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Hi, this is Little Ricky the dragon. Human Ricky loves and adores dragons. It wasn't always that way. That was a period in his life he never paid attention to us. It was like just a fairy tale.

Yet Richard is married to Barbara. She has been extremely interested in dragons her entire life. They were meant to be together.

Did you know that the dragon is a symbol of enlightenment in Buddhism? Dragons

have been around for trillions of years.

We are new kids on the block. We have a lot to learn. Just think the dragons went through the same stuff we are going through. No one gets a free ride when it comes to enlightenment. Life is truly a video game.

Carl Yung studied archetype symbols all his life. An archetype symbol holds the energy of the unconscious mind. Dragons hold the keys to enlightenment.

They became enlightened trillions of years before we showed up on the scene.

Yet as I said before nobody gets a free ride. The dragons on earth had the same problems we presently have.

We have a hard time getting along with each other. Read my book Dragon Tales to see what I mean.

I think it's amazing that many people have different sides of the story when it comes to dragons. In the East, a dragon stands for enlightenment.



In time, Chinese Buddhist artists adopted the dragon as a **symbol of enlightenment**. Today dragons decorate roofs and gates of temples, both as guardians and to symbolize the dragon's power of clarity. Buddhist dragons often are depicted holding a mani jewel, which represents the Buddha's teaching.

The Symbolism Behind Dragons ¹



One of the West's most famous dragon slayers was immortalized in the English book "The Golden Legend," published in the 1480s. Believed to be part fact and part fiction, this story of England's patron saint -- St. George -- tells of a knight who came to the aid of a town besieged by a ravenous dragon.

The townspeople fed it two sheep a day to prevent further attacks on their children, and the king begrudgingly agreed to appease the dragon with his daughter. As the princess awaited a fiery death by a dragon, St. George happened upon them both. He smote the dragon into submission

and told the princess to lead it home -- at which point St. George killed it in front of the king [source: [BBC](https://www.bbc.com/news/1/health-2014-04-24)].

Dragons like the one slain by St. George symbolize more than the natural forces of destruction. According to Carl Jung, who founded Jungian psychiatric theory, when a hero is fighting a dragon he is battling his subconscious. And when a hero struggles to save an innocent hostage -- usually a beautiful maiden -- it serves a dual purpose: Not only does he

¹ <https://science.howstuffworks.com/science-vs-myth/strange-creatures/dragon3.htm>

save an innocent life, but the act of rescuing her requires the hero's personality to develop [source: [Kalsched](#)].

Not all dragons represent the Id, though. In Japan, O Goncho was a white dragon whose appearance signaled impending famine. (White, not black, is the color traditionally associated with death in Japan.) In many cultures, maleficent dragons like O Goncho are typically depicted with their heads pointing down, while dragons that symbolize benevolence are shown with their heads pointing toward the heavens.

This dichotomy between good and evil is what differentiates most Eastern and Western dragons. Western dragons symbolize destruction and death, while Eastern dragons symbolize fortune and great power, both good and bad. In Korea, for example, a dragon signifies the circle of life and is often portrayed with its body in a circular position to symbolize the culture's cyclical view of time [source: Popeater]. The Chinese zodiac, which includes a dragon, further illustrates this view: The sign, along with its 11 brethren, repeats every 12 years [source: [Chinese Culture Center](#)].

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Little Ricky's History Of The Dragons

For around thirty years from the seventies, Little Ricky's practice has been on developing the inner senses. The following story is where this incredible foundation took place. Mind you he never had any conscious connections to the Dragon's world.

Initiation



The following day I packed up my bags and took a train to Prem Nagar, Maharaj Ji ashram near Hardwar is a small town in the foothills of the Himalayas.

For the next two weeks, I listened to discourses about this knowledge. Something inside of me knew that I was

to receive the experience of a lifetime. I knew the door to my soul was to be opened.

Words are hard to express the feeling that was going inside of my being. I knew that in a short time I would be shown and revealed the secret of life itself.

I knew this experience was real. I talked to a lot of people who had this experience and I could tell and sense that something wonderful was going on.

I liked the idea the proof is in the pudding. I didn't want to join a cult or a religious group. I just wanted a direct and continuous experience of

the power that is keeping me alive. I knew through practice this could be achieved.



During this time the war between India and Pakistan was going on. Each night air raid sirens were going on and off in the distance we could hear bombs going off.

There was a general blackout at night. Pakistani bombers were only miles away.

Air raid sirens were heard in the distance. At the ashram, the whole place was so serene while in this part of the world people were dying.

Trains of Pakistanis were being massacred going from India to Pakistan and train loads of Indians were being massacred going from Pakistan to India. Such a dichotomy.



Tommy Emmanuel - Initiation

465K views • 15 years ago



D. Kelly

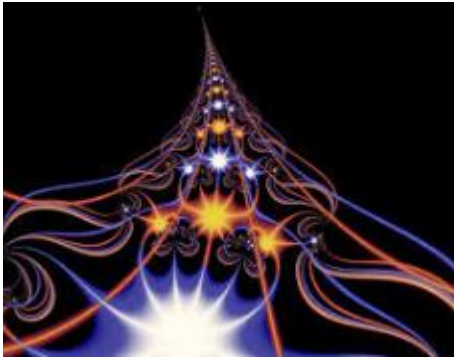
Another from the Sierra Nevada Centre Stage show in early-mid 2002. Great version this one! Still amazes me what Tommy can



I'll never forget my initiation. There were probably about 20 of us in a small room. Maharaj Ji had initiators who revealed his knowledge.

We were in the room while Maharaj Ji was playing on top of the roof directly overhead of us.

The experience that I had that day still sends shivers of joy just merely the thought.



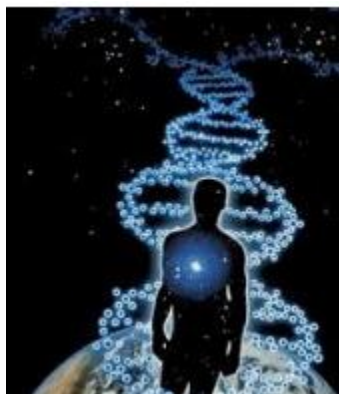
The first technique the initiator revealed was the light technique. I always knew that human beings could see the light inside. This is an actual experience.

When the initiator touched my forehead I felt this incredible surge of energy. I knew at that point that something incredible was going to happen.

My whole body and soul sensed it. My conscious completely left this physical existence. A golden circle of light appeared. Inside of this circle a brilliant blue star appeared.

This golden circle of light and this blue star were so beautiful. It was probably the most beautiful thing I have ever seen.

Waves of love, joy, and peace were surging inside my consciousness. All of a sudden the star transformed into a ray, a tunnel of blue light that went on infinitely. I merged with the blue ray. It's very hard



to describe this experience. I was at home. The doors were opened. I was given the keys and it was up to me to cultivate the experience.

I have definite proof that we are more than these bodies. All of a sudden the mystery of life was revealed. I knew the secrets behind all religions.

There was a genuine experience that could be shown and experience. Years later I realized that this experience was an initiation into Lord Michael's blue ray. It was the Jacobs ladder. This experience was the ladder to God. To this day I'll never forget this

experience. It gave me practical proof that God existed. I knew it but this was a practical experience.

It was more real than any outside human experience. I knew that my life was on track. I have waited years to go home and I was shown such a glorious place.

When I returned to this earth and regained physical consciousness my whole body was shaking like a duck.

My body had a hard time. Can you imagine being hooked up to the power plant of the whole universe?

I knew no damage was done. Over time I knew that the body was built and designed to handle that kind of currents. Day by day through mediation man can slowly harmonize with these frequencies and begin to vibrate at this frequency.

inner music

Three other techniques were revealed. One was the music techniques. I was shown how to listen to the innermost frequencies of life.

Since God is energy, man can be in tune and listen to subtle energy frequencies. Different religions have different concepts of this experience.

By listening to this music over time man is filled with such joy and peace in his life. The mind slowly begins to slow down. In this state, man gets in contact with an energy frequency that is infinite.



This energy is pure love and bliss. The whole universe is composed of this energy. It was is and will always be.

This is the Word of God. Every major religion talks about the Word in some form or another. There is a very simple

technique where a man can be in direct communion with this subtle energy.

When a person first receives this initiation the word is very subtle. The majority of people don't understand the power of this word.

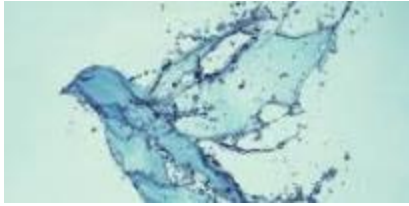
I know a lot of people who took this experience and never really tried it out. Over time I can consciously put myself in direct communication with this Word.

My whole being is instantly filled with such a wave of love and bliss. I'm not there 24 hours a day but I know it is possible. I have had experiences that I was completely taken out of this physical world and taken to a place where there is no time and space.

The only thing that existed was this incredible energy of love. I knew I was at home with my father. This energy exists through all of the creation.

It exists in the manifest and unmanifest. It exists throughout time and space and beyond. All of creation comes from this word. In the bible, in Saint John, the verse goes like this.

In the beginning, was the Word. The Word was with God and the Word was God. Human beings can tune into this experience.



The last experience was one of the living waters or nectar experiences. When a man is in this experience powerful hormones and enzymes are secreted through the endocrine system.

Through the ages, man has learned that he can experience this nectar or living water. Just one drop of this is an incredibly powerful experience.

One drop can take man's consciousness into an altered state. This fluid is very cleansing to the body. When Christ was in the desert for 40 days and nights he lived off this manna.

This experience is energy in its subtle form. It is energy yet it transmutes itself into matter. This experience is very powerful to the endocrine system.

I have had numerous experiences with this nectar. It's probably the most intoxicating drug known in the universe. Unlike a drug that has a side effect, this experience is completely beneficial to the body and soul.

These experiences reveal over time who we are. We are more than our mind and body. We are this source of life.

Each one of us is part of this universal consciousness. We just don't remember it. It's amazing when we were born we came from the source.

Our whole being was this consciousness. Over time we forgot. Years later we have completely forgotten our true existence.

After the initiation, I thanked my creator for revealing himself to me. My dreams come true. I had the tools. Everything made sense to me. I could read the scriptures and understand the hidden meaning. The scriptures were at the same wavelength. I had a lot of respect for the major religions.

Mediation Ganges



The following day I was sitting by the Ganges meditating when I completely lost consciousness of this planet. I saw a light more brilliant than the noonday sun.

My consciousness was flowing into a river of nectar. I felt the whole Ganges River was flowing through me. Maharaj Ji had a beautiful poem by Rumi a great Sufi teacher that sums it up. It goes like this.

There is a palace in the sky without any foundation. A blind man sees a light more brilliant than a million suns. A deaf man listens to the unstuck music.



Castle in the air - Don McLean Original

4M views • 13 years ago



keyoshei morinaka

This song is my favorite since childhood... http://www.4shared.com/audio/FuRrNjDs/02_-_Castles_In_The_Air_-_Don_.html

A lame man climbs up a well and drinks the nectar and becomes intoxicated. The clincher is only a wise man who understands what I'm talking about.

From then on my life was to change drastically. After my initiation and this experience, my life was never the same. I was shown something so incredible that my focus was on this experience. My whole life from

then on was based on practically cultivating this experience. Day by day I was going deeper and deeper into my existence.



My days in India were spent in meditation and spending time with Maharaj Ji.

Mediation was such an incredible experience. I call it going to the movies.

Day by day I was going deeper and deeper into realms I have never been before. Prem Nagar was such a beautiful place.

I was thousands of miles away from home and then again I was truly at home. I was content and full of such incredible bliss. My mind was learning to focus on something inside of me that never changes that is, was, and will always be.

I was learning how to be connected to that experience twenty-four hours a day. I practiced meditation liked how I surfed with joy and the thrill of riding the wave of life.



To this day I'm still blown away that this experience is lying dormant inside of humanity just waiting to be discovered. We are searching for the jewel and the jewel is hidden inside of each one of us.

Over time it's not all bliss and roses with this experience. I had to face my mind. The mind is such a powerful thing. It can be your friend or enemy.

I learned over time to become its friend. In the beginning, at times I thought I would go crazy. The mind was constantly chattering. I would sit for hours and at times I wanted to get up and just forget the whole thing.

But then I would break through. Then the experience would rush in and completely saturate your being. You are bliss. I felt that I had to break down the door.

Over time I walked through the door and my mind hasn't bothered me in this way since. I'm not saying my mind doesn't bother me at times it does.

But when I close my eyes or put my connection to this Word of God my whole being is filled with bliss. In the beginning, it took tremendous effort to have this kind of experience. In the beginning, you meditate on the experience. Years later the experience meditates on you.

I remember that on a few days before Christmas the whole ashram took a train ride from Hardware to Patna a city in Bihar India. Bihar is one of the poorest states in India.



The scenery was beautiful. We were traveling on this old funky Indian train. We would see swamps that were full of Lotus flowers. Wildlife was everywhere.

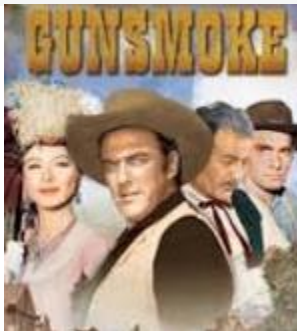
Maharaj Ji was having a three-day program. I remembered at the festival there were probably a million people there.

At one point in the festival, the Arya Samaj attacked the festival. I'm not sure how many people died. This group caused a lot of trouble in India.

It was kind of scary to sit on the stage watching fighting only a half-mile away. India was quite a different place. The people were quite friendly. They liked westerners. The Indian people, in general, had a strong conviction for God.



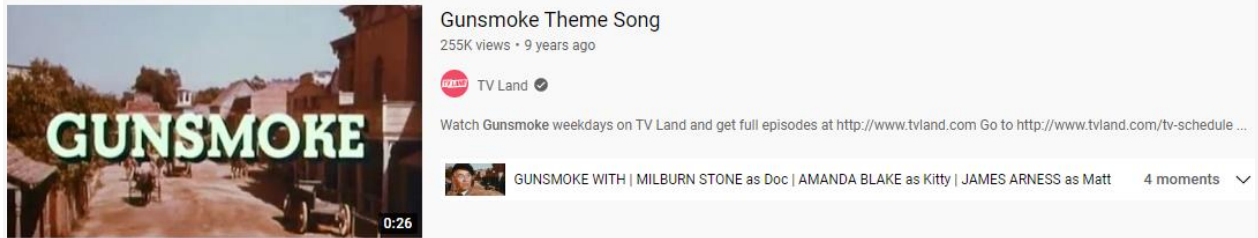
Before leaving Bihar my friend Peter left to go back to America. I loaned him the money which I got back in South Africa. The westerns left in January.



There were only a few of us left. I spent my remaining time in Delhi. I remember I would meditate and go into town. The Indian food was great.

I bumped into the son of James Arness. His father was a famous actor in Hollywood. He

played in Gunsmoke on TV. He had a son (Rolf) at the time was a world champion surfer.



It was quite funny meeting him. I was buying a kilo of cashews for one dollar. I just started talking to him.

During this time Maharaj Ji was planning to go to South Africa. He needed a few westerners to go and help set up the necessary arraignments.

Somehow Maharaj Ji's mother asked me to go. So in early February, we embarked to Bombay.

The Palace In The Sky

When I was young and in India I hear this incredible poem.

There is a palace in the sky without any foundation.

A blind man sees a light more beautiful than a million suns.

A deaf man listens to the unstruck music.

A lame man climbs the ladder and drinks the nectar and gets intoxicated.

The poem goes on and on.

The final clincher is the following.

Only a wise man understands what I'm talking about.

These aren't some pretty words.

The entire universe exists inside of your heart.

Palace in the sky

O seeker of truth, I have witnessed such a great wonder:
A well, suspended in the sky, from which ambrosia ceaselessly flows.

A lame person climbs to it without any ladder and drinks jugs of that nectar.
Gongs, conches, and kettle drums ring out without being played by anyone.

The deaf hear them and become ecstatic: they lose track of body and mind.
Up there is a palace without foundation, which is radiant with light.

The blind see it and are so overjoyed they can't stop talking about it.
In that place a person dies, yet continues to live, and has strength without eating food.

Brahmanand says that only a rare soul can understand his tale.

Commentary

I first heard this poem when I was 18 years old in India. It made a precious memory inside of me. There is a jewel inside that mankind can discover. Only a wise man understands what I'm talking about.

²

² http://www.prem-rawat-bio.org/library/hj2000/sh_brahmanand.html

Glimpse Of The Invisible

Lightning flashed in my eye, O friend,
And brightly did shine the light of the moon.
I got a glimpse of the Invisible within,
And thirst and longing for the Lord were aroused.
My ears received the boon of Unstruck Music,
And Knowledge came like the explosion of light, O Friend.
Dark clouds began to scatter and the sight
Of the Divine Mansion was revealed unto me.
Beyond the sun, the moon and the tunnel,
Tulsi beheld the abode of the Lord Almighty.

The Miracle

I saw a miracle, my friends
what an incredible miracle I saw

there is a well of nectar
hidden in the sky
which is always filled with joy
a lame man climbed up without a ladder
and drank till he was quenched

without anybody playing
bells, conchs, and drums play night and day
a deaf man heard them
and became so intoxicated
he forgot about his body

without a foundation
there is a palace standing
glowing from inside
a blind man saw everything
and described it in detail

a living man died
and came back alive

without food he is strong and healthy

only a rare person

can understand my vision

Monroe Institute



When I lived in Miami Beach I read an article in Omni Magazine about the Monroe Institute. Robert Monroe was a radio engineer in the late fifties.

One day as he was sleeping he felt himself drifting outside of his body. He thought he was dying. He had this experience recurring every month or so. Finally, he went to the doctor.

He was concerned that he was going crazy or he had some major illness. Robert told the doctor what was happening and the doctor told him that maybe he was having an out-of-body experience.

He recommends some books to read on the subject. Robert Monroe learned that his experience was about the same as his. Maybe he wasn't so crazy after all.

The experience kept on coming. Being a radio engineer he thought can I produce this experience by using sound waves? After years of research, He learned to utilize sound waves.

He came up with a system that used sound waves to trigger the right and left hemispherical synchronization of the brain. This technique can be modified for learning, health, exploring, etc.

The Omni article said that he had a week-long course in the foothill of Virginia. I was fascinated by this article, called the office, and found out there was an opening for the course. This course is called Gateways.



I arrived at the site of the course and was captured by the beauty of the place. The site was in the mountains. There were a few houses on the property. The foundation owned a good chunk of land.

We were oriented on what days were to be. They took away our watches so we had no idea what time it was. This was not an ordinary course.

Most courses I know of are lectures. This course was based on experience.



At the institute, our actual living quarters were our laboratory. Each bed was its unit.

There were headphones with a microphone which I will tell you about later. There was a curtain that closes off the bed so no light could come in.

Each unit was self-contained. At the first meeting, they told us our schedule. We would get up in the morning shower and then play a series of tapes.

After each tape, we would go to a conference room and talk about our experiences. We would do this throughout the day. We would have lunch and breaks throughout the day.

Day 1 started. We learned about focus 10. This step was about how to put the body asleep and at the same time keep the mind awake. The tapes were incredibly produced. We would put on these headphones,



lie down on our bed, and have these incredible experiences. Day after day the experience would build on each other.

I remember some experiences being completed taken out of my body and being bath in light.

There were talks with angels. I call the Monroe Institute the Disneyland of spiritual. It was amazing to go to a place and see modern scientific equipment being used for self-discovery.

So many of these tapes were for our self-discovery. I remember on some tapes I could hardly walk afterward. I was quite shy and didn't talk too much about my experiences.

I would recommend this program to anyone. During our course, we had a doctor, ministers, computer programmers, housewives, and people from all walks of life.

It was worth it. Robert Monroe is truly an amazing man. He is definitely on the cutting edge of technology.

Intro.

This is Richard Fletcher Monday, October something Second day of the gateway program. I would like to say at this point I'm diving deeper and discovering more of myself and I'm very impressed by the whole operation that is happening around here.



Energy-bar tool

My experience was building the energy bar was going to take some time to get into it. To develop it It wasn't too hard to construct. My experience was very simple. I kind of drifted to sleep. I wasn't there the whole time.

But I had some powerful connections beforehand to see this energy bar could take me to another dimension. It could take me to the other side.

It has endless possibilities for what this bar can be used for. I can use this bar as a beacon to attract my guides or use it to protect me from other things it looks like an all-versatile tool. I just need to develop more and more usage of it.

Freeform 10



This tape was freeform 10. My experience was using the energy bar and trying to see and trying to feel how I could use it in a practical form.

I used this energy bar to create a vibration inside of me that was vibrating faster, faster, faster, and faster. I then used the energy bar to go up and down my body.

I used it like a laser to take away all the negative energy and impurities from my body. I then would take it to my brain and subconscious.

From there it turned my dark subconscious into the light. From there I could be more conscious. Then I used the energy bar to create swirling effects around my body.

This would create a much more intense kind of energy. I put this energy bar on my third eye. I was experiencing an inner dimension

Liftoff

This is the lift-off tape. In this tape, I lifted myself through the roof, through the clouds, and past the moon. I lifted myself and then lowered myself down.

I was putting together the kinesiology of actual lifting off.

Introduction to Focus 12



Before the tape even began I was just completely sailing inside. I was just accepting myself.

I was just trying to accept my hesitation. Hesitations are your friend. Just go inside

and enjoy the experience just like a child.

In the focus 12 state, it was such a beautiful, beautiful, beautiful state. It is a state, of freedom of joy, and happiness. It was an expanded state of awareness. I was experiencing this state just like a child.

A child just accepts and accepts. This is a place I want to be all the time the place of acceptance. If the hesitation is there accept it just like a friend.

It's ok. I don't have to control any kind of experience. All I have to do is ride on that experience.

Just ride on that joy, just ride on that beauty and ride on that light. All I have to do is let that experience come to me of its own accord. I know what I'm looking for and I know it's happening moment by moment.

It will open up to me in its prime moment. In the meantime, I will just enjoy each experience that comes to me. I am putting my attention on what is coming my way.

I am not being directed towards one aspect of what I think is supposed to happen but just to be open period. Focus 12 is such a beautiful state. I have been there many times before.

Problem Solving



This tape is called problem-solving. The problem that I was trying to solve was the question "how can I practically leave my body consciously?"

I had this one vision of walking down these stairs from the gateway program (from upstairs to downstairs). And then an answer came to me that I'm learning the tools.

Don't worry about it. Everything will simply come to you. It's just a matter of relaxing into that experience and just accepting it. It will come in due time.

Most of all just being patient. It will come. There are means. This is not a supernatural thing. If you practice it will happen. It will manifest.

This was the question I put out and I waited and this was the answer that I got. I'm just learning how to visualize, see images, and accept images. There is something for me to learn from those images. In the past, I would ignore them but I know not to look at them and embrace them.



Free flow 12

The name of this tape is free flow 12. My main objective was to explore this state of consciousness.

I just let go and just enjoyed this state of consciousness. It was a very beautiful experience that I had. I was just bathing in the light.

I was experiencing that beautiful vibration inside. I was just riding that wave and riding that energy inside. I saw a picture of a person named

Catherine who was here. I was just experiencing her inner beauty and her happiness.

I was just experiencing a very simple friendship. It was very beautiful and very simple. I just rode with that experience and was open to various nonverbal communication experiences.

I have the ability the inside, it's there and it's latent and I have experience with my brother. Overall it was a very simple beautiful experience.

It was beautiful to see the potential that is there. I am very happy with this place. I am very happy to partake in this program. Just to relax and swim and socialize. I feel I'm establishing a stronger connection inside.

Free Movement



The name of this tape is free movement. There are different positions to leave the body.

This first one was the most powerful. I feel with this technique I can master it with some practice. It's a very powerful way to explore different worlds and dimensions inside of myself.

The next thing was lifting myself from a string lying down and lifting myself at a 45-degree angle. This is also very powerful. All and all I see the glimpse that I can experience the freedom that I want.

I see that it is happening. In the long road, I will have that experience.

Five Questions



This is a tape called five questions. The first question is who I am. In my last life, I realize I was a student of Ramakrishna a famous Indian saint in the 1800s. My name was M. I wrote the Gospel of Ramakrishna.

That's what I read in the Autobiography of a Yogi and completely identified with Yogananda. Yogananda would come and see me as a child.

My next question is what is my purpose here? My purpose here on earth is to expand and become completely one with the Lord and to express his knowledge and love.

Also to establish the kind of communication a human being can have with his creator.

The message that I was told to do was to keep on trucking. Keep on going and I will be led to areas I never knew existed. This workshop that I doing is something I have wanted to do for a long time.

All of my dreams and aspirations are coming true. This tape was delightful just to go and go deeper into this experience.

Non-Verbal Communication



Lord Jesus on it.

I just can't believe this. This tape is NVC. I just got taken away. I saw all of these incredible things.

The light coming out of my navel, blooming into a Lotus blossom. A Christmas tree with

The next thing I knew around this table were people from outer space sitting around it. There were just talking to me and there was such a feeling of love, energy, emotion, excitement, and joy.

My whole body was sweating and tears of joy were streaming down my face.

Now I know the experience of NVC. It's such an incredible place and experience.

This is the type of communication that human beings are meant to have.

I just want to say thank you, thank you, thank you. I'm just totally one hundred percent fulfilled. I just can't believe this.

This form of communication is so beautiful. Just to see and feel the kind of communication that we can have. Just pure love being transferred.

Introduction to Focus 15



This tape was the introduction to focus 15. My experience of this time was to sense and experience a state of no time.

There is a tremendous void, a tremendous light inside of myself. By being with this light it is possible to travel to any time zone past the present and future.

It's wonderful to know that through this experience I can learn to do so. I can slowly just ease myself into this consciousness.

It's incredible to know that there is a place that is beyond time. There was so much energy that it was hard to get used to it.

Free flow 15



This tape was free flow 15. I experience a beautiful love with Cathy. I experience a beautiful connection between us.

I just completely want to dive into that experience. I know I have met her before but I don't remember where. (See Maldek experience.).My daughter was there and her

daughter was there.

We were all playing and laughing together. It was so much fun. We were all experiencing so much joy and happiness.

No tape experience.



This was the no-tape experience. This was like all the rest of the tapes.

I brought myself into 10 then 12 then 15. In all of these states, I experience inner NVC communication.

I just rode this inner wave that kept on getting faster, faster, and faster.

I found myself in various states of consciousness. It was so easy to just go right through them. When I reached the 15 states I just explored that state.

It was so beautiful to be in a place where there is no time. Just light, love, and happiness. We don't need these tapes. They are just like training wheels on a bicycle.

It's nice to know that there is a technique that we can use to experience this. The silence is beautiful. I am very happy to know that I can incorporate this into my life. It's all happening.

What an incredible love that exists inside. It's so natural and beautiful.

Communication point 15



Communication point 15. I went to a state and asked for any kind of message.

The messages I received were in the form of NVC verbal communication. My first message was a picture of Cathy.

The next picture was an image of a dove that gave me peace. Then I was brought up and saw the image of Shri Maharaj Ji



(Maharaj Ji Father). My whole feeling was sensing discovering that there is communication in this state is where communication can occur between your guides and teachers.

They can in this state teach you and communicate with you. They communicate not so much with words but with images.

They can transmit their experiences through images. I just need to learn more and more about this. I am very hopeful about communicating with my guides.

No name tape



Before this tape started they play Amazing Grace. I couldn't believe what was going on. Maharaj was there in his crown and glory. It brought me back to where I was 15 years ago.

It was very emotional and I cried a lot. Just to experience the joy inside. Amazing Grace. This life is truly amazing. It is glorious, I then kind of drifted off and when I came back I was surrounded by swans.

I tried to do the tape but some of the techniques I couldn't quite understand. The main thing I wanted to emphasize was Amazing grace. It truly is amazing. Amazing beyond words. That is the main thing I wanted to communicate.

Relation Galaxy



The name of this tape was the relation galaxy. At this point, I was supposed to put on my headphones. I was just totally just gone. I went to this place in the center of the universe.

At the center was the incredible power of love. The primordial energy for this universe. It was beyond words to experience the unity of the universe being supported by this primordial vibration.

I saw in this state swans and a beautiful lotus flower that was blooming and blooming. There exists in this place all of the great masters. There exists that divine light. The light of God exists everywhere.

That was such a wonderful place to be. I was experiencing my body like an astronaut experiencing the various g-forces.

My whole body was contorted. I am still not out of that place. I just want to live there and dwell there.

5 Messages



The name of this experience was 5 messages.

The fifth message was I have something to do in December. There is a mission that I'm getting prepared for (I moved from Miami to Calif. with Catherine in December) my fourth one was that I should be good friends with Cathy.

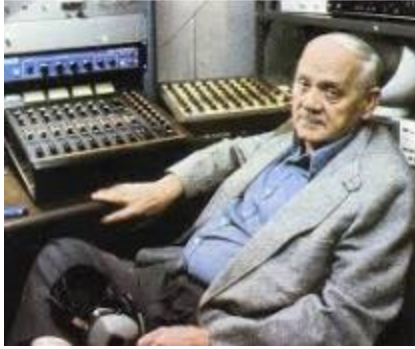
The number one message was devotion to the lord. I should be an example of this. The Lord wants love.

Number two was that everything I ever desired will come true. All of my dreams will be satisfied.

Another purpose that came to me was to love everybody I encounter. I should be an example of accepting people for who they are and loving them without conditions.

I should be a simple messenger of the Lord. I don't remember the other one.

Vibe Flow



This tape was called vibe flow. This is a nice tape. Bob (Robert Monroe) just increased the frequency level.

I just got in tune with the frequency level. I just went higher and higher and higher and higher.

Shhhh. I was absorbed in that energy. Half of that experience was traveling at the speed of light. It was like being in a rocket going faster than warp speed. It was traveling at the speed of light. 186,000 miles per second.

Next on the tape was music from the session I forgot to turn off the tape

I was just completely blown away. I was in total bliss. This music just brings me back to that state. I was in total awe.

There was laughter in the background. The rest of the people were discussing their experiences.

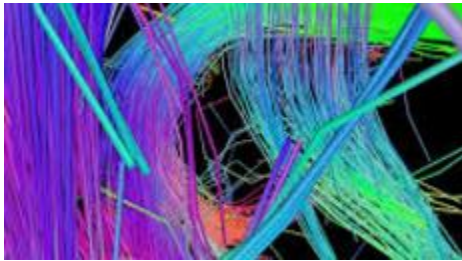
Side Two



During this music, I was seeing a picture of Shri Maharaj Ji (Maharaj Ji's father). I saw an image of Shri Maharaj Ji holding Maharaj Ji.

I had an NVC experience of going into a dream and coming out and realizing that it was an NVC

experience. I just want to go back inside for a few more minutes. I could very easily just leave and never come back. (Long Pause) 15 to 20

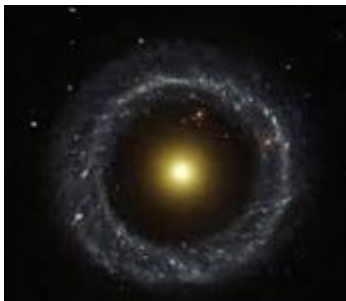


The name of this tape was 15 to 20. I felt I was resonating with the colors green and purple.

It will take me time to know what this experience means. Slowly I will begin to

understand all of this. (Long Pause)
Music is playing in the background.

One one patterning



This tape is called one-one patterning. I kind of zone out of this tape. I see I just to have something in my mind hold it and repeat it every single day and it will come true.

By putting it in my subconscious over time it will come to existence. I am incorporating everything in my life. The main key is to utilize these tools in my life.

I am the director of my life. I am in charge of maintaining and expressing my emotions. At the same time, I just enjoyed the feeling of love that was all around.

I had such a peaceful rest. (I forgot to turn off the tape long period of silence)

Freeform 21



The name of this tape is freeform 21. I just got taken inside of me. I just really enjoyed the experience inside of myself. Joy and peace were overflowing.

All of my guides and teachers were there.

(Once again I forgot to turn off the tape)

Freeform 15



My experience with freeform 15 was completely wonderful. I went to such a deep place inside.

I had this wonderful experience that happened there. Catherine was there and we were beings of light. There was this big heart that surrounds us.

We were just one in that heart. Out Of that heart, our souls just merged. The light came from my third eye and Catherine's third eye. It was like two laser beams of light and love merging into our bodies. We just totally become one.

It was like a sexual experience but it didn't contain sexual energy. It was just pure love. We were both fulfilled in that love, in that joy, in that happiness.

I was inside of her and just riding the wave of love. Both of us were in tune and in synchronization and experience the oneness of each other.

Coming from her breast was this liquid light was I was drinking. Each drop tasted like nectar. I was completely intoxicated. At one point her daughter appeared and my daughter appeared and we all hugged each other.

We were all laughing and dancing and singing. It was like a family of love, beings of love. At another point, after this self-expression, Catherine just laid on top of me and I just totally melted into her. We just exchanged the beautiful love that existed between us. Both of us were saturated in that love.

We were both in tune with each other. It was such a wonderful feeling. I feel I have known her for a while. I don't know where. Somehow there is a connection between Catherine, myself, and Shri Maharaj Ji. I haven't figured it out.

I just have these feelings that something beautiful and simple is manifesting in my life. I'm open to it. Later on, in one of my tapes, I received a message that on thanksgiving my daughter and I should go and visit Catherine and her child in Virginia. We should just go and play and have fun.

Introduction to Focus 21



The introduction to focus 21 was a completely mind-blowing experience.

As soon I put on my headphones I was tuned in to that light. I was completely submerged in that light inside. I was just taken over. I was flying with a whole group of swans.

There was this beautiful lake where thousands of lotus flowers were just blooming and blooming. I went through the various states of consciousness.

I went from 10 to 12 to 15 in different colors. At 21 a marvelous thing happened. Bob was there (Robert Monroe) and he was just shining. He was his joyful self. He just looked up at me smiling and gave me the thumbs-up sign. He said "go for it" and "enjoy the experience".

There were so much love and communication between us. I recognized him and he recognized me. Both of us know that this is an incredible journey. The ultimate journey.

Once he said that I was completely ready to accept and experience that wonderful light of my existence. I then went to a place where I experienced a light that was supreme love and intelligence.

Every single cell of my existence was filled with this intelligence. I was just one and bathing in that light and joy. I was just flying like a swan. I was just flying like that beautiful bird. That swan is free.

I felt like my soul was free. My soul was just singing in that joy and happiness inside. I was just one. It was so wonderful.

Freeform 21



One of the most amazing tape experiences was freeform 21. I don't think there are any words to describe what happened there.

From the moment I put on my headphones throughout the entire process, I was riding the wave of ecstasy and joy. Technically Bob (Robert Monroe) was a genius to develop that tape.

The sounds that he was emitting were the sounds and frequency that reside inside. It was completely a marvelous experience. I was completely experiencing the oneness of joy.

I had these visions of Catherine. She would just smile at me and just drift away. Once again I would dive deeper and deeper into the experience inside. I would go deeper and deeper into that light.

My whole body was like an astronaut experiencing the G-Force. I was experiencing how powerful and incredible the energy is. This energy touches my whole molecular structure and even beyond that.

It reaches the soul and the very essence of life. I feel so wonderful that everything is on track in my life. I have a vision of a quest and it's happening. All of my dreams are coming true on all levels

One experience that I want to express is that I went to bed on the last night of the program around midnight. I was kind of tired. I just needed to go inside and experience that inner beauty.

I drifted off to sleep and was just in that place of love. I was in a nice deep sleep. Around three o'clock in the morning, I was waking up with a bang.

I automatically woke just right up. Something inside of me told me to go take a shower and go see Catherine. I did this. I was kind of hesitant.

What am I doing? I just had this faith and intuition to do this. I went up to Catherine's room and very quietly walked into her room. I opened up her curtain and very slowly touched her.

She looked at me and I could tell she was in a state of shock herself. She thought at first I was a ghost. All she could see was my head because the rest of my body was behind the curtain. She looked at me and said is that you or is it a ghost. I reassured her that yes it was me.

I just climbed into bed with her and just held her the rest of the night. We just exchanged the feeling of love that we had. We just caressed each other and love each other.

There was such a warm inner exchange of love. It wasn't sexual energy. It was like the energy of love, satisfaction, and joy. It was a wonderful experience.

At times I would find myself snoring. My body was asleep but I was wide awake. I was in such a beautiful state inside. I was surrounded by love. I saw these beautiful swans surrounding us. They were protecting us and saying everything is an ok.

Everything is going to plan Just relax and enjoy each other. At one point when Catherine was drifting off to sleep, I saw one of my guides named Running Water.

I saw his face and saw he was an Indian. At one time we were brothers. We were once in a state of laughing and playing and interacting with the forces of nature together.

It was such a beautiful connection. I remember coming out of a dream state and all of a sudden BAM there he was. We talked to each other for some time. He was the eternal brave. He was forceful powerful and full of love.

That consciousness lies inside of me. I felt so wonderful the whole night. What a way to end the week

PDF



Books 2022- Monroe Institute

Fletcher Soul Traveler

Updated today



This is from the table of contents of Omni magazine which featured Robert Monroe.

[Notes from the New Land \(pg 40\)](#)

At the Monroe Institute, participants go on an extraordinary journey induced by sound patterns - both into and beyond themselves. by Murray Cox

35 years later

My twin brother John last week sent me the links to these two YouTube videos. These videos contained once classified information from the CIA in the 1980s. They were changed from classified to unclassified in the early 2000s.

These documents were about Robert Monroe and their Monroe institute. They were about the gateway program that was highly known during its day. I watched these two videos 35 years later. They are just as relevant. today as 35 years ago.

Robert Monroe was an absolute genius. I thought so back then. Today I even have more respect for the man. He died in the 1990s. In these CIA videos, they went over the one-week Gateway program that I attended years ago.

I found it quite fascinating that the same tools used during the Gateway program were the foundation of the CIA's development tools. In plain English, they described many of the tools we learn and experience during our week-long program. Maybe it's just 35 years later but I was blown away by the description of the tools.

Back then I didn't have the maturity or understanding of the preciousness of these tools. Mind you this was probably one of the most memorable weeks of my life. One does not become an adult overnight. A young child doesn't have the maturity of an adult.

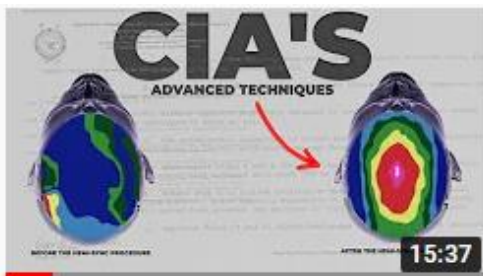
After meditating for over 50 years and listening to these videos I saw the brilliance of Robert Monroe. Not too many people knew of him. His voice was mesmerizing. I don't think I have ever heard a voice so brilliantly before. In each of the tapes, we listen to during our retreat he would be leading us.

His voice was the perfect magnet to resonate this experience with us. I would love to experience these original tapes once more. It would be an entirely different experience. My understanding from this course has been integrated into me.

Many of my doubts have disappeared years ago. These tapes are incredible training wheels that humanity can use. With training wheels, once you get the

confidence you can take them off. Even if you never take off the training wheels, there are endless journeys to embark on within.

Both science and the world of mystics are coming together. He was at the forefront of this Hemi-Sync technology since the 1950s. We are just at the beginning of a new mankind which he talked about in his books.



Brain Enhancement Techniques Listed In a CIA Document

Video Advice ✓ 936K views

✓ AUDIO PROGRAMS - <https://bit.ly/3w7mRjt> The report entitled Analysis and Assessment of The Gateway Process was penned in...



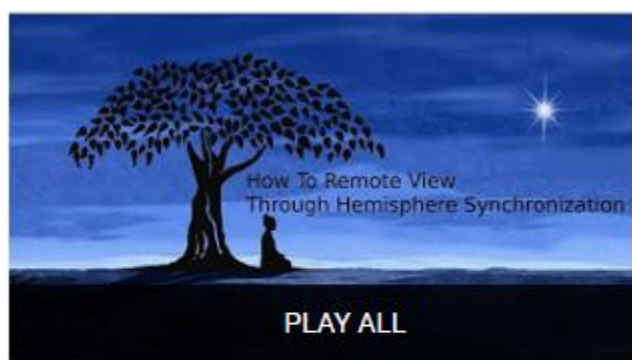
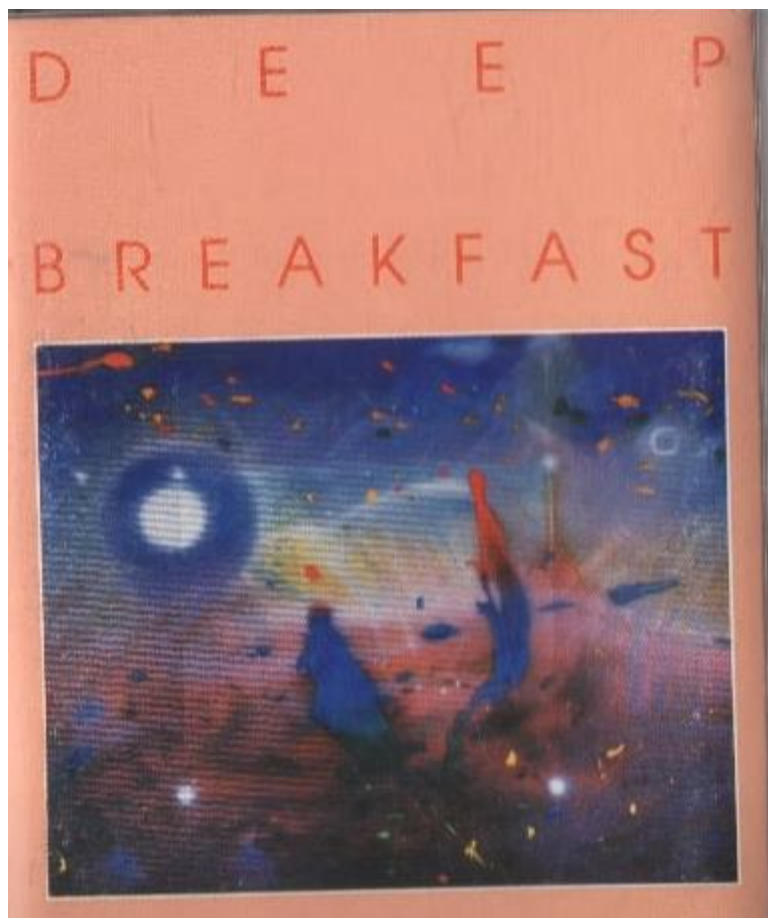
"Focus 21: The Future" | CIA's Advanced Techniques

Video Advice ✓ 166K views

✓ AUDIO PROGRAMS - <https://bit.ly/3w7mRjt> Back in 1983, the CIA wrote an obscure report on the "Gateway Experience," claiming that...

[Ray Lynch - Deep Breakfast](#)

The first time I hear this was at the Monroe Institute in 1985. It was a week-long seminar.



THE GATEWAY TAPES (C.I.A DECLASSIFIED)



My wife Barbara would always talk to me about the dragons. I would always humor her and listen. To be honest I spent thirty years meditating on the unmanifest form of God.

As you can see from my initiation and the poems above this is where I placed my attention. My world was about to change. The following appeared in an advertisement in a newspaper while we were living in Nevada City, California.

Mind you this isn't the version I read but the meaning of the words reflects what my wife and I read. Both of us read this advertisement without knowing the other person read it.

At some point during the day, my wife said there is an event we should go to. I said I know what it is. We both laughed. The rest is history.

Your DNA contains the blueprint for who you are as a Divine being. It is God-given, holy, and sacred, and defines your uniqueness of you.

Your DNA contains the blueprint for your life purpose and divine potentialities. It holds the script for your life! The 22-strand activation will give you answers to such questions as why am I here? What are my gifts and talents?

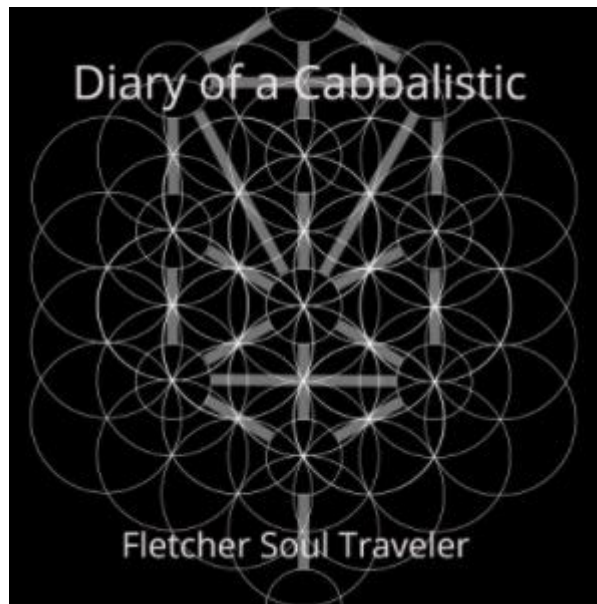
Where did I come from? Am I doing what I'm supposed to be doing in my life? And more...

What Happens when I receive the 22-Strand DNA Activation?

The Master Cell, located in the pineal gland, begins to physically transmute over time, clearing itself of any cellular or genetic abnormality. Eventually, it transforms itself into a perfect cell.

All the cells in your body take their patterning from this Master Cell. As your old cells die off, new cells continually regenerate to replace them according to the blueprint of the Master Cell.

Whatever cellular or genetic mutations exist encoded within the Master Cell at the time of regeneration will transmit to the newly forming cell. Note every cell in your body regenerates at least once every seven years. Imagine living in a body with every cell perfect!



Come with me on this precious journey of life. This book first got started way back in 2001. I first heard about the Kabbalah back in the mid-seventies.

Until recently you had to be Jewish. You had to be a male. You had to be over forty. The Kabbalah was an esoteric aspect of Jewish tradition. It has existed for over two thousand years.

In September of 2001, my wife and I embarked on this incredible journey.

Karen Greenberg was a great teacher who taught a group of us in Penn Valley California. She lived in Michigan. Karen came four times a year to teach us.

We had monthly classes where we would meet at our house. My wife and I were instructors for this class. They say if you want to learn something you should teach it.

Well, I decided to channel the wisdom. I used a book from Ted Andrews which had all the archetype symbols for each sephirah. This is called the tree of life.

The tree of life is a diagram used in various mystical traditions. It usually consists of 10 nodes symbolizing different archetypes and 22 lines connecting the nodes.

The nodes are often arranged into three columns to represent that they belong to a common category. We only studied the 10 nodes.

For each node, we spent the month studying and experiencing the particular node or Sephiroth.

This is from Wikipedia.

Carl Jung understood archetypes as universal, archaic patterns and images that derive from the collective unconscious and are the psychic counterpart of instinct. They have inherited potentials that are actualized when they enter consciousness as images or manifest in behavior on interaction with the outside world.

To be quite frank I never worked with archetypes symbols before. I first was exposed to them at the Monroe Institute in the mid-eighties. I spent a week there. For some reason, it was love at first sight. With my meditation experience, I found it easy to tap into each symbol. I believe there are universal archetype symbols that exist in the collective unconscious.

You might ask yourself why would anyone want to learn this? Well, I like this analogy. The goal is to have your feet on the ground and your head in heaven. I like that statement.

I liked the idea to be proactive in life. Most of humanity is reactive. We can't control our minds and emotions. Look at the current situation today. People are divided. The nation is divided. People are flaming each other on Facebook.

As I said our class only studied an individual Sephiroth for a month. In the old days, they studied for one a year. Time has changed. I think the learning aspect has quickened. Knowledge and wisdom come from the heart. When the mind and heart are in coherence the ability to gain wisdom occurs.

I hope this book will help guide you on your journey in life. We all have our particular points of view on life. This is my journey. It has made me a better person.

To be honest I don't study this anymore yet the foundation lies inside of me. Day by day, moment by moment my goal is to be a better person. I take responsibility for my life. I'm learning to respect all different faiths and traditions. We are all on the same boat of life sailing together. Bon voyage.



What in the world is a council meeting? Good question. This is very difficult to explain. It involves the quantum field which is beyond time and space. In essence, it's a meeting that takes place where spiritual beings talk about this precious planet.

Remember we are never alone. There is a human evolution taking place on earth. Yes, it takes time and patience. Everyone on earth is involved in this process.

Carl Yung might call this the unconscious collective awareness of humanity. We are aware of only one percent of the light spectrum. This means we only see a small fraction of the story in life.

We are almost missing the entire story. We just see the physical. Man has been fighting for thousands of years. There is no end in sight. Yet this is the greatest time to be alive.

A great transformation is taking place. Yes, this will take years. It seems like chaos is all around us. Yet millions of people are waking up from their slumber.

These council meetings take place in the quantum field. Nothing physical exists in that world. It is the power behind all creation. Yet to deliver a message, it manifests as a physical meeting place.

I might have lost you there. Yet that's the simplest way I can explain it. There are spiritual beings who adore the human race. Humans can discover their true nature. There is a precious puzzle to solve. You are the universe you just don't know it. Richard and countless others say this constantly because it's true and humanity needs to discover this fact.

You may recognize many of these spiritual beings. They have never left us. We just simply carry on with our lives and are oblivious to them. They exist inside of you. They never left yet mankind is texting on the freeway of life.



Gifts of the spirit was a course my wife and I learned at the Mystery school. It was one of my favorites. It taught me how to get a direct connection to the higher realms.

I finally got what my wife was talking about the world of the dragons. An inner door was opened to the other manifest worlds such as the dragons. This led to my daily walks with Christ and the dragons which lasted around two years.

The dragon world was a combination of light and dark. Imagine when the sun is setting in the sky. There is a moment when it's not light or dark.

Whenever I took my morning walk this is how it appeared to me. The air was thick with wisdom, bliss, kindness, compassion, and love. Incredible light waves were breaking on the point.

Thousands of dragons were flying in the sky. Mind you in the past they used to fight with each other. They had the same issues that we have today. Anger is anger whatever world you are in. They resolved their anger two trillion years ago. Absolute harmony was in the air. They transformed their world from darkness to light.



We are on the same journey. Many wise men say it takes around a million years of evolution revolution for this to occur.

Many civilizations destroy themselves along the way. A world that is constantly angry has no discrimination in its actions.

Take a look at our current situation in politics. You will get my drift. A transformed society's main focus is internal, not external. They have gone from me to we. Here's an excerpt from my

book From Me To We.



Just got up. It's 2:22 in the morning. I'm pondering the meaning "from me to we". It seems like man has been living in a dream for so long. At times it's has been a nightmare. At times it's been a beautiful dream. Man has been repeating the same actions for

thousands of years. They constantly repeat themselves.

Why does man continue to fight wars? Wars have never solved anything, yet we continue to this day. Each century our weapons are more sophisticated. Today we have weapons that can destroy the world 100 times over. Yet we still are on the lookout to create even more destruction.

I love to watch the geese and ducks fly in the sky. My wife and I love it. They fly in incredible formation and can change and morph in many different patterns on the fly. They are in synch with nature. It seems like they are united and flying as one.

I think man's problem stems from the fact we are so identified on me. My nation is better than your nation. My religion is better than yours. I'm going to heaven while you are going to hell. God is on my side not on your side. It's all me, me, and me.

Currently, we have a President who loves to divide the country. He gets a big kick out of this. He tweets whatever comes to his mind. He has no ethics whatsoever. You see when you aren't aware of your true nature you act in ways that aren't in harmony with the universe.

For example, why don't we elect leaders that are kind, loving, and compassionate? Some are. Yet our political system is in shambles. We are divided. Our political system is at a standstill. Nothing can get done. Blame is put on both sides of the parties.

You see our mentality is us versus them. We have been this way for thousands of years. Emotionally man has been stagnant for ever so long. Yet we have

progressed in technology. Thousands of people have tried to make this world a better place. The spark of the universe lies inside.

This book is about how we can transform from me to we. I believe this is our answer. All the great masters talked about this in their beautiful ways.

Dragon Tales



Once upon a time many, many moons ago lived the dragons. They lived where the British Isles are today. Now, these dragons weren't exactly nice.

They were mean. Dragons in the past were kind and caring. Yet over time, they lost that awareness.

It may seem strange to us but they love to bicker and quarrel. They loved to be angry. They love to create war. That was

their form of excitement.

This went on for thousands of years. You see dragons can live to a dear old age. These dragons caused a lot of discomfort in the countryside in the British Isles. Imagine waking up at 3:00 in the morning and seeing your precious cow taken away by the dragons.

Man would hide all valuables and jewels. The dragons had a sixth sense to find them and steal them.

It was true that dragons loved to hoard their wealth. Unfortunately, they couldn't do anything with them. They just loved to sit in their caves and sit on their wealth.

Greed came upon them. They didn't know how to share. Consequently, there was a lot of fighting one another. It seems like their life was miserable. There was no contentment in their life. No happiness or kindness. Not even love.

All of the dragons were in the same empty boat. They were like ghosts where nothing could fill them up.

No wonder man was fearful of the dragons. They were horrible beings. They were up to no good. A man had good reason to be wary of them. During the crusades,

men had the weapons to start fighting the dragons. It was not a glorious time for man and dragons.

Many of the traits the dragons had man embraced. It seems like man and dragons at this point had misery in common. Both of them lost the true direction to find the hidden jewel inside. You can't blame them they never knew it existed inside.

The years went by and the conflict never got better. It just got worse. The dragons were being hunted down and killed one by one. It wasn't a pretty sight.

One day a baby dragon was born during the darkest times. This dragon couldn't relate to anger, war, and greed. All of the dragons thought he was a misfit. All he wanted to do was to have fun.

He was extremely intelligent and had a lot of humor. He made other dragons laugh. The elders disapprove of this. When he learned to fly he would go off alone and soar in the sky.

He was free at that moment. Not a care in the world. He loved that feeling. Somehow he knew that the true nature of a dragon is true freedom. He discovered that kindness, love, compassion, and patience were his true nature.

Well, the elder dragons did not like that at all. They told him he had to stop this nonsense. You see the other young dragons liked what they were seeing. They

loved how Zoran the young dragon was turning their lives upside down. They thought that war, anger, and stealing were truly the way. Here is a young dragon. Zoran walked on a different path and didn't have a care in the world.

Zoran's father had a huge pile of precious jewels. Yet Zoran wasn't interested in the slightest. He told his Dad "the greatest jewels in the universe lie inside" Well that didn't go over so well. His Dad was furious.

He was already furious. Remember at that time the dragons had quite the temper tantrums. Well, this was placing gasoline on the fire. His Dad exploded. Who do you think you are to say such a thing?

Zoran knew not to say anything. Sometimes it's wise to be silent. All of the other elders talked with one another about this situation. What are we to do with

Zoran? He is wreaking havoc with his tribe. They decided to give a little time to see if anything would change.

Well, it didn't. Zoran was moment by moment learning how to meditate. He was diving deeper than ever inside the infinite ocean within. Now you see these dragons are scared of water.

They are fire dragons. Water will extinguish the fire within. Water will extinguish war, anger, and greed. They thought this was their true nature.

Zoran discovered something the entire dragon world didn't know.

You are the universe.

You just don't know it.

Well, this was the final straw. They held a council meeting and decided to throw him out. He was still young for a dragon. He was a hundred years old. You see dragons can live for thousands of years.

So he was told to leave and never return. He was cast out of his home. But there's another story to this. A few young dragons decided to go secretly along with Zoran on his grand adventure.

Zoran at this time was getting guidance within. One dark and moonless night they flew out of the cave never to return. The rest is history.

Zoran hears the east might be a great place to go. They had high and magnificent mountains far from man and other dragons. Up to that time dragons were extremely rare in the east.

They were quite unknown. So they flew away into the darkness of night. The journey was just starting. They had no idea the steps they were going to take.

Zoran and his friends traveled only during the night. They didn't want other dragons or men to discover them on their flight.

When they flew over the lakes, rivers, seas, and oceans they would eat the fish along the way. Fish was extremely plentiful. They discovered it was tastier than cows.

Furthermore, they didn't have to be worried about stealing a cow and being captured. Man was slowly learning how to trap the dragons. There were even dragon slayers as a profession. Times have changed.

It took three solid months to arrive at their destination. They landed in the high mountains of Tibet. Far from man and other dragons. It was wintertime. They had to fly in fierce snowstorms and bitter wind.

Fortunately, they were fire dragons and could keep warm. A water dragon might have frozen to death.

Zoran and his friends found a beautiful cave to live in. It was huge and had an opening where they could fly in and out. So they set up camp and called it home.

Well, winters last for a long time in Tibet. Especially at high altitudes. You can only have so much external conversation with one another.

Zoran taught them how to meditate. It was slow going at first. None of the dragons realize how powerful the mind was. Zoran simply instructed them to follow their breath.

The dragons thought this should be easy. They learned that it was more difficult than learning how to fly. You see even for dragons flying took time and effort. You had to work at it.

They say conquering your mind is the most difficult thing in the universe. Well, the young dragons will completely agree.

Since it was winter time they had all the time in their lives. Slowly I mean slowly they took small baby steps along the way.

When winter was over they took to the skies. They loved the external and internal feeling of flying. Wow, I'm free. I'm not bound to anything.

The seasons came and went. Winter has arrived again. They spend their time in meditation. Imagine this went on for hundreds of years.

Zoran and his friends were discovering they were the universe. The universe existed inside of them. They were truly discovering their true nature. They were becoming wise. They knew how to laugh and play. They truly enjoyed each other's company. These dragons lost their old egos from the past.

They became the first master dragon of their time. Mind you for their time. Dragon is eternal. They are timeless.

Zoran and his friends discovered that their true essence was the universe.

Well, one day an incident occurred. While the dragons were flying and having a merry good time some small youngsters saw the dragons in the sky.

They got very excited. They heard old folk tales from their ancestors about dragons flying in the sky. As youngsters, they didn't want to worry their parents. Their Mom and Dad are already how too much on their plate.

You see they were farmers and herders. Life was tough enough as it was. They didn't need another burden.

These youngsters started to see them flying more often during the spring, summer, and fall. During the winter they never saw them. This went on for many seasons.

The youngsters married had children and their children had children. It was now a common sight to see. Yet nobody ever saw them in person. They were like the UFOs were seen today. You see them but never have a close encounter.

One day during spring a group of youngsters went exploring. They saw this huge cave with a large opening.

They decided to go in. They weren't scared but were hesitant. Slowly they walked step by step into the cave. To their amazement, they saw Zoran and his friend meditating. It was a sight to behold.

They weren't scared at all. They were so happy and full of love. They had never experienced anything quite like it.

The dragons woke up and saw the children sitting there with their eyes wide open. They couldn't believe what they saw.

Now the dragons didn't speak their language but they had the capability for non-verbal communication. This means without speaking words the children could hear inside of them what the dragons said.

The children never saw such a thing.

This started a brand new life for the children. They were told don't tell anyone else. Someday when the time is right we will show ourselves to your village.

These children came back day after day. The dragons took them on flying rides which are still being talked about today. Imagine flying on the backs of the dragon. They never experienced such freedom and joy.

The dragons slowly taught them how to meditate. They taught them and showed them that kindness, love, and compassion is the true way to live. They did not preach or try to convince anyone. T

he dragons were pure and didn't have anything to prove. Yet their essence rubbed off on the youngsters.

Slowly over time, they embraced these qualities. Mind you this was a time in Tibet and China where war was all around. The same problems that existed in the West existed in the East.

Generation after generation the youngsters migrated to the dragons. The parents and Grandparents knew what was going on. They have spent precious time with the dragons and took that wisdom into their daily life. You see a spiritual path is the most practical path.

These small villages were becoming wise. One was a young boy named Confucius. He was seeing his transformation from the dragons and putting them truly into practice.

He discovered a system that is still in practice in China today. All his wisdom came from spending time with the dragons. He then carried on his journey in life and we have a great tradition.

One of the earliest students was Lao Tzu. He was truly a man of nature. He spent a considerable amount of time with the dragons. Even at a young age, he was wise beyond his time. Even the dragons were amazed at his knowledge and

wisdom. At times it seemed that his wisdom was beyond theirs. Mind you these dragons were thousands of years old.

Lao Tzu was only around ten years old. Needless to say, there was great friendship and understanding with each other. At that time China and Tibet couldn't understand the simplicity of Lao Tzu and the dragons.

Lao Tsu didn't care about politics and worldly affairs. He hardly ever went to cities. They were a complete distraction. Man wasn't open to wisdom or knowledge at this time.

So Lao Tsu spent a lot of time with the dragons and nature. You see Lao Tzu could see the unity of all life.

There is a story that when Lao Tzu was going to leave this world a small group approached high in the mountains. They begged for some insight and wisdom.

Today we have the Tao Te chings. One of the greatest books today. Lao Tsu went with some dragons and never returned. His wisdom is still alive today.

Today the dragons are revered all around the East. Wherever you go in China you will see dragons as flags or statues. Their wisdom is still alive today.

Unfortunately in the West not much has changed. Dragons are still something to be fearful of. Stories are still being told of dragons hoarding wealth. Dragonslayers were the savior of mankind.

Isn't it amazing the times haven't changed much? We still are angry. We still think that wars can solve our issues.

Maybe, just maybe we can learn from the dragons.

Our true nature is the universe. The new dawning of man is here.



This is where we left off from the previous book Dragon Tales.

So the end of our story is near. You see the cave is still there but no one is living there.

The entire city disappeared into the night. Not a scratch of evidence appears that the huge city even existed. The Dragons and Man became the universe.

When you look at the stars at night you see them twinkling and waving to you. They are saying you are stardust. You are eternal. You are kind.

If you want to see this incredible world it exists inside of you. You have the key to open the door inside of you. The door has always been there.

If each one of you did this peace will be on earth. The dragons are still alive. They exist in your heart.

Remember you are never alone. At times it may seem like it but in reality, you are never alone.

Sweet dreams my friend. May you find your true home.



I find it fascinating that I wrote Dragon tales about five years before I discover the 6 yogas of Naropa. There are many isolated mountain regions all around the world.

Yet the land of Tibet came to me as the foundation of this story. Shamballa came to me in a vision and a story form. The following article I found showed me how synchronicity was manifested in this case.

I firmly believe the dragons were one of the first beings to enlighten on a major scale. Yet it could have been in the unseen worlds which means we can't see it with our two eyes.

The Buddhists believe there are around 65 million worlds yet there is a thread tying us all together. In the video game of life, we all help one another to progress. It is built into our souls.

This is the nature of enlightened beings. I'm saying if the dragons enlightened over two trillion years ago maybe just maybe they helped humanity along the way. Our know universe is around 14 billion years. We are the new kids on the block.

The Role of Dragons in Tibetan Culture and Faith ³



April 11, 2019, TJ editor 1 Comment Dragons, Tibet's History, Tibetan Culture

In Tibet, dragons are not just a mythical curiosity; they are part of Tibetan life and culture. These mythical beasts are everywhere, from the beginning of Tibet's history, until today.

Like in many other countries in East Asia, the Tibetan dragon or Druk (also known as 'brug and zhug), is an indispensable part of the nation's cultural consciousness and identity.

The country is even known as the “dragon in the land of snows.” But unlike its neighbors, the country treats dragons in a slightly different way. As Sachin Diwaker previously noted here in the [Tibetan Journal](#), the Tibetan plateau is relatively isolated.

This means that it took some time before Chinese Zen and feng shui beliefs were able to assimilate into local draconic lore. Curiously, there is evidence that Indian elements such as the naga made their way into Tibet's native religion, called Bon, years before the Tang Dynasty influence even entered Tibet.

This eclectic convergence of Indian and Chinese civilization, of course, is one of the defining characteristics of Tibetan culture.

In Tibet, dragons are considered among the [Four Dignities](#) — with the other three being the Tiger, the Snow Lion, the Garuda.

The Dragon is believed to have the power of perfect communication and enlightenment, being able to see right through slander and other forms of manipulation.

³ <https://www.tibetanjournal.com/the-role-of-dragons-in-tibetan-culture-and-faith/>

Dragons cannot be seen by the naked eye, but they are known to announce their presence with a thunderous sound that awakens people from false beliefs and perceptions.

Tibetan dragons are also used to decorate temple gates and roofs, sometimes holding a mani jewel, which is believed to embody the Buddha's teachings.



Because of their prominence, their images are printed on [Tibetan](#) prayer flags and prayer wheels, many of which can be seen on the roofs of typical Tibetan homes.

In the Tibetan rLung rta prayer flags, they can be found in the corner together with the other dignities and even a horse.

These flags are raised to increase a person's rLung, or luck. Interestingly, the term rLung is similar to the Chinese word lung which can be translated to a whole host of different meanings, one of them being "dragon."

Today, dragons can be seen everywhere across the globe, from everyday settings to fantastic media like movies and

games. While Western dragons are mostly seen in fantasy shows and films, Eastern dragons are more ubiquitous, as they are present in almost all facets of life. This is true in many Asian countries, including Tibet.

They can be found in bags, clothes, cars, and company logos. They even have a presence in games. The mythological creatures are also an inspiration for [Expatsbets](#), particularly in the games Dragon Shrine and Emperor of the Sea.

The former capitalizes on the larger Asian connection to the dragon, which symbolizes wealth and power, while the latter is filled with imagery from traditional East Asian cultures. Thus, while most Westerners see dragons simply as

fearsome-looking creatures always ready for battle, people from the East place dragons in a much higher cultural and religious regard.



Indeed, dragons still fly over the vast Himalayan plateau, and while not many may profess to see (or feel) them flying through the skies, they are still very much a part of Tibet's rich history and cultural imagination.

Teachings Of The Dragons



Hi, this is Little Ricky the dragon. That's what they used to call me when I was young. I have a twin brother called John.

We are best of friends. I hope you read the book dragon tales. This told our incredible story. It was and still is an incredible adventure.

Many stories were told about Shamballa. This is not a fish tale. You learned how a bunch of young misfits dragons who

couldn't fit in was kicked out of their homes in England.

That's where the story begins. They began an incredible external and internal journey. Many of their teachings are still in existence today.

The foundation for Taoism, Confucius, Yogic, Jainism, and Buddhism all stem from our work. You probably don't know that dragons live an extremely long time. We live 5 to 10 thousand years.

This is even for dragons who party night and day and never take care of themselves. The enlightened dragons have found the elixir of life. They have become one with the universe and no longer have a physical body.

That's why you can enter our cave and see no evidence of us. The entire community of dragons and men went to the unknown. This has only happened a few times in your history. In your Americas, a few indigenous tribes also learned how to do this

We learned how to be in balance with the universe. This is something you need to learn in quite a desperate way. Mankind is spinning chaos all around. Your minds are out of control.

Nobody taught you how to master your mind and emotions. We went through the same problems you did. Even when we landed in Tibet we had no control of our minds and emotions. It was just like you today except we were dragons. Yet

somehow we learned along the way. Being in a cave helped a lot. We only flew at night. That was the safe time to do so.

We loved flying amidst the stars. It was total freedom. Well, at least we thought so. Somehow we gradually learned how to meditate. It was by happenstance. Zoran was just sitting there staring at the wall and he felt this incredible power behind his breath.

He got so excited and still at the same time. He told us his story. Gradually I mean we began to learn how to meditate. Most of the time it was a hit and miss. Yet we kept up with it. What are you going to do during the daytime?

We did this for five thousand years. You can imagine by practicing something for five thousand years one got quite good at this.

We became enlightened dragons. War and strife left our consciousness a long time ago. Our minds became one. We were one with the universe and yet still existed in a dragon body.

When the young Tibetan kids showed up we were astonished, to say the least. They were in the same mindset we were in thousands of years ago. They were young and innocent.

Yet they had no idea of how magnificent they were. They asked us to train them. Well, we never taught humans before. Thousands of years ago they would hunt us down one by one and kill us.

Not a pretty picture. This is how Shamballa got started. We had a huge cave. I mean a huge cave. An entire city could have lived there. Over a thousand years we built this entire city.

It was known throughout the land but still was a secret. One had to have a good heart to enter this kingdom. We still had our share of misfits yet even they transformed. You see the power of love and kindness will melt any negative emotions over time. There was only a small handful out of millions who didn't transform.

This book is the teachings of the dragons. One can achieve enlightenment from these teachings. As I said before many of the world's religions stem from these teachings.



[Opinions](#)

We all have friends that are with us



Buddha has been following me around for a long time. My parents had a Buddha statue and as a kid, I would get mesmerized by just staring at it. It took all my troubles and worries as a young child away. In my teens,

I began a formal meditation practice which I still do today. My practice is the

foundation of my life. I once had a past life regression where my twin brother John, Mark Lowenhurst, and I were students of Buddha.

I could see it in my mind's eye. Even today I can close my eyes and visions will appear. Of course, I can't prove it<grin> yet the impressions are there. Milarepa is another guide.

When I first read the book on Milapera it was also mesmerizing. I lived in Ashland Oregon for some time and there was a beautiful temple that comes from the Kagyu lineage.

My wife and I went to the temple a few times but never heard about how to study with them. Anyway, this is going to be an incredible journey.

Both Christ, Buddha, Ramakrishna, and Milapera have been friends with me for such a long time. Once again how can you explain that? Yet I most certainly know that we are never alone.

This journey is both internal and external. What can I say we are all blessed.



⁴Palden Lhamo, as the female guardian spirit of the sacred lake, [Lhamo La-tso](#), promised the [1st Dalai Lama](#) in a vision "that she would protect the reincarnation lineage of the Dalai Lamas."^{[[citation needed](#)]}

Since the [2nd Dalai Lama](#), who formalised the system, regents and other monks have gone to the lake to meditate and seek guidance on choosing the next reincarnation through visions.^[11]

The particular form of Palden Lhamo at Lhamo La-tso is Gyelmo Makzor Ma ([Wylie](#): *rgyal mo dmag zor*

ma "Queen [Torma](#) Mother") or Machik Pellha Zhiwé Nyamchen ([Wylie](#): *ma gcig dpal lha zhi ba'i nyams can* "Pacified Expression of the [Common Wife](#) Palden Lhamo"), an unusually peaceful form of Palden Lhamo.^[12] The lake is sometimes referred to as "Palden Lhamo Kalideva", indicating that she is an emanation of the goddess [Kali](#).^[3]

The mountain to the south of [Chokorgyel Monastery](#) is the "blue" residence of Palden Lhamo, on which a [sky burial](#) site is located.^[13] T

he monastery was originally built in a triangular form to reflect the symbolism of its position at the confluence of three rivers and surrounded by three mountains and also represents the conjunction of the three elements of water, earth and fire, as well as the female principle of Palden Lhamo in the symbolic form of an inverted triangle.^[14]

⁴ https://en.wikipedia.org/wiki/Palden_Lhamo

Usually, Palden Lhamo refers to the Gelugpa version of her as a wrathful emanation of Saraswati. I find it fascinating that Palden Lhamo is also an emanation of Kali.

<https://buddhaweekly.com/get-away-like-ripley-movie-aliens-palden-lhamo-terrifying-enlightened-emanation-tara-drives-off-inner-outer-demons-obstacles/>

Sri Ramakrishna on the Divine Mother



⁵As recorded by M. in Sri Sri Ramakrishna Kathamrita
Excerpts from The Gospel of Sri Ramakrishna, tr. by
Swami Nikhilananda, Ramakrishna-Vivekananda
Center, New York, 1973.

Mother Has Revealed Everything To Me

I wept before the Mother and prayed. “O Mother, please tell me, please reveal to me what the yogis have realized through yoga and the jnanis through discrimination.”

And the Mother has revealed everything to me. She reveals everything if the devotee cries to Her with a yearning heart. She has shown me everything that is in the Vedas, the Vedanta, the Puranas, and the Tantra.” (p. 579.)

The Divine Mother revealed to me in the Kali temple that it was She who had become everything. She showed me that everything was full of Consciousness.

The image was Consciousness, the water was Consciousness, the altar was Consciousness, the water vessels were Consciousness, the doorsill was Consciousness, the marble floor was Consciousness-all was Consciousness.

⁵ <https://kalimandir.org/sri-ramakrishna-on-the-divine-mother/>

I found everything inside the room soaked, as if were, in Bliss – the Bliss of Satchidananda. I saw a wicked man in front of the Kali temple, but in him also I saw the Power of the Divine Mother vibrating.

That was why I fed a cat with the food that was to be offered to the Divine Mother. I clearly perceived that the Divine Mother Herself had become everything – even the cat.

The manager of the temple garden wrote to Mathur Babu saying that I was feeding the cat with the offering intended for the Divine Mother. But Mathur Babu had insight into the state of my mind. He wrote back to the manager: “Let him do whatever he likes. You must not say anything to him. (p. 345)

To my Divine Mother I prayed only for pure love. I offered flowers at Her Lotus Feet and prayed to Her: “Mother, here is Thy virtue, here is Thy vice. Take them both and grant me only pure love for Thee.

Here is Thy knowledge, here is Thy ignorance, take them both and grant me only pure love for Thee. Here is Thy purity, here is Thy impurity. Take them both, Mother, and grant me only pure love for Thee.

Here is Thy dharma, here is Thy adharma. Take them both, Mother, and grant me only pure love for Thee.” (pp.138-139)



⁶Ramakrishna and his student, Vivekananda, went and studied Tantra for a weekend and mastered that in a few days, so goes the description.

Ramakrishna was a devotee of Shiva. None of that limits him to any specific thing.

He was already a Yogi before taking tantra. He was a major Yogi in the revival of nondualism. He was all of these things and nothing specific.

A person who takes chemistry can also take biology. Neither one limits a person, same in yoga. A Yogi can be experienced in all sorts of things.

What is empowerment



Empowerment or **granting empowerment** refers to the [Vajrayana](#) ritual which awakens the special capacity for [primordial wisdom](#) to arise in the mind of the disciple.^[3] It is called 'empowerment' because when we receive it, we are empowered to follow a particular spiritual practice, and so come to master its realization.^[4] It is said:

In the [Secret Mantra Vehicle](#), there can be no accomplishment without empowerment,

⁶ <https://www.quora.com/Was-Ramakrishna-Paramhansa-a-Vedantin-or-a-Tantric-Shakt>

For that would be like a boatman without oars.

And also:

*Without empowerment there's no accomplishment;
You can't get oil from pressing sand.*^[5]

Empowerments can only be granted by qualified [vajra masters](#) and requires for the students receiving them to maintain the specific [vajrayana precepts](#), on the basis of the [refuge](#) and [bodhisattva](#) vows. [Dzongsar Khyentse Rinpoche](#) reminds us of the real meaning of 'empowerment':

"The most common description of abhisheka is that it is a transfer of power during a ceremony to give recipients the authorization to hear, study and practise the teachings of the vajrayana; we therefore "receive an empowerment." But the problem is that receiving an empowerment suggests someone is giving us a power we previously lacked[...], and is a long way away from the true spirit of tantric initiation. During an initiation we are introduced to an aspect of ourselves that already exists within us but that we have yet to recognize, and it is the activation of this recognition that we call 'empowerment' or 'initiation'. This is the real meaning of abhisheka."^[6]

Palden Lhamo Empowerment



Last Sunday my wife and I took the Palden Lhamo empowerment from Lama Glen. What an incredible and uplifting experience that was. After the empowerment, I took an incredible nap. ‘

I had incredible visions of the dragon world. It was so vivid and real. In this vision, I got the message to write this book. The dragons have enlightened over two trillion years ago.

Many of the tummo practices came from these enlightened beings. I was shown how the dragons practiced tummo inside of me. For a short time, I became their chakra system. Can't exactly put it into words.

The experience was highly magnified when this occurred. The teacher of the course appeared as a dragon along with the Dali Lama.

Yes, it's possible that I could have made this up. Yet the generation of love, compassion, bliss, and kindness you don't make up. Even so, imagination is one of the keys to unlocking the door within.

Logical thinking never unlocks the door within. In the six yogas of the Naropa tradition imagination is a very important key. It helps one to discover one's true nature.

I love the following quote.

During an initiation, we are introduced to an aspect of ourselves that already exists within us but that we have yet to recognize, and it is the activation of this recognition that we call 'empowerment' or 'initiation'. This is the real meaning of abhisheka

I have had less than ten empowerments or initiations in my life. Each one has been quite profound.

Tummo



Everyone knows that fire dragons breathe fire. Of course, we all do. When they get really angry they can incinerate anyone around them. Just ask the poor citizens in England who felt their wrath.

Even in the beginnings of Shamballa, the young and innocent dragons had anger problems. They would all at times blow up and get angry. Even after years of meditation, this serious problem occurred.

Yet they stumbled upon chance or was it a chance a different more subtle fire within them? They happened to stumble upon tummo the fire of life. Slowly I mean slowly this ancient wisdom was absorbed by them.

They discover the chakra systems and the channels within. They discover nadis which are like thousands of rivers running in the body.

Mind you in the course body these can't be seen therefore most people laugh and snicker when they hear such a thing.

This process took around 5,000 years even before the first young Tibetans arrived. It took around 1000 years for the Tibetans and the Indians to implement both their teaching and the dragon teachings. Both of the systems were almost identical. They understood there was a course body and subtle body.

They also understood there is a very subtle body that is infinite, beyond time and space. They would call this the Buddha body. Furthermore, they discovered the Buddha mind.

Austrian physicist Erwin Schrödinger is known for this phrase. The total number of minds in the universe is one. Consciousness is a singularity phasing within all beings. "There is one universal mind or Buddha mind.

These stages take place every night and bring you back to the source. Mystics and Yogis have been practicing this for thousands of years.

Slowly over time, this tummo system was developed. The Tibetan Buddhists have a comprehensive system of using Tummo. They may be different and have their nuances yet the result is the same.

This lineage has been carried on to today. Tummo is the foundation of their practice. Most people never discover the fire within and lead an ordinary life. The wise man kindles the fire within and makes a bonfire.

The fire then destroys all negative obstacles over time. This is just the tip of the iceberg. This system can be quite complicated, yet Glen Mulan keeps it quite simple to use and understand.

Tummo Commentary



I have been concentrating on my chakras for around 10 years. I first did this over thirty years ago in the ashram in the sky in Ashland Oregon. The practice of tummo took it a couple of thousand steps up.

The 6 Yogas of Naropa has been a living oral and written tradition for a very long time. They understood the mechanics of spiritual transformation. I'm overwhelmed by the knowledge that they have.

My current understanding and practice got magnified beyond what I thought was possible. Everything was in synch. I was in a perfect place at a perfect time.

Sometimes blessings will come from places you would never expect them. I discovered this course on Facebook. As you probably know I love to think outside of the box.

This practice of tummo is outside of the normal box. I always say that the operating system, hardware, and software have been there since we were born.

This practice of tummo is teaching me at a much higher and more practical level. I'm so grateful to be a part of the process.

Millions of people are waking up from their slumber. I always say the more attention you pay to something the more attention it pays to you. I just witness another series of incredible synchronicities that occurred. This life is an incredible journey.

Phowa



⁷The Phowa practice, or Transference of Consciousness at the Time of Death, is a simple, powerful means of ejecting the consciousness from the crown aperture into the Buddha-field of Amitabha aka the land of paradise, bypassing the bardos and avoiding rebirth in the six realms of cyclic existence.

Sufficiently realized practitioners can facilitate this transfer of consciousness for others as well as themselves. Once in Paradise one does not return to the samsaric realms and can quickly attain enlightenment.

Marpa the Translator said,

If you study Phowa, then at the time when death is approaching you will have no despair. If beforehand you have become accustomed to the path of Phowa, then at the time of death you will be full of cheerful confidence.

Can you imagine if you could practice dying every single day? Just think if you did that one would never fear death. Life and death are the same things. Absolute bliss is your true nature.

In the 6 Yogas of Naropa there is a simple process that one can do daily. This process also helps one to let go of the boulders, rocks, pebbles, and weeds within.

Can you imagine dying with a blissful smile on your face? In the West, it's almost forbidden to talk about death. Life and death is a natural process. Even the universe is born and will ultimately die. This is the nature of all things.

The Buddhists have around 30 different heavenly realms one can go to. How would you like to choose your realm before you die? If you are a Christian one can learn how to daily synch up with the kingdom of heaven that exists within. Once again we were never taught this in our schools.

⁷ [Phowa Teachings - Shambhala Pubs](#)

The 8 Stages of Dissolution

This is a rabbit hole we are on every day in our lives.
Whenever we go to sleep we go through these 8 stages.

Mind you we are unaware of them.

Every night we go to heaven yet we are unaware of it.

When a person dies these same steps take place.

A wise man practices dying every day.

He realizes that only the body dies.

You are the universe.

You just don't know it.

Austrian physicist Erwin Schrödinger is known for this phrase.

“The total number of minds in the universe is one.

In fact, consciousness is a singularity phasing within all beings.”

There is one universal mind.

These stages take place every night and bring you back to the source.

Mystics and Yogis have been practicing this for thousands of years.

You can solve this puzzle.

The answer lies inside of you.

The operating system, hardware, and software have been there since you were
born.

The sun is always there.

That is your true nature.

You have simply placed dark clouds around you.

Remove the clouds within and discover your true nature.

Stage One: earth into water

Stage Two: water into fire

Stage Three: fire into air

Stage Four: air into consciousness

Stage Five: consciousness into luminance

Stage Six: luminance into radiance

Stage Seven: radiance into imminence

Stage Eight: imminence into transparency

A wise man smiles and laughs at death.

He dies every day and sees the unity of life.

He realizes death is simply changing into new clothes.

We don't cry when we wear a new outfit.

Everything in the universe is created and destroyed.

Even the universe.

Yet behind that lies the source of all creation which is eternal.

Phowa Commentary

I mentioned this previously in my chapter Sri Ramakrishna on the Divine Mother. I loved how Sri Ramakrishna saw the unity of all things.



⁸Ramakrishna and his student, Vivekananda, went and studied Tantra for a weekend and mastered that in a few days, so goes the description.

Ramakrishna was a devotee of Shiva. None of that limits him to any specific thing.

He was already a Yogi before taking tantra. He was a major Yogi in the revival of non-dualism. He was all of these things and nothing specific. A person who takes chemistry can also take biology. Neither one limits a person, same in yoga. A Yogi can be experienced in all sorts of things.

I've only been doing this practice for a few weeks now. I'm blown away by how powerful and practical this is. I firmly believe that the world would be in a better place if we all did this practice.

A few tweaks could be given to the various spiritual practices people have. Each religion has a different way of looking at the pie of life.

Yet the phowa practice could be modified so anybody could use it. Imagine a Christian could learn how to die daily and experience the inner kingdom inside.

This would take them to an entirely different level in the video game of life. People would learn how to be tolerant of each other. We are all on the same boat sailing home together. Our world would totally transform if we all did this.

⁸ <https://www.quora.com/Was-Ramakrishna-Paramhansa-a-Vedantin-or-a-Tantric-Shakt>

Karmamudrā

Illusory Body



The definition of the Illusory Body is as follows. A body made of subtle energy-wind that one attains through advanced methods on the complete stage of the tantra.

Listen to Lama Glen's interview.

Illusory Body Yogas of Waking, Sleep, & Death - Glenn Mullin



You are the universe. You just don't know it. I find it incredible that we have the hardware, software, and operating put into place yet we have no idea it even exists.

The illusory body is beyond time and space. Scientists might call it the quantum field. You were never born nor will you ever die. Yes, your body will die someday.

The illusory Body is one of the "six yogas" of the completion or perfection stage of the tantra practice.

It is a profound yoga of training in both the pure and the impure "Illusory Body." "Pure Illusory Body" is the training to transform our bodies into the Buddha body, and "Impure Illusory Body" is the

practice of working with our ordinary physical body, our subtle body, our dream body, and our after-death between/bardo thought-body. Following the great Yogi and doctor Yuthok Yontan Gonpo (1126–1202), Dr. Nida considers this practice to be a direct and powerful Vajrayana psychotherapy, designed to authentically free us from all impure and superficial concepts we have about our own selves, teaching us ultimately how to use our wisdom mind to transform our body into that of an enlightened deity form of a Buddha. In other words, this is our true nature.

This is our true state of mind. Unfortunately, we are only focused externally. In the 6 Yoga, this system is slowly incorporated into one's life. Through one's practice, a person is constructing the mechanics to build this body within. This is a misnomer, however.

Your true nature is the Buddha body and Buddha mind. Yet this practice allows the transformation to occur inside of you. This is alchemy at its finest.

The practice of the Clear Light and the Illusory Body brings one to a state of enlightenment. This is your true nature.

The 6 Yogas of Naropa streamline the process of enlightenment. It bypasses many steps along the way. It strips out many different steps that some Buddhists have created along the way. It provides tools that one can use daily in one's life. It is a practical path, not a theoretical path.

In this class, I have a greater understanding of this process. I have been meditating on my chakras for years. Yet this class brought me to a greater understanding and helped me in my process.

I learned about hidden elixirs that can be accessed along the way. I knew these existed yet this path provides means to tap into the subtle chemicals of life. These subtle chemicals are both physical and non-physical. Scientists know this body is a chemistry set.

The world is in chaos and our health care systems reflect that. One who learns to be in balance and harmony understands what I'm talking about.

Many of the world's diseases could be eliminated if we got rid of the stress levels in our lives. Billions of people can't turn off the facet of adrenalin when trying to

sleep at night. They toss and turn throughout the night. Most diseases are caused by stress.

Maybe next time when a person laughs at the charka system one should ponder. All matter is nothing but the quantum field. Maybe just maybe the human body is made up of this field. Scientists know that the universe is quantum energy.

Your body Is Your Drug Store

The art of Taoism has been around for thousands of years.

I find it quite fascinating that they talk about the elixir of life.

This elixir is not an herb or any external substance.

This elixir exists inside of us.

In India, they talk about the nectar from God that flows within.

Yet here we are taking drugs for our ailments.

Each drug has huge side effects.

Now I'm not saying don't take drugs.

I'm saying maybe there is a better way.

For example, in China, you pay your doctor when you are healthy.

You don't pay when you are sick.

Mind you in modern-day China this isn't always the case.

But the point is that you focus on balance and harmony.

In our culture everything is fragmented.

We don't focus on the harmony of the mind, body, and soul connection.

When I was young I heard about the concepts of being in harmony with the universe.

To be quite frank I had no idea what they were talking about.

Here's an example of being out of balance.

In my junior year, my parents took our family to Yosemite.

It's probably one of the most incredible places on the planet.

Yet I couldn't see the forest from the trees.

I was miserable.

Why because I missed the ocean.

Now that is out of balance.

Before we can begin to be in harmony with the universe let's try being in harmony with the planet earth.

Currently, man has divorced himself from our precious earth.

We pride ourselves on the technology that we have.

Yet we are totally emotionally immature with the earth.

Where am I going with this?

Imagine if man was in absolute harmony with the earth.

Can you imagine the wisdom that it has?

It might tell you that your body is your drug store.

Every thought whether positive or negative secretes over 1400 positive or negative chemicals.

Currently, most of America is totally out of balance.

Look at all the problems today.

I used to work for the USDA.

I saw my friends taking up vaping.

I couldn't believe how much smoke came out when they exhaled.

It was at least 5 times the smoke from regular smoking.

No wonder there is such an epidemic.

Imagine there are drugs existing inside of you that are dormant.

In order to receive them, you must be in balance and harmony.

In each and every moment we have the opportunity to be conscious and aware.

Currently, we are playing the same tapes over and over again.

I can guarantee that these elixirs of life will work better than any physical drugs.

Your body has the intelligence to produce these for you.

How many people listen to their bodies?

How many people monitor their thoughts?

How many people dive into silence?

How many people monitor their actions?

You see this is a moment by moment conscious event.

When we are unconscious chaos exists.

Look at the world around you.

Does it seem to be in balance and harmony?

The question is do you want to change?

Are you content with the current conditions?

This isn't just Richard on a soapbox.

I'm asking real questions.

What do you think?

You are your savior.

Nobody is going to save you except yourself.

All the scripture point the way but you must walk on this path.

This human body is hardwired to find God within.

We are on this incredible journey to discover our true nature.

We are out of balance and yet we can learn how to be in balance.

These are exciting times.

Millions of people are waking up.

Clear Light



I always knew there was a light inside of me. Yet before I started to meditate I would get fleeting glimpses once in a while.

Our true nature is clear light yet because our focus is externally we are oblivious of it. For many, it seems like hocus pocus.

Good old Albert talked much about the quantum field. Everything comes from that source. We see only one percent of the light spectrum.

As I've said many times before we have the hardware, software, and operating system set in place. Just think you want to start a bonfire. You need fuel to start the fire and more fuel to ultimately make the bonfire.

The Buddhists and dragons discovered a system within which one could add precious fuel to the bonfire. Certain techniques are used to dissolve the blocks that we have within.

Supreme alchemy is used to rewire both the physical and subtle bodies. Clear light is our essence. Over time one sees this clear light and one's attention is absorbed into this clear light in waking consciousness.

Mind you that person still has afflictions but that person is consciously working to dissolve them.

The goal is to become one with this clear light while being alive. One becomes united with the universe. One becomes in harmony and balance with life.

We live such stressful lives that this seems like a fairy tale. Billions of people can't turn off the facet of the adrenaline. They toss and turn all night.

A mind that is in a high beta state will never see this clear light. Yet every night during sleep we return to this clear light. Upon dying, one sees this clear light and returns to the source.

There are many different systems to connect and ultimately become one with this light. The Six Yoga's of Naropa is one of them. It involves building a new circuit both physical and non-physical.

We have to learn how to rewire within. Our current-day state of mind will never lead us home. Our afflictions never serve us yet we are so conditioned by them.

So what is this clear light? Imagine seeing a light that contains all. Imagine this light contains supreme bliss, love, and compassion towards all. Imagine this light contains all wisdom.

Before this universe was created this clear light existed. This is your true state of being. This universe was created. This universe will be destroyed. Yet behind that, the clear light will always be.

You are a part of this. Yet currently we only think about our petty lives. We are a part of the problem of why chaos exists on this planet.

The 6 Yoga of Naropa streamlines the process. It provides the main essentials for one to become enlightened. Granted it takes effort.

There have been many people who have become enlightened using this system. Even if one doesn't do it during this lifetime one life is changed forever. There is a path that goes on forever.

There is never going to be a time when you will clap your hands and say I know everything there is. We are continuously growing and learning.

We are going from darkness to light. This is the video game of life. What level are you on? There are infinite levels to play on. You can solve this riddle. The answer exists inside of you.



The following is part of an article by Yogananda called Life Is A Dream:

Life is a cosmic movie (projected within the screen of consciousness).

I look at the beam of God's light, which is projecting these scenes on the screen of life (consciousness). I see the pictures of the whole universe coming from this beam.

Another time I was sitting in a movie theatre watching a movie on a screen. And then I looked into the projection booth. I saw that the projectionist was not interested in the movie, because he has seen it over and over again. Instead, he was reading a book.

The projector was doing its job: there was the sound, and the beam of light was casting realistic images on the screen. And there was the audience caught up in the drama.

From age to age, from civilization to civilization, the same old movies are shown over and over again, only with different characters playing the parts.

When I took my gaze from the light of the projector and looked at the audience in the movie theatre, I saw that they were going through all the emotions of the actors in the movie.

They were suffering with the hero, and reacting to the evil of the villain. To the audience, it was a tragic experience. To the operator in the projection booth, it was only a movie! And so it is with God. He has created (imagined) movies of light and shadows, the hero and the villain, good and evil, and we are the audience and the actors.

It is only because we identify with the play too much (as being real) that we are in trouble. Without shadows as well as light (contrasts) there could be no picture. Evil is the shadow that converts the one beam of God's light into pictures or forms.

Therefore, evil (contrasting with good) is the shadow of God that makes this play possible. The dark shadows of evil are mixed with the pure white beam of the virtues of God. He wants you not to take these pictures so seriously.

- Daydreaming
- Dreaming at night
- Life is a cosmic dream
- Living a dream or a nightmare.
- Illusions. What you see might be not real.
- The cosmic dream
- Lucid dreaming
- Dreaming to accomplish goals
- Piercing the dreams to see the dream fade away and see only the crystal light.
- Brain chemistry dreams
- Advanced cosmic dreams

For the past two years, I've been consciously paying attention to the whole sleep cycle. I'm in a meditative state watching myself.

Somehow going from that conscious state I haven't watched that transition yet. Many times when I'm in a dream state I see the dream dissolving in the crystal clear light state.

This has happened quite frequently and I'm aware that behind our dreams lies the essence of all that is. Recently when I'm in a meditative state engulfed in light the whole scene collapses and time and space are suspended.

It is quite surreal. I see that time and space as a construct yet there is something even beyond that. My motto lately is the more you pay attention to something the more attention it pays to you.

When I sleep I try to meditate at the same time. Slowly I mean slowly one can learn how to be in a sleep state and be conscious and aware of the inner jewel.

One's body can be in a sleep state while at the same time one can be in a state of bathing in light and bliss.

I'm looking forward to learning more about the dream work the Tibetans do.

Here's the essence I got from Lama Glen's YouTube video.

Going to sleep in Buddhism is like dying every day. One goes back to the source and returns to everyday life. Usually, this is unconscious.

Death is returning to the source and only the body dies. I call this going into a different room in the mansion of life.

Glen told a story about listening to classical music in his classroom. He had an out-of-body experience going to heaven. Angels were all around. He heard the laughter of angels.

At some point, a kid was poking Glen in the stomach and woke him up. All the kids were laughing in the class. To the kids, he just fell asleep smiling. Glen was swept to the heavenly realm. Ramakrishna said the external beauty would help trigger him into ecstatic levels of consciousness.

Glen said I wasn't with the angels I was making a fool of myself in front of my fellow students. Yet he did get transported into the heavenly realms. Sometimes our external stimuli will help trigger a divine experience.

The Buddhists say that parents don't choose us, we choose our parents.

Bardo Yoga

Bardo and Nature of Mind YouTube



⁹The Tibetan word bardo (བར་དོ་ Wylie: bar do) means literally "intermediate state"—also translated as "transitional state" or "in-between state" or "liminal state". In Sanskrit, the concept has the name antarabhāva.

It is a concept that arose soon after the Buddha's passing, with several earlier

Buddhist groups accepting the existence of such an intermediate state, while other schools rejected it

Bardo Introductory talk by Robert Thurman and Dr. Nida



Used loosely, the term "bardo" refers to the state of existence intermediate between two lives on earth.

According to Tibetan tradition, after death and before one's next birth, when one's consciousness is not connected with a physical body, one experiences a variety of phenomena.

These usually follow a particular sequence of degeneration from, just after death, the clearest experiences of reality of which one is spiritually capable, and then proceeding to terrifying hallucinations that arise from the impulses of one's previous unskillful actions.

For the prepared and appropriately trained individuals, the bardo offers a state of great opportunity for liberation, since transcendental insight may arise with the

⁹ [Slide 1 \(squarespace.com\)](https://www.squarespace.com)

direct experience of reality, while for others it can become a place of danger as the karmically created hallucinations can impel one into a less than desirable rebirth.

Franseca Fremantle states that there are six traditional bardo states known as the Six Bardos: the Bardo of This Life; the Bardo of Meditation; the Bardo of Dream; the Bardo of Dying; the Bardo of Dharmata; and the Bardo of Existence.

The first bardo begins when we take birth and endures as long as we live.

The second is the bardo of dreams.

The third is the bardo of concentration or meditation.

The fourth occurs at the moment of death.

The fifth is known as the bardo of the luminosity of true nature.

The sixth is called the bardo of transmigration or karmic becoming

Kyenay bardo (skye gnas bar do): is the first bardo of birth and life. This bardo commences from conception until the last breath when the mindstream withdraws from the body.

- Milam bardo (rmi lam bar do): is the second bardo of the dream state. The Milam Bardo is a subset of the first Bardo. Dream Yoga develops practices to integrate the dream state into Buddhist sadhana.
- Samten bardo (bsam gtan bar do) is the third bardo of meditation. This bardo is generally only experienced by meditators, though individuals may have spontaneous experience of it. Samten Bardo is a subset of the Shinay Bardo.
- Chikhai bardo ('chi kha'i bar do): is the fourth bardo of the moment of death. According to tradition, this bardo is held to commence when the outer and inner signs presage that the onset of death is nigh, and continues through the dissolution or transmutation of the Mahabhuta until the external and internal breath has completed

Chönyi bardo (chaos nyid bar do): is the fifth bardo of the luminosity of true nature which commences after the final 'inner breath' (Sanskrit: prana, vayu; Tibetan: rlung). It is within this Bardo that visions and auditory phenomena occur. In the Dzogchen teachings, these are known as the spontaneously manifesting Thödgäl (Tibetan: thod-rgyal) visions.

Concomitant to these visions, there is a welling of profound peace and pristine awareness. Sentient beings who have not practiced during their lived experience and/or who do not recognize the clear light (Tibetan: od gsal) at the moment of death are usually deluded throughout the fifth bardo of luminosity.

- Sidpa bardo (srid pa bar do): is the sixth bardo of becoming or transmigration. This bardo endures until the inner-breath commences in the new transmigrating form determined by the "karmic seeds" within the storehouse consciousness