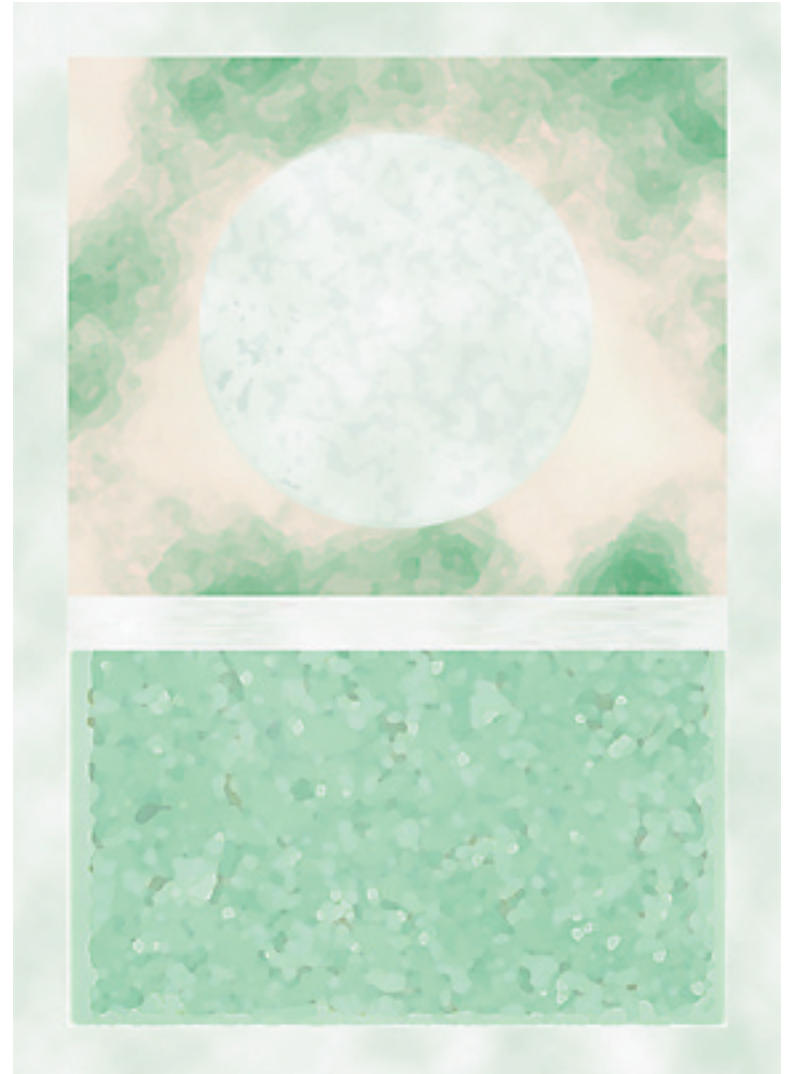
Consecration
and
Surrender
to the
Divine.



Surrendering
to the
Divine Mother
allows us
to feel
her embrace
in
our
lives.



Our
consciousness
keeps
evolving
as
we open
to an
inner
landscape
of a
new
consciousness.



Focus on your inner being in the area of your heart.

Experience the connection with your soul.

Go deeper still and feel the soul's connection to

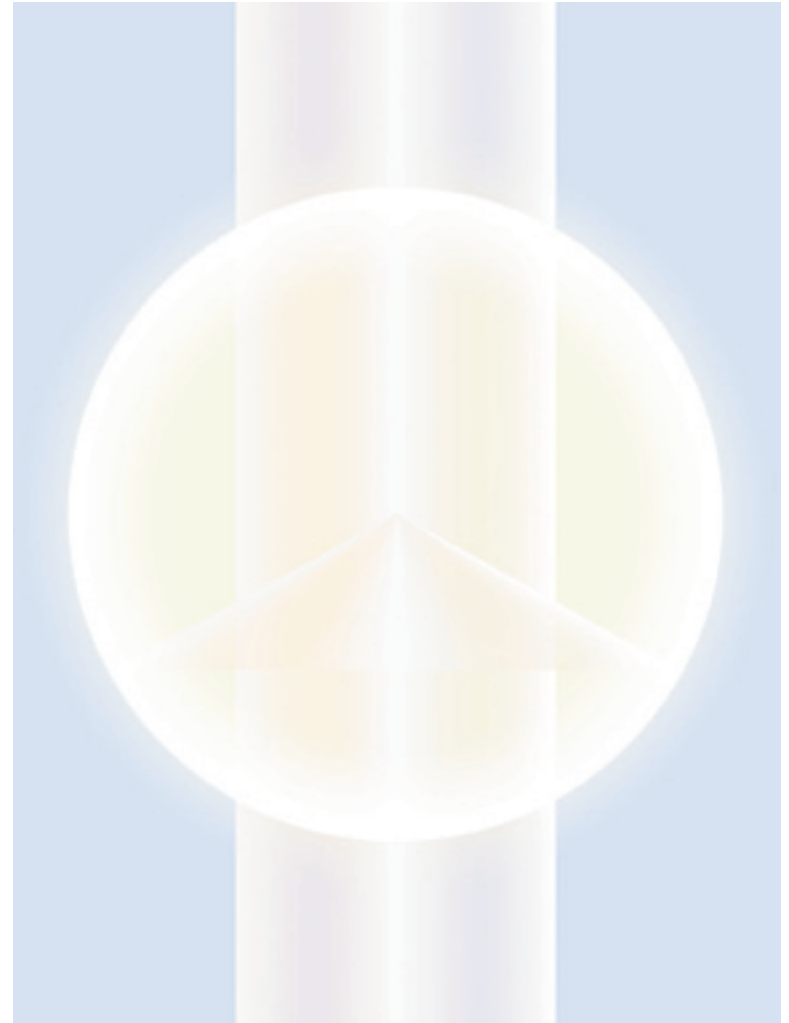
“All That Is.”

Concentrate your awareness above your head.

Experience the descent of Light,

a pure gift of Truth and Love.

Experience your being illuminated.



“Divine Looking Glass,
Digital Art as Meditation”
is inspired by the spiritual work of
Sri Aurobindo and the Mother, the founders
of Integral Yoga. Their work was focused in
Pondicherry, India from 1926 until
Sri Aurobindo’s death, December 5, 1950.
The Mother, Mirra Alfassa, who had strong
occult powers since childhood, became
Sri Aurobindo’s collaborator. In 1926,
Sri Aurobindo “withdrew” to his room
to devote himself to the “supramental yoga.”
The Mother organized the Ashram and
continued the exploration of the
“new consciousness” until her death,
November 17, 1973.

Direct quotes from *Letters on Yoga, How to
Cultivate Concentration, and Meditation*

