

## The Self Realization School of the Golden Ray: An interview with Javier de Salas



(Javier de Salas Photo Credit: Daniel de Chenu)

Mystic Healing is a self-development practice in which a powerful spiritual healing Light is transmitted to one or more recipients through a qualified therapist of the School of the Golden Ray. This transmission provides great nourishment at all levels of being: body, mind and spirit. The knowledge of this therapy belongs to the Universal Mystical Science and it was rediscovered by Master José, a Spanish man, who gained access to it at a certain point in his evolution.

**Q: You are a qualified therapist in the School of the Golden Ray as well as the personal assistant to Master Jose, the director of the School and a self-realized master. You have worked with him for more than 20 years—what changes have you experienced in those 20 years and how is your life different today?**

Greater understanding of life and the meaning of why we're here, of the purpose we have. I feel lighter and more comfortable within myself and also with a new level of self-confidence.

Before meeting the Master I felt very insecure. I am now more able to enjoy life and human relationships. I have a greater sense of wellbeing.

I have also attained greater understanding of the laws of life such as the law of cause and effect. This allows me to move in life with more knowledge and awareness, understanding better why many things are as they are, and happen as they do. This new understanding contributes to my peace of mind.

I feel I have gained more flexibility; I have a wider vision of things, with greater tolerance and more self-control. I also find myself happier in my daily life. These changes and progress are only up to a certain degree since there is still a long path to walk.

I have acquired more realistic ideas in relation to the world in which we live in, to the beings I relate with and in relation to myself. I know myself better than I did 20 years ago and this allows me to take more appropriate decisions. Sometimes the knowledge I acquire about myself is in strong opposition to what I had in the past imagined to be true about myself. Realistic ideas about myself allow me to live with greater comfort, being more myself, without having to make a great effort to live in accordance to a false idea of myself. Having to do that is a lot of work!

**Q: Please tell us about the School of the Golden Ray?**

More than 20 years ago (before 1990) as a consequence of his spiritual development, José decided to create a Self-Realization School where He could share His knowledge and experience with spiritual seekers who wanted to receive guidance in order to move forward in the inner path.

The School is a small organization which works in a very simple way. It's sustained by means of members in selfless service. There are a number of people who collaborate in the organizational tasks that need to be done both in Spain as well as abroad.

Any person, regardless of their race, gender, social condition or religious creed can take part in the School's activities since it's a Universal School which isn't connected to any particular doctrine, philosophy or religion but is based upon the Universal Principles of love, respect, freedom, non-violence, peace and all those values which form the spinal column of all religions.

There is an atmosphere of freedom in the School which is what attracts many people to it. Freedom is not only talked about but it's actively fostered. People who come into the School are encouraged to always take into account their own feelings in relation to whatever they do.

The places where activities are usually held are rented spaces such as large rooms in schools or hotels, spiritual or yoga centers and other such venues which may have appropriate space for spiritual activities.

The most common activities of the school are weekend retreats. In Spain practically every weekend there is a retreat in various locales. Very often there can be 2 retreats in a given weekend, usually in places quite distant from each other. During these weekend retreats the appropriate conditions are created in order to make it easy and possible to "retreat" from

the external world and the daily situations and duties which usually occupy our minds. This facilitates the contact with the Inner Self and thus enables participants to feel recharged and renewed after the spiritual experiences they have.

The School tends to work on the basis of requests. This means that people in a certain locality make a written or verbal request to the School through their appointed coordinator whereby they ask for a retreat to be programmed in their area at a given date.

### **Q. How did you come to know Master Jose?**

I met Master José in Chile, towards the end of 1991, when I was 23 years of age. I was in the Chilean Patagonia at the time, carrying out voluntary work for a British NGO called "Operation Raleigh" (named after the British discoverer Sir Walter Raleigh). Our objectives were to carry out three types of projects: scientific, social help to local communities and adventure projects. Even though I had initially signed up for just one expedition (3 months) I decided to stay on for a second expedition (another 3 months). Between those two expeditions I went to visit my sister who had recently arrived in Chile (from Spain) together with a group of spiritual seekers and a spiritual Master called José. The Master and his companions, who included my sister, settled in an Hacienda, a few hours South of Santiago de Chile, in a small town called Colbun. They stayed there for approximately three months receiving visits from people all over Chile and other South-American countries (although the majority of visitors came from Santiago, where the Master had led a well attended public conference). During those 3 months more than one-hundred people received the Real Initiation from the Master and many others enjoyed a very special spiritual irradiation. It was in that period when I met Master José. You could say it was a coincidence since the purpose of my visit was to see my sister and spend Xmas with her, but they say that the ways of the Lord are mysterious...

At that time I had just finished a BA in International Business Studies in England and I was about to return to Spain and look for work. On a personal level I was in a period of my life where I was disillusioned with many things and above all feeling very limited by my own conditioning. Even though I had travelled far with the hope and expectation of enjoying a very beautiful and unspoilt part of the world, I continued to bump up against the walls of my own anxieties and insecurities which made me suffer and hindered me from enjoying that wonderful place. Nature in the Chilean Patagonia was wonderful and awe-inspiring but I was too caught in my inner fears and anxieties to be able to fully enjoy it. I was suffering and in a more or less conscious way I was also looking for help. That search had actually started a few years before but the person I was looking for hadn't appeared up to that moment. Jose was it, he was the Master I was looking for and my heart felt that very clearly shortly after having met Him.

### **Q: What drew you to his work? Please tell the story of the circumstances that unfolded from the time you met him to the time you chose to follow his work and how that changed your own life both innerly and on outer levels.**

When I first arrived at the Hacienda in Colbun, south of Santiago de Chile, which the Master had chosen as his headquarters in Chile, I didn't know what a Spiritual Master was nor did I

know anything about the practice of meditation. I had only heard of Jesus Christ as I was brought up in a Christian household. The ideas I had about meditation were somewhat negative. I considered it something difficult and boring, which could only be carried out by special people who were specially cut out for it. I didn't feel very attracted towards this practice.

However, at my sister's suggestion, I decided to enter the meditation room and take part in some of the daily meditation sessions which were led by the Master. To my surprise I felt overwhelmed by the deep silence and quiet which prevailed in that room. It was an indescribable experience of great physical and mental wellbeing and of great peace. Never before had I been in such a special atmosphere of so much harmony: the wooden meditation room, gently lit by the soft golden light which entered through the gaps left by the half closed window shutters, the smell of burning incense and the emanations of the Spiritual Force which carried me to a totally new and unknown space of peace and silence within my self.

No one told me how I should meditate. No one talked to me about meditation. No one explained a meditation technique to be used at the time of meditating and truly it wasn't necessary since I experienced meditation in a very natural and simple way, effortlessly. My soul drifted into a space of silence unknown to me until that moment. There are no words to explain it...

With time, I understood that a true Master is characterized by facilitating those seekers who come close to Him so they enter higher levels of consciousness. These higher levels are often read about but rarely experienced by seekers unless they connect themselves with a true Spiritual Master who transmits and radiates His Grace.

The Hacienda at Colbun buzzed with a loving energy as it had transformed into an active Spiritual Center. The eleven days I spent there woke something up which had been asleep inside of me. This changed my life. New objectives and goals arose in me. The Master's Blessings and Grace were like crystal clear water falling on a thirsty soul. They created such a profound impact on my soul that I remember at the end of my stay going through the gates that led out of the Hacienda longing that what I had experienced there would last forever. I was fearful of losing what I had found and I wanted more of it.

As the Master said to me in one of the letters we exchanged: "Once the treasure has been found one shouldn't let go of it. We are in the Golden Path of Love."

Two things attracted me to Master Jose's way of working which I have always felt in the School since the beginning. One is the simplicity with which everything takes place, and which permeates the Master's way of being. Another is the great respect he has always expressed towards me. I feel truly free to be myself. From the beginning of my relationship with the Master he made it clear to me that everything I do in life and of course everything related to the spiritual path should be something heartfelt and never imposed from outside.

Before having met José, I imagined my future in the business world. I still had to find a job after my sojourn in Chile, I thought, but having studied in a British University and a Dutch College my CV looked good and I didn't think I would have a problem finding a well-paying job in Spain. However, the meeting with José changed everything. Now the only thing that seemed to have any meaning for me was collaborating with His Mission.

Needless to say that my life suddenly changed direction...

**Q: What is your perception of what is going on today in the world and how is Master Jose's presence and work relevant?**

I would say that the cause of many of the situations in the world today could be summarized as a crisis of human values and a lack of human development. This degradation of mankind is what accounts for many of the negative situations such as the destruction of the environment, wars between countries, within countries and within family units, disease getting out of control, hunger, poverty, inequality, etc...

I think it was Albert Einstein who said that problems cannot be solved from the same state of consciousness in which they're created. A Spiritual Master has, amongst other missions, to help raise the level of consciousness of mankind. Expansion of the consciousness is the deep root solution to all our problems. It's a long-term solution not just a short term fix. We need to elevate our consciousness to be able to lead a fuller and higher quality life.

Another of the objectives a Master has is to remind humanity of the correct path, the righteous path, the good path which must be followed in order to reach health, happiness, abundance and peace. This is the path that humanity seems to have lost nowadays and which seems urgent to resume. There are Spiritual Laws that rule this Universe. A Master knows these Laws, practices them, and abides by them. His Life is His message.

**Q: What is Master Jose's mission? How might it be different than other masters alive today, or those that have lived as spiritual masters and passed on?**

A Spiritual Master may have several missions and not all of them be known by those whom relate with Him. One of the missions of Master José is to help human beings find the good path which leads to a more fulfilling and happier life, freeing themselves from the tight grasp of pain and suffering.

The main objective behind the Self Realization School which Master José directs is to facilitate seekers of Self-Realization to attain this sublime objective--even though only a very small percentage of the people who become students of the School have a genuine longing for Self- Realization.

Since I am not very acquainted with the type of work of other Spiritual Masters of the past nor that of modern Masters, I am not in a position to draw any type of comparison between José and other Masters.

What I am able to say is that the fundamental way in which José teaches is through the Light and the Silence. Jose is a Master of the Silence and through it He leads us to a direct experience of God. There is no other form of teaching which is as effective, as clear, as direct and as understandable as the one which takes place in the Silence even though in order to profit greatly from this type of teaching one needs to have previously undergone a period of spiritual training.

**Q: What is your involvement in the school?**

As mentioned earlier, at the end of those first 11 days in 1991 in which I stayed at the Hacienda in Colbun (Chile) I felt I wanted to be of service to the School. At the time I let the Master know about my heartfelt longing and even though my wish was to serve in the Spiritual Center where the Master was living in Spain, (then based on the beautiful island of Ibiza), this wasn't possible at the time since all the roles of service were already occupied by other people.

Therefore during the next 6 months I served in the Spiritual Center that opened in Santiago de Chile as a result of the Master's visit. After those 6 months I was offered a service role in Ibiza's Center. From that time (September 1992) until right now (September 2012) I have been serving in Master Jose's Self Realization School carrying out a great variety of tasks. From in-depth cleaning, to painting or building work and even cooking. This is another of the great things that serving in this School has meant for me: I have learned many different tasks!

Currently my service work is related with the School's administration. I am the Master's personal assistant. I also carry out the role of being an instrument and representative of Master José; that is to say that I am currently one of the individuals the Master sends to different parts of Spain and the world to direct activities in His name.

**Q: What might a student hope to gain by learning through the school? What have others said about their experiences at the school? Do they ever have spontaneous healing of the body or of psychological problems?**

A student who connects himself with Master José's School may learn many things both on a human level and a spiritual level. They may also learn other practical knowledge related to life. What one learns depends on what one wishes to learn, on the objectives one has in this sense and also on the longing one has to learn as well as in one's capacity to do so. Not everyone learns at the same pace.

At a human level he or she will receive teachings and knowledge which will help him or her to develop as a human being. This requires the development of human qualities such as understanding, responsibility, patience, perseverance, love, rationality, humbleness, simplicity, friendship, service....

At a spiritual level he or she will have the opportunity of knowing his or her spiritual dimension, Higher Self or Spirit. Not only will he or she receive intellectual knowledge on this subject but most importantly he or she will have the possibility of knowing that deeper dimension in a direct way--in an experiential manner. Experience is really what satisfies and fills us.

The deepest and highest teaching anyone can attain in this School relates to how to realize not only one's human nature, the latter being very important in order to be able to enjoy a high quality life, but also to realize one's Divine nature and with it become free of all pain and suffering. All this knowledge (the one related with human and spiritual development) has a very practical and useful application in daily life.

Having perceived that health issues are one of the biggest causes of suffering amongst modern man, teachings related with health subjects are also shared within the School. The education received in this area is fundamentally geared towards prevention through the practice of a healthy life-style. In the School we teach how to take care of body and mind in order to keep these valuable instruments in good shape.

With time and preparation, those School members who have an interest in training as Mystic Healers and have fulfilled the requirements set by the School for it, may also receive training in this area by undergoing a Training Course of several days.

The majority of people who are currently students or who have been in the past have expressed being glad for what they have received in the School and grateful for how it has contributed positively to their lives. Obviously the benefits each person obtains in the School may vary significantly from one person to another since this depends a lot on the longing and disposition to learn each person has.

Yes, there have been people in the School who have experienced spontaneous physical healings which we could describe as "miraculous". However these are not frequent but exceptional.

Mystic Healing tends to act more on the mental and emotional level of a person favouring the blooming of a higher state of consciousness where very satisfying inner states can be experienced in an automatic and effortless way such as: peace, harmony, wellbeing, silence, inner contentment, willingness to live, to share the good things of life with others, a decrease or absence of worries which tend to harry the mind, etc....In these higher states of consciousness one also experiences positive benefits such as greater mental clarity, greater capacity to process information, and more facility in relating and communicating with others.

The positive effects of the Spiritual Energy which is channelled and transmitted in the School also reach the physical dimension producing a variety of benefits, such as: reduction in the need to eat, sleep, and talk, improvement of the digestive capacity, and general ease in the approach to life, etc...

In sum, we could say that Mystic Healing which is received in the School isn't targeted towards the spontaneous healing of diseases even though sometimes these do occur.

**Q: How would a person know if he/she is well matched for being a student, or a participant in one of the retreats? Does someone have to drop his/her involvement in another church or spiritual group to participate in the School of the Golden Ray?**

Any person who wishes to improve his life, to get to know himself, to perfect himself or even to simply relax and diminish stress is perfectly suited for taking part in the School's activities. The School is open to anyone who wishes to learn and the only prerequisite is to behave respectfully during the activities one chooses to take part in.

It is also true that some of the activities at the school require a higher preparation from participants than others; and therefore these activities are only open to those who have attained a particular level of preparation which will allow them to then profit from and enjoy the more advanced level. We are not talking about a very high level of preparation and therefore someone who might not be sufficiently prepared at a given moment will attain the required level with only a little bit of effort on their part.

It is by no means required that a person should break a commitment they may already have with another spiritual or religious group prior to participating at the School. There have been people who were professing a specific religion when they linked themselves with the School, for example as practicing Christians, and they found within the School's activities a great help in the enhancement of their relationship with Christ. Their relationship with Christ subsequently attained a previously unknown depth.

**Q: What is expected of people who are involved and want an ongoing relationship with the school as students? Are retreats available to people who do not have very much money?**

The only thing that is wanted for people who are involved with the School and wish to maintain an ongoing relationship with it is that they grow as human beings, that they attain some spiritual development and expand their consciousness. In a nutshell: that they become happier. We would like them to take as much advantage as possible of their time in the School to improve themselves and their lives. Nothing else is expected. And, even in relation to these expectations, there is total detachment from the School's side. It's up to us, the students, to take advantage of our time in the School.

In the majority of retreats which we offer there are a number of reduced rates available so that people who have financial difficulties can still benefit from the School's activities. On the other hand, for a number of years, the School has been carrying out free activities in certain countries (especially in South America – Chile, Uruguay, Bolivia, Colombia) where the only financial contribution participants need to make is the sharing of the organization's costs for such event (rental of a venue if there is one, and transport arrangements of the person who the School sends to direct such activity). Apart from that the School often carries out open evening activities which are free of charge.

**Q: Does the school have a location and calendar of events? A website? Books, videos or other materials to study—even webinars online? What is recommended as preparation for doing a retreat?**

The School's Center is currently located in a natural setting in the foothills of a mountain range located two hours south-west from Madrid. Currently the Center is not open to the public and only a small group of initiates are living there to be of service. However the School does have a Center in Madrid where activities geared towards human and spiritual development are carried out during the week, in the evening time and often also on weekends.



The School has a calendar of activities that it normally sends to people through email. Currently the School doesn't have a web page nor does it offer on-line seminars.

The Master has edited two spiritual books: "*Self-Love*" and "*The Truth*" which can be purchased at weekend retreats or other activities. Both of these books are in Spanish. Recently some members of the School have put together the latest teachings of the Master in the form of another booklet.

In order to be able to take part in a weekend retreat people are advised to first establish contact with one of the School's Mystic Healers in their locality and then attend Mystic Healing sessions for a period of time with that therapist as a means of preparation.

**Q: How can people participate in what Master Jose has to offer through the school? Is there contact information in the USA and Europe?**

People in Spain tend to become connected to the School through the Mystic Healing sessions which therapists in their locality are carrying out or else through word of mouth. Currently the School finds itself at a stage in which it wishes to favor that more people can get to know it and is therefore putting energy into the preparation of various promotional activities such as radio interviews, public conferences, articles in self development magazines, brochures, taking part in festivals related to spiritual development and other activities which aid promotion. This is especially being carried out outside Spain, in several European countries and in the Unites States since in Spain there is already a consolidated group of people who belong to the School.

A few initiates of Master Jose are available to travel outside of Spain to give retreats (as an instrument of Master Jose) in the USA, UK, Europe, South America and Israel. I provide this service. Raymond Cadwell who lives in Ireland and Renato Navarete from Spain also give service in this way. When a group wants to have a retreat they need to make their request to the School (usually through myself or through the instrument the Master has sent over to that place to direct a retreat) and this request is passed on to the Master who then decides who will direct the requested retreat. It's also possible that groups request their preference for a particular instrument of the Master to lead the activity. The School tries to take a preference into account although it cannot always oblige because of scheduling that has previously been made.

**Contact information for activities in various countries:**

New Hampshire/Vermont/Mass (USA): Contact: Rebecca Lovejoy  
603 728-8681 | rebecca@rebeccalovejoy.com

New York (USA): Esther Moreno - esther.moreno@yahoo.com

Dublin (Ireland): Brenda Bracken - [brendabracken@eircom.net](mailto:brendabracken@eircom.net)

Ferrara (Italy): Anna Chiappini - [naniky@libero.it](mailto:naniky@libero.it)

London (UK): Michelle Ryan - [Michele.Ryan@uk.mcd.com](mailto:Michele.Ryan@uk.mcd.com)

Tel-Aviv (Israel): Ron Tamerin - [ron.tamerin@googlemail.com](mailto:ron.tamerin@googlemail.com)

(Spain): Javier de Salas - [info.desalas@gmail.com](mailto:info.desalas@gmail.com)

Santiago de Chile (Chile): Daniela Cienfuegos - [mcienfuc@ing.puc.cl](mailto:mcienfuc@ing.puc.cl)

Montevideo (Uruguay): Ileana Algazi - [ileana.algazi@gmail.com](mailto:ileana.algazi@gmail.com)

Aachen (Germany): Kola [Broenner-lahar@gmx.de](mailto:Broenner-lahar@gmx.de)

**To get the calendar of activities of the school through email:**

**[info.desalas@gmail.com](mailto:info.desalas@gmail.com)**

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*The person in dialogue with Javier in the above interview is Emma Bragdon, PhD. She is the author of 6 books on themes related to spiritual awakening and Brazilian Spiritism. She has been attending retreats facilitated through the School of the Golden Ray for several years in the USA and Ireland and looks forward with great enthusiasm to continuing. [www.EmmaBragdon.com](http://www.EmmaBragdon.com)*