

EXTENSIVE INTERVIEW

Dr Mira Omerzel - Mirit – ethnomusicologist, musician, healer, clairsentient cosmic telepath, medium, spiritual teacher, writer

ANCESTRAL WISDOM TEACHES US TO LIVE THE SOUL IN THE MATERIAL WORLD

Interviewed by Vesna Fister / SENSEA magazine

“If people want to spread their wings, they have to listen to their own spiritual tradition and realise that the laws of life are in fact the same everywhere, even though each culture depicts them through its own rich symbolism and names”, says Dr Mira Omerzel - Mirit.

From a young age, Dr Mira Omerzel - Mirit had a sense of her mission to research sound and the spiritual heritages of the world, to re-create sound and teach the timeless spiritual wisdom of life. She lives this mission creatively. Currently she is focused especially on discovering and reviving forgotten wisdom, which is imbued with important messages for contemporary people, for our time and our world.

Since 1995, at her Veduna School – a Slavic-Pythagorean School for the Development of Consciousness and for Harmonising through Sound – Mirit has held lectures, courses and workshops on the laws of existence and life, on the search for balance, on the dimensions and powers of consciousness and sound, on the Cosmic-Earth resonance (harmonious oscillation or resonance) and on the ancient teachings of our planet. She also performs exceptional sound-energy surgery. To many Slovene and foreign spiritual teachers and sound-energy therapists, Mirit is herself a teacher. With special respect and dignity, she brings to life the ancient Slavic and Slovene spiritual heritage, which has been, she says, an important part of her earthly mission since her adolescent years.



Mirit in her garden with her pet cat (October, 2016)

At home and abroad, you are a pioneer in the field of research into the power of sound, of research into the Slovene musical heritage, the forgotten musical instruments and the spiritual wisdom of the Slavs and other cultures of the world. You are also a pioneer of ethno-archeo-medicine musicology in the world, a clair-

knower, who brings to people a message for their lives and revives the forgotten wisdom of the past. You also revive ancient musical practices and the performance of music in a transcendental state of consciousness. The concerts of your Vedun Ensemble heal and expand people’s consciousness. You are one of those rare clair-knowers who perform, or channel, exceptional and very rare cosmic surgery. What does all of this actually mean?

It means that today we know very little, even though we think the opposite.

Sound, for example, is everything! We are sound as is the material tangible world. Everything is energy sound-frequency undulation. But, today, does anyone know this? Yet the age-old knowledge of our planetary, Slavic and ancient Slovene ancestors speaks of all this. It is time for us to delve into this ancient banished or overlooked knowledge. What we need is right here with us all of the time. So let's learn once again how to drink deeply from the "cosmic-earthly" soup of abundance and knowledge, which was banished or overlooked also due to our ignorance. Let's become aware once more of the all-connectedness of all levels of life and of the trinity of the material-spiritual-cosmic. Of the oneness of existence.

Messages stream out of her as if from a spring; Ana and I can barely keep up. The atmosphere in the room, created by her presence, is special: the power of her expanded consciousness draws us in and moves us into a state of semi-trance. We sip roasted acorn coffee from earthenware cups, which was served to us and sweetened with *trjak* (an elderberry drink).



Mirit with her son Tine – her assistant and successor (October, 2016)



With the young musicians of the Vedun Ensemble in an autumnal forest (October, 2016)

“The oak was a sacred tree for our Slavic ancestors; councils and ceremonies were held beneath it, and carefully chosen sounds added their own component, revealing the mysterious, the inexpressible,” explains Mirit. “Oak is good for practically everything, similar to the coconut tree in Asia. Acorn was used to make ‘coffee’, teas and various healing preparations, they used oak bark, its leaves and fruits. Ancient healers used to say that oak was a very precious plant, which could heal almost everything. Even my grandmother, who was a herbalist, made baths from its bark”, she adds.

We wanted to know what *trjak* was. It looked like jam at first glance, and had a divine berry taste. “It is a mysterious brew. In the past, in Slovenia people made a healing drink from it. Rare were the ones who brewed it. The recipe was kept very carefully. I heard about *trjak* from locals in the village of Sorica; it was used to heal colds and lungs, waggoners used it to warm themselves up. It also works as a disinfectant, people smeared it on the ropes used to pull calves out of cows, for example. *Trjak* is hard to find today, even though it was a veritable magical preparation”, Mirit went on to explain.



Mirit (age 22) at home with her husband Matija. The photograph is from an article on the 1978 Golden Bird Award she had won for her pioneering research work and presentation of Slovene folk instruments.



Tine's first concert (age 7) at Cankarjev dom (Children's programme, 1988)



Her son Tine performing with the Ensemble as a teenager at the National Gallery for the 1999 “Slovene Woman of the Year” award

OVERLOOKED SPIRITUAL MESSAGES OF THE ANCESTORS

You constantly stress that the ‘ancient Slavic spiritual heritage is a mirror of the exceptional ancient sacred wisdom, a mirror of the wisdom of both antiquity and prehistory – a reflection of universal cosmic-earthly ethics and aesthetics’, which we have unfortunately forgotten today.

Our Slavic heritage, overlooked far too long, remembers and keeps, even in its recent folk history, the universal core of human existence and the eternal quest for the meaning of life. It remembers the universal laws of spirit and a means for connecting to all forms of life on Earth and in the Universe.

To attain this level of reality is a part of the abstruse, or ‘divine’, Great Mysteries, which we touch at our core, in the centre of our heart and soul (consciousness). Our Slavic ancestors knew this very well. The ancient Slovene spiritual quest stems from the indigenous, Indo-European and Slavic philosophy of life, from the timeless wisdom of all-connectedness. This heritage was preserved up to our time through the elements of the so-called folk culture and mythology of past centuries. It represents distinct remnants and relics of distant cosmic-earthly ethics and a way of harmonious living and co-living with the Earth and with all forms of life on it. The ancient sacred Slovene knowledge is actually a distinct non-conflicting and attentive ecological way of living.



Tine also likes to research and present the world’s cultures/Balinese gamelan (the concert at the IMAGO festival, Ljubljana, 2015)

The sages of different Slavic peoples knew how to listen attentively to the breathing of the Sky and the Centre of the galaxy (to the power of the wormhole). In this way, they sought their own centre within the Principle and Source of life; they sought fulfilment and an effective healing and spiritual power. The spiritual contents of incantations, sayings, spells, prayers, spiritual formulae, celebrations, songs, words and charms, which I started to collect and research at the young age of fifteen, testify to this forgotten and overlooked ancient Slavic sacredness. Our Slavic and Slovene sages and healers, called ‘*balijani*’ were knowers and seers in the shamanic tradition. Slovene *kresniki* and *vedunci* are courageous and miraculous travellers across dimensional worlds. They are the ones who see and simply know.

During your intensivos, courses and even at concerts of the Vedun Ensemble, you help people to connect to the traditions and spiritual power of their ancestors; you also revive forgotten ceremonies. Why is this important?

The revival of lost ancient Slovene and Slavic ceremonies helps us experience the majestic spiritual experiences and achievements of our ancestors. It reveals shortcuts to the summit of the sacred mountain, or pyramid, to the top of the ‘celestial ladder’, to the top of the sacred golden apple tree. These are symbols of the path to the goal of our lives, the path along which our own soul unerringly leads us in the physical world. The goal is enlightenment, or awakening – understanding all levels of reality.

So we keep turning to our ancestors for inspiration, insights and support. We can connect to their wisdom and power at any time, as these are timeless spiritual messages of the indestructible essences of consciousness, eternally present. But I do need to stress that such insights do not usually happen when we want them to, but rather when they simply can happen. Without expectations and demands. We are not the ones who choose. We merely set up the conditions for such possibilities.

Why is it important to listen to your own spiritual tradition, to (get to) know your own cultural heritage, your roots?

If people want to spread their wings, they need to be aware of who they are. It is not enough to know simply your own spiritual parameters, we also need to (get to) know our own culture, into which we were born. Our own heritage and our current experiences provide all of the most important teachings we need for our lives. That is why we are where we are. It is right to listen to our own spiritual tradition and, at the same time, to realise that the laws of life are actually the same everywhere, even though each culture depicts them using its own rich symbolism and names.



Mirit (age 43) reflecting on the fate of precious ancestral knowledge (1999)



Small and big cimbaloms – Mirit's greatest love (Cankarjev dom, 1992)

We Slovenes have destroyed the rich spiritual heritage of our ancestors, we have lost contact with it. Why is that?

The spiritual heritage of our ancestors was tossed into the trash can of worthless paganism during enforced Christianisation, it was burnt at the stakes of the inquisition. The age-old priestly threads and knowledge were destroyed centuries ago. However, the time for the awakening of this ancient knowledge has now come, because we need it. Everything that is true and important can only be smothered for a while, but it will soon come knocking on our door. Because it is worth! It can be heard and brought to life at the levels of our consciousness, even centuries later. This is what the descendants of the Mayans taught me.

Could you briefly summarise the most important spiritual messages from the legacy of our ancestors? What are they teaching us?

Our Slavic ancestors teach us to live and walk with our eyes open, which is only possible if the measure of truth is our loving eye. Through the sacredness of subtle observation and attentive listening, our heritages teach us to live the spirit in the material world, to live the soul in the physical.

The spiritual heritage of our country's ancestors teaches us about 'the sacredness and wisdom of the fern seed' (read: and of sound and thoughts too). The fern seed 'speaks' only to a person who is attuned to nature and to everything that exists. The seed is the Source, the message of the Intelligence of life, while the depths of our consciousness allow us to hear and understand.



Mirit with Mojka and Katja enjoying the concert of Christmas and New Year songs; talking about the December rites of our ancestors was not permitted in ex-Yugoslavia. After this long silence, the Trutamora Slovenica Ensemble was the first to introduce concerts with this topic to Slovenia.



At concerts Mirit usually explains the development and meaning of instruments, on this occasion the Native American quena flute (Turjak Castle, 2015)

Seeds are a symbol of listening carefully to what the Universe

is saying, of listening to animals and to ‘beings’ of other and different levels of reality.

The life journey of the ancient Slavs is represented by a mythical walk to the sacred crystal mountain, by the climb along the cosmic tree and the world axis (*axis mundi*) of consciousness (soul), across different worlds and dimensions of reality and awareness – all the way to the Source, the Principle, the Centre of the Universe. To your own self. In the ninth dimension, we (symbolically) reach the mountain’s summit, the goal of our life’s quest.

The very core of the initiatory journeys of our planetary ancestors is reflected in the Triunity, in the Holy Trinity of the earthly – spiritual – cosmic. Trinity indicates the fullness of the lifestyle of conscious travellers; it is the mirror of the centred cosmic-earthly mission of our existence. Unusual and miraculous things happen when those three are connected in our thoughts and deeds, because *Trojak*, or *Trojul*, fosters harmony and euphony within all the givens of our life and within the current moment. In this way, the limitations of time disappear. A portal opens up – into the infinite and boundless, into the Field of all possibilities and countless opportunities.

The Slavic sacred cycle of life and death is depicted by the ‘sacred circle’. While the



The Trutamora Slovenica trio – Mira, Mojka and Matija (1998)

rainbow and sacred tree (or sacred mountain) build the bridge into the beyond, into the experiential transcendental consciousness, which leads to the Home of the soul, to Silence. To Fullness. The ancient Slavic deity Vedun, after whom our Ensemble was named, was said to heal with word and sound, and also symbolises a vehicle across different levels of reality. For our ancestors, the solar eye of the Gods Perun and Belin and the sacred cycle of life were precious keys to abundance and to events in nature and in life.

Your ethnomusicological and ethnological research was carried out also on the back of your horse. You devoted your first book to horses – to those wonderful beings, as you call them.

I devoted ten years of intense research to horses – to these wonderful beings. I studied the nature and soul of horses in the little mountain village called Sorica, where we have our second home, a three-hundred year old house. There, I also studied Slovene tradition and the spiritual heritage of the ancient Slovenes in relation to horse breeding and horses, which were once the only means of transport. On hot summer's days, I would ride across hills and valleys, through villages and market towns. I always had two bags with me on my horse's back: one containing a camera, notebook and pen, the other a warm shirt and a water bottle. I always tied the herbs I picked to the saddle. And I invariably returned to Sorica with numerous stories told to me by locals, with memories, old photographs etc. My little son Tine sat on the saddle behind me until he began to ride himself at the age of ten. After which we travelled side by side, each of us on our own horse. Wonderful times! I put the collected stories into a book



Mirit's 60th birthday celebration (Parinama Centre, Ljubljana, February 2015)



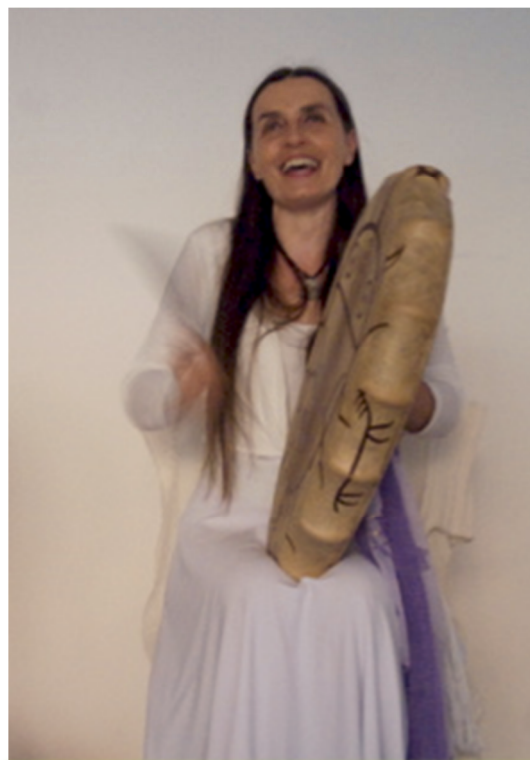
The magic and play of light at the course on Gypsy culture (MaxxFit Centre, Ljubljana, November 2016)

entitled *Horses – Our Fairy Tales*. Those stories relate to a time, when people were still living in a magical connectedness to their environment and to these wonderful animals, even though life was very hard back then. But, in its own way, it was magical and in harmony with everything.

Later, when I spent time among North American Indians, I came to understand that horses had been actually teaching me ‘Native American watchfulness’ at the beginning of my path.

You are an ardent advocate for all animals, not only horses; with determination you fight for their rights, not only with words, but also with actions. In your first book in the Cosmic Telepathy series you write that animals have been teaching you throughout your life. What is the purpose of animals on Earth, what did they teach you?

Animals teach us compassionate love, loving attention and inner peace. The only people they are not afraid of are those who are capable of these things. They immediately “smell” vanity and aggression. But they do not feel threatened by a kind person; even beasts will then become tame. The same goes for people. Fights, conflicts and unnecessary proving start among people who are without sufficient kindness. Animals are a brilliant x-ray of a person’s spiritual contents, emotions and thoughts. You simply have to love animals, if you have a broader perspective, if you can see beyond yourself. Helping animals is still one of the priority tasks in my life, which I cannot escape. I fight for abandoned animals; abandoned or sick animals have often found a home with me as far as I can remember. Within the Veduna School, we collect voluntary donations throughout the year in support of animal shelters. And we also organise voluntary work actions in Slovenia (for example for Mrs. Milena, who has been a victim of ugly political games), in



Joy of the cosmic sound-energy surgery with a shamanic drum (2007)



Since 1991, the Trutamora Slovenica/Vedun Ensemble has held numerous free concerts and sound-energy surgeries (Buba Centre/Ljubljana, Veduna-Sensa Day, 2014)



A cosmic sound-energy surgery at the Veduna-Sensa Day (2014)

neighbouring countries (the disaster-hit regions in Bosnia, for example) and elsewhere in the world. Wherever I go – I rescue animals. When in dire, people often forget about them. And of course we help refugees.

A horse is also connected with your spontaneous cosmic initiation through which you became a healer – a gift which only the ‘Sky’, or the Source of life, as you say, can bestow.

It happened on the last Sunday of February 1993; this was the year of my hardest trials, yet at the same time, the year of my most intense spiritual quests and learnings. My partner, two friends and I had set off on a ride across rough terrain. On our way back, this particular horse suddenly stopped at the junction where we usually turned left, but on this occasion we had decided to take the opposite direction. The horse threw my husband from the saddle. He flew over the horse’s head and landed, on his back, on sandy ground scattered with rocks. This was followed by my fall, which was actually a somersault over the head of my horse. At that very moment, I had the feeling that I was watching two films in slow motion: I saw my husband’s body fall to the ground in slow motion, but at the same time, as an outside observer, I watched myself and the film of my life. As I was falling, I felt an energy touch below my body, as if hands were holding me, putting me safely on the ground. Everything unfolded somehow outside the dimensions of time and space. Within two or three seconds, the films of my husband’s life and mine unrolled within me, but at the same time, there was a distinct awareness of the current moment.



Opening the cosmic-earthly portal for Slovenia on the sacred mountain Krn (September, 2004)



Energy maintenance and opening a cosmic bridge at the Krn megalithic circle (October, 2016)

Of everything that was happening. When I landed on the ground, I intuitively placed my hands, without any questions, on my husband's coccyx. In an instant of absolutely clear insight, I just knew I had to put my hands precisely there.

Then I saw a powerful beam of light coming from above; it descended to the top of my head. It shone on me, enveloping me in an energy coat. Then the beam poured through my hands into my



Mirit after a concert at the Eburna Gallery, Ljubljana, 2000)

husband's body, which was contorted with pain. I was suffused with an immense feeling of love, grace and the grandeur of what was happening, which was accompanied by deep peace and solemnity. My eyes filled with tears, I was touched. The pain in my husband's back eased and we returned home. The pain only reappeared after we had sat down for a tea, so we finally looked under his shirt. There was a large haematoma on his coccyx. We took him to Ljubljana, to emergency department, and my husband was told to rest for several weeks. Yet, before that, he had been riding without pain for more than 30 minutes! We both received our own gift that day. For Matija, the worst of the pain had been removed and doctors were later amazed that the consequences had not been far worse. After all, he could be paralysed. And I received one of the most precious gifts of my life: a spontaneous cosmic-divine initiation into healing and a powerful experience of the flow of divinity, the flow of life's Logos.



Spanish students of the Veduna School (Malaga, 2006)

At the age of twelve, still in childhood, you had already experienced your first spontaneous spiritual initiation, an age which is extremely important in different shamanic traditions.

I actually had my first extraordinary experience of a unified connectedness with the sky and the expanses of the sea (of consciousness), when I was ten, during a holiday with my parents at the Adriatic sea. I was playing with children on a beach where waves were breaking. All of a sudden, something in me stretched out into the wide and far. Into all directions. As if I was everywhere at the same time and everything was simultaneously in me. It took me three decades to understand this, but a permanent imprint of that majestic moment stayed in me in all its detail. Later, similar experiences of a multi-dimensional all-connectedness manifested ever more often.

Womanhood awoke in me at the age of twelve, and my sensitivity and ability to perceive – even a perception of the worlds beyond – increased considerably. The twelfth year was something special for me. I found out later that the first adolescent years and the age of twelve are extremely important in the healer-shamanic initiatory traditions of the world. That's when our healing (shamanic) energies wake up. My ability to experience stories, feelings and the thoughts of others increased strongly. In that year, I also received my first important insight into my life's musical mission. It was my first encounter with a guitar, which my friend Tajda played one evening in my home. I was captivated and enchanted by the first tones of this instrument, my heart expanded in a great desire for me to be able to elicit such wonderful sounds from those strings. I managed to persuade my parents to get me a guitar. My wish came true, I started to learn the basics of music and the skills of the classical guitar. So at



A ceremony at the "Tibet of Sorica" beneath Mount Ratitovec (Spring, 2004)

the age of twelve, I stepped onto the musician's path and at the age of eighteen, I became the youngest guitar teacher in Slovenia. The realms of energy-sound vibrations became my fellow-travellers and my most important spiritual tool.

Devotion to sound and spiritual-cosmic surgery

During my travels around the world, I got to know the exceptional spiritual-energy operations, which are, for example, performed by Filipino and Brazilian cosmic surgeons – using merely their hands and the power of spirit, through their cosmic-telepathic abilities. With the power of their devoted all-connected consciousness, cosmic surgeons can reach even into the worlds, or dimensions, beyond. Centuries ago, such surgeons lived on all continents and today, after decades of spiritual maturing, I am also one of them. As mediums, these miraculous surgeons are able to reach into the physical body and simply eradicate, or pull out, diseased tissue and energy blockages. The body then closes by itself, leaving perhaps just a small visible trace afterwards. Or there is nothing visible at all. Such operations are proof of the seemingly miraculous, but this possibility is our innate right and our hidden ability. Operations with the scalpel of cosmic frequencies, the scalpel of entities, and with forces which we are still unable to understand, take place at all levels of our being: at the physical, etheric and spiritual. I had the chance to experience this millennial possibility under the guidance of Brazilian and Filipino surgeons. But then I developed my own path, my own, unique, cosmic sound-energy surgery.

My cosmic–earthly ‘surgery’ path is a path, which uses energy and the power of sound. Having been encouraged by Filipino cosmic surgeons, I discovered that I would obviously have to develop and revive a ‘bloodless’ sound surgery tool. This is how, for many years, with the help of sound vibrations and entities, I have been successfully ‘operating on blockages’ and imbalances in etheric and non-material bodies. Following an operation, a new balance is slowly transmitted to the physical body. Participants also release their problems and the chaos within them through shouting and crying. The effects are surprising: people feel renewed, lumps and even cancer formations disappear, the material and non-material are being balanced, life is once more suffused with joy.



Veduna School students beneath Kurešček hill (2007)

I know that all of this is difficult to understand, which is why it can sometimes be hard to accept. Such surgery is permeated not only with the immense simplicity of the depths of consciousness, but also, at the same time, with the grandeur of its exceptionality. This surgery cannot be acquired through learning. You have to be chosen for it. Then everything flows by itself. For effective spiritual-cosmic surgery, we need an open mind, broad consciousness, kind-heartedness and an all-connectedness with everything that exists. Above all, we need a great devotion to the Universal Intelligence of life, to the divine Source. Once again, the time has come to revive the forgotten age-old wisdom of (self-)harmonisation, which brings into our life peace, abundance and the fullness of awareness. The fullness of all-presence.

Did the discovery of your spiritual potentials and your maturing into who you are today – a healer-shaman, cosmic telepath, sound-energy surgeon, medium, clairvoyant, spiritual teacher – also grow as a result of the problems and sufferings in your life? Is your story also a human story of rising from the rock bottom through sorrow, anxiety, despair and disease?

My life story is the story of a human being and seeker of happiness, who was at first, primarily due to necessary learning, withering as a consequence of sorrow and anxiety, unhappy emotions and despair. But, through an awakened awareness of the human's concealed capabilities, I managed to rise above those problems, to move beyond disease and to surmount the devastating forces of my destructive emotions and thoughts. It is



With rescued abandoned dogs in a forest (2007)

the story of a human being who then began to rise to the unfathomable and truly miraculous, yet concealed abilities, which silently dwell in every being. We are all waiting, as if spellbound, to transform into wonderful beings, gifted with the glow of eternal life and compassionate love. My journey to becoming the medium-surgeon and clair-knower was also the journey of a human being seeking love and learning through suffering and pain. This is how our compassion and empathy with the problems of others are increased. But the path of sorrow and despair is always the path of hope and learning through the processes of transformation. With every step we take into spiritually broader realms, our life becomes more interesting and easier, while, once awake, life becomes a gift beyond compare. Everyone is somewhere on this path along which we all have to walk. Some people are still blind to it, others at least intuit this path, while yet others live it – without compromise. And they serve the evolution of humankind with devotion.



Performing a ceremony together with her Balinese friends – the healer and musician Ari and the priest Gina (Ubud, July 2016)

The gifts of breatherianism

You have been a breatharian since 2000. Was pranic nourishment known to ancient cultures?

Breatharianism, or life without usual food, was practiced mostly by the priests and healers of ancient cultures. During my travels in different countries of the world I met with individuals who were familiar with this way of nourishment. This was so among Native Americans, Tibetan lamas, yogis, Brazilian and Filipino surgeons etc. Longer periods of living without food were supposedly practiced in ancient Egypt and ancient Greece as well. There is even a Slovene tale about the creation of fertile land, which tells of life on prana in the ancient past. This is how it goes:

Our ancient ancestors, called ajdje, recounted that the land was barren at first – nothing but rocks. It bore no fruit, but there was no need for food anyway. Among the people lived God Himself (note: the Logos of life), with spirit and body, and he fed people with manna from heaven. Yet people were unhappy, for they feared God's greatness and splendour. God took pity on them. He separated from his body and moved to Heaven. However, his body decomposed and turned into fertile soil. Since then people have had to grow food for themselves. They were no longer nourished by the heavenly manna.

So, the key is a real connection to what we call the divine.

With a horse and Navajo Native Americans in the de Chelly valley (Arizona, 2001)



Can people simply make the decision to no longer eat? Did you make the decision by yourself to live without solid food?

In my case, it simply happened. I spontaneously experienced sixteen days of life without food first at the end of 1994. This happened perhaps also as the result of my long meditations using the cosmic resonance technique, which I had developed, and also due to my research into the power of crystals, which expanded my consciousness greatly. In August 2000, I adopted this way of living completely.

Breatharianism does not mean living without food, it means that you no longer consume usual, solid food. You are nourished solely by primordial life energy, which gives birth to all of us, it shapes, sustains us, it makes us alive. There is no life without it.

A human being cannot simply make the decision to no longer eat, as the need for food is encoded in all beings. This ability is above all a reflection of one's depths of consciousness, a reflection of one's all-connectedness with the Earth and the universe. This need for more refined food, which comes from the dimension above our third physical level, emerges commensurate with our spiritual growth. The more we are able to open ourselves and connect to worlds beyond the material, the broader our awareness will be, the more refined our food will be. And we will need less food. If there is no connection, being nourished by cosmic Universal energy will not be possible and our attempts to live without food will only be short-term and ordinary starvation. Living permanently without usual food is of course more demanding, yet it brings many benefits. Our life changes completely, our perception too. As for me, breatharianism has sharpened my senses considerably, it has activated my meta-senses and honed me as a medium channeling energies, channelling of trancesounds of the moment and messages (from the Source) for people. These experiences are described in detail in my book *Life without Food and the Timelessness of Spiritual Messages of North American Indians*, as well as in the books *Boundless Singing Links of Body and Spirit of the Mexican Mayans*."

When the memory of the past awakens (at a course in Pula, Croatia, Spring, 2001)



THE LOST MAGICAL REALMS OF THE SOUL

We live in dark times, with the total devaluation of values, yet if we listen attentively, we can still discern the outlines of a new, better world amidst this darkness. Extraordinary times – do you agree?

Yes, we indeed live in extraordinary times. On the one hand, the pressure of the chaos, in which we are, is growing, but, due to this fact, on the other hand, an ever greater need is growing intensively in people to build ethics and values, which will bring inner peace to them. The world as we know it is falling apart and, at the same time, new foundations of a new world and time are being laid. We currently live in a time of the awakening and reviving of forgotten values – which ensured a happy life for our ancestors. And well-being. We are moving towards a mind of light. New unfathomable technologies of energy, sound and (clear) thoughts are being crystallised. During recent decades, humanity has operated mostly with the rational mind of the left side of the brain, but now people have to reawaken the intuitive perception of their right hemisphere, which connects us telepathically to the eternal wisdom of our ancestors, to the omnipresent Silent knowledge, which we reach in the worlds



Mirit with ancient Slovene drone zithers švrkovec (Cekin Mansion, Ljubljana, 2011)



Among Tibetan refugees in northern India (September, 2000)

beyond, outside of thinking, in our own spiritual insights. Unconditional love is opening up ever more clearly, together with the meta-sensory perception of the intelligence of the soul, its short name being spiritual intelligence. The unclear representations of our spiritual origin are giving way to an ever clearer feeling for our own essence. They are reflected in our search for answers to the questions of who are we, why do we exist and what is the purpose of life.

It is precisely the answer to the question of the purpose of human existence that the majority of people still don't find easy – can you please make it easier for us?



Mirit and Tine dancing with joy after the end of a course (Ljubljana, 2015)

The answer is extremely simple: the purpose of life reveals itself through spiritual growth and through the transformation of spiritually unloving and destructive thoughts, emotions and reactions into a loving, awakened co-existence, in which people both comprehend and live within all levels, or dimensions, of existence – the earthly, spiritual and cosmic (primordial) alike, within the totality or completeness of life on Earth, within Triunity, Unity – within nine different (frequency) worlds of reality, as folk tradition puts it. We build this only by being mindful and awake, by turning confusion into harmony. We should follow ever higher, ever broader life ideals. In order to establish



*When the free sensuality of Gypsy melodies overwhelms you.
Recording the bouzouki CDs at the Cekin Mansion (May 2014)*

resonance, or harmony, at all the life levels of our multi-dimensional being, we first need to cleanse our subconscious and cell memory from destructive traumas and stress; and what is more, we need to open up to the imprints, or sound vibrations, of the perfect. This is how, in chaos, we establish order. Completeness. Awakenedness.

In our cell memory, we carry the memory of countless experiences (and lives), the memories of happy and unhappy events, of pain and joy. Manifestations in the physical world arise from these invisible levels of frequency reality, from which our concealed inner saboteurs also emerge – unwanted energy imprints of thoughts

and emotions, which are the very source of our unhappiness and problems, muddling our intentions and desires. The traces of our reactions and deeds, of our pain and joy, dwell not only in our unconscious, but also in our cell memory records, in the imprints. Everything unfolds according to the laws of resonance – like resonates like. If within ourselves we nourish sorrow, a lack of kindness and feelings of unhappiness, regardless of whether we are aware of this or not, we will draw in similar unhappiness, unloving relationships and similar reactions of others. This is how the

mirror of life works. So that we can come to see what still needs to be dissolved, changed, cleansed etc.

Discovering and dissolving our inner saboteurs is an important part of becoming aware throughout our life, and such insights are crucial for self-harmonisation, for the expansion of our consciousness and awareness (including the purpose of our life), and therefore also for healing. We need to invite our 'wounded child' (ourselves) to reveal their unpleasant contents (the saboteurs of happiness) and eliminate (painful) disharmonious records (emotions and thoughts, fears, resentments etc.) We need to discover the psychological legacy we inherited from the relationships with our parents, relatives, peers etc. Only in this way will we be able to free ourselves from the destructive behaviour which is anchored in our unconscious. According to the cosmic laws of resonance, painful experiences, unpleasant situations and disharmonious relationships are repeated time and time

again – until we come to understand what we carry inside and how we act. Until we eliminate the destructive. This is the mechanism for seeing our suppressed pain and spiritual immaturities. Only when we become aware of what we carry inside, will we be able to release it from our conscious and energy field. This is how, with the help of painful experiences from the past, we actualise our own contents, the fullness of awareness and a more joyful tomorrow. The very core of life lies in this. Everything that is happening to us is subject to these processes.



Among Syrian refugees at the refugee centre in Vrhnika (October 2015); Mirit and her students often help people in need



Mirit and the Veduna School students have been helping abandoned animals for decades (Milena's shelter in Bistra, Spring 2014)



Mirit and Tine performing sound-energy surgery (Ljubljana, 2015)

So, expanding our consciousness is the key?

True. An expanded consciousness gives us the insights and tools necessary to transcend time and space into the boundless and miraculous. The dimensions, or levels, of our reality are not separated from each other. They are intertwined. They are one inside another, like Russian dolls. We might be aware of only one level, or only the first three levels, which build the material world. But in this case, we will experience life as a painful and purposeless task. Or we can be aware of more levels, or dimensions, of our reality simultaneously – this depends on the depths of one's consciousness. By expanding our consciousness, we expand our awareness and grasp 'the messages of the current moment'. Or we can merge, on the wings of our consciousness, with wisdom or events on Earth. With the 'imprints' of the past. We can resonate with energies and knowings which are only just entering our linear time, although they already exist in simultaneous time, in timelessness. Such telepathic connection has to be experienced, it is difficult to write or talk about. It is precisely this possibility and ability that various peoples of the world sought in their sacred ceremonies and initiations. Ancient cultures were not expanding their knowledge and actions merely to achieve material abundance, which is usually the case in our civilisation, but they first sought spiritual euphony, which actualises our desires and needs. But only within the framework of necessity, not that of excess and the piling up of goods.



Mirit helping out at a dog shelter (2014)

Priests, spiritual leaders, healers from distant places have identified your teachings and writings as sacred. What is sacred? Being able to walk on the Moon doesn't help, right?

Technological progress does not lead to happy and satisfied people. Happiness and satisfaction are matters of spiritual parameters, not technology. Look at our ancestors – they had less, of course they could not compare with us technologically, but they were happier, because they knew how to coexist more tolerantly, and how to resonate with different forms of life – with stones, trees,



Mirit with the Native American quena flute on the banks of the river Ljubljana (IMAGO festival, 2015)

animals, stars, the Sun, clouds etc. Whereas in today's world, things with the least value, even completely valueless things, unfortunately have the most value. These days, who gazes at the Sky and says to themselves: 'oh, my star' or 'dear sun'!? We lost the awareness of our own multi-dimensional being long ago. We forgot the ancient knowledge of the inter-dimensional journey across the levels of consciousness, across the worlds; we forgot the knowledge of the journey across the magical and mysterious realms of existence, which are revealed only to spiritually broad seekers. They were the ones who usually poured the inexpressible into mythical images, tales, songs, sound images etc. Into a symbolism which can only be understood by people of a wide open consciousness. And this is rightly so, because otherwise, the most sacred things could be abused. People have very different levels of consciousness and awareness. There is no longer any respect for those who see and are able to do more. And this gives rise to a lot of nonsense and conflicts.

More narrow people try to dominate the broader ones. Yet, the Sky, the Universal Logos, only trusts and bestows spiritual power and insights on people who will not abuse the keys of life. Because their conscience and consciousness will not allow them to do so. We unfortunately have forgotten to listen attentively to the invisible and inaudible. We no longer know how to listen with our heart and inner ear. Which is why the magical worlds of the soul are unfortunately predominantly lost for most people. Yet, those worlds are our fairy-tale reality, which makes us richer, which inspires us. This is the wealth our soul yearns for.

In any case – when I was staying among North American Indians exploring their spiritual tradition, Manuel, the healer and shaman of the Hopi tribe, often used to joke: ‘Don’t think that the Americans were the first on the Moon, if they were there at all ... We go there every year! Without our bodies of course. We simply need to prepare well spiritually for this adventure, and then we step out of our bodies and set off’.



The Vedun Ensemble musicians in makeup before filming (Turjak castle, October 2015)

I have visited wise women and men of different cultures and spiritual teachings on all continents. A ‘cosmic agency’ invariably connected me with the right people (but this is difficult in Slovenia, our smallness is hindering us). It connected me with people with whom I resonated. We performed miracles together and travelled across the worlds on the sounds of our consciousness. But people of a more narrow consciousness unfortunately do not recognise a broader consciousness, so they rebuke, scorn, ridicule it etc. A pity. Unfortunately. The sacred is that which is broad, the broadest, that which is as primordial in its content as possible, that which is acquired without learning, that which is telepathic. The sacred is untouchable, most precious, the elixir of eternity etc. For everything that is. For our entire planet.

You say that to be tranquil in the middle of chaos is the guideline – so the solution is right here in front of us?

Being tranquil is crucial. You can’t be satisfied under the pressure of the ever greater stress and chaos which we witness; sooner or later you will get ill. People who dare not calm down inside, or

are unable to take time for that, people who don't afford themselves a sacred moment of peace, a moment of daily self-harmonisation and (self-)healing, will be in ever greater distress. They will become increasingly dissatisfied, tired, unhappy and therefore aggressive. But people who live within an inner peace can influence the environment and the world by their tranquillity and clear thoughts. They can even influence the entire universe. Imagine what world we would have, if, daily, everybody on the planet meditated and calmed down! Only the peace of an awakened consciousness can illuminate darkness and all immaturities; it can eliminate judgement, envy, jealousy, anger, sorrow, competitiveness, condemnation, conflicts, wars etc.

When can the passage beyond (the mind) happen, the passage into a 'new', awakened life?

The passage beyond a divided conflicting life, also called the vale of tears, beyond threat and darkness, can happen when our consciousness is broad enough, when our insights are subtle and clear enough, when our thoughts and emotions are cleansed, when our heart is open enough and when our actions are dedicated to serving the planet and others – without mere profit-oriented demands and expectations. With awakening, with an enlightened mind, we come to see the purpose



Reviving the Slavic and ancient Slovene cultural and musical heritages; wearing Macedonian clothing (Ljubljana, 2015)

and nonsense of events, situations, relationships etc. We begin to experience a lighter flow of life, which knows a deep and stable creative peace, which we neither know nor have in a state of chaotic stress. The awakened cycle of life knows the breadth and grandeur of love, which is the foundation of this peace. Only then are we able to accept, in a tolerant and patient way, totally different life paths and views. Only then will conflicts be surmounted and life will be pure joy. The lightness of existence.

What is your message to the readers of Sensa?

The time has come for us to realise that only compassionate awakened awareness and a life within all the levels of our being – within spiritual and physical levels alike – will be painless, peaceful and truly inspiring. Allow your life to flow without disturbances and distortions. Realise that problems in life arise primarily because we still don't understand life and don't treat life with a loving and clear enough perspective. We learn from problems, which are actually not problems! Don't push them away, especially not into the darkness of our subconscious (our ancestors would say into the underworld!). Everything that we suppress, will sooner or later, according to the laws of resonance,



Mirit lecturing at the Nature-Health Fair/Exhibition Centre in Ljubljana (October, 2015) and performing cosmic surgery together with the Vedun Ensemble.



A joyful dance after the end of the intensive course on Slavic wisdom (Ljubljana, October, 2016)

attract into our everyday life similar pain and destructiveness. Set yourself free from rigidity and an ever greater need for possessing huge amounts of information, which has unfortunately become the core of our education system. All of this is unnecessary and not at all related to life. Young people are standing against this.

Simply embrace emotionally even that which you perhaps don't like and start changing. In this way, headaches, physical pain, insomnia, stressful experiences, nervousness, an obsession with material goods and addictions, diseases, all of it will go from your life. Let your soul (your multi-dimensional consciousness) be your compass. It constantly whispers to us what is right and good and what is not. We have only to hear it. Learn how to listen. Embark bravely into unbounded multi-dimensional reality, into the unknown. Fear of the unknown often blocks us. Embark (without controlling) into the lightness of existence. Without exhausting and anxious endeavours. And the abstruse Mercy will bring into your embrace everything that is best for you at that moment. That which is the best lesson. When Mercy, the cosmic-earthly Plan, or the flow of life energy, starts



Mirit teaching spontaneous playing, or channelled sound, to Balinese boys who are learning to play sulinga flutes (July, 2016)

flowing through all the levels of your consciousness and being, profit-oriented wishes disappear. They are no longer needed! Because everything will by itself unfold and be nourished. According to the logic of our needs. We receive what we need! We act as necessary! And we understand events.



The Vedun Ensemble recording sound images from the ancient Slovene heritage in a 300 year old house in the mountains (August, 2015)

Her creative path in brief

At the age of 22, Mirit wanted to share, with everyone, the Slovene musical heritage, its folk instruments, songs and tunes, which she had been discovering and exploring. She founded an ensemble for the revival of the Slovene musical heritage. In its tenth year, the Ensemble took the name Trutamora Slovenica. Trutamora is an old Slovene and Slavic symbol in the form of a pentagram, which is said to protect us from nightmares, from the torments of a chaotic search for our own identity. In 1999, she founded the Vedun Ensemble, an ensemble for early, meditative music and the revival of the spiritual healing sounds of the world's cultures. Musicians began to perform music in a semi-trance and to channel multi-dimensional (healing) sound images. Particularly from 2000, the Ensemble got several imitators and the Slovene folk musical heritage began to get distorted, which prevented Slovene people from getting to know their own essence.

Mirit was guided to the sacred teachings of the world's spiritual wisdom, which cannot be acquired merely by reading. She initially tested on herself everything she had discovered. She tested herself with self-experiences in India and among the Tibetans in the Himalayas, she was taught in Brazil, then in Arizona among North American Indians. Her path took her to spiritual teachings in Indonesia, among the Mayan descendants in Mexico, as well as among the Aboriginal peoples of Australia, among the Filipinos and Siberian shamans, to Hawaiian hakunas, Egyptian sufis and Greek sages, and of course to sages from European and Slavic countries. She is the author of numerous papers and books about the powers of sound and the spiritual knowledge of the world.

photographs: the private archives of Mira Omerzel - Mirit and the Veduna School