



Cosmic Advice

Fletcher Soul Traveler

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Intro



Recently I stumbled upon this series of YouTube videos titled Life of Kai. It is extremely interesting and informative about the current status of big wave riding.

I like Kai Lenny. He is pushing the boundaries of big wave surfing to the max. He has a great sense of humor and yet he is highly dedicated to what he does. I love to see the training segments that he does.

In order to survive a wipeout from those huge waves, one must be in great mental and physical shape. It seems he tries to get all his bases covered.

Years ago big wave riders never had the expert training that we have today. Back then it was extremely rudimentary and basic.

I remember in the '60s we didn't even have leashes when we wiped out. When you lost your board you had to swim to shore.

We all are trying to fine-tune the guitar of life. We can all help and assist each other on this journey.

I hope to offer some small tips that may provide Kai and you the reader to utilize in his life.

As you probably know, I love to think outside of the box. Kai and his surfing are definitely outside of the box. He is what the Hawaiians would call a true waterman.

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Mystics and surfers.



You may think do mystics and surfers have anything in common? Many people would probably say they're at the opposite ends of the spectrum in life. Yet this is misleading.

Surfers and mystics are both on the same wavelength. Both of them are riding waves. The mystic rides the internal wave. The surfer rides the external wave. Most people don't know about inner surfing.

Modern-day quantum physicists are beginning to understand that there is an energy wave that is keeping the entire universe alive.

This same wave exists inside of you and me. In fact, quantum scientists would say you are the universe. You just don't know it. We were never taught this in schools.

The high and harmony that a big wave surfer is seeking lies inside of oneself. I say the spiritual path is the most practical path. You may say I disagree with that statement.

But the spiritual path occurs when one has his feet on the ground and his head in heaven.

The Taoists have been talking about being in harmony with the universe and the earth for thousands of years.

Surfers in general are seeking to harmonize themselves with the forces of nature. The mystic has been surfers in their own right for thousands of years. One does not have to live near the ocean. Life exists inside of them.

The way contains the wisdom of the universe.

Kabir once said everyone knows that the ocean contains all the drops. Yet only the wise man understands that the drop contains the entire ocean.

Inner surfing allows the surfer to connect and be in harmony with the infinite wave of the universe.

We were never taught this in our schools and our education systems. I would find it fascinating if surfers like Kai would learn how to inner surf in their daily lives.

The experience of being in harmony and the high of riding a huge wave exists 24 hours a day inside of us. This wave is perfection itself. It is beyond time and space. It is eternal. It exists in all dimensions seen and unseen. Before the universe was created, this pure essence existed.

Human beings are built with the hardware, software, and operating system put into place. Unfortunately, the computer is never turned on. Consequently, we don't even know our true nature.

We see only 1% of the light spectrum. We think we see at all with our two eyes. Consequently, we are losing out 99% of our true self and wisdom.

Meditation is the key that opens up the door to eternity. This is our true nature.

An individual can be both a surfer and a Mystic at the same time. Both are fine-tuning their crafts. When a surfer begins to learn how to become a practical mystic, this is where true wisdom starts to manifest inside.

One can incorporate internal wisdom with external wisdom. In life, we can never rest on our laurels. We are always progressing and learning on this journey in life. Life is not boring yet. We may lead a boring life.

Many of these principles in this book are to help you understand your true nature and to assist you in having a better life.

The more a person is in harmony with the universe the universe is in harmony with you. The more attention you pay to something, the more attention it pays to you.

You may say if this experience exists inside of me, why don't I experience it? I have a question to ask you. How much attention do you place on the inner jewel that lies inside of you? If you don't even know that there is a

Jewel that exists inside of you, then that is the reason why you don't experience it in your daily life.

Meditation is not only when you close your eyes. Meditation occurs 24 hours a day and in all different states of consciousness.

We place so much focus and attention externally. We can't see the forest from the trees.

Meditation is a way to be in harmony with nature itself 24 hours a day. Granted this is a slow and gradual process.

It's like a tuning fork. A tuning fork vibrates to whatever frequency it is tuning with. The mystics understood this and have a practice where they learned how to be in tune with the wave of the universe.

A Mystic learns how to be in harmony with the wave of life wherever he goes. Each moment is sacred. Each moment is unique. Each moment is an opportunity to experience the harmony of all things in life.

Consequently, a mystic doesn't get bored. Boredom may come yet the mystic goes beyond boredom. Boredom is a state of mind.

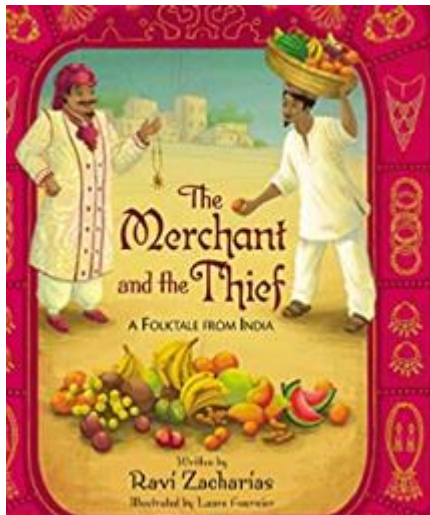
A big wave surfer may get bored with little waves. He may on land be like a fish out of water.

When I was a teenager my parents took me to Yosemite. Yosemite is one of the wonders of the world. Yet I didn't have a good time. I missed the ocean. I look back now. I see how much I was out of harmony.

Signposts are all around yet. Do you have the eyes to see?

The mystic learns moment by moment to see the unity of everything. Everything in life is sacred. As the Zen Buddhist would say chop wood and carry water. The spiritual life is the most practical life. One does not have to go to a cave. One should be in this world and yet be beyond this world.

The Jeweler And The Thief



Well, let's continue with this incredible story. The dragons when they first saw the youngsters entering the cave many moons ago weren't interested in the slightest in training man.

You see man was one of their major troubles. There was even a dragon slayer profession in the British Isles. Yet at the same time, they could see the potential in these youngsters they were more evolved than them when they were young.

Back then the dragons didn't even have a glimmer of light. So they had an internal discussion amongst themselves. "Do you think we can train them"? Do you think they can change?

You see even in China and Tibet war ruled the land. Anger was the norm. Mind you these youngsters had a combination of light and darkness. They could see both sides of the coin. So the dragons decided to train them.

Now their training wasn't like today. Today children in schools are bored. They are taught to use just memory. They are taught to remember facts. They are not taught to use your mind and think.

The dragons are experts in this field. They are the master's wizards of Hogworth today. They are thousands of years ahead in development.

Hogwarts teachers would be in nursery school. The dragons would have an advanced Ph.D. study in the universe. They were off the charts.

The dragons had a unique style of teaching. You could say it was revolutionary today. They taught by using games, play, and fireside chats.

The very first game they taught was hide and seek. This was a very practical game. They had a series of talks about the universe. They were taught that the universe

existed inside of them. Well, to be frank, that was completely over their heads. They couldn't even understand one word.

So the dragons played a game of hiding and seek. The dragons would hide. The youngsters closed their eyes and counted to 10. 1 2 3 4 5 6 7 8 9 10. Ready or not here we come. They would open their eyes and all the dragons were gone. The dragons had rules they couldn't leave the cave.

All of the kids were completely shocked when they open their eyes. All the dragons disappeared. They all gasped in surprise. As you know dragons are quite large. They weigh thousands of pounds. This game went on for around six months or so.

Finally, at one fireside chat, the dragons told this practical story.

Imagine two young men walking down the road. They were headed to a town five days from their current destination. One of the men was a jeweler. The other man was a thief. The thief knew this man had a very precious jewel that he was carrying.

As I said both of them were going to the same town. They decided to travel together. They had a long journey ahead of them. Hours passed. They were quite tired and exhausted. Fortunately, there was a simple inn ahead of them.

They both decided to spend the night there and share a room. Both of them decided to have dinner together. The jeweler went first and a few minutes later the thief joined him while the jeweler was holding a table for them the thief was looking all over for the precious jewel.

He was quite dumbfounded. He was the greatest thief in the land. They had dinner and went to bed immediately. They weren't in the mood to drink the ale and party into the night.

Well, guess what? This went on for several days. Finally, they reach their destination.

By then the thief was confused. He thought this was going to be an easy steal. He said to the jeweler I'm a thief. As a matter of fact, I'm a king of thieves.

I knew you were carrying a precious jewel. Every night I knew you hide the jewel inside of the room. Every night I would search all over for it. I got quite frustrated when I couldn't find it. Where did you put it? I'm dying for an answer.

The jeweler said I knew you were a thief. I knew you wanted to steal the jewel. Each night I would hide it in a place you would never look. The thief said and where is that? The jeweler said under your own pillow. I thief knew he was outwitted and outsmarted.

Well, the kids loved this story. They were well acquainted with thieves and jewelers. They went through their town quite frequently.

The dragons said let's play a game of hide and seek again. This time focus on your breath.

Close your eyes. To their amazement, the dragons appeared inside of them. They couldn't believe it. How could all the dragons appear to the kids? This was the starting point of their incredible adventures.

Now when they played hide and seek they knew where to look. A single but necessary step took place. They knew this was both an inward and outward journey. The youngsters were thrilled.

Each time they play the game the youngsters knew where to look. They love to play this game. All the first-time students had to go through the same baby steps the others went through. You see this path is two steps forward and one step backward. You learn from your progress and your mistakes. Never give up.

Planting The Seeds



The dragons have a master plan. They know you need a solid foundation to build one. Baby steps are needed on this journey.

At first, the youngsters had to learn how to focus inside and meditate. If they didn't learn that at even a simple level the youngsters would pay all attention to the outside world.

This is why they had to play hide and seek over and over again until it became a habit. It became second nature.

They learned over time that God and the universe exist within.

One another game the dragons used was the game peekaboo. The dragons had their style to this game. The child would close their eyes and say peek a boo and the dragons would instantaneously be appearing inside of them.

The children would laugh so hard each time they did this. They never got tired of this. Even when they got older they still got a big kick out of this game.

This taught the child that the dragon world exists within. You are never alone. This helped the child in daily life.

You see their life was rough. Most of them never had the opportunity to go to school. Even at a young age, they had to work in the fields. It was tough and demanding.

The dragons understood the laws of the universe. They understood that the kids learned that if you plant a seed in the ground there is a process.

A seed doesn't grow overnight. The crop must be tended to. You must pull your weeds. If you don't the weeds will overtake your precious crop. You had to toil the soil and water it. It took a tremendous amount of energy.

Well, the kids had no problem understanding those principles. The dragons then explaining you have an inner garden that must be attended to.

You must pull your inner weeds of anger, war, greed, hate, and intolerance. You must learn how to pull the weeds of bullying.

You see that was a major problem in China and Tibet. It is still rampant in the west.

The dragons were probably the best psychologist in the world. They understood the mind to such a great extent. They truly knew the ways to develop a healthy and positive mind.

They understood that the universe is kind. The universe is patient. The universe is love and compassion. The universe is tolerant.

You see you are the universe. You just don't know it. The youngsters never heard of such a thing.

They only used to see war, bickering, and anger. Sure at times, they experience a little happiness. But they never knew that they could change their emotional state.

They didn't have to be angry and bully other people around.

The kids learned how to truly transform themselves. The dragons taught them how to hesitate before they speak. They taught them to be conscious of what they spoke.

They were taught if something is negative don't say it. They understood it was placing more wood on the fire.

The dragons knew about bullying. Remember they were bullied throughout their lives. Remember that was one reason they left.

There was this innocent girl named Pema. Pema name means lotus. She was like a lotus very pure. Because she was pure and innocent the boys loved to taunt her and bully her. She constantly had to endure this.

The dragons were quite aware of her pain. Anyway, to make a long story short they came up with a master plan. The next time the boys tried to bully her the dragons would come to her rescue and roar. I'm mean roar. It could be heard all over the valley. The bullies would run away in fear.

Pema was so kind she would console the bullies and they would become best of friends. One by one the bullies were transformed. They become students with the dragons and were transformed.

It was kind of funny that modern-day psychology didn't embrace positive mental health until the 1980s. They only taught about the ailments of the mind.

The east has been teaching and learning for thousands of years. There was even a rumor that Buddha learned from the dragons. He got his learning from the inner dimensions.

Buddha was considered the first psychologist of his time. He understood the mechanics of the mind which are still in play today.

Stop The Noise In Your Head



As the children began to learn how to meditate they saw how powerful the mind is. They never noticed that before.

They asked the dragons how to stop the noise in my head. Of course, all the dragons laughed.

They laughed because everyone goes through this.

You see the mind is the most different thing to control in the universe. The majority of man reacts to every situation. Man is reactive. The wise man learns to be pro-active.

They understood the basic law it's by will alone I set my mind in motion. Now that's very easy to say but hard to do. All people who learn how to meditate in the beginning have this problem.

In the east, they call it monkey mind. The monkey goes from one branch to another. It can't be controlled. Well, when they first started to learn how to meditate they saw this from first-hand experience.

The dragons told a wonderful story each time this subject was brought up. They told a story where a man saves a genie.

Nobody knows exactly how this man saved him. Well, the genie told this man you can have as many wishes as you want. The man said wow that's incredible. I love that idea.

The genie said well there's a catch. The man said, "what's that". You must always give one wish after another. If you don't I will chop off your head with my sword. Are you sure you want to continue with this? The man hesitates for a moment and says reluctantly sure.

Well, the genie said what's your first wish. The man gives one wish after another. It seems like when one wish is granted he had to give another.

He didn't have one opportunity to enjoy even for a second the previous wish. He was getting tired and couldn't even go to sleep. The genie was always harassing him and saying "what's your next wish"?

Well, fortunately, there was a wise man nearby. He went to the wise man and sincerely asked for help. This boon was turning into a curse. The wise man whispered into his ear.

Well, the genie demanded another wish or he will chop off his head.

The young man said to go to the forest and find a huge log. Your wish is my command. In a second he returns with a huge log.

The genie said with a smile give me a wish or I will chop off your head. As you can see the genie was particularly nice.

Well, the young man told the genie to go up and down the pole. When I need you I will give you another command. The young man could relax and enjoy all the wishes he gave to this genie.

The genie knew he was outsmarted by the wise man. The young boy enjoyed his life and helped others in the community. He eventually learned about the dragons and helped tremendously his fellow man.

The dragons said that the genie is the mind. The mind wants to control you versus the other way around. By placing your mind on your breath the genie will go up and down the log and set you free. Meditation is the key to bring awareness to your mind. Your mind is either your friend or foe.

Everyone in the universe has to learn how to control their mind.

Intuition



Most people think that surfing is mostly physical activity. Yet surfing is just as much mental as it is physical.

Even beyond mental lies the world of intuition and synchronicity.

Today we will talk about the world of intuition.

Intuition is the key for a person to be able to be a great surfer. You may be in the best shape of your life, yet without developing intuition, you will not be surfing at your highest level.

Intuition is the key,

Imagine you are at a brand new surf break and you'll wonder where to paddle out. The waves are huge. Intuition will give you the signal where to paddle out and most important of all when to paddle out.

Timing is everything paddling out on a huge day. Once you get to the lineup, intuition will tell you where to sit. It will change each time you paddle out after writing a wave. Remember everything changes and morphs into something else. When a person is in the zone he is using his intuition

So much of surfing depends upon the subtle things that most surfers aren't aware of. The key is to be conscious and aware.

Surfing is a combination of the subconscious and the conscious. You don't want to think to stand up.

One must have the automatic reflexes built-in to the system where it is automatic. Yet the key is intuition. It must be on a conscious level.

Awareness must be there and be developed to progress in the surfing world.

We are talking in terms that most surfers and humans are slightly oblivious to. We don't pay attention to the inner signals of life.

Surfing huge waves it's highly necessary to be aware of all the tools at your disposal. Each tool could save your life and help you progress in your development.

For example, taking off on a huge wave one must be in a perfect position. Not too far out. Not too far in.

The wave will tell you how much effort you need to take . One can over time be in harmony with the waves. The ancient Hawaiians knew all about this.

In the '50s, when the young American surfers went to the North shore for the first time, they came from a framework of big wave bravado and drinking beer. Now there's nothing wrong with that yet for many Hawaiians surfing was sacred art. Surfing was a meditation in life.

The Hawaiians had a different awareness of how to surf. Today's modern surfers, especially in Maui, utilize the latest advancements in the sport and also connect to the sea. They have high respect for the ocean.

The ocean is not simply a toy to play with. With that type of attitude, the ocean will teach you many difficult lessons.

One must respect the forces of nature. One must not be oblivious to nature. Intuition is the key to starting the conversation between you and nature. It is the sixth sense.

Meditation is the key to connecting to your intuition. The goal is to be aware 24 hours a day. Yes, I said 24 hours a day. That means in your day-to-day activities one can be in a state of heightened awareness.

The mind is like a tuning fork. Whatever it focuses on it vibrates at that frequency.

When the mind is focused on the jewel within, it starts to vibrate at that frequency. In the beginning, you meditate on the universe. At some point, it starts to meditate on you.

That my friend is a riddle to be solved. Everything is built into you to have this experience.

Synchronicity



Synchronicity is the art of being at the right place at the right time.

Many surfers have had the incredible experience of sitting in the lineup and an out of nowhere a wave appears.

It seems like magic.

Maybe it is magic in its purest form. We call it magic but maybe synchronicity is a state of being in harmony with the universe for some moment in time.

Words cannot describe that experience yet something divine has occurred. The more one sees synchronicity in one's life the more synchronicity will occur.

One must transcend the normal state of existence and enter into our natural state, which we think is unnatural.

We spend so much time looking externally that we lose touch with the precious gifts that exist inside of us.

Synchronicity is a way to go back home. Imagine having a radio and a station. KGOD is broadcasting 24 hours a day.

To listen to that station, one must dial into that frequency. If you dial it in higher or lower than KGOD you still won't be able to hear the station being played.

Yet when you completely dial into that station one will understand what I'm talking about.

Mystics have been talking about this for thousands of years. Most people ignore wisdom and advice. If I can't see it with my own two eyes I don't believe in it.

Unfortunately, that is the case for most people. The same power that creates the universe is the same power that creates synchronicity in your life.

We think we are separate and alone. We think our actions are mundane. We think we aren't a piece of the puzzle in life.

When we experience synchronicity we see the unity of all things. The universe is showing that you are a divine creator. You are magnificent. Words cannot describe who you truly are.

The mysteries of the universe lie inside of you. Yet we are texting on the freeway of life. We are bored with our defined existence. We need to find the hidden treasure that exists inside of us.

Signposts are all around. Do we have the eyes to see?

Synchronicity Poem

The definition of synchronicity is the coincidental occurrence of events and especially psychic events (as similar thoughts in widely separated persons or a mental image of an unexpected event before it happens)

How does that sound?

Spooky.

All of us had this feeling before.

We can't quite pinpoint it.

It's a part of us is beyond time and space.

It's called our higher selves.

This part is like a cosmic soup where the entire universe came from.

It is beyond time and space.

As humans, we are hard-wired for this experience.

This is why at times we have the feeling of synchronicity.

Somehow we tap into this state and bring something up which is out of the ordinary.

A mystic's state of mind is ordinary yet for us it's not.

We all have these gifts inside of us.

Look within for the answers.

Paddling



There is an art and science to paddling. When a person first learns how to surf the first thing is to learn how to paddle the darn board.

It may look easy but when you get on the board and start paddling it is a different story altogether.

Paddling has not entered your subconscious. Only through time and patience will it be a part of you

Most beginner surfers have their legs in the water and try to paddle. Not very efficient. With the short boards, you don't have an option at times.

When I was a kid my dad would take my brother and me when I was in 7th grade to Big Corona which is in Newport Beach, California. We would surf for around 5 hours and then we paddled home through Newport Bay to our home which was around 5 miles from where we were. It was quite exhausting at times yet we learned in a very short time how to be efficient paddlers.

In my sophomore year of high school, I ran the 1320. My age group couldn't run the mile. That year I won every single race around 50 yards or more.

Somehow with my intuition, I learned that if I breathe through my nose the first two laps I could use the final lap and breathe through my mouth. This gave me significantly more energy than my competitors.

I remember one race where my time in the 880 split was faster than my brother who only ran the 880. I was on to something. I put the same logic and intuition into my paddling. Lo and behold, it was quite significant. My energy levels went up tremendously.

I found out years later that the Indians call when one is breathing through the mouth, the breath of death. When a man is dying he takes the last breath usually through his mouth.

Scientists know that by breathing through your mouth, tremendous amounts of toxins are released into the body. Stress hormones get released. Over 1500 different chemicals get released into the body.

Just think if a big wave rider learns how to control his breathing.

The Tibetan Buddhists have breathing techniques where one can hold their breath for over an hour.

I took a class recently on the art of tumo where a student from another class could hold his breath for one hour.

The Indians call this the breathless state. Mind you, the practitioner is not forced to hold his breath. Serious problems happened when you try to force something.

Gradually over time, one learns slowly how to master this? Paddling ultimately it's like learning to ride a bicycle.

At some point, the art of paddling goes into the subconscious. There is a rhythm and flow. The body is restful. There is a difference between using force and being in a state of relaxation and paddling at the same time.

Most surfers were never taught how. Most surfers think that this is merely a physical aspect that you do.

When I was young and paddling home from Big Corona I would at times simply close my eyes and just feel myself paddling. I would get into a meditative state of mind. I could feel the body and mind were one and the same. I could sense the energy running throughout my body.

Granted my body was tired and exhausted from my surf session, yet I learned how to conserve energy.

For a big wave surfer, this made me mean the difference between life and death I remember once reading an article in surfer magazine in the '60s.

A scientist calculated that one huge wave at Waimea Bay could light New York City for one month. Wow! That's incredible. No wonder surfers are hooked to big waves.

Yet only a big wise surfer who has ridden waves like that understands the power of a wipeout. Personally, I think it is a miracle that a surfer can get out of it alive.

One wave could light up New York City for one month and yet a surfer can survive a wipeout on that wave. Mind you, this was only around a 20 ft wave. Surfers today are riding waves at times over 70 ft.

No wonder for a big wave surfer everything must be scrutinized and enhanced. One must be impeccable and is training. Training will make all the difference in the world when things go wrong.

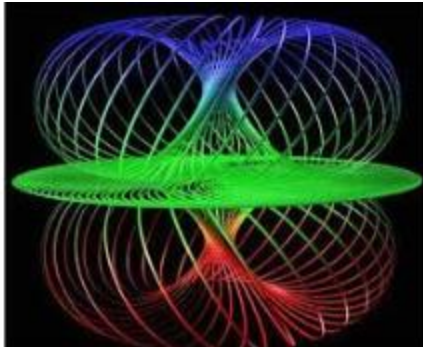
Unfortunately, nobody gets a free ride. One day or another a surfer will be in a situation where it's life and death.

There's no other way to say that. Modern-day surfers understand this and are prepared precisely when this encounter occurs.

The art of paddling is very subtle. One must be conscious and aware. One must learn how to use the internal forces within to your advantage. One must learn how to conserve energy. One must learn how to be and flow with your mind and body. One must be relaxed. The body doesn't have to be in stress when one paddles a surfboard.

These are all essential to learning how to paddle efficiently.

Quantum Field



Every single moment we are entangled into the quantum field. This is where we came from.

You were never created nor will you ever die. We get glimpses of it every day.

Yet most of the time we don't know it. It's who we truly are yet we aren't conscious of it.

When the chiefs are so far behind and you only have 6 minutes left on the clock this is where being in the zone truly helps.

If the chiefs didn't do this they wouldn't have won the Super Bowl. I'm sure the Chiefs know when they are struggling and whenever play is coming from a place they can't describe.

In the future teams will realize this. Phil Jackson the head coach for the Chicago Bulls taught his players the principles of Buddha.

This is from an article in Tricycle magazine dated summer 1994.

Through meditation practice and other techniques, he teaches players to experience the joy of being in the moment and to blend their individual talents with the consciousness of the group. As he puts it, "Being aware is more important than being smart."

I completely agree with this statement. Have you ever seen birds flying in the sky and being in perfect sync with each other? There is no one leader. They all turn and move in perfect sync. Nature is aligned with the mysteries of life.

The Lakers and Bulls had their moments years ago where they won titles this way. I would highly recommend the chiefs to explore this. Somehow they stumbled into this.

Can you imagine if they learned how to do this consciously? Just think you could almost know what your opponent was going to do. The entire team moves and flows in the direction that is needed.

Both the offense and defense move in this manner. This is not science fiction. Nature does this all the time. Why don't we mimic nature?

The Taoists have been doing this for over 4,000 years. We have been brought up in a society that is totally divorced from nature. We have lost our intuition and awareness of life.

In the future, all teams will have to learn this to be competitive.

The team that is unified and moves as one has the advantage. Even if you improve by just 1% you have an advantage.

I'm sure Coach Andy Reid would love that. Just a once of awareness goes a long way. Imagine if every moment the players could tap into this quantum field. The player's awareness would change overnight.

This is just the beginning stage.

Patterns



Football like life has many different kinds of patterns.

Depending on what patterns the team plays is one aspect of winning the game.

In life, we usually play the same patterns or tapes day after day. We get up, brush our teeth, have breakfast, and drive to work in rush hour traffic. We work. Drive home. Have dinner and then sleep.

The next day we repeat the cycle until the weekend. On the weekend we have our own free time.

On the football field, we practice and learn new plays. I call these patterns. We run each pattern until hopefully, it goes into our subconscious. When a play occurs he who hesitates is lost.

You only have a fraction of a second before all hell let's lose. You had better be focused or heavy consequences for you and your team will occur.

Most of the battle in a football game occurs in your mind.

When you're in the zone you play the patterns perfectly. Everything is in sync. It seems like everything is in slow motion yet in a few seconds the play is over.

When you not in the zone everything seems clumsy. Your timing is off. Mistakes are made. They are no team unity. We have lost that state of awareness.

I'm sure the coaches spend thousands of hours developing new plays. They see what works and what doesn't.

Personally, along with that, the players need to learn how to live in the zone. You can have the greatest patterns in the world yet if you're not in the zone you will have difficulty accomplishing it.

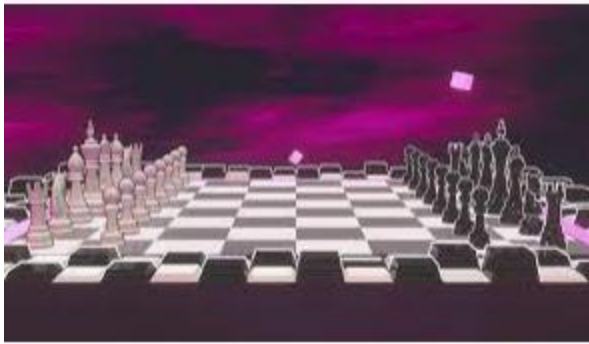
Look I'm not saying the play won't get accomplished but the inward state of mind will be agitated. When the mind is calm this is where miracles happen. Look at what happened when Patrick Mahomes was down in three different games.

The opponents thought they have won the battle. Yet with a clear mindset, the Chiefs came from behind and won the games.

So we need great plays or patterns and the team to work as one to win the game. Imagine if just one person didn't do their job properly the play wouldn't have worked especially in professional football.

The team has to operate as a single unit.

Conscious Chessboard



Football reminds me of a conscious chessboard.

It reminds me of a scene out of a Harry Potter movie. Each teammate has a certain position on the board. The other team has players facing the other team.

They have their own unique positions.

The goal is for the offense to score points against the defense. The other side is trying to stop you.

Mind you some of these players weigh over 300 pounds. The quarterback has only a fraction of a second before a freight train comes barreling down on them.

The coaches come up with the various configuration of their offense and defense. The other side does the same. It is quite an interesting affair.

Just think you may have the most incredible play designed yet if just one person is out of synch the play won't work.

There is constantly a battle going on. Each time the center snaps the ball all hell let's lose.

Personally, I think the more a team is in the zone they have greater the chances to win the game. I see when a team gets too cocky they may lose the game.

The San Francisco Forty-Niners found this out the hard way. A member of the team poised for a photo in the end zone. They were trying to taunt the Chief and their fans. Well within six minutes the Chiefs won the game.

You see mental health is part of the game. Life will teach you a lesson when you get cocky.

When your ego flares up like a peacock during the game someday your pride and ego will come down on you.

Remember the opposite sides have memories of you being cocky.

People say that anger can take a team to victory. I totally disagree. I say awareness is the key.

When the chiefs are in the zone they could win any game. When they are out of touch with the zone they tend to lose.

I think football is at the forefront where they see to win the mind must be in control. This is very crucial.

When the mind is agitated it's like a swarm of mosquitos biting you. Imagine they are biting you and four defensive players are barreling down on you.

Imagine if the players learned how to be Zen monks while playing the game. They learned how to be in the zone and act as one.

If a team did this they would dominate the game. They could be unbeatable.

Being in the zone allows the team to think and act wiser than their foes. It's almost like an invisible thread tying the team together.

This thread is conscious and aware. Each teammate can communicate without words to each other. In other words, the team would be totally synced.

I think this is what the coaches desperately want. Any edge helps to win the game.

Personally, I think this will bring teams to a higher level. Pat Riley demonstrated this over thirty years ago with the Bulls and Lakers.

Maybe the mindset has changed and teams will be open to this. What have they got to lose?

Unlimited Possibilities



Did you know that the quantum field contains unlimited possibilities?

Just think that there are plays that have never been conceived before. Your opponent would be dazzled by this play.

They wouldn't know what to do or how to defend it.

By tapping into the quantum field consciously a new way of thinking and performing actions will occur.

Our next chapter is football aikido. Football is push-pull energy. Both sides try to dominate the other side. Whoever is dominant wins the play. Know what happens if a team uses the opposing energy against them.

Quite frankly I don't think this has been done today. Yet master Aikido artist does it all the time. The Taoists have been doing this for over four thousand years. We will discuss this more in the next chapter.

When players and coaches tap into this quantum field great communication will take place.

I'm talking about non-verbal communication which comes from our subconscious mind and the quantum field. In this state the fans coaches, staff and players enter a new state of oneness.

Ask any player and they will say that the fans chanting help them in performing. They give such inspiration.

Well, let's take it up a few levels. The more a team is conscious and aware they will tap into unlimited possibilities.

This includes on and off the football field.

They will truly become wiser over time. They won't make the same mistakes on and off the field. With wisdom, a person learns how to grow up. They learn how to drop their negative baggage on and off the football field.

Many players are incredible at what they do but off the field, a disaster is waiting to happen. We see it all the time. Men hitting their girlfriends or wives.

This is a manifestation of a mind out of control.

For thousands of years in the East, they have said the most difficult thing to control in the universe is your mind. How true that is?

Yet in the West, it is almost totally out of control. Look we recently had a trial where no evidence and witnesses were allowed. This is the first time in history.

I'm not going to get into politics but that is unprecedented. That goes totally against the American views and the constitution. Of course, people spin the truth and get away with it.

But I'm saying a compassionate mind hardly exists today. An aware mind and conscious mind are desperately needed today.

Football like life has its ups and downs. There are so many characters. Some are incredible at what they do yet they can't operate at a team level. Many of them get traded or dropped from the team.

It seems to me that the teams that learn how to make each player flourish and give them the skills will be healthier in the end.

A teammate who is totally out of control will ultimately affect the entire team.

We are all in the same boat. I say this many times. You either sink or swim.

Unlimited possibilities are out there. You just need to use your will and advance to the next level in the video game of life.

Football Aikido



What is Football Aikido? Good question. But first what is Aikido.

Here's the definition of Aikido.

Aikido, Japanese aikidō (“way of harmonizing energy”), martial art and self-defense system

that resembles the fighting methods jujitsu and judo in its use of twisting and throwing techniques and in its aim of turning an attacker's strength and momentum against himself. Pressure on vital nerve centers is also used.

I have some friends and they have studied Aikido for many years. I learned some of the philosophy and practice from them.

What I loved was the principle of turning an attacker's strength and momentum against himself. I thought about a football game that uses these same principles. Image a defense tries to rush in and the offense used the defense energy against them.

These are the principles of Aikido. You use the opponent's force against them.

Here's a short philosophy of Aikido

"Aikido has but ONE principle: The universal reality of life. In their own nature as living human beings all possess the basic secret of Aikido. The purpose of Aikido is to better people's lives, to make their spirit blossom and become strong and by making better people make a better world."

If you replace Aikido with the quantum field you then have a modern-day word.

This book was inspired when the chiefs won the super bowl. I had a flash of inspiration and saw this book in written form.

So far as I know this has never been done in football before. Football has always been a clash of push-pull energy. He who has the greatest energy usually wins the game. It usually brute force.

What if we changed the course of things? Imagine the defense is rushing in with full force. The offense takes the power and uses it against them. The defense falls to the ground and wonders what in the world happened? This happens over and over again.

In the quantum field if a person is aggressive you can transmit that aggression back to that person. You don't have to accept it.

Suppose someone gets angry. Usually, the other person will respond with anger back. This is what we do every day. It's quite kindergarten.

The wise man won't say anything but smile. He has nothing to prove. The wise man has gotten over his ego and smiles at life.

These same principles can be used on a football field. It's taking the quantum field and understanding these universal principles.

In my eyes, the team that has a higher understanding of these principles will be the team to beat.

The Kansas City Chiefs many times throughout the season were in the zone. At times they were so far behind the opponent's thought the game was over. Yet each time they came from behind and won the game.

Imagine if they could take this to the next level. How about if they could consciously learn how to be in the zone.

What would happen if they learned Aikido and used the opponent's force against them? That would bring them to a much higher level than they are today.

Going Vegan



When you think of a professional football player's meal what do you think?

Probably a huge piece of steak. This has been a standard for probably half a century. This has been the norm in the sports world.

Yet some players and teams are thinking outside of the box. Take for example the Tennessee Titans.

Here's an article I found. It was written by Ayla Brown

Did The Patriots Lose to a Bunch of Vegans?

The New England Patriots lost last night to the Tennessee Titans in the first round of the playoffs- a team where the majority of the players have been on a plant-based diet for the past few seasons... and a team that swears by the diet to keep them in tip-top physical shape.

The Titans players who are on the vegan diet say that that's why they were able to make it to the playoffs for the first time in a decade back in 2018!

Sounds crazy, I know! But is that the reason why the Patriots lost last night?

In 2018, 11 players on the TN Titans went vegan. Last night, they beat the six-time Super Bowl Champions because they outplayed them, out-hustled them, and maybe they had a better pre-game vegan meal?

I learned about the Tennessee Titans and their plant-based diets from the Netflix Documentary, 'The Game Changers.' It's a documentary that showcases top athletes from across the world who are on plant-based diets.

The documentary also goes into the science of *why* athletes who are on a vegan diet are out-performing athletes who are *not* on a plant-based diet.

In the documentary, they follow the Titans and how the vegan journey all started with the outside linebacker, Derrick Morgan.

He was the only one on the team not eating meat, but his wife is a chef. After games on Sundays, he would invite members of the team over to their house to eat a post-game meal.

At first, the teammates made fun of him for eating vegan-but then they tried it themselves and they loved the way it tasted! After just a couple of weeks on the new plant-based diet, they were playing better than they ever had played before. And it looks like they haven't turned back since.

But let's take a look at TB12. Tom Brady eats an 80% vegan diet. That's easy to learn if you've picked up his book, "The TB12 Method." Most of his diet consists of organically grown fruits, vegetables, whole grains, nuts, seeds, and legumes. Ding ding ding...that's a vegan diet.

So is a lack of fruits and vegetables the reason why the New England Patriots aren't going to win a 7th Super Bowl? Brady is still the GOAT, but he can't do it alone.

If I were the Patriots, I'd pick up "The TB12 Method" and start reading it before next season rolls around...and I'd also take a few pages from the "plant-based book" of the Tennessee Titans.

Disagree?

Meditation



You may wonder what meditation has to do with football. Isn't that an oxymoron? Yet meditation is the foundation for life. Behind your breath is the power that is keeping you alive.

Here is a small list of its benefits.

- Help reduce stress. The less stress you have the more aware you will be.
- Increased concentration. A player will be more aware of the playing field.
- Move into a higher brain wave state. Most people's standard brain wave state is high beta. This means that cortisone is constantly being secreted in the body. They can't shut it off. Over time this causes many different kinds of diseases. The disease occurs when the mind, body, and soul are not at ease.
- Better timing -Time can seem to move a bit slower. Can you imagine if you could respond just a fraction of a second ahead of your competitor? You would have an advantage. Imagine if the entire team could do this. Wow.
- Enter the zone and quantum field. The team that can enter the zone consciously will have a huge advantage. How did the Chiefs come from behind so many times during the playoffs? The opposing teams thought the game was over. Yet within minutes the chiefs came from behind and won the game.
- In a meditative state, one learns how to turn an attacker's strength and momentum against himself.
- Mind, body, and soul are in synch.
- Decrease chatter of the mind. Can you imagine playing a football game and the mind is like a swarm of mosquitoes? It is constantly biting you. Football games can be won or lost due to your state of mind.
- You are your own master chemist. Your body and state of mind is a reflection of what you think on and off the football field. Meditation is the door to rewire the hardware and software.

- Meditation teaches one to be cool, calm, and collective. Do a google search for Jerry Lopez. During the early seventies, he learned about Zen. He was an incredible surfer for his time. He surfed a spot called the Banzai Pipeline. At that time it was the most dangerous wave known to man. Jerry was the Zen surfer who was cool, calm, and collective surfing the most dangerous wave on earth. The average person would die or get seriously injured if they tried to do what he did.
<https://www.youtube.com/watch?v=4xGDam59YhU>
- Sidestep danger. Meditation helps you to sidestep danger. This could be used on and off the football field.
- Increase intuition. The team that has increase intuition will win the game. If you can sense what your opponent is going to do you have a greater advantage. Football is so much more than just the physical aspect. The mind, body, and soul must be in synch.

Sit Still And Listen

Sit still and listen

Inside the silence lies such peace.

A wave of bliss is about to release.

The secret of creation lies between your eyes.

Behold a light more beautiful than anything in this world.

This light is pure love ready to take you on a ride.

Surfers ride the waves of the ocean, while the wise man rides the waves of life.

Imagine riding the waves of life.

Behind our breath lies the answer.

Divine music will accompany you.

The mind becomes drunk on this bliss.

Yet this intoxication is medicine to the soul.

For eons of time man has explored.

Buddha, The Christ, and much more have told their story.

Behold the kingdom of God lies within.

It doesn't matter if you're a saint or a sinner.

We all have the same opportunity to go back home.

All it takes is one small step after another.

Sit still and listen

The answer to this riddle is found in this easy step.

Anger And Brain Waves



Did you know that you are your own chemist?

Depending on your thoughts and emotion over 1600 different chemicals will be released into the body.

This has been known for thousands of years.

For example, the Buddha said this many moons ago. When you are angry you are drinking your own poison.

It's so easy to get angry. Just turn on the news. So many people are living in high beta states that the cortisol levels are constantly being released.

This means the human body is in a fight or flight response. Usually, this only happens when danger is all around. Yet in our society today we have so much stress that this is our common state of mind.

I can imagine that each football play contains a high beta state of mind. What do we do?

So we carry that anger from the football field to our everyday life. Is this a normal state of mind?

Did you know in the fight or flight response the body can't heal itself? It shuts down the immune system and all energies focus on saving your life.

Yet for most people, the danger isn't real. With the power of your mind and emotions, you create your own high beta state of mind. Just think we play the same tapes over and over again.

Our subconscious is in control of around 95% of our actions while only 5% is conscious.

Most of humanity is driven from the past. We are reactive beings. Look we were never taught this in school.

In the past twenty years or so scientists are studying how to reprogram the subconscious. They are learning how to change the hardware and internal software.

People are learning how to rewire the neural networks in their brains. When a man begins to do this he advances to the next level in the video game called life.

Most of humanity stays at the same level. They never advance. We act and respond to every event in life. It's automatic. It's part of our habits and personality.

A proactive being lives in the center of the hurricane. The hurricane-force winds of the mind are present while one is perfectly calm.

Look at Jerry Lopez. He took off on the most dangerous waves at that time at the Bonsai Pipeline. He was cool, calm, and collective. He surfed in a Zen state of mind.

Scientists have been using instruments that measure the various brain wave states for around thirty-plus years. They are getting quite sophisticated.

Take, for example, Joe Dispenza. He travels all around the world and has a group of scientists that travel with him. He teaches people to enter the Zen state of mind or known as the quantum field.

Each participant is wearing a device that records the different brain waves. He is training his students with training wheels so they can learn how to do this in their everyday life.

I see the world of Mystics and scientists are merging. Both are talking about the same thing. Exciting times are ahead of us.

Sleep



Many people think that sleep is a waste of time.

If you are a professional football player your sleep is worth more than all the gold in the world.

Some elite athletics are getting 12 hours of sleep. They are taking an hour nap during the day. By doing this they have a huge advantage over their competitors. You see during sleep your body is repairing itself.

A football player places a huge demand on the body.

Personally, I can't even imagine in just one game the kind of trauma that occurs. Each play is super intense.

Proper sleep is the way for the body to recover, heal and overcome any injuries. I would imagine many young players who love to party well into the night. They wake up in the morning with a hangover.

They struggle to get out of bed. Maybe it's game day. Their body and mind are already off-center. They are not 100% ready for the game.

What happens if half the team does this? Good luck on the playing field.

Now imagine the entire team gets plenty of sleep. They take an afternoon nap. The body and mind are rested. The team will do much better on and off the field.

When the body and mind are rested and at ease. It functions more efficiently. One becomes more conscious and aware.

A person's intuition is more enhanced.

Personally, I think the team that has a higher sense of intuition will win the game. A team that goes into the zone when all odds are against them can win the game. The chiefs prove this during the playoffs.

Football players are like warriors. They have better be in tip-top condition during the game.

The mind and body must be in sync. My personal advice is when the game is over don't go out and party.

Go home and get some precious sleep. Party during the daylight hours. Limit your alcohol. That's another subject. Remember you are paid millions of dollars.

You're playing years are extremely limited. Your risk for head injuries is probably higher than any profession. This, unfortunately, is a huge issue for a player that affects you for the rest of your life.

Your young and have a youthful spirit. Learn from the older players who retired. They have great knowledge and lessons to give to you.

Remember you are a drop in the bucket. There is always someone who would love to take your place. I'm just saying take care of your own interests. You know that only you can change for the better.

Proper sleep is the key to your success.

I'm sure many of you will probably roll your eyes and have a smirk on your face. Yet the next time you are struggling on the field just remember this advice.

Science and the art of football are being aligned. The lifestyles days of the sixties and seventies are over.

The game is more intense. Players are bigger and heavier. As you know they can cause huge damage. Apply some practical sense. Learn how to take advantage. Just a 1% advantage can win the game.

Cold Water Therapy



To be honest I have no idea how the body would feel after playing a football game.

So much trauma upon the human body. People get injured all the time. I'm hoping that the teams are taking a cold shower, baths, or whole body cryotherapy.

Cold is your friend at this moment in time.

Your body is extremely inflamed. It's probably 100 times more than the average person. Most players might party the night away and have a few drinks to unwind.

I know that common sense is uncommon. Your coaches train you all week long before the big game. I hope you are learning what to do after the game.

Your body needs to recalibrate itself. It needs to rebalance itself. If you don't all the stress is still active in your body and mind. You will not recover properly.

Your body will hold on to this and after each game, your stress will increase. Consequently, your body will decide for you to take early retirement.

Look your body will never be the same after being a professional football player. Nobody will get a free ride. So gather wisdom and knowledge while you can.

Cold is your best friend after your workouts and playing a game. It will help stop inflammation. Inflammation will occur.

Coldwater will help stop it to go further. In the last ten years, science has been studying the effects of cold water therapy on professional athletics.

Wim Hof is known worldwide as an expert in this field. He holds numerous world records dealing with the cold. For example, he climbed Mount Everest in his shorts. For Wim cold is his friend.

Even if you take a five-minute cold shower after a game your body will respond. It's like pushing a reset button in the body. This is preventive medicine at its finest. Hopefully, your team doctors are teaching you this. You need all the

preventive tips at your disposal. So much is riding on the line. You are treading water. You are walking on a fine edge sword. You must be wise.

Injuries



Injuries are a common occurrence in football.

Most players will get some sort of injury during the playing season.

I'm thinking out loud here. In my eyes, many injuries could be prevented if we could use the opponent's attack of energy and reverse it.

Imagine the force would go back towards the opponent. Consequently, the body wouldn't absorb the shock.

Heavy trauma wouldn't occur. In my chapter on Football Aikido, I explain this.

My next chapter is on Hatha Yoga. Hatha Yoga will help heal and prevent injuries from happening. Many injuries occur when the muscles are extremely tense. The day-to-day workouts. The game during the week all contributes to the body and mind being stressed out.

Also when the mind and body are not in the zone injuries will occur much more frequently. In this state of mind, the player is struggling.

When you struggle mistakes will happen. Look at the times you got injured. Were you in the zone or were you trying to find the zone?

Look I'm not saying that if you are in the zone you won't get injured.

What I'm saying by being in the zone you are conscious and aware. You can see clearly in just a fraction of a second where you should go.

Patrick Mahomes is a prime example of this. When he was in the zone and his teammates were they were unstoppable.

Here's a list of tools that help prevent injuries.

- Body and mind totally relaxed. Body can receive trauma and release it.
- Learn how to consciously be in the zone.
- Use the opponent's force against them.

- Get plenty of sleep.
- Daily cold water therapy.
- Meditation
- Release emotional baggage
- Hatha yoga practice.
- Chi gong practice
- Nutrition Learn the latest. See going Vegan chapter.
- Proper weight training. Let the body totally relax. It takes around a week to fully recover. https://www.ironcompany.com/blog/reassessing-recovery/?fbclid=IwAR1orolx8wTKCFAiyhbFRUMDweOE5RcYN5mG69Xq3liZMsFxH_c266pesz8

Hatha Yoga



I'm sure that many football players roll their eyes when you mention the word yoga. It has the connotation of some pretzel position.

Yet I have a few questions to ask. How flexible are you? Did you know many injuries occur when the body is not flexible enough?

How is your balance? In less than a second, your opponent can knock you off balance. Can you recover in time?

Are you aware of the mind-body connection? If not you are more likely to get injured.

Do you mostly breathe through your mouth or nose? Did you know that in India breathing through your mouth is called the breath of death?

John Douillard has been at the forefront of this since the eighties. Many professional athletics have used his system. It includes properer yoga and breathing.

Another reason to embrace proper nasal breathing? It can enhance your workout! This is what John has to say.

"To experience the zone in training is our birthright, and it is within the design of our human nervous system to access it. To push ourselves to exhaustion when we can allow effortless, perfect performance to flow naturally, from the inside out, seems somehow primitive and a waste of time. I have never heard of a peak experience that was described as painful, grueling, or exhausting. Rather, the descriptions always fit the original definition of exercise: rejuvenating, stress-relieving and accessing full human potential."

Personally the concept of no pain no gain is obsolete.

Here's an article about Alexander Popov. <https://swimswam.com/alex-popov/>

On the final night of competition at the 2003 World Aquatic Championships in Barcelona, Alexander Popov mounted the blocks for what would be his final major championship win.

The 31-year old Russian sprinter had already done it all in the sport.

He'd won back-to-back Olympic gold medals in the 50 and 100m freestyles in 1992 and 1996, the only swimmer to accomplish the feat. He broke the world records in both events while repeatedly swatting away up-and-comers to the sprint events for well over a decade.

When Popov dove in on July 26, 2003, and exploded to the surface on his way to gold in the 50m freestyle, he did so with his trademark precision and grace. Champion swimmers make the sport look easy—and Popov's somehow made it look even easier.

He took just 31 strokes—in a brief, no cap and from an old-school start—to smash the world record in the 50m freestyle in 2000 in a time of 21.64.

Popov's efficiency was developed with a relentless focus on technique in training.

Under the watchful eye of his longtime coach Gennadi Touretski, Popov would regularly swim 5,000m straight freestyle. Touretski avoided doing drills in practice, emphasizing swimming "slow" but with excellent form and target stroke rates at all times.

Popov's stroke didn't change from training to competition. The same effortless-looking technique he used on race day was the same balanced, high-elbow catch that he brought to practice every day. There was no distinction. There wasn't practice swimming or competitive swimming.

There was only one stroke.

The effect of all those meters with perfect technique in practice was that by the time Popov got up on the block, he didn't need to think about what he wanted to do. He didn't need to worry about his stroke collapsing, or choking, or planning how he wanted to feel in the water.

It was just a matter of diving into the water and letting his body do what it had done a million times in training.

Popov's habitual technical excellence was such that he could regularly swim at world-record setting pace in training. Literally.

The story goes that at a pre-Olympic training camp in Colorado Springs Popov got up on the blocks for a surprise "get up" 50m effort.

The coaches in attendance—including USC's Dave Salo who later talked about the occurrence, clocked Popov on a stop-watch at a time that was 0.10 seconds below the existing world record.

Popov trained the way he raced.

And he raced the way he trained.

How many swimmers can say the same?

Chi Gong



The Taoists were great Mystics and scientists of their times.

They understood there is a central force in the universe which they called the Tao.

"The Tao that can be told is not the eternal Tao. The name that can be named is not the eternal name.

The nameless is the beginning of heaven and earth.

The name is the mother of ten thousand things.

Chi Gong has been around for around 4,000 years. They have many different forms yet the essence is the same.

They weren't divorced from nature. As a matter of fact, they become one with nature.

In the West, most people are totally divorced from nature. We think all ingenious people are primitive. Their whole society is based upon a relationship with nature. Nature is their home.

We don't have this concept in the west. I say a lot that signpost is all around us yet we don't have the eyes to see.

Take for example this human body. We take it totally for granted.

On average, a person at rest takes about 16 breaths per minute. This means we breathe about 960 breaths an hour, 23,040 breaths a day, and 8,409,600 a year. The person who lives to 80 will take about 672,768,000 breaths in a lifetime.

Now imagine that the majority of mankind never is truly conscious of their breath. Behind your breath are the power that is keeping you alive and the universe alive. Yet we are oblivious to it.

Different cultures have different names for this. In India, it's called Prana life force energy. In China, its called chi. Modern-day western science calls it the quantum field.

The Taoists understood how to balance the human body. They knew how to balance the mind, body, and soul.

Chi gong was a formal exercise to learn how to cultivate chi. The Taoist will extremely familiar with the entire human body. Today modern-day scientists are starting to discover what the ancients knew thousands of years ago.

In the eighties, The Body Electric: Electromagnetism and the Foundation of Life book by Robert O. Becker came out. It was revolutionary for its time. It talked about how energy affects the human body.

Personally, I think Chi Gong is a precious tool that helps an individual to discover the essence of who we are. Imagine there is a quantum field that exists everywhere. It is beyond time and space.

Chi Gong over time brings one's awareness and consciousness to expand. It looks so simple. It is. Breathing is so simple. When I say by focusing on your breath one can experience the power that is keeping you alive most people roll their eyes.

I could go on for hours. Yet our time is limited. For the Football players out there how would you like to be in the zone more often?

Mediation and Chi Gong work together to bring you to the zone. The zone is your natural state. We have simply forgotten.

Many tools are out there. You must learn how to think outside of your box. Your beliefs and conditions are holding you back to understand your true nature.

Monitoring Your Thoughts And Emotions



As you know by now we live 95% from the subconscious and 5 percent from the conscious mind.

Most human beings never stop to see the correlation between the mind and body.

Many scientists say they are the same. They are not distinct and different. Imagine someone pisses you off. That thought creates a chemical in your brain. Cortisone gets released. Stress chemicals get released.

Over 1900 chemicals get released. You are now in an emotional state of anger. This anger gets stored in your body.

Many scientists say that cancer is created by angry cells.

Most of the time we have automatic tapes from the past in any given situation. Because we are reactive beings we are like leaves blowing in the wind. We never stop and think before we act. Many people Twitter without thinking.

So the goal is to rewire our circuits. When someone makes us angry stop in our tracks.

Focus on our breath. Imagine an infinite field of peace surrounding you. By the way. This is your true nature.

Smile and don't say a thing. When you have your composure back speak from kindness.

Mind you this is extremely difficult to do.

Here's some advice for you on this journey. Write down all the areas that have caused great trauma in your life. Many times a great trauma never gets processed properly. It is stored in our subconscious. The greater the trauma the greater the emotional impact.

Unfortunately, so many people hold on to the past. An event may happen over 30 years ago and we still hold on for dear life. We still hold a grudge and are angry towards that one person.

We need to learn and forgive. We need to let go of that emotion. In the last 30 years, much insight has been into the relationship between the mind and body. There are many different techniques out there to heal and release our emotional scars.

Here one that I like.

Emotional Freedom Technique (EFT) is a self-help technique that involves tapping near the endpoints of “energy meridians” located around the body. ... EFT works by lowering cortisol level and the body's stress response because it helps to promote relaxation

Imagine you have some anger issues. The first step is to identify the issue. In order for this to work you need to identify the issue. Make sense.

Step two. On a scale of the lowest 1 to highest 10 what is the intensity? What is the intensity of your emotional or physical pain?

Step 3

In this step, one acknowledges the issue and accepting yourself despite the problem.

We are going to use anger as our problem

The common setup phrase is: “Even though I have this problem, I deeply and completely accept myself.”

The common setup phrase is: “Even though I have this anger issue, I deeply and completely accept myself.”

Step 4

This is the tapping phase.

Begin by tapping the karate chop point while simultaneously reciting your setup phrase. You may do this for around 30 seconds to one minute. Concentrate on your breath as you do this. The calmer you get the better results you will have.

Karate chop small intestine meridian

Now for each one of these meridian points you use a reminder phrase. Suppose you have an anger issue. You then would recite in your mind “anger” while tapping at these points below. Tap for around thirty seconds at each meridian point.

eyebrow bladder meridian

side of the eye gallbladder meridian

under the eye stomach meridian

under the nose: governing vessel

chin central vessel

beginning of the collarbone kidney meridian

under the arm spleen meridian

top of head governing vessel

When you are finished rate the intensity level. Let’s say that your initial rate was a 9. Your rate is now at a 5.

Repeat this process until you have reached zero. Mind you some problems will take time to reach a zero.

The greater you take total responsibility for your thoughts and actions the greater results you will have.

Mind Movies



The definition of a Guru is one who takes you from darkness into the light.

A rugu is one who takes you from light into darkness.

If there is a rugu today it is the drug commercials on TV. There was a time where they didn't allow drug commercials on TV. That's a long time ago. I won't call it sinister. OK, I will.

The commercial industry has been very effective to program the subconscious. They have used the medium of TV to program your mind and body. They are extremely clever and know exactly what they are doing.

In the fifties when a movie was being shown subliminal messages would be displayed on the screen such as buy popcorn or buy a coke. It would appear so fast your conscious mind wouldn't see it but your subconscious mind would.

This was banned when the FCC figured that out.

Well, they have got quite sophisticated. Today's drug commercials directly go into your subconscious mind. Imagine some of these same commercials are played over and over again in the evening news. They are slowly brainwashing people without the audience even knowing it.

Have you ever wondered why America is so messed up? I could go on for hours. Many of these drug commercials are directly programming you to get sick so you can take their drugs. It is insidious and evil. Yet it is done in such a soft voice and nature is all around.

Sadly, they know exactly what they are doing. As a capitalist society, they are there solely to make a buck. They want you to get sick. They don't want you to be healthy and take responsibility for your well-being.

There is a company called mind movies that use the same technology as the drug commercial yet it's used to bring you from darkness to light. Check out mindmovies.com.

Dr. Joe Dispenza made a mind movie for connecting to the quantum field. It is absolutely genius. I highly recommend it. It should be played before going to bed and upon waking up. I play it right before I close my eyes to meditate.

The more you play it over time the mind, body, and soul rejoices in the words. There are words and pictures displayed. Both of them work to put the message into your subconscious.

As you know we need to rewire ourselves. Humanity is living in darkness and needs to embrace the light. Mind Movies are a way to program the subconscious to help discover our true nature.

<https://www.youtube.com/watch?v=BEYic-ZsmLU&feature=share>

Focus

Whatever you focus on you eventually become.

If you want to be a surfer you first paddle out on a small day.

Maybe some people paddle out there first time on a huge day.

I wouldn't advise it.

Anyway at first it's really difficult just learning to paddle the darn board much less catch a wave.

Timing is everything.

If you're too late you will go over the falls which really hurts.

If you don't paddle fast enough you won't catch the wave.

What really hurts is when you don't paddle fast enough the wave can decide that you're going anyway.

That is when you learn a major lesson.

Anyway, over time you learn how to surf.

Years later you are a surfer.

It is a part of your life.

Whatever you focus on you eventually become.

If you want to be anything in this world you must focus on it.

Nothing doesn't come overnight.

Something takes longer than another.

For time immemorial Man has sought the mysteries of life.

Those who focused their life on it eventually became it.

In that state, they haven't anything to prove.

They will act like a child.

If someone tells them they're wrong, they will just smile.

We can all be in that state.

Remember

Whatever you focus on you eventually become.

The secret lies inside of you and me.

Balance.



Balance is the key to life.

Balance is the key to surfing. When a surfer takes off on a huge wave and the winds are blowing offshore and the spray is so intense. You can't see anything.

In this situation, one must use intuition and balance to make the wave.

If your balance is slightly off, you will probably most certainly wipe out. One must be able to be in perfect balance with eyes open and eyes closed. This takes time, patience, and effort.

Many surfers only care about the external but surfing is a combination of the internal and the external. In my eyes, I would say the internal is more important than the external.

All of your limitations exist the internal. 95% of our actions are driven by the subconscious mind.

That means only 5% is conscious. Surfing is the same. You want your body to be so in balance with nature. It doesn't matter if your eyes are closed or open.

I remember as a kid doing hatha yoga and going surfing. At times on a steep takeoff, I would just have one foot on the surfboard. Yet due to my yoga practice, I could easily stand on the surfboard with one leg.

Many surfers if they don't have two feet standing firmly on the surfboard would fall off.

The world of high-performance surfing is changing dramatically. Many different systems are being developed and created. I'm sure that Kai and its crew had devised ways to increase balance in one's life.

The Taoists and the great mystics of old talk about the importance of being in balance.

Balance is the key in life. Unfortunately, the world is out of balance. What is the truth considered fiction? What is fiction is considered truth.

Once again, we must dial into the frequency of balance within ourselves. There are many ways of doing so. One was fine his way.

A particular food maybe medicine for you yet for someone else it could be a poison.

We all have different chemistry sets. To balance your inner chemistry each one of us is configured differently. The principles remain the same. One must learn how to balance the internal chemistry set within.

Balance is the key to fine-tuning the guitar of life. As I get older I see events that occurred over 50 years ago become precious fruit trees in my life. 50 years ago.

Many seeds were planted. 50 years later many of the seeds are now fruit trees.

As we get older we are continuously fine-tuning the guitar of life. Balance teaches us in each and every moment to morph and change.

Nothing is constant. Everything changes and I mean everything changes. One must realize that this life is precious and someday this human body will go back to its source.

Wipeouts and the art of surrender



I have never met a surfer who has never wiped out.

I would say that would be an impossibility. Everyone gets curved balls thrown at them. This is how we learn and grow in life.

A surfer learns how to deal with the wipeouts. He trains extensively to survive them. The training does pay off. At times we think that it's an impossibility.

Wipeouts teach us to surrender. If one wave could light New York City for an entire month, do you think with your little struggles you can come to the service on your own?

The ocean will tell you when it is time to rise to the surface. In the meantime, just surrender and relax.

Relaxation is the key otherwise precious oxygen will be used. In my eyes, most surfers in this predicament should be like the mystics of old.

Imagine being able through your training to hold your breath for 1 hour. The great mystics could do this and many more hours.

With this mindset and experience, one can imagine how big of a wave could a surfer take. Interesting question. It would take big waves surfing to a higher level.

Most surfers learn when their body is in the huge washing machine that they must surrender. One must let go. If you don't and you start to struggle, this is not a good place to be.

In the same way, when curve balls are thrown at us in our daily lives, we must be like the wise mystic of old.

The mystic of old simply smiles at life. He knows that there are high tides and low tides.

One must not get caught up in the riptide of life. The great mystics knew how to dive deep into the infinite ocean that lies inside. In that state of awareness, there are no high tides and low tides. There is no duality. This is our natural state of mind.

Unfortunately, we have lost our ways. We take a molehill and make it to be a huge mountain to overcome. We try to control events in our life. When one does this, one will be disappointed.

Life cannot be controlled. One must learn how to be in a state of surrender.

Whatever happens, happens for good. I first heard this in India many moons ago. At times when the situation occurred, I wouldn't understand this. But year's later one has the inside to thank the universe. Thank God I didn't go down that path. Thank God I didn't make that horrible decision.

There is a phrase I learned many years ago and it goes like this.

What you need. You don't want. What you want. You don't need. This kind of sums up the human experience today.

The world is in chaos what we think we want is what we need. What we need we don't want.

To understand this riddle one must understand how to surrender to life within.

My philosophy in life is two steps forward and one step backward.

This is how we learn and grow. Our mistakes are building blocks to a better future.

I've been a software engineer for over 35 plus years. I have never seen a program that has no bugs in it. The software engineer creates bugs without knowing it and then has to trace them down.

Eventually, the software will work as intended yet bugs will still be in there. This is how life is.

The external world is a mixture of light and the dark. If there was always day and no night, this world wouldn't be around for long.

Darkness and light are needed to survive. Yet darkness is only the absence of life. Have you ever tried to go to sleep in a room that has blaring lights on? You would think that lights would help one to go to sleep.

With darkness, the mind, and body automatically will go to sleep.

You can't force the body to go to sleep. One must surrender to sleep to go to sleep. The sleep of a mystic is completely different than the sleep of someone who has insomnia.

For one who has insomnia, the mind is constantly rattling. It's like a faucet of adrenaline and not being able to turn it off.

The mystics of old would simply put their head on the pillow and gently doze off into sleep. One person is fighting for life and the other person is surrendering to life.

A wise surfer becomes a wise surfer when he discovers the key to a wipeout and life is to surrender.

A. Surfer learns to surrender after many wipeouts, one sees that struggling will go nowhere.

Struggling is the downfall for a person when they get held down on a big day. The ocean will teach a surfer many valuable lessons about life. These lessons should be learned and morphed into one's daily activities. This should be the goal of a surfer.

One recognizes the ocean is telling us a sweet story and at times a story so powerful that it sends shivers up and down our spine. There are many different moods in the ocean of life.

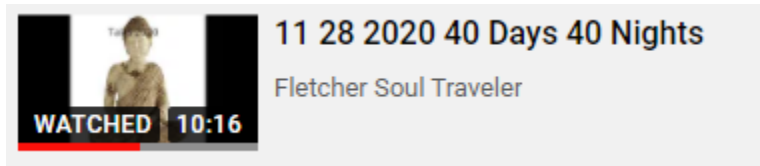
The further a person can dive deep within one understands that the ocean is pure love. The deeper you go, the deeper you experience the power of love inside.

Most of us live on the surface level. At that level, we get caught up in the riptides of life. We need lifeguards to save us. We are like the tourist who goes to the North shore and stands too close to the shore on a big day. I wouldn't recommend it.

When this happens I can almost guarantee you that within minutes a lifeguard will be needed to assist in rescuing them. Knowledge and wisdom are needed in this life.

University of Madras- yoga class

40 Days 40 Nights



This life is an incredible journey.

Many of you know that I'm extremely inquisitive. Somehow I see the world through different eyes.

For example, when I was around 14 years old I believed in preventive medicine. I knew that drugs only hide the symptoms yet the disease got more acute. I knew that the entire universe lies inside of you and me. Anyway, I am always fine-tuning the guitar of life.

About 6 months ago I wrote a book on Non-Violence. This book was about the Jains and the incredible knowledge they have. Well, one thing led to another.

I'm just finishing a forty-day course on practical tools to fine-tune your guitar in life.

Let's face it everyone needs a tune-up. Some know it and some don't. You can never clap your hands and say I know it all.

You can meditate for a trillion years and still, that's the first step on this infinite journey in life.

Here's a flyer of the course that I'm almost finished with. Mind you this is an infinite journey. The course just gives you practical knowledge to utilize. It's up to you to take proper actions. This course is for you to learn how to be in harmony with your mind, body, and soul connection.

The East has been discovering this for thousands of years. You are a part of Mother Earth yet we live our lives divorced from it. Consequently, our lives are out of balance. We can't see the forest from the trees.

Yesterday over 180,000 Americans got the Corona-19 virus. People are still fighting over whether we should wear a mask or not. We have lost our wisdom. We have an administration where they have no concrete plans to solve this desperate situation.

This course teaches you that you are your own doctor. You control your chemistry set in life. I mean this literally.

We live our lives driven by our subconscious mind. 95% of our actions spring from our subconscious. Only 5% comes from our conscious minds.

Did you know that anger is drinking your own poison? Buddha said this thousands of years ago. In the past thirty years, the western scientist has discovered what the ancients said thousands of years ago are indeed true. Your thoughts and emotions program your life.

This course provides practical tools for you to utilize in your everyday life. To be honest I was overwhelmed by the number of tools provided. Even if a person practically uses only 5 percent they will go a long way for self-healing and discovering their true nature.

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Here are a few things I learned.

Did you know that you should chew your water and drink your food?

Did you know that the majority of digestion comes from your mouth?

Do you know the power of your saliva?

Your body is an electrical system. Using mudras(hand gestures one can turn off and on key opponents inside of you. You can literally learn how to rewire your neural networks inside of you.

Mind you recently a brand new science is being brought to the forefront using many of these ancient tools.

Discover the world of prana Life-force energy. I've been doing this for around fifty years. In this seminar, I learned more techniques. Prana is the life force energy of the universe. It exists inside of you.

For the past 4 years, I've been meditating on my chakras. You may roll your eyes as much as you want but chakras regulate your entire endocrine system.

We are living our lives with the car being out of alignment. The spark plugs don't work properly. We put the wrong gasoline into our precious car.

We constantly change lanes in the freeway of life. Our minds are out of control. We think the world can make us happy. How do we balance life?

Meditation is the key to unlock the door within. True meditation should be 24 hours a day. That is the beginning state. Yet it all begins by taking small baby steps in each and every moment.

I've been practicing yoga postures for around 50 years. I gained much wisdom on the practical effects on the entire human body. Each posture has different correlations to different parts of the body.

When the body is relaxed the mind is relaxed. Your emotions are stored in your physical body. Practicing yoga will help release these emotions and heal the body from many diseases. The disease occurs when the body is not at ease.

This course touched on the powerful effects of acupressure. Points on the hands and feet turn on or off the electrical currents inside. Each point corresponds to a particular endocrine system, organs, or many different aspects inside of you.

The more aware and conscious you are the more this will benefit you. The course is all about awareness. Awareness is the key in life.

Many different types of diseases were talked about.

The East has many preventive measures to heal the body. To heal any disease there must be a mind, body, and soul connection. One must learn how to be in harmony with nature.

Nature is always talking to us silently yet we only listen to our thoughts. We can't stop the chattering mind. The more you pay attention to nature the more nature will pay attention to you. That's the law of free will.

We learned about seed therapy. Particular plant seeds when used in alignment with acupressure promote the healing of disease. Each seed contains the wisdom of Mother Earth.

The ancients learned which seeds help with particular diseases. Mother Nature is a true pharmacy. She knows exactly what can heal us.

Much emphasis was placed upon the foods we eat.

In the West, most people eat junk food diets and wonder why their bodies break down and get diseases. They drink tons of sodas.

I have a friend who I worked with and he drank nothing but soda all day long. He used to smoke over two-pack of cigarettes a day.

Common sense is uncommon. One who is on the path of awareness realizes that this human body is the most precious temple in the universe. One learns how to take care of it. I've never seen anybody trade it in for a new one while alive.

Both teachers love to teach. I could see that. This is a practical course. It came from a university yet this is a life course. Only you can change it. Nobody can do it for you.

There is a new course coming up in early December. It's only 25 dollars for the entire session. These are zoom sessions.

My only recommendations to the teachers are to please speak only English. I've spent around 50 years in the Indian culture yet I got lost with the Indian terms.

For example, when discussing a disease you would use the Indian's terms for the remedy. You might say 4 or 5 of them. Quite frankly I got totally lost. Yes, we are all fine-tuning the guitar of life. I would recommend this course to anyone.

A 40 days 40 nights course

Teachers Pramila and Priya



The teachers of this course have incredible wisdom to share. Both of them had some sort of life-altering event which lead them to discover the path of wholeness

This course wasn't only about theory. We all participated in learning yoga postures. Mind you I have been doing this for almost 50 years yet I learned so much. This is their life. They teach this knowledge.

They breathe this knowledge and most importantly they practice this knowledge. Note the word practice. Without practicing what you learned one is like a parrot just mumbling words.

With this course, I've fine-tuning my life. Life always changes and morphs. The wise one understands this and changes accordingly.

Up until this point before taking this course my knowledge came from doing research. This course gave me a first-hand perspective to see the world through their eyes. It was a beautiful feeling to see that we both have the same perception of life.

You are your own drug store. You are your own doctor. I discovered this in my teen years.

Both of these teachers have incredible wisdom to share. Both of them had some sort of life-altering event which lead them to discover the path of wholeness.

Both of these teachers have kindness and wisdom. At times we would be performing a yoga posture and someone would ask a question through chat. Both teachers would kindly answer the question.

My personal advice is this course can take you places that you can't even imagine for your health. Common sense is uncommon.

The world at large is divorced from nature. Our lifestyles go against nature. No wonder disease is rampant all around the world. A wise soul learns to live in harmony with nature and discovers the jewel within.

This course will give you the tools so you may implement them. You are given the shovel of knowledge yet you must dig the hole and discover the jewel within.

Aligning with the universe



In our busy world, we don't listen to our bodies and nature.

Most of us are stiff as a board. Consequently, we can't bend like a flower in a breeze.

The wise masters of the past learned how to enter into the world of silence. They become one with nature and the universe.

The more attention you pay attention to your true nature the more attention it pays to you. Practicing asanas or postures is a way to bring complete harmony to your life.

One must be aware. At first, it's just physical. Over time one sees and feels that these postures blend the mind, body, and soul connection.

One senses and feels that the human body is more quantum than physical. This is a practical experience.

I learned at a young age to close my eyes when doing a posture. Mind you not 100% of the time. Yet by closing your eyes and spending time on a posture one goes deeper and deeper.

Your meditation practice and asanas go hand in hand. The more one opens up the door within the easier the postures become. Likewise the more relaxed you become the easier you can meditate.

One key concept I learned from the Jains is relaxation and letting go. This is vital to understand your true nature and improve your health. Your body is always talking to you except you are so busy and uninterested in what wisdom it's saying.

Never force yourself and try to prove to others. This is not a competition. Slow down. Listen to your body. Breath. There is a power behind your breath that is keeping you alive. Behind this breath lies your true nature.

The more you pay attention to it the more it pays attention to you. In the beginning, it may take you one hour to synch in and feel the source of love. After some time and practice when you close your eyes you are already there.

Asanas and meditation go hand in hand. Practicing asanas is a physical way to become one with nature and your true self. It helps to bring balance and harmony to your mind, body, and soul connection.

The disease occurs when the mind and body are out of balance. Most people use western medicine to try to heal themselves. Their Doctors prescribe it to them.

Yet all western medicine has side effects. It simply hides the symptoms. The disease becomes more chronic. Your human body has the intelligence and wisdom to heal.

As I said you are your own chemistry set. It is up to you what chemicals you release into your brain.

Unfortunately, this is not taught in schools. Even when one hears about this the majority of people don't want to change for the better.

This is the paradox in life. We want true happiness yet when it comes our way we ignore it. This is Maya or illusion placing the spell over us.

It's like a wise man understands that when watching a movie in a movie theatre that it's simply light-creating images on the screen. The wise man can turn his head backward and see light streaming from a projector.

The Jain and many others understood the oneness of all life. They knew how to connect to their true nature. This is solely needed today.

The ancient Yogis understood that if the body is restless and agitated the mind will be. If the body and mind are agitated good luck in trying to meditate. The mind, body, and soul connection is an intricate part of your life. Yet humanity can't see the forest from the trees.

Note: would love to have a video with the series of exercises if possible.

Breath of life



I find it quite fascinating that we breathe from taking our first breath when we are born to taking our last breath when we die. Yet during our entire life, we take it for granted. We are oblivious of the power behind the breath.

I have said many times you are the universe you just don't know it. Behind your breath lies the vast infinite creation. This is keeping you alive.

The same life force energy sustains the entire universe yet we go on in our mere life focusing on the external only.

These ancient teachers were the quantum scientists of today. One major huge difference was the fact they discovered this wisdom from the lab within.

Without life force energy the body dies. The cause of all disease is when a man goes against the laws of nature. A wise man understands these laws and lives his life following them.

The Jains have transmitted this knowledge from generation after generation.

Just think a part of you exists in the quantum field yet we have no idea of our magnificence.

Pranayama is a means to discover our true nature. It is one of the wise avenues to develop a daily practice. Each day one practices them the mind and body are being fine-tuned to the guitar of life. Many people may think about what breathing exercises has to do with this.

To be honest, mankind has missed the mark. We can't see the forest from the trees. We have lost our simplicity and being in tune with nature.

Nature is alive and aware. Man only sees around one percent of the light spectrum. Yet we are convinced we see properly. The quantum field is all around us. It lies inside of you.

The Jains have provided tools for thousands of years. Pranayama is part of the toolkit.

The 24 tirthankaras during this present age are Adinatha, Ajita, Sambhava, Abhinandana, Sumati, Padmaprabha, Suparshva, Chandraprabha, Suvidhi, Shital, Shreyansa, Vasupujya, Vimala, Ananta, Dharma, Shanti, Kunthu, Ara, Malli, Muni Suvrata, Nami, Nemi, Parshva and Mahavira.

Mahavira was the last one. He died about 2,500 ago. In my eyes, they were the original scientist. Their lab existed inside of them. Can you imagine this incredible

linage fine tuning the ways to make the world have a better society and for each individual to discover the jewel within?

Prāṇāyāma

By Swami Harshananda

Sometimes transliterated as: Pranayama, PrAnAyAma, Praanaayaama

Prāṇāyāma is control of the prāṇic energy through the regulation of the breathing process as detailed in the works on yoga. It's three steps are:

1. Puraka - inhalation
2. Kumbhaka - retention
3. Recaka - exhalation

The Gāyatrīmantra along with the vyāhṛtis is used in prāṇāyāma to keep time. Prāṇāyāma helps to control the mind also.

YouTube



PDF



Meditation is the foundation for life



Meditation is the foundation for life.

One famous teacher once said that the definition of meditation is perfect concentration upon a perfect point.

The Jain's discovered how to live in a constant continuous state of awareness. Over thousands of years, they fine-tuned these meditation techniques. Many of them are the same that was taught thousands of years ago.

I love to meditate. This wasn't a meditation course yet the emphasis was to live in this state of awareness in your daily life.

Mind you this only stepped 1 that was taught. This was a beginner's class. They have many other levels of classes that they teach. Even step 1 was highly defined.

All the class topics had the underlining meaning to be conscious and aware. For example, doing yoga asanas to get the greatest benefit one must slow down and be in a state of awareness.

The more one lives in that state consciously the more benefits come from your asana practice.

The same goes for Pranayama. Without being conscious and aware these are just breathing techniques. One will just get bored and give up. In the beginning, everyone must go through this. Nobody gets a free ride. Nobody will drive the car for you.

That's why it's called free will. Yet these classes provide the most comprehensive sorts of knowledge under one umbrella. You can find this information on the internet yet the wisdom might be dubious.

Both of these Jain teachers have studied and practiced what works. This is not an English class. This is a class where the individual can fine-tune the guitar of life in all areas of life.

I love to meditate. Always have always will. I'm constantly growing and learning. I was the only non-Indian taking the class. I was amazed by how my thoughts, beliefs, and spiritual practice were in complete alignment with theirs.

I'm looking forward to the next incredible step on this journey.

THE ENERGY SYSTEMS OF THE BODY: through the eyes of a neuroscientist



In the West, many people make fun of when they hear the word chakras. The movie industry is notorious for making fun of it. Yet the Jains have made this an intricate part of their spiritual practice.

For many years I understood the principles yet it was just theory. About 10 years ago I was researching chakras and discovered the world of Joe Dispenza. Joe Dispenza is a neuroscientist. He has been studying the mind, body, and soul connection. He believes and I believe that energy medicine is the wave of the future.

The Jain believes in the inner drug store for thousands of years. Yet in the west, it has only been in the past thirty years this has been slightly embraced by the medical establishment.

Dr. Joe utilizes chakra meditations in his work. He doesn't use the word chakras. He uses the word energy centers. Once again he knows the West can't relate to chakras.

I have a saying the more you pay attention to something the more it pays attention to you.

For example, these energy centers are an intricate part of the human body. You wouldn't be alive if they malfunctioned. Some mediums can read your auric field and predicate when you might die.

For the past years, I have been focusing on these centers. My experience is that we are made up of infinite energy and the physical body is only a minute layer of physicality. In another word, we are the universe walking around in a human body.

I usually spend around two hours of my sleep focusing on my chakras. There is an energetic field that we all enter into when we go to sleep. Sleep allows the human body to recharge and heal itself. Yet many people think that going to bed is a drag.

Imagine focusing on your chakras and being in that same sleep state and being aware. They are infinite love and compassion keeping you alive.

Each chakra relates to a specific part of the endocrine system. By focusing on them the entire endocrine system is being balanced and healed. All disease is created by our unhealthy lifestyles.

No wonder the Jains talked about the chakras. Many scientists know that disease first gets created in our chakras and over time it manifests in our human bodies. Scientists now have subtle instruments to prove this.

Nikola Tesla said, "If you wish to understand the Universe think of energy, frequency, and vibration. ... It's our doubt and changing frequencies and our inability to hold thoughts and visions for extended times that take us off our path.

We still live in a Newtonian world. The quantum theory has been around for over a hundred years yet we still can't see the forest from the trees. I find it fascinating that the ancient Yogi's not only understood these subtle principles yet it was the foundation of their lives. This is our true nature yet we are oblivious to it.

Our first step must be to develop our free will to embark on this incredible journey. The change will only occur when you pay attention inside of you. This is an infinite journey.

One always will fine-tune the guitar of life. Even when one has meditated for a trillion years you can never rest on your laurels. Even in that state, it's one small step after another. This journey is infinite.

When I was in India many years ago I heard this song. Someone has a jewel in their hand and doesn't know how precious it is. We have this precious human body yet we have no idea of our magnificence.

The Dragons and Acupressure



I wrote the following in my book Dragon Tales. This book is a children's story about the ultimate transformation of society.

I wrote a chapter based upon my dear friend David an acupuncturist. David the Dragon uses simple English to describe how it works.

The East has been thousands of years ahead of the west in discovering these subtle energies inside of us. For them, it was clear as day. It wasn't just a fancy theory but a moment-by-moment experience of the river of life inside of us.

Hi, I'm David the dragon. I'm best of friends with Little Ricky. You have read about me in this story. I'm over five thousand years old. I still feel young at heart. You see I take care of myself.

Where I come from the British Isles the dragons really didn't have any common sense. You could say common sense is uncommon.

Where I came from the dragons didn't exercise or eat good foods. They partied all throughout the night. To be frank they really had no clue about universal laws.

They were only interested in acquiring stolen treasure and fighting. Boy, what kind of existence is that!

When we flew from the West to the East our entire lifestyle changed for the better. We started to take a look at how to make a better life for the dragons.

As you see only young dragons came with us. They were stuck in their old ways. Quite frankly they had no desire to change. They liked misery.

Well, we decided to have a grand adventure. We learned how to meditate from Zoran and the rest is history.

We learned very young that life is an external and internal adventure. Bet you nobody told you that.

We came to a point where we could see energy all around us and in us. If there was a block over time disease could take place.

You see in the bodies of humans and dragons lie a vast number of rivers and streams. In a healthy body, these rivers and streams are flowing properly.

But the more ones live a life out of balance these rivers and streams get clogged up and don't flow properly. The water over time becomes stagnate and mosquitos can fester. This is where disease manifest.

Here's an example of anger. When a person is always angry this blocks the rivers and streams inside of the body. Over time the body becomes angry and can fight against itself. You call this cancer. Cancer is angry cells.

We discovered a long time ago that by using needles at certain points on the body we can begin to unblock the rivers and streams.

Yet the acupuncturist can help to unblock these dams yet it is up to you to change, modify, and learn how to be healthy.

In the West, you go to a doctor and take the medicine. Your symptoms go away. Your drugs have side effects. The patient takes no responsibility. No wonder your system is messed up.

A wise person begins to listen within and change accordingly.

This person realizes that proper rest is the key. In the West sleep and rest is sort of a nuance. They don't have an understanding of how important it is. For the body to heal and repair it needs rest. Period.

We live such a fast past life we have forgotten why we need sleep and rest in the first place.

The acupuncturist during this time had an easy job. He knew how to break the dam and let the waters flow properly. He might give some healing herbs to the child.

The child understood completely that the acupuncturist could only assist so far in the process. She knew that it was up to her to follow through and live day by day the natural laws of life.

You see their culture was understanding and practicing every moment these natural laws.

Unfortunately, in the world, today man has lost touch with his true nature. Consequently, the disease is quite common.

Our herbs are giving out our organic and have no side effects. They are extremely beneficial in helping the body balance.

Your western medicine has an extreme side effect and can cause death. Listen to the commercials today and you will hear a lovely voice telling all the side effects the drugs have.

They are concerned to make a profit. That is the bottom line.

Now kids listen to this story. Only your generation can change this wacky system. You can look at different and natural ways.

You see chemicals are the least effective ways for healing. Your scientists know about energy but at the present moment, only a few doctors are researching the power of energy. This is where acupuncture comes in. In the future, there will be all sorts of different discoveries and inventions.

The more a society becomes more aware the more discoveries can occur. You see only in an open society can change occur for the better. These discoveries can be used for good or they can be a complete disaster.

The nuclear bomb is a prime example. The genie got loose and now the world is trying to find out how to reign in the genie.

You see your world has a lot to learn. Imagine most of the world is looking externally. But the jewel lies within. You need a balance between the external and internal.

Millions are people are waking up to this fact. At a certain point in time when humanity truly understands this your inventions will be so-called a miracle in life. They aren't miracles in life but your understanding is at a different level.

Your cell phone would be considered a gift from God five hundred years ago. I bet each one of you kids knows how to operate one. You have no problem with that.

In the same way, the more you understand the laws of the universe more incredible inventions will come your way.

Nature wants to give her incredible gifts but you have to be in synch to receive them. Anger, war, and greed will never be the way to discover these gifts.

For thousands of years, war is not the answer. It has never solved anything and never will.

Only the kids can truly change for the better. Hopefully, you will listen to this story and remember your generation can change for the better. The seeds have been planted many millions of years ago.

You can be the fruit that can change this world.

You are never alone. Someday you will realize this. You will see that all of humanity and the dragons are in the same boat together.

You are the universe. You just don't know it.

David the Dragon Audio



David The Dragon



Mantras - sacred sound frequencies



The Jains have used mantras for thousands of years.

Imagine a tuning fork. A tuning fork vibrates at the frequency of whatever it touches. The mind is a tuning fork.

The ancient Jain masters learned through paying attention to nature and by meditating there are sacred sounds that exist inside of us. Only through silence can one hear these sounds.

Yes, that is a paradox. In silence lies all the sacred sounds of the universe. By repeating these sounds and over time by listening to these sacred sounds within the mind becomes in harmony.

The mind synchs just like modern-day radar upon a flying object. The mind automatically synchs into the sound and all troubles disappear. Mind you this takes time yet an understanding of the process helps one on this journey.

There is a vast storehouse of mantras out there. What is needed is clarity or the practical knowledge of the effects they have on the mind, body, and soul connection. Sound can heal and does heal.

Once again the basic principle comes to mind. The more you pay attention to something the more it pays attention to you.

This works good or bad. While in India many moons ago I heard this phrase. Tell me who you associate your free time with and I will tell you who you are. Satsang means the company of truth. Yet our society and the world at large live their lives oblivious to the sacred wisdom within.

The entire universe is alive and is vibrating. Any vibration has a sound frequency stemming from it.

The ancients discovered and listening to these universal mantras or sounds. They exist right now yet mankind is so busy looking externally to live their precious lives.

Sound is one of the greatest healing ways to heal the mind and body.

This body is a miracle



I'm sure that all of us had a human anatomy class before. In this session, one learns how precious this human body is.

One learns whether you like it or not but every action you take has a good or not so good consequence.

Many people love to smoke and don't want to give it up. Years later a serious disease comes along.

We create our diseases through our lifestyles. Many people think that my DNA controls my destiny.

Yet Dr. Bruce Lipton discovered in the 1960s that our environment is the major factor, not the DNA. DNA is only a factor in probably 5% of the cases. A person's lifestyle is a major factor.

We are our own doctors. Now I'm not saying don't go to a doctor. What I'm saying is you must change your lifestyle and habits. Nobody can do it for you.

Western medicine will only take away your symptoms so you can feel better. It will not go to the root and cure you. Only by balancing the mind, body, and soul connection can one heal.

By understanding human anatomy one becomes to learn how to be in balance with nature. One takes healthy steps to enable the human body to be in harmony with nature. Note I said being in harmony with nature.

We are oblivious to the laws of nature. Our lifestyles are out of synch with nature. No wonder humanity is in such a huge mess. Common sense is uncommon.

Both Pramila and Priya had the same message. Only you can change. Nobody will do it for you.

Seed Therapy – Miracle of life



I thought that I knew all about the various kind of healing modalities. Yet from this class, I learned about seed therapy.

Seeds contain wisdom and knowledge. Imagine a huge sequoia tree. From one small seed, a magnificent tree is born. It can live over a couple of thousands of years.

All the potential energy is contained within the seed. The great healers of yesterday understood this principle.

Seed therapy is a way to put seeds on certain acupressure points to either turn on and off the channels to a specific organ. All the wisdom is contained within the seed. The seed is a part of nature. We are a part of nature.

Our present-day lifestyle is not living following the laws of nature.

In my eyes, this is energetic medicine at its finest. Note most of us have more faith in allopathic medicine than nature itself. That is quite interesting.

Most people would laugh when they listen to the power of a seed healing a particular disease. Tell that to an ancient sequoia tree that has been around for a couple of thousand years.

Many times the simplest of things is the most powerful. Take your breath. It's so simple you breathe unconsciously.

Yet take away your breath and you will die within minutes.

I have yet to explore this wisdom yet. Exciting times are ahead of us.

Divine seals and the quantum field



I have always heard about mudras. Mudra means “seal,” “gesture,” or “mark.” Yoga mudras are symbolic gestures often practiced with the hands and fingers.

They facilitate the flow of energy in the subtle body and enhance one's journey within.

In this class, over twenty mudras were shown. Each mudra has a special effect. I’m at the beginning stage of learning more.

From my observation and experience mudra’s work on our internal electrical system.

The ancient ones discovered through meditation that the hands contain the electrical system just like a junction box does. One can learn how to turn on or off these signals.

This is another example of energy healing an old yet new healing modality. In the future, all medicine will incorporate these healing modalities.

Western science will learn the power of the quantum field to heal. Presently the majority of mankind rolls their eyes when hearing such a thing.

The ancients discovered this thousands of years ago. A new way of healing is coming around the corner.

You are your own drugstore. You have been hardwired and you have the software to heal yourself.

Tricks of the trade



Principles of a healthy diet and lifestyle

- Try to eat only organic food. Preservatives and modern-day pesticides are extremely harmful. There is a reason why they wear protective gear yet we think it is safe to eat.
- Try to eat 80% raw and 20% cooked food.
- Most of your food should be alkaline.
- The western diet is mostly acidic.
- Stop drinking sodas. All sodas contain a huge amount of sugars and carbon dioxide. Remember we breathe in oxygen and breath out carbon dioxide. My track coach in high school said he would rather us drink beer than soda. Soda is extremely harmful to the body.
- Limit your alcohol. If you can stop drinking alcohol. Your liver and body will love you by doing this.
- Drink plenty of water.
- You should eat your water and drink your food.
- Try to eat seasonal foods for your particular season and area.
- Listen to your body. It will tell you what it needs.
- If you are coming down with a cold go to bed early. This will stop you from catching a cold. I do this several times a year. My body loves me for listening to it. The body talks to you all the time. We just have deaf ears.
- Meditate every day. Learn to love it. Yes, it takes practice.
- Perform pranayama every day. It will help you fine-tune your body.
- Breathe through your nose, not your mouth. Learn to exercise that way. Remember that breathing through your mouth is called the breath of death.
- Do yoga every day.
- Do some kind of cardiac exercise. I love to swim. During this pandemic, I don't have the opportunity.
- Monitor your thought and emotions. Remember when you get angry you are drinking your own poison.
- You are your own master chemist. Only you can change for the better. Nobody can do it for you.

- Learn how to program your subconscious. Over 95% of your actions are governed by this. You have the hardware and software built in to do this.
- Focus on your breath moment by moment. The entire universe is keeping you alive. Remember the more you pay attention to something the more attention it pays to you. It goes with the breath.
- Pay attention to your chakras and energy centers. They will help you balance your body.
- Limit Social media. It was designed to hook you and make you addicted. Watch the movie “The Social Dilemma”.
- Listen to music that nurtures the soul.
- Don’t get involved in gossip.
- Speak the truth.
- Be kind to everyone.
- Respect all people.
- Be nonviolent in your words, deeds, and actions.
- If you can stop eating meat of any kind.
- Don’t microwave your food. You are destroying the necessary enzymes.
- Take a walk in nature every day.
- Relax in each and every moment. Slowdown be in the moment.
- As Bugs Bunny once said don’t take life so seriously. You will never get out of it alive.
- Eat only fresh foods. Don’t eat junk food of any kind. Remember your body is a temple.
- Spend time in nature. Learn to listen to nature. Nature is always speaking wisdom yet we don’t hear it.
- Don’t watch so much TV.
- If you can’t don’t use western drugs. Change your lifestyle accordingly.
- Always learn greater wisdom. You will always fine-tune the guitar of life.
- Love your fellow man.
- Don’t judge your fellow man.
- Be tolerant of others.
- Do your job to make this planet a better place.
- Remember that anything external will change. Nothing is permanent except for your true self.
- Strive to be happy internally and you will.

- Go to bed early. Listen to your body rhythms. Some people can go to bed later. Just listen to your body. It will tell you what to do.
- Remember food is medicine. Therefore eat your food with discretion.
- One man's food may be another man's poison. Each one of us is custom designed. What works for one will not work for another.
- Try to eat your meals in a certain window of time. I try to eat between 10:00 in the morning and have my dinner around 5:00 to 6:00. This allows a 16-hour window for the body to balance itself.
- Learn about fasting. Your digestive system needs rest.
- Don't drink water before going to bed. Your body has certain healing procedures it will do.
- Try to not eat after the sun goes down. This is following the laws of nature.
- Don't be a workaholic. Balance your life. I tell prospective employers I didn't come down to earth solely to work.
- The more you work overtime the less quality work you will perform and the more error-prone you will be.
- Love what you do. Don't just take a job for the money. You are worth more than that.
- Remember most answers come when your body and mind are relaxed. If you are working on a problem take a break. Relax. Many of my answers come when I'm sleeping or taking a shower.
- Your ancestors are always with you. You are never alone. Meditation is the key to understand this.
- The entire world is your friend.
- Your enemies are only your petty state of mind.
- The biggest crime is not discovering your true nature while you are alive.
- You can heal yourself and be happy. Happiness and healing is only a breath away.
- Don't look at the future and the past. Stay in the present moment. Remember it's the only moment you have.
- Choose your words wisely.
- Remember what you think and say you become.
- Don't hold on to grudges.
- Let go.
- Be kind.

- Do not put off tomorrow what you can do today.
- Spend time with your kids.
- Laugh at life.
- Live in the center of the hurricane instead of the howling winds of the mind.
- This life is a video game. Know how to play it. Most people are stuck on one level.
- If life is a bowl of cherries why are we living in the pits?

Yoga and celestial movements



The following came from Yogapedia.

Definition - What does Anusara Yoga mean?

Anusara yoga is a modern school of Hatha yoga founded by John Friend, an American yogi. From Sanskrit, anu means "with" and sara means "flow." Therefore, anusara may be translated as "flowing with grace" or "natural state."

Named Anusara School of Hatha Yoga and popularly known as Anusara Yoga, the ideology of the school is focused on Tantric philosophy of intrinsic goodness.

Yogapedia explains Anusara Yoga

A student first and later a teacher of Iyengar yoga, John Friend founded Anusara Yoga in 1997. The ultimate aim of the school is to align one's self with the Divine.

Drawing inspiration from Iyengar yoga, Friend developed his own style, which immediately attracted followers from the West due to the Western approach to the conventional art.

The primary aspects of Anusara yoga are:

Universal Principles of Alignment -- Connecting all asanas to the philosophical practice of Anusara, which involves the shifting of focus from perfecting a pose to enhancing the goodness and beauty that already exists in the student.

The Three A's -- These are attitude, alignment and action. The attitude is to reawaken the Divine within the self. Alignment is about being aware of how the different parts of the body are interconnected. Action refers to the natural flow of energy in the body.

Focal Points -- The alignment principles of Anusara talk about three focal points; namely, the pelvic focal point, heart focal point and upper palate focal point.

Energy Loops -- The seven energy loops of Anusara are ankle loop, shin loop, thigh loop, pelvic loop, kidney loop, shoulder loop and skull loop.¹

¹ [What is Anusara Yoga? - Definition from Yogapedia](#)

7 quantum elements of the human body

2

SAPTADHATU THE SEVEN BODY TISSUES

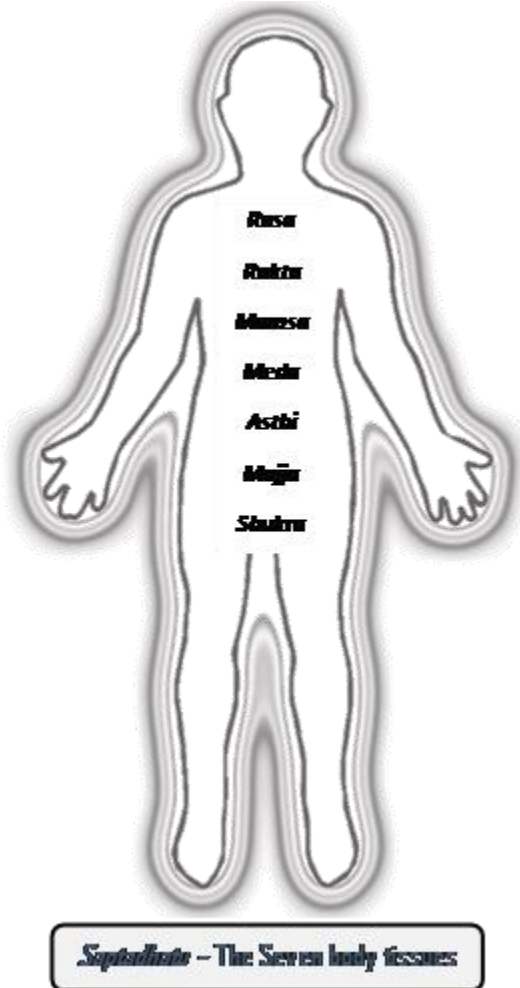
According to [Ayurveda](#), the human body is primarily made up of *Saptadhatu*.

“*Saptadhatu*” is a Sanskrit word, which means seven constituent elements [*Sapta*=seven, *dhatu*=tissues]. These seven *dhatu*s are responsible for the entire structure of the body.

The *dhatu*s maintain the functioning of different systems, organs and vital parts of the body and play a significant role in the development and nourishing of the body.[i]

The *dhatu*s are also part of the body's protective mechanism. With the help of *agni* (fire), they are responsible for the immune processes. Each tissue or *dhatu* is primarily governed by one of the *tridoshas* – *vata*, *pitta* & *kapha*. [ii] When one *dhatu* is defective, it affects the successive *dhatu*, as each *dhatu* receives its nourishment from the *dhatu* preceding it. The seven most important *dhatu*s are presented here in serial order:

1) **Rasa** (Plasma) which is the first *dhatu* which contains nutrients & minerals from digested food and which nourishes & replenishes all the tissues and organs.



² [Saptadhatu The Seven Body Tissues - AskDabur](#)

- 2) **Rakta** (blood) which transports oxygen to all tissues and vital organs and maintains life.
- 3) **Mamsa** (muscle) which covers the delicate vital organs, and enables movements of bones & joints and maintains the physical capacity and strength of the body.
- 4) **Meda** (Adipose tissue) maintains the lubrication and oiliness of all the tissues.
- 5) **Asthi** (bones and Cartilage) gives support to the body structure.
- 6) **Majja** (bone marrow) fills up the bony spaces
- 7) **Shukra** which are the reproductive tissues responsible for reproduction. Sperm in males and Ova in females

Any disease where *vata-pitta-kapha* are involved, the vitiated *doshas* directly affect the *dhatu*s. With insight into the governing *dosha*, the cause of a diseased *dhatu* is accurately determined.

The disturbed *dosha* (*vata*, *pitta* or *kapha*) and improper *dhatu*s are always directly involved in the disease process.

Once the root cause of the illness is known, the corresponding therapies are used to balance the system through reducing the excess element(s) and increasing the deficient one(s).

Balance of the *dhatu*s can be maintained by taking steps to keep the *tridoshas* in balance through a proper diet, exercise and recovery program.

References

[i] Lad V. Ayurveda: The science of self-healing: A practical guide. Lotus press; 1984.

[ii] Tirtha SS. The Ayurveda encyclopedia: Natural secrets to healing, prevention, and longevity. Sat Yuga Press; 2007.

The whole universe lives in cycles



If you live in New York City would you eat a lot of fruit during the winter? Would you eat a lot of salads for dinner?

Most of us are oblivious to the changes in nature. Our human bodies were designed to follow natural laws.

Mind you each place on earth is different and unique. Each place has different kinds of seasons and weather patterns.

The wise man understands this and eats only foods that support this particular season. It changes depending on where you live.

3

Why eating seasonally is important

Each season has a different effect on our bodies. Imagine for a moment taking a big bite of ice cream while you're bundled up in scarves and mittens on a winter's walk in January--not very pleasant, right?

What about eating a hot bowl of barley soup while you're lounging poolside on a sweltering August day? Pretty unappetizing.

There's a reason why your body reacts to these images--different types of food help your body get back into balance during different times of the year.

Acting against these natural inclinations can actually harm you, both inside and out.

When you eat out of sync with nature, even if you eat an otherwise "healthy" diet, the consequences can include a compromised immune system, unhealthy

³ [The Basics of Ritucharya: Ayurveda's Secrets of Seasonal Eating | The Art of Living](#)

weight gain or loss, poor skin and hair quality, and even an increased risk of more serious illnesses.

Eating Ayurvedically, in accordance with the seasons, doesn't just make you feel good in the moment, but is a powerful preventative health measure, too.

In Ayurvedic thought, each of us embodies a dominant natural constitution: either Vata, Pitta, or Kapha (or a combination of any of the above).

Vata types are ruled by the qualities of air and space, Pitta types are ruled by fire and water, and Kapha types are ruled by water and earth.

Each season pacifies or ignites these energies within us, meaning that our systems can be thrown out of balance if we don't take measures to adapt our bodies to the weather.

Luckily, Ayurveda lays out a set of seasonal guidelines known as Ritucharya, with "ritu" translating to "season", and "charya" translating to "guidelines".

These guidelines serve as prescriptions for diet and lifestyle changes throughout the year, including Ayurvedic detox treatments, and help us keep clear in our minds, fulfilled in our spirits, and vibrant in our bodies.

According to Ayurveda, the year is divided into two periods, each containing three seasons: Uttarayana, the cold months, which contains the seasons of Sharath, Hemanta, and Shishira, and Dakshinayana, the warm months, which contains the seasons Vasanta, Grishma, and Varsha.

Tummo activating the Star Gate within



Over forty years ago I heard about this ancient practice. There would be stories with pictures of Buddhists sitting in the snow with wet sheets around them and they would completely dry them off.

The first thing that came to my mind was why not just use a dryer. It would take no more than 30 minutes to dry.

There are an infinite amount of powers that one can acquire along the way. I thought how it would be if they used the power of compassion to do this.

Years later after listening to

Lama Glen I understood that the foundation of Tummo is compassion. In fact, to evolve as human being compassion is the essence.

Lama Glen explained in this two-hour zoom seminar many things that helped me refine my understanding of Tibetan Buddhism. My vision and understanding were greatly magnified.

I look back at how my life has been in synch with the Buddha.

Our house is like a Buddhist temple. We have Buddha's statues, Quan Yin statues scattered throughout the house. My spiritual practice follows the ancient guideline that Buddha taught about.

Lama Glen helped me to understand the experiences I have had for the past fifty years and translate them into the Buddhist understanding.

Mind you this is only by listening to a two-hour seminar. Lama Glen is going to present a 16-week course on this subject. I already got my money's worth just by his YouTube seminar.

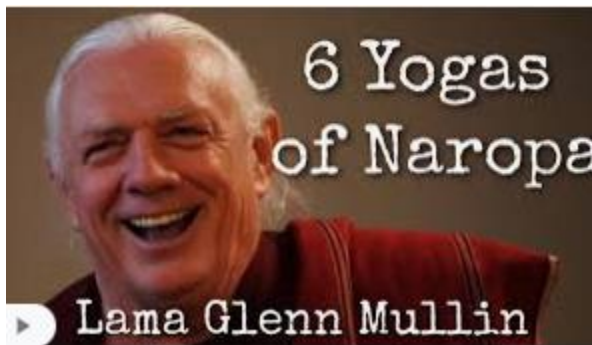


Accordingly to Milarepa Tummo is the basis for the 6 yoga's. The 6 yoga's are Tummo, Illusory Body, Clear Light, Dream Yoga, Bardo Yoga & Phowa.

The Buddhists have a book called Crystal Clear. I read this book around 2001. Crystal clear is a state of utter formlessness. Is it how to bring infinite radiance, stillness, and formlessness into everyday life?

My understanding of crystal clear is probably the merging of Buddhist thought and the current understanding of the quantum field. Both are talking about the same thing.

Read some of my books and you will see this theme presented in many ways.



Lama Glen said that Humans experience the essence of tantra in three ways naturally.

- Every night when we go to sleep. One who is aware can capture a snapshot of the clear primordial mind.
- Making love is another way. The

organism can lead to clear light radiance if one is aware.

- Meditation is another way.

All three can be awakened within oneself. When one is sitting on the meditation cushion.

When one goes to sleep called clear light of sleep yoga. The last is the clear light of death when one dies. These states are the following awake, dreaming, and death.

Tummo is the basis for the meditation practice. It brings infinite radiance, stillness, and formlessness into everyday life.

This ultimate state is elusive non physicality, a clear mind, clear sight. Glen says there is infinite me yet all form disappears.

Accordingly to Lama Glen, one learns how to lean towards form in everyday life and at the same time lean to the elusive nonphysicality, clear mind, clear sight.

The Cabbalistic calls these state feet on the ground and the head in heaven. One can sit and meditate and only have the 5 inner senses activate where one enters the clear mind clear light state.

Coming back to the external senses one activates the external senses. The goal is to harmonize the two.

The philosophy of Tantra says we exist simultaneously on three dimensions. Course, subtle and very subtle.

Ordinary life is course. It consists of our minds and bodies. Everyday life is a part of this. External stimuli create internal experiences in the brain.

At the coarse level, everything is experienced in duality. When one tries to meditate for the first time one brings to the table a course mind. A mind that has been conditioned externally.

Our body and state of mind create various chemicals to reflect our state of being. The Buddhists have known this for thousands of years. Only recently has western scientist embraced this concept and have proven it over again and again.

Dr. Joe Dispenza is at the forefront of this. The Dali Lama has each year a conference with scientists from all around the world. This has been going on since the eighties. They have been studying the mind-body connection in the lab ever since then.

These are called by the Buddhist Psycho-Neurology immune systems. Behind this loud noise lays the subtle body. Our minds and bodies are like tuning forks. We only vibrate at the frequency of the current state of mind and body.

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 being out of balance.

One can be in a heavenly place and the subtle mind can be out of wack and cause suffering due to your state of mind.

Your mental state creates the emotional state of your being. These disturbances are felt in the heart and thyroid.

This is called subtle chemistry. The conscious mind and the subconscious mind are the two which control the chemistry. Remember the subconscious mind controls 95% of our actions. Only 5% is conscious. I find it interesting that Carl Yung was familiar with Buddhist philosophy.

I'm sure that much of his understanding came from them. Lama Glen also believes in this.

When one can stop the heart consciously and stop the physical functions one enters the state of the timeless zone.

The Buddhists are trained in breathe retention. Tummo is the process of holding your breath and sending it to the heart. Then pure alchemy occurs and the higher chemicals are secreted into the body.

According to Lama Glen by bringing all the energies to the heart we become like a one-cell being. Arising from that brings the most subtle mind to be activated.

Most of humanity lives in dense bodies. Need I say more. Look at the world today.

Furthermore, Lama Glen said don't believe anything externally that is in the shape of outside appearance. It's all illusionary.

The biggest obstacle is to overcome the attachment to the ordinary appearance of things. This is called Maya the great illusion.

Talk to a quantum scientist and they will tell you about the quantum field. This has been proven over a hundred years ago yet we still live in the Newtonian model.

At the next level, we try to manipulate these drops of chemicals to our advantage. In the beginning, we work with the 4 principal chakras. The navel chakra, heart chakra, throat chakra, and the center of the brain chakra.

These chakras help speed up the evolutionary process. The tantra states that one day of meditating in this state is equivalent to 100 years of normal evolution.

Paramhansa Yoganand said the same thing with Kriya yoga. Anyway, there are scientific practices that can speed up this practice.

The basis of the tantra practice is to go from the gross mind to the subtle mind and ultimately to the very subtle mind.

Tummo, elusory body, and clear light is the process to take you from the gross, subtle, and very subtle bodies. One achieves enlightenment by these three practices of yoga.

Tummo Yoga always starts with physical exercises. There are six main exercises.

The first one is similar to pranayama. They do this because most humans are shallow breathers. Purpose to harmonize the male and females energies.

This is the same concept of harmonizing the Ida and the Pingala nerves. These breathing exercises are done three times.

When you do this both nostrils should be balanced. If not repeat the three rounds.

Note for further explanation I'm taking the class. Then breathe deeply through both nostrils three times. One should always do this before doing tummo.

During tummo, one does vase breathing through the nose. Accordingly to Lama Glen's instruction.

- Breathe in through the nose. Swallow if you want. This will put the abdomen in the correct position. Hold for forty-five seconds. Relax and slowly exhale the breath through the nostrils. Do this for around 10 minutes.
- Then do the same but rotating your abdomen clockwise and counterclockwise three times each. This is vitalizing your eternal organs. You are rotating the entire solar plexus region. Do this without moving your backbone or shoulders. Remember to press down and pull up. This

messages the gall bladder, pancreas, kidneys, and other vital organs. It is very good for digestion.

- Do the same but push the stomach out and in. This is arousing the fire energies. It also helps with the internal organs.

Note don't read this book and try to do the exercises. You must learn from a qualified teacher. I'm just a mere beginner like you.

Tummo means fierce women. The digestive system is a system of the fire element.

Did you know that there is a junction box with 72,000 Nadis or energy channels that are wired there? It's not physical yet it's real.

Someday in the future scientist will develop instruments which show this. The acupuncture of today knows about this along with the Taoists, Yoga's, Lamas, and Jains.

In tantra, sexual energy is the purest and primitive energy. Our brain energies are the most impure because it is a condition of our external stimuli, state of mind, and body.

Accordingly to Lama Glen by arousing this sexual energy our neural system is heightened by this pure energy.

There are 108 exercises but only 6 are needed.

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