

# *Master Your Spiritual Journey*

## Printouts

Dear Reader!

On my website [www.cansantrantow.com](http://www.cansantrantow.com) you can find a multiple page pdf file for you to print out. These printouts will help you with the exercises that I explain in my book. Specifically, you will find the diagram showing your energy system (Chakra Aura Diagram) in color. Also, you will find the nine revelations from chapter 9. Printing this file and keeping it handy while reading will make it easier for you to do the exercises as they are intended.

Simply follow this link or enter it into your browser window:  
[www.cansantrantow.com](http://www.cansantrantow.com)

With love.

CanSan



# *Master Your Spiritual Journey*

Connect to the Wisdom  
of Your Inner Guru

CAN SAN TRANTOW



Master Your Spiritual Journey  
Connect to the Wisdom of Your Inner Guru  
by Can San Trantow

Copyright © 2019 Can San Trantow

All rights reserved.

No part of this book may be reproduced in any form or by any mechanical means, including information, storage and retrieval systems without permission in writing from the publisher/author, except by a reviewer who may quote passages in a review.

All images, quotes, logos and trademarks included in this book are subject to use according to trademark laws of the United States of America.

Published by



Sante Fe, NM

ISBN: 978-1-7330519-0-3 (Print)

ISBN: 978-1-7330519-1-0 (eBook)

LCCN: 2019913372

Editor: Cynde Christie, [WritingCoachCynde.com](http://WritingCoachCynde.com)  
Copy Editor: Jen Zelinger, [TwinOwlsAuthors.com](http://TwinOwlsAuthors.com)  
Book Design: Nick Zelinger, [NZGraphics.com](http://NZGraphics.com)

First Edition

Printed in the United States of America

*I dedicate this book to my dear teacher Agni Eickermann,  
who answered all the questions I had  
and a few I did not have.*

*And to my lovely wife, MaRa, and my wonderful  
daughter, Shiva, for their love and truthfulness.*

*I love you all.*

*~ Can San*

# Contents

<b>Chapter 1: The Paradise Within</b> .....	13
The Inner Guru .....	14
The Guru in the Flesh .....	16
Walking the Path .....	17
Finding My Calling .....	18
When Your Dream Is Not Your Dream .....	20
Choosing My Own Dream .....	21
<b>Chapter 2: What Are You Doing on Earth?</b>	
<b>Or What on Earth Are You Doing?</b> .....	24
Miracles .....	24
Purpose .....	26
<i>Dharma</i> or Drama .....	29
Light .....	33
<b>Chapter 3: Motivation</b> .....	36
A Minor Attitude Adjustment .....	36
Misconceptions .....	38
<b>Chapter 4: The Four Elements as a Guide</b> .....	45
Fire .....	46
Water .....	47
Air .....	47
Earth .....	48
Water: Wash Away Your Fears and Concerns .....	50
Air: Clear Your Thoughts and Declutter Your Mind ..	51
Fire: Free Yourself From Expectations .....	52
Earth: Infuse Your Life With Meaning .....	53

<b>Chapter 5: Chakras and Aura - The World of Light</b> . . .	56
Energy . . . . .	56
Chakra and Aura Diagram . . . . .	58
Chakras . . . . .	59
Root Chakra . . . . .	59
Navel Chakra (Sacral Chakra) . . . . .	60
Solar Plexus Chakra . . . . .	60
Heart Chakra . . . . .	60
Throat Chakra . . . . .	61
Brow Chakra (Third Eye) . . . . .	61
Crown Chakra (Lotus Chakra) . . . . .	62
Aura . . . . .	62
Astral Body . . . . .	62
Emotional Body . . . . .	63
Causal Body . . . . .	63
Hyper Causal Body . . . . .	64
So Ham Breath . . . . .	65
Grounding Yourself . . . . .	66
<b>Chapter 6: You Are a Hero: Act Like One!</b> . . . . .	69
Claim Your Prize . . . . .	69
The Mystery of Life . . . . .	73
Courage and Devotion . . . . .	77
<b>Chapter 7: Words to Avoid and Truths to Accept</b> . . . . .	79
Habits and Convictions . . . . .	79
Offerings and Sacrifices . . . . .	80
1. Freedom . . . . .	82
2. Purity of Heart . . . . .	82
3. Devotion and Mindfulness . . . . .	82
4. Truthfulness . . . . .	82

Seven Illusions .....	83
Evil .....	83
Death .....	84
Poverty .....	84
Hate .....	85
Religion .....	85
Luck .....	86
Fate .....	86
<b>Chapter 8: Disbelief, Doubt, and Inner Resistance ...</b>	<b>89</b>
Inner Resistance .....	89
Addiction .....	92
Beat Your Resistance .....	94
Clearing Your Emotions .....	95
<b>Chapter 9: The Nine Revelations .....</b>	<b>98</b>
Captain, My Captain .....	98
Community .....	99
Instruction Manual .....	101
1. Destiny .....	102
2. Truth .....	103
3. Love .....	104
4. Humility .....	105
5. Joy .....	106
6. Freedom .....	107
7. Unity .....	108
8. Power .....	109
9. Simplicity .....	110
<b>Chapter 10: All Powers in One Direction .....</b>	<b>111</b>
Life is a Song: Sing it! .....	111



The Meditation of the Heart .....	114
Devotion .....	116
The Devotion Prayer .....	118
<b>Chapter 11: Your Mind is a Minefield .....</b>	<b>121</b>
The Aikido Principle .....	121
What is True? .....	124
The Power of Love .....	127
The River of Thoughts .....	129
<b>Chapter 12: Enjoying the Power of Your Soul .....</b>	<b>131</b>
A Mirror and a Playground .....	131
Connected Through Love .....	133
Connected Through Fear .....	134
Dream Your Self (Poem) .....	136
Vanquish Your Inner Enemies! .....	137
Relieving Stress .....	138
Dealing With Fear .....	140
Removing Ignorance .....	142
Dealing With Conflict .....	144
Vigilance .....	146
Don't Judge, Don't Lecture .....	148
<b>Chapter 13: Love is the Answer—Always! .....</b>	<b>150</b>
Once Upon A Time ... ..	150
Follow Your Heart .....	151
Panic Attacks .....	152
Go With the Flow .....	154
The Healing Power of Love .....	156
The Sound of Love (Poem) .....	159

<b>Chapter 14: Miracles and Wonders</b> .....	161
The Purpose of Life .....	161
Right and Wrong .....	163
More Love, More Power .....	164
The Fate of Humanity .....	166
Karma and Devotion .....	168
<b>Chapter 15: You Are Not Alone</b> .....	171
Losing My Religion .....	171
Leaders and Followers .....	173
Nine Truths .....	175
The Real You .....	176
Final Note .....	177
Table of Figures .....	179
About the Author .....	181
Acknowledgments .....	183

## *The Paradise Within*

*“Paradise is exactly like where you are right now ...  
only much, much better.”*

~ Laurie Anderson

**D**eep within you, a pure and pristine mystical place exists, a place that does not know fear, hate, or regret. Rather, it is a place of power, of grace, of Light, and of love without boundaries. This place within you is the real alpha and omega, the beginning and the end of your soul. Here, you stay connected to the source of all creation. When you are in touch with this inner paradise, you are at home, no matter what your life looks like on the outside.

Everything good in your life originates from, and will eventually return, here. Knowing this place provides you with inner guidance, with purpose, with passion, and with understanding. This well never runs dry, and you can drink from it time and again, whenever you need to.

**Paradise** (or *Shangri La, Elysium, Valhalla, the Garden of Eden, Avalon, Nirvana, or whatever other word or phrase people in different times and from different cultures have found to describe the mystical place where everything is perfect*) **lies within you!**

Everything you desire and everything you can see, feel, smell, hear, or imagine has its origin in this inner paradise. When you tap into it, you can feel all the suns, moons, and stars in the entire universe. Every mystery and every answer lie within you. By knowing how to tap into this inner sanctuary, you are rich beyond imagination. And when you truly surrender to this inner place of beauty and wisdom, it will bring you closer and closer to finding the fulfillment that you seek in your daily life.

Sounds awesome, doesn't it? Most likely, it also sounds completely and utterly insane and unrealistic because if we all carry paradise within us, why is life so messy, painful, and difficult? Why do so many people feel miserable, lost, and overwhelmed so much of the time? Why are there so much hatred, injustice, and violence in our world? To get an answer to that question that makes sense to you, you will need to talk to a guru.

## The Inner Guru

*The syllable “gu” means darkness, the syllable “ru,”  
he who dispels them. Because of the power to  
dispel darkness, the guru is thus named.*

~Advayataraka Upanishad, Verse 16

With this book, I would like to encourage and guide you into a deeper connection with, and understanding of, your inner guidance (or your inner guru). The exercises in this book are a gateway to this silent voice of love that knows the truth about you and all of creation. So much beauty, wisdom,

knowledge, and power are hidden within you, beckoning to come to the surface. If you practice and learn how to listen and how to follow, your life will undergo a wonderful transformation. You can find your true purpose in this world and pursue it with passion. You can find deep healing. In addition, with diligent practice, you will be able to distinguish the voice of truth within you from all of the other inner voices that are constantly vying for your attention.

So, what exactly is a guru anyway?

A guru is traditionally a teacher who imparts knowledge of the self, and of the path to recover this self, out of the mist of delusion and illusion. A guru knows you where you do not know yourself, and he is passionate, patient, and relentless in guiding you toward the hidden compartments of your soul. In India, the tradition of seeking your guru and following him or her—for there are female, as well as male, gurus out there—is very alive and very normal. It is part of the Indian culture. For us in the West, this idea may seem strange, but if you put it into perspective, it is not as strange as you might think.

We all follow advice when it comes from someone we respect and whose advice seems logical, reasonable, or has the power of experience behind it. When someone is obviously good at a skill, especially one that I would like to learn, I will listen to what he has to say and try to do what he shows me. This may be a sports coach who shows me a better technique or a better workout routine. Or it may be a business coach who, herself, is a very successful businesswoman and helps me start my own business. It may be a psychologist or therapist who knows more about the psyche than I do and guides me

through emotional hardship. If you realize that your goal is to enter your inner paradise, you should find a teacher who knows that inner paradise—that would be your guru.

Everybody has inner guidance. Even when we do not seek enlightenment (yet?), we all follow some invisible inner signposts when we make our life choices. Why do we choose one career over another? Why do we all have different interests that excite us? Why do we sometimes follow our gut against reason and trust that it is the right thing to do? There is a guiding force within us, and it beckons us to listen. Every good choice we ever made came from the advice from within. Deep inside of you, a guru already exists—a Light bringer—a wise counselor and mentor. Sadly, many people only listen to this inner voice of wisdom when it is almost too late, when they are in the middle of a major crisis and they do not know what to do anymore. This is one reason why there is so much misery in the world. Not enough people listen to their inner guru and follow his advice.

## **The Guru in the Flesh**

*“When the student is ready, the teacher will appear.”*

~Theosophical Proverb

It is nice to have a good teacher, one who guides and coaches you in your quest for mastery of whatever you want to master. Unfortunately, it can often be difficult to find a good teacher. Depending on your own desires and interests, opportunities present themselves—or not!

When you can't find support for what you want to do, you may have to push harder first, work harder, and pursue your desire with more passion and devotion before, finally, a door opens that allows you to find support. However, you will always find the teacher who matches the true power of your passion. If your passion is half-hearted, so will be the teacher who comes your way. Before you can find your true, incarnated guru, you will have to be immensely devoted and passionate in finding and following the connection to your own inner paradise.

This is the built-in safety in the mystery of creation: You only get what you can handle. Even when life sometimes feels like it is too much for you, you are always equipped with the power to deal with your situation. So many helpful souls and resources are at your disposal to guide you along your own path. Use these resources! They are the incarnated representatives of your own inner guru. Everybody is a part-time guru for someone. When someone seeks your advice, tune into your own inner sanctuary to give the advice that the other person truly needs to hear, not necessarily the one that you think should work for everyone. Get to know your inner guru; encourage and strengthen him by listening to, and by following, his advice. The more people do this, the more enlightened part-time, or even full-time, gurus will be in the flesh.

## **Walking the Path**

But let's not get ahead of ourselves. First, we will discuss a few guidelines to follow, and we will have to acknowledge a few

challenges and pitfalls that distract and divert us from the path to tapping into our own inner paradise. The concept of an inner source of truth and inspiration, which you need to tap into in order to transform your life into one of purpose and fulfillment, is quite simple. However, it is not easy to get there—especially if you don't know how to break it down into actionable and manageable steps.

In this book, I will tell you of my own search, of my experiences, and of the steps that I took, as well as the ones I am still taking every day. I will also give you simple exercises to try that will help open the gates to your inner sanctuary, step-by-step. These exercises are meditative in nature, and many people have tried them with success. Just keep in mind: The goal is to find and follow YOUR path, not a generic path. The goal is to find YOUR truth, not to copy and paste someone else's. The greatest and most fulfilling adventure that exists is the adventure of discovering your own purpose and following that purpose to fulfillment. Finding my own purpose was a challenge and a journey that took many years of trial and error. Looking back, it was more than worth it.

## **Finding My Calling**

One of the few things I always knew was that I definitely did not want to write a book. It was not on the list of my dreams at all. What I always wanted was to be happy, to do the things I love—or even better—to do the things that make me happy. It turned out not to be as easy as I thought.

I was born and raised in a small town in Germany called Bielefeld. My father played the flute in Bielefeld's symphonic



orchestra, and my mom was a teacher. I also have one older brother who always seemed to be much smarter than I was. I love him a great deal.

In the first quarter of my life, I tried many things. As a teenager, I started practicing drawing and design, and I tried a little acting. I dabbled in dancing and photography. Some friends and I shot a couple of short films. We wrote the script for a feature film, and even found a producer for it. Unfortunately, he never found the money to produce it.

As a career choice after high school, I finally decided that I wanted to study graphic design and illustration. It was something that fascinated me, and all my friends thought I was talented, so it seemed worth a shot. However, as it turned out, when I handed in my work to apply for a design college in my hometown, they rejected me.

I was very disappointed and concluded that, apparently, I was not very good at art. Fortunately, I had a very smart and determined girlfriend at the time. Her name is Michou, and she is a professional actor. She took me by the hand and arranged a meeting for me with her friend Barbara, who is a painter. Barbara agreed to tutor me under one condition: I would have to do everything she said. Then she put me to work! In that one year, I produced probably ten times as many drawings as in my entire life before that.

At first, it was difficult because I was young and preferred to sleep in and party instead of working so hard. Besides, I had a lovely girlfriend with whom I wanted to spend time! However, I had committed, and so I continued to produce drawing after drawing for a year, and gradually my skill

evolved. After a year, I had not one, but two, well-stocked portfolios that I took to design colleges. This time, every school that I applied to accepted me, and my dream could finally begin (or so I thought).

## When Your Dream Is Not Your Dream

I started my studies at the *Fachhochschule* (College for Applied Science) in Düsseldorf, Germany, in 1989, and I was very excited to learn more about art and design among like-minded souls. However, one thing was strangely missing—true happiness. Being at the design college was not making me happy. Although the topic really interested me, this inner feeling of happiness that I was craving somehow eluded me. I had no idea how to fill this hole in my heart.

When I was not working on my studies, I tried to satiate my desire for happiness by spending as much time as possible with my wide circle of friends. I traveled often and went to all the parties I could go to. I spent many nights celebrating or drinking or talking until the wee hours of the morning, but always this lingering feeling of lack and unhappiness persisted deep within me.

Then one night, I had a dream. I don't remember the details of the dream, but I do remember what happened. I suddenly had the realization that what I was looking for was God! This was funny because at the time I was convinced I was an atheist. Nonetheless, this realization popped into my dream. Suddenly, in the dream, all the characters started to throw a party—literally—with dancing and party hats, cheers, and laughter. Then the story changed; I dreamed a different

scenario. As before, suddenly all of the characters stopped what they were doing and started to party again. This happened a few more times throughout the night. A new dream story would begin, only to turn into an instant party. My subconscious was throwing a party to celebrate my surprising insight. So, when I woke up, I had to admit that, apparently, I was looking for God. Who woulda thunk?

## **Choosing My Own Dream**

So I started to read spiritual books. I attended spiritual seminars and classes; I talked to healers and tried very hard not to judge what I heard because often the stories and theories sounded way too crazy to me. Yet, the whole concept of enlightenment appealed to me. I liked the idea that I could know God, that there was a method, a practice, to reach a realization of the highest spirit. I liked the idea that I would not have to rely solely on blind faith. Today, twenty years later, I still like the idea very, very much.

I am very passionate about what I have discovered about the world of the Spirit, about energy centers in our bodies, about healing methods that are amazingly simple and amazingly powerful, and about an inner world that is so beautiful that most people think it's not real.

I know that this path alleviates pain because the hole in my heart is gone. For me, it happened through a seminar called The Path into Light®, which made it abundantly clear that the spiritual world is a real world and that I wanted to learn everything I could, as well as teach, about this world. My lingering unhappiness disappeared and never returned.

At this point, I should mention that I do not recommend The Path into Light® seminar as the first step on your spiritual path. You should only consider it when the calling in your heart to do so is very clear. That usually happens after you have gained experience with the world of the chakras and energy throughout this book, through personal sessions and other spiritual seminars and classes.

So now, why am I writing this book since it is not on the list of my dreams? Because my inner guidance told me what to do—WRITE A BOOK! I said, “No, too much work.” But the inner nudge persisted and kept coming back. So maybe, just like working on my portfolio when I was twenty-one, which opened a door that was very important to me at the time, I can work on this book now that I am fifty-two years old and open a door that might turn out to be important to you. I definitely hope so.

Why did I tell you this story? What does this have to do with your own true path? Mainly two things: First, nothing is achievable without diligence and persistence. You must work on your path and keep working; otherwise, you may miss most of what's really important in your life. Second, you don't necessarily know where your path will lead you. I realized, at some point, that my calling was different from what I had thought or expected. I was happy when I realized it. I still do graphic design and illustration today, but mainly to advertise my own work, which is supporting people on the path of their souls. Sometimes we must pursue one thing to realize another because we can't see or comprehend our true goal yet. Working on the things that make sense to you today is still the best thing you can do. No effort is ever lost!

My true calling, as it turned out, is to teach about happiness, to teach about the path of the soul, and to come up with new and modern ways to follow that path that are doable and powerful. My calling is as an advocate of love and truth and an agent of change. I am here to show you how you can transform your own world into a world of unity and power. My calling is to guide as many people as are willing to venture with me into the experience of the bliss of their true self and to train others to do the same in their own unique ways.

Let's get started. Let's dive into the path of your soul, the path to YOUR true self and YOUR inner paradise. I don't expect you to take anything I say for granted. But I do ask you to be open to what I tell you. I ask you to experiment. Take a proper bite of this path so you can get a taste of your own spirit. If, at the end of the book, you still say it is not for you—fair enough. However, if you don't try, you will never know what beauty and power exist within the paradise of your own soul.

**Thanks for reading this sample.**

Please visit [www.CanSanTrantow.com](http://www.CanSanTrantow.com) to purchase the paperback and/or eBook!