

# New Age 101

*Your Personal Gateway to  
Infinite Possibilities...*

***By Jason Randhawa***

**The Purpose of This Report: To Help You to  
Understand and Take Part In the Greatest  
Spiritual Awakening In Recorded History**

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“The function of leadership is to produce more leaders, not more followers.”

-Ralph Nader

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**This report is dedicated to all my fellow journeyers!**

"Everything you need you already have. You are complete right now, you are a whole, total person, not an apprentice person on the way to someplace else."

-- Wayne Dyer

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“Asking these deeper questions opens up new ways of being in the world. It brings in a breath of fresh air. It makes life more joyful. The real trick to life is not to be in the know, but to be in the mystery.”

- Fred Alan Wolf, Ph.D.

# What Is New Age?

New Age is basically a movement of people striving for personal/spiritual growth, and people dedicated to developing their inherent abilities and working for the greater good. This metaphysical movement has been called many names, including self-spirituality and new age spirituality.

Although, **most of the time it goes without a name, as the name itself limits this infinite movement.** However, for the purpose of this report **I will use the term "New Age" to describe this movement**, in spite of all the negative (or positive) associations you may have with the term. The main reason is because you need to be able to [look beyond words or associations, and access the truth behind the idea.](#)

Basically, **new age is a free-flowing spirituality movement.** Although, I believe spirituality is the wrong word, since it is associated with religion. I prefer the term **metaphysics** (the philosophical study of being and knowing) as it is meant to compliment and expand upon religion, just as New Age is.

New Age is simply a network of believers and practioners who share common beliefs and take part in similar practices.

**New Age is not a religion**, nevertheless it has some attributes of an emerging religion.

Many people believe that it is the beginning of a universal religion. Since, it is already beginning to blend religions together, as we come closer to The Truth.

Those who are likely to sample many diverse teachings and practices, and create their own belief system and practices, based on their own wisdom and experience, are considered New Age.

## What New Age Is Not

New Age is not any particular religion, dogma, or secret society. New Age is not a set of belief systems or practices to be followed. It does not have any boundaries, nor is it closed to anyone. New Age does not even have a central location, membership, holy text, or even a leader.

**Within the movement, there is no agreement on how to define it or even if it is a movement at all. There simply seems to be more and more people heading in the same direction.**

It is not limited to Eastern philosophies and psychic phenomena, as many people think. Instead it is a holistic approach to spirituality, and life in general.

# New Age Contribution to the World

Many people have some bad associations with the term "New Age." This may be because it has faced strong criticism from some, in my opinion close-minded, religions that do not understand New Age, and how it compliments them.

The New Age movement has had a huge impact on society including:

- Improving creativity and mind power
- Developing the various religious beliefs
- A better understanding of metaphysics/spirituality
- Leading-edge exploration of consciousness
- Humanistic approach to business and management
- Bettering relationships and the understanding between people
- Understanding teaching and learning styles
- A holistic approach to health and well-being

These are just a few of the infinite contributions this movement has made to society...

# Why Is New Age So Confusing?

The New Age movement can be so mysterious. It is such a **broad, free-flowing** movement that two people could belong to it and have some completely opposite beliefs, ideas, and practices. As I have said before, **new age has absolutely no central geographic location, sacred text, dogma, creed etc...**

Within the new age movement, there are very few guidelines and boundaries. There is no membership. Therefore it becomes very difficult to define and measure this movement. Once again, all we can determine is that more and more people are moving towards alternative spirituality/metaphysics.

The greatest confusion surrounding new age is that the term "new age" can refer to many different topics including:

**New Age People-** People who are considered to be a part of the new age movement (also called "New Agers")

**New Age Time Period-** A prophesized period of time in the near future when most people in the world will become spiritually awakened and will have access to their inherent abilities

**New Age Spirituality-** The belief system and practices of new age people

**New Age Movement-** The movement of people towards personal/spiritual growth

A brief description is given above, but we will go into further detail on each of the above topics in this report.

Now, as you can see, the term "new age" can become very confusing and complicated. But, each of the subjects that fall under the category "new age" is interrelated to the new age movement.

## Are New Agers The Cause of All This Confusion?

New Agers have caused much of the confusion surrounding "New Age". Although this is done totally unintentionally, because most new age people do not even know what new age is. **Even I don't fully know what it is.** Since nobody speaks for it and there is no way to define it, you can not really fully know what New Age means.

New Age is something that each person can only define for himself or herself. He/She can then share their definition with others, in hopes that those other people will be

able to formulate their own definition and idea as to what new age means to them.

**Most New Agers identify with other religions, but incorporate new age concepts into their faith.** This is one of the main purposes of new age, as it is the first step towards **Universal Religion**.

## New Age Criticism

New Age has faced some harsh criticism from many people and organizations. The main reasons for this are because it is such a broad movement.

It can be so open-minded that sometimes people that belong to this movement can have **contradicting** beliefs and practices. When other people see this, they don't understand it, and therefore they publicly criticize it.

“In formal logic, a contradiction is the signal of defeat: but in the evolution of real knowledge, it marks the first step in progress toward victory.” -Alfred North Whitehead

All of the criticism that has been given to the new age movement was the result of a misunderstanding. I would like to clear up some of the bigger misunderstandings now...

New Age has been dismissed as Sufism. Actually, **Sufism** has been a historically established mystical movement within Islam. **New Age has basically no connection with it.**

Some Conservative Christians view New Age as a form of **Satanism** (which is known for performing horrendous acts). In reality, **no connection exists.** *New Age is all about love, help, support, and progress.*

Also some Conservative Christians have claimed that there is some **massive, underground highly organized New Age organization.** They claim that this organization is infiltrating the government, churches, schools and media. But, in reality **no such thing exists.**

I could keep going on for a while, but I think you get the point. Pay no attention to what other people say or think, for you are the only one you have to count on.

“All great truths begin as blasphemies.” – George Bernard Shaw

# New Age Beliefs

New Agers are very different people. They do not simply follow a set of beliefs that they are born into. Instead, they consciously pick and choose beliefs and ideas that feel good to them. They try to take nothing for granted; they actually **understand what they believe and why they believe it.**

They can follow beliefs from anything, including strict religions all the way to the open philosophy of metaphysics. Many scientists, including most quantum physicists, can be considered new age.

Although, the average belief system among new age people **usually** consists of some beliefs and practices that would be characterized as alternative spirituality/metaphysics.

## What You Should Believe to Be New Age

The only true belief you need, to be considered new age, is being **open to new ideas.** You should have a belief in exploring alternatives...philosophies, healing practices, ways of living, politics, social ideas, etc...

New age people are **fascinated by the infinite possibilities of each individual and of all humankind.** We are aware that we are infinite beings with unlimited capacities. We don't give our infinite power away (to other people, ideas, etc...).

## Common New Age Beliefs For You to Sample

A number of beliefs held by most New Agers are listed and defined below. Whether you would like to adapt some of these beliefs into your own faith or you are simply curious, I am sure this list will be helpful to you.

Once again, I am in no way endorsing any of the following beliefs. There are a number of beliefs listed below that I **personally** do not accept as truth. So remember, as you go through the following list, I encourage you to only take beliefs that resonate with you:

**Reincarnation:** Rebirth of the soul in another body after death

**Universal Laws:** Just like there are Natural Laws that govern nature (such as gravity); there are other Laws, which govern all that happens in the universe. From the spiritual to the physical to the mental, everything that happens does so according to Law.

**Karma:** The total effect of a person's actions and conduct during the successive phases of that person's existence, are regarded as determining that person's destiny. This is very interrelated with the golden rule (do unto others, as you would wish them to do unto you). It is believed that whatever you have done in your past life is the

cause of your destiny in this life.

**Aura:** A distinctive energy field that seems to surround every person

**Spirit Guides:** An entity, which provides guidance through channeling or a medium. It is also believed that we receive messages from our spirit guides by getting a very strong feeling, a picture in our minds or even a voice in our heads.

**Monism:** All that exists is derived from a single source of divine energy

**Pantheism:** All that exists is God; God is within the self and throughout the entire Universe

**Panentheism:** God is all that exists. God is at once the entire universe, and transcends the universe as well.

**Relativism:** The theory that states conceptions of truth and moral values are not absolute but are relative to the persons or groups holding them

**Parallel Realities:** Self-contained, separate realities coexisting with our own. These separate realities can range in size from a small geographic region to an entire new universe, or several universes forming a multiverse. It is believed that infinite other vibrational levels (dimensions) exist, and within each one is another form of you. Also, each time you make a decision each choice you could have taken is lived out in a parallel reality.

**Ecological Responsibility:** We as humans are responsible for preserving the health of the earth, which is considered to be a living entity (Gaia)

**Interconnectedness:** We are all interconnected

**Universal Religion:** A new universal religion, which contains elements of all current faiths, will evolve and become generally accepted worldwide.

Some other common beliefs are:

- You create your reality
- Everything around you has spiritual meanings and lessons to teach you.
- The coming of a future worldwide new age (spiritual awakening)

These are just some of the more common beliefs held by New Agers. There are many more, but I hope this list has satisfied your needs for now. Remember **as you go through the list see what resonates with your heart, then hold on to it, if it works for you keep it, if it does not, let it go.** Choose wisely!

# New Age Practices

New age people take part in a variety of practices. **These could include anything from reading a book on personal growth to such things as channeling.**

Although the average New Ager takes part in more eastern practices, it is not uncommon for them to take part in many western practices as well. Their activities are not only involved with the paranormal or the religious as many people think.

Any practice that is done for the greater good can be considered a new age activity. All new age practices are dedicated to helping the environment and the entire universe.

The biggest activity that New Age people take part in, is obtaining information on personal growth and metaphysics/spirituality. They get information from seminars, conventions, books and informal groups.

We can observe this all around us, as everyday more and more people are visiting metaphysical bookstores and attentively listening to lectures by spiritual teachers.

## Specific New Age Practices for You to Sample

Below I will list and define a few common new age practices, from which you can pick and choose which ones you would feel right doing. Remember, just as with beliefs, only do what feels right to you. If none of these resonates with you, then search for some more, as this is just a small list for you to sample.

A typical new age practitioner will usually take part in a few of these areas:

**Channeling:** Becoming a medium through which a non-physical entity can give information and support through.

**Meditation:** The act of simply being, instead of doing. It is a contemplative discourse, in which you try to clear your mind.

**Yoga:** A system of exercises practiced as part of the Hindu discipline to promote control of the body and mind.

**Astrology:** The study of the positions and aspects of celestial bodies in the belief that they have an influence on the course of natural earthly occurrences and human affairs.

**New Age Music:** A category of music that tends to be spiritual and contemplative in nature

**Divination:** The art or act of foretelling future events or revealing occult knowledge

by means of augury or an alleged supernatural agency.

**Holistic Health:** As defined by Wikipedia, holistic health is a non-medical philosophy of well-being that considers the physical, mental, and spiritual aspects of life as closely interconnected and balanced. Advocates of the holistic health philosophy typically seek or use a wide variety of alternative practices, the most common of which include acupuncture, chiropractic, naturopathy, yoga, aromatherapy, Cannabis cultivation and homeopathy

**Shamanism:** As defined by Wikipedia, a range of traditional beliefs and practices similar to Animism that claim the ability to diagnose and cure human suffering and, in some societies, the ability to cause suffering. Shamans have been credited with the ability to control the weather, divination, the interpretation of dreams, astral projection, and traveling to upper and lower worlds. Shamanistic traditions have existed throughout the world since prehistoric times.

**Reiki:** A system of hands-on touching based on the belief that such touching by an experienced practitioner produces beneficial effects by strengthening and normalizing certain vital energy fields held to exist within the body

**Energy Work:** a general term based on the idea that the human body consists of energy fields that can be stimulated through various techniques in order to promote wellness.

**Astral Travel:** This is the ability to leave your body while it is sleeping. Basically, being conscious as you are dreaming. From here you can visit other vibrational levels (dimensions).

**Developing ESP Abilities:** Developing abilities through which you are able to communicate and perceive by means other than the physical senses.

So, there you have it, a list of common new age practices.

Now, I challenge you to try some of these activities. Do a little more research and see where you are guided. When you find something that resonates with you, stick with it!

# Why Is There A New Age Movement?

There are many answers to this question. Many people believe the reason for this movement is that we are being forced to become aware. Because of all the damage we have caused to the environment and all the fighting that is going on in the world. Usually in times where **we are facing a lot of stress and worry**, people move towards spirituality. We certainly are in one of those periods of time, although it is not as severe as it has been in the past.

The two more common answers among new age people, are the coming of the **new age energy/consciousness and/or the coming of the Age of Aquarius**. I will be detailing both of these below. But before I do, I wanted to say that I believe that all of the above answers are each a part of the reason why there is a new age movement.

## Age of Aquarius

Personally I just know the basics of the Aquarian Age, therefore I don't feel right teaching someone about it. Therefore I will give you the links to the best, informative websites and resources I have found on the Aquarian Age. I really recommend you take the time to go over it, especially the essay by Elsa Glover. You can read it here: <http://www.whatismetaphysics.com/aquarian-age.html>

## New Age Energy/Consciousness

This is very closely related to the Age of Aquarius, but it is slightly different in origin.

Under this belief/idea, it is believed that this new age energy is coming, which will make it easier for everyone to access his or her infinite abilities. It is believed that it will cause a great spiritual awakening. **It is also believed that the world was supposed to end around the year 2000, as was stated in many prophecies and legends.**

But, **as a collective consciousness we decided to keep this experiment that we call physical life going on.** Thus, we put off the end of the world, and we decided to have a great spiritual awaking, in order to take us off this death course we had put ourselves on. **In order to keep this human experience going, we had to bring in the New Age.**

The cause of this new age would be an energy/consciousness that would allow us to have access to our inherent abilities and infinite knowledge. This energy is now in the process of coming to us, and it can be easily felt and seen all around us.

Along with this energy will come new age children (indigos, crystals, rainbow, blue, peace-makers). The new age energy/awareness is supposed to fully arrive in **2012**.

Therefore, the world will keep on going, and we, as the human consciousness will continue to develop.

## How Is The New Age Movement Doing Now?

You can already see/feel this new age energy/consciousness and/or the Aquarian Age coming through us. More and more people are becoming intrigued by metaphysics/new age spirituality.

**People are being guided towards personal/spiritual growth.** More and more Children of the Knowing are being born every day (if you don't know what these are, do not worry I will go into more detail on them later).

New Age is already considered the **third largest religious group** in the world, and is growing at a phenomenal rate. That is, if you can call them a religious group (which they really aren't). Once again, it is just a broad group of open-minded people moving towards personal/spiritual growth.

Earlier this year, I set up my website at [www.what-is-metaphysics.com](http://www.what-is-metaphysics.com), and this online metaphysical/spiritual community is not only attracting people who have been studying metaphysics and spirituality for a long time, but it is also attracting the average person who spends very little time on the subject. **More and more people, all over the world, are becoming intrigued by metaphysics and new age.**

In 1994, the Gallup people asked Americans whether they felt the need to experience spiritual growth. Only twenty percent said "yes." In 1999, they asked again—and a surprising seventy-eight percent answered in the affirmative. This was an astounding fifty-eight percentage point gain in five years.

**Vast amounts of people are beginning to practice metaphysical techniques as well.**

Lynn Lehmkuhl, editor of *Yoga Journal*, said in 2005 some 16.5 million people practice yoga in the United States, which is up forty-three percent since 2002. Also, the 2003 *Time* cover story, "Meditation," declared that ten million American adults say they meditate, which is twice as much as a decade ago.

So as you can see, it is already having a huge effect on many people. But there is only one thing that is certain: everyday, more people are beginning to work on their spiritual development. This could be the beginning of a worldwide spiritual awakening (as I have said), or it may just be a fad that will soon pass. Only time will tell. For frequent updates on this spiritual movement, check out my newsletter at <http://www.whatismetaphysics.com/newageupdates>

# History of New Age

Although the New Age Movement has only begun recently, the principles proposed by this movement are timeless.

There has always been at least a small group of people throughout the world that have understood new age principles, even before history (as science defines it). Therefore, the roots of this movement are traceable very far back in time, it is just now that the majority of people is heading towards spiritual growth, and is becoming fascinated by metaphysics.

## The Origin of the New Age Movement

The new age movement became popular in the 70's as a reaction to what some people thought of as "the failure of Christianity and the failure of Secular Humanism" in providing spiritual guidance.

Small groups were formed that took part in many metaphysical practices (channeling, astrology, tarot cards, astral travel, etc...). In the 70's and 80's new age teachings were publicized and new age seminars were held.

## What Happened Next?

In the late 1980's and early 1990's the movement came under criticism from a variety of groups, for two main reasons:

1. Money was being made off of new age followers.
2. The many "Unscientifically" proven practices (mainly crystals and channeling) that they took part in.

Many people began to dismiss new age as a scam or some kind of cult. But, since then it has become a much broader movement. **The people who were not true to the new age principles and/or were in it to make a quick buck were removed.**

The new age energy ended this criticism, and bounced back even stronger with more momentum. Now the new age movement is a major force in worldly belief systems. It is only expected to get stronger because of its "rebellious" nature to what was previously known as "logic and science".

## The Future of the New Age Movement

Currently we are well on our way to experiencing the spiritual awakening that we have planned for ourselves (on another level). **It will not be an instantaneous thing; instead it will be a gradual process.** This gradual process of bringing in the new age energy/consciousness will be at its highest in 2012.

For more information and resources on the year 2012 check out:

<http://www.whatismetaphysics.com/year2012.html>

**After 2012, we will have easier access to all of our inherent abilities and infinite intelligence (although we have always had access to this, it just wasn't as "easy" before).**

The time period after 2012 is what has been prophesized as the New Age (the great awakening). This does not mean that everyone will become spiritually enlightened; it simply means that it will become easier. It is always that person's choice some will choose to take advantage of the new age energy, others will not. It is always their choice.

As a side note: We must remember that we cannot really make other people's decisions for them. Each person can only learn when he or she is ready to learn. Also, what may be right for one person may not be right for another. And lastly, remember that whatever someone else believes is true for him or her.

Sorry for going on a bit of a tangent, but back to the point at hand. We are well on our way to reaching that goal by 2012. From what my personal sources, physical and non-physical, have told me, I believe that we are even "ahead of schedule".

**We are spiritually moving faster than was originally planned.** This is evident in most of the children that are being born. Read more about them below.

## Children of the Knowing

There has been a lot of talk about indigo children, crystal children, and other new age children, but we cannot forget their importance. These children were brought here to help bring in the new age awareness. There is evidence of their intelligence and abilities everywhere. For a more in-depth fascinating view of these Children check out the articles and resources at [www.whatismetaphysics.com/new-age-children.html](http://www.whatismetaphysics.com/new-age-children.html)

# New Age and You

## How You Can Become Part of the New Age Movement

**You do not have to try to become a part of the new age movement. You simply must become more aware and make a sincere effort towards personal/spiritual growth, and you are instantly an integral part of this movement.**

Once you begin to consciously set up your belief system and take part in some practices that feel good for you and help the universe, you are taking part in the new age consciousness and you will experience a spiritual awakening.

## *Most Important Things You Can Do*

**Sign Up...** I would really recommend you sign up for my metaphysical information package (if you haven't already). You will get **my 7-Day "What Is Metaphysics" E-Course, the Metaphysical Library (access to a collection of over 25 spiritual E-Books and growing), and a subscription to my bi-monthly, information-packed E-Zine called "Metaphysical Mind" all for free.** You can sign up here: <http://www.whatismetaphysics.com/newageupdates>. In this newsletter I will do my best to keep you on the right track to experiencing a spiritual awakening.

**Take Responsibility...** This is, in my opinion, the most important new age activity. **You should take complete responsibility for your life and all of the events that take place in it.** This one thing will allow you to take back all of your energy and power in life. In the process, you will also heal yourself and the entire planet.

**Pass This On...** If you truly found this to be of value please pass it on to someone else whom you think would find value in it. But, please don't force anyone to read this, or believe everything written here. Knowledge is something you must take, not give. **Put this report out there and people who are ready to learn what is contained in it will find it. I would really appreciate if you passed this on. I suggest that you:**

- Send this to your friends and family
- Send this to the members of any metaphysical/new age groups or any other kind of group (that would be interested in this report) that you belong to
- Send this to your newsletter/subscriber list
- Put this report up on your website and/or blog
- Post this report to any discussion forums you belong to

- Send this report to anyone who publishes a newsletter that you subscribe to (in hopes that they will include this into their next newsletter)
- Be creative, let your guidance show you how best to give back the gift of this report away

**Thank you in advance for helping to put this report into the hands of people whom will find it useful.** If you can discipline yourself to do just two of the things listed above, **your good deeds will come back to you a hundredfold.** Remember: Do unto others, as you would want them to do unto you.

**Worldwide Focus...** I will be setting up times, where we can meditate (in your own home or in small groups) as a collective consciousness on bringing in the new age energy/awareness and taking in some of that new age energy/awareness so that we can use it in our own lives. Anyone who wants to participate, anywhere in the world, is welcomed. The more people that join in, the greater effect it will have, as our energies will multiply each other.

**If you are interested than you should sign up for my free metaphysical E-Zine/Newsletter. I will be giving an update on these worldwide new age focus meditations in each issue. It will also be a great way for us to stay in touch.** You can sign up here: <http://www.whatismetaphysics.com/newageupdates>

Thank-You for reading and may you enjoy all of the unconditional love that I am sending you,

*Jason Randkawa*

# ***I Want To Give You The Ultimate Metaphysics Information Package That Will Help You Discover the True Nature of Your Being, and I Want To Do It For Free!***

This package is dedicated to provide you with quality, free metaphysics information. **When you sign up below, you will get the amazing "What Is Metaphysics" E-Course, a free subscription to the Bi-monthly metaphysical ezine, called 'Metaphysical Mind', and access to an extraordinary metaphysical ebook library.**

## **You can become a Metaphysician in 7 Days...**

Whether you are new to metaphysics or a longtime student, you need to take my **7-Day "What Is Metaphysics" E-Course** that I have created just for you. It keeps everything simple, just as it should be. If you are a beginner this course will serve as a very detailed introduction to metaphysics. If you have been studying this subject for a while, it will bring you back to the basics. Remember, always keep it simple! We tend to make things more complicated than they really are. You will be receiving this powerful E-Course over the period of a week. You will be getting one lesson a day, sent straight to your inbox.

Also, when you sign up below, you will receive my **Bi-monthly metaphysical newsletter/Ezine called 'Metaphysical Mind'**. It is jam-packed with all the latest information on metaphysics and spirituality. This newsletter will keep you informed and on the right path to uncovering that knowledge or insight you seek. Most importantly, this is all absolutely free!

Not only is this all **free**, but you will also get an amazing bonus **metaphysical library**. Many marketers have advised to me to tell you that this package is worth a lot of money. But in all honesty most of the e-books in this package were absolutely free. The value in this package is in the information, these e-books contain. I have spent an enormous amount of time searching for these e-books and then studying them. This collection of all the best e-books I have found on the Internet, will save you years of searching for free information. **You will have instant access to this mini metaphysical library consisting of over 25 books and growing.**

Just some of the books included in this collection are:

-A Flower Unfolds (channeled poetry of the Goddess Kwan Yin) by Craig Howell & Marjorie Musacchio: The Inspirational Teachings in verse from Kwan Yin, Bodhisattva of Mercy and Compassion.

- The Power Of Concentration by Theron Q. Dumont: 20 Amazing Lessons on The Power of Concentration.
- The Love by Tim Stone: Evolution to Eternity, "The Love is a book of dreams which will hopefully inspire love, faith, happiness and wisdom."
- The Nuts and Bolts of Meditation by Bill Cozzolino: Unleash Your Quantum Brain
- Handbook of the Navigator by Eric J. Pepin: "This Book Delivers the Ultimate Spiritual Experience!"
- Human Becoming by David Richo: Practical Steps to Self-Respect and Compassionate Relationships
- How and When to Be Your Own Doctor by Dr. Isabell A. Moser: The Purpose of this book is to educate the general public about the virtues of natural medicine and to encourage the next generation of natural healers.
- Meditation-The Inward Journey by Blair Lewis
- The Law of Success by Napoleon Hill: The timeless classic in sixteen lessons. Which taught, for the first time in the history of the world, the true philosophy on which all personal success is built.
- The Astonishing Power of Gratitude by Wes Hopper: How to fix the 5 big mistakes that keep you from putting gratitude to work for you. And much more...

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# Discover the Best No-Cost Metaphysical Online Tools and Spiritual Resources

Instead of just another resource list, I have created a 7-Day Email Mini Course titled "Metaphysical Mastery" which will expose the best resources for spiritual seekers, metaphysicians, New Agers, and basically anyone that would like to learn more about spirituality.

Basically, if you are here, this E-Course is for You!

This E-Course will be extremely easy to apply to your life. You will be able to take immediate action towards experiencing your True Being, happiness, wealth, health, and so much more...

Here is the lesson plan:

**Day 1-** Three No-Cost Secret Weapons for Metaphysical Mastery

**Day 2-** Four Free Online Tools and Resources for Metaphysicians and Spiritual Seekers

**Day 3-** Six Easy Ways to Experience Spiritual Breakthroughs Regularly

**Day 4-** Eight Free Metaphysical Websites You Can't Live Without

**Day 5-** Everything You Need to Experience Supernatural Wealth In Your Life Without Spending A Penny

**Day 6-** How to Experience True Health and Wellness without Spending a Penny

**Day 7-** The Only Metaphysical Resource You Need

*A resource is defined as a source of supply, support, or aid, especially one that can be readily drawn upon when needed*

This free "Metaphysical Mastery" E-Course will lay out the best free spiritual resources available to you. You will find this E-Course as a **huge advantage on your journey.**

You have the opportunity to learn from others, **saving you a lot of time.** You can spend your time learning, instead of searching for valuable information.

You will also **save a lot of money**, as almost every resource outlined in this E-Course is absolutely free! You can spend your money on whatever your heart desires, instead of spending your money on spiritual resources (books, memberships, etc..).

Sign up right away for immediate access to the best of the best metaphysical resources: <http://www.whatismetaphysics.com/metaphysical-resources.html>

# About The Author

My name is Jason Randhawa. Currently I am a student living in British Columbia, Canada. I am working towards getting my Ph.D. in quantum physics.

**I have always been fascinated by the many subjects that can fall under metaphysics (philosophy, religion, parapsychology, mysticism, yoga, meditation, ESP, dreams, astrology, self-help studies, positive thinking, reincarnation, etc...).** For as long as I can remember, I use to think about these things all the time. When I was little there were things that I knew, that I shouldn't have known. I even knew that I shouldn't know these things. So I kept quite and attempted to sweep these things "under the rug." Whenever I got a chance to discuss these metaphysical ideas, with close relatives, I took up the offer very quickly. I really enjoyed hearing other people's thoughts and input on some of these ideas. **By the time I was twelve I began to meditate with my dad daily.** After a while, it became like a ritual, and something that I had to do. I immediately stopped meditating, even though my father became upset with me.

Then for a while, between ages 14 and 15, I started to read books on wealth, inspiration, self-help, and positive thinking. From here, through a series of books, I was led back to books on spirituality. For a couple of months I became very religious. I believed that religion was the answer. Within a few months, I became bored of religion, since it did not resonate with me. Because of this, I began to do my own research on spirituality/metaphysics when I was only 15 years old.

From here, I had some amazing experiences. I went to meditation groups, channeling sessions, metaphysical courses, etc... I explored the areas of metaphysics to the best of my resources, and then some more! Since then, I have been able to uncover an amazing amount of information about spiritual metaphysics and the philosophy of metaphysics.

I really wanted to share this information with others, and I also wanted to expand upon this information with the help of others. From there, I began to create the website: [www.WhatIsMetaphysics.com](http://www.WhatIsMetaphysics.com). Since then my articles have been published on some of the best spiritual websites and metaphysical ezines. I have created a huge collection of free resources for self-discovery (including this report, my other articles, free E-Courses, etc.).

"The future has several names. For the weak, it is the impossible. For the fainthearted, it is the unknown. For the thoughtful and valiant, it is the ideal." -Victor Hugo

Thank-You For Allowing Me to Share the Experiences of My Life,

*Jason Randhawa*

PS I would love to hear the experiences of your life. You can contact me with any questions or comments here:

<http://www.whatismetaphysics.com/NewAgeReportContact>

PPS The best way for us to stay in contact, and for you to get updates is for you to sign up for the free metaphysics information package (if you haven't already). You can do so here: <http://www.whatismetaphysics.com/specialnewageoffer.html>