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## Intro



**Fletcher Soul Traveler**

13 subscribers

If you know me you will know that I love to think outside of the box.

I have been researching most of my life. It's not only

intellectual knowledge yet is practical down-to-earth wisdom. You could call it the land of a mystic.

Feet on the ground and your head in heaven. Be practical and yet consciously live within the jewel that lies within. Call it whatever you want but something is keeping you alive. The same power that is keeping you alive is keeping the universe alive.

This is my first introduction to Tibetan formal training that I'm about ready to embark on. It's a 16-week course. Lama Glenn Mullin is presenting this course starting July 24, 2021.

I'm looking forward to learning more about this ancient wisdom. Here's the beginning of this new journey. Maybe you might want to join in this adventure.



Life will give you many signposts and synchronicities if you are open to them.

I have been fortunate to be aware of this since childhood.

When one is conscious of the inner doors signposts

and synchronicities are a part of your life. Remember the more attention you pay to something the more attention it pays to you.



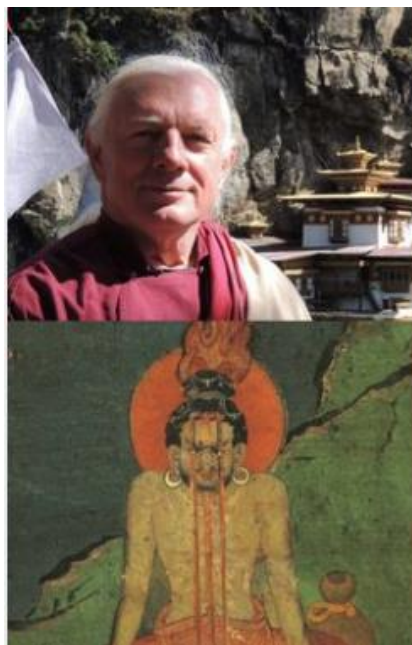


My girlfriend Anna and I were driving from Toronto to Vancouver Canada. The year was 1974. We ran into Mahatma Rajeshwar and Bill Paterson along the way.

They were going to do a TV interview and asked us if we wanted to come. We spent a few days there. Bill gave me a copy of a book about Milarepa. He was Tibet's greatest Yogi.

The Kagyu lineage still exists today. In fact, in Ashland Oregon, there is a beautiful temple that comes from the Kagyu lineage. Bill, unfortunately, died about 10 years ago. He was well known for his kindness.

I loved the book. I was extremely fascinated by his life. I love to meditate. It is a part of my life. I mean an incredible part of my life. I had a knack for it.



## The Six Yogas of Tilopa, Naropa & Niguma

**16-Week Training Program  
With Lama Glenn**  
starting on July 24, 2021

**Tummo, Illusory Body, Clear Light,  
Dream Yoga, Bardo Yoga & Phowa**

Fast forward almost 48 years. I'm on Facebook and I see the interesting post, Tummo & Six Yogas Training with Lama Glenn. I was quickly drawn to this. What a synchronicity! My mind went back to receiving this

precious book on Milarepa many moons ago. Signposts are all around us.

You Tube

[Six Yogas of Naropa with Glenn Mullin](#)



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

My practice is the foundation of my life. I once had a past life regression where my twin brother John, Mark Lowenhurst, and I were students of Buddha. I could see it in my mind's eye. Even today I can close my eyes and visions will appear. Of course, I can't prove it<grin> yet the impressions are there. Milarepa is another guide.

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

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

Both Buddha and Milapera have been friends with me for such a long time. Once again how can you explain that? Yet I most certainly know that we are never alone. This journey is both internal and external. What can I say we are all blessed?

## Commentary

The following is my commentary on the YouTube video [Six Yogas of Naropa with Lama Glenn Mullin](#). He did an incredible job.

### You are your own master chemist

Did you know that Buddhists have been studying the art and science of happiness for thousands of years? They were probably one of the first to talk about that you are your master's chemist. Buddha once said that when you get angry you are drinking your poison.

In the last 30 years, western scientists are on board with this. They know that over 1500 stress hormones get released into the body. Recently I finished the book *You are your master chemist*.

From the YouTube video, I learned that my book was in alignment with the Buddhist. Buddha was probably the best psychologist ever known. Granted he did not call himself that. Yet they mapped out the states of mind that the western world is trying to catch up on.

Just think it was only in the 1980s did western science study the science of happiness. The east is thousands of years ahead of us when it comes to studying the mind. L

ama Glen mentioned there are probably thousands of chemicals that exist that western science does not know about. Only in a heightened state of awareness do these chemicals get produced by the brain. Remember your state of awareness

determines your state of mind and body. If you are constantly stressed out one has no clue about the mind-body connection.



### Your body Is Your Drug Store

The art of Taoism has been around for thousands of years.  
I find it quite fascinating that they talk about the elixir of life.

This elixir is not an herb or any external substance.

This elixir exists inside of us.

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

Yet here we are taking drugs for our ailments.

Each drug has huge side effects.

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

I'm saying maybe there is a better way.



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

You don't pay when you are sick.

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

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

In our culture everything is fragmented.

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

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

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

Here's an example of being out of balance.

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

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

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

I was miserable.

Why because I missed the ocean.

Now that is being out of balance.

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

Currently, man has divorced himself from our precious earth.

We pride ourselves on the technology that we have.

Yet we are emotionally immature with the earth.

Where am I going with this?

Imagine if man was in absolute harmony with the earth.

Can you imagine the wisdom that it has?

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

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

Currently, most of America is totally out of balance.

Look at all the problems today.

I used to work for the USDA.

I saw my friends taking up vaping.

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

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

No wonder there is such an epidemic.

Imagine drugs existing inside of you that are dormant.

To receive them you must be in balance and harmony.

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

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

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

Your body has the intelligence to produce these for you.

How many people listen to their bodies?

How many people monitor their thoughts?

How many people dive into silence?

How many people monitor their actions?

You see this is a moment-by-moment conscious event.

When we are unconscious chaos exists.

Look at the world around you.

Does it seem to be in balance and harmony?

The question is do you want to change?

Are you content with the current conditions?

This isn't just Richard on a soapbox.

I'm asking real questions.

What do you think?

You are your savior.

Nobody is going to save you except yourself.

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

This human body is hardwired to find God within.

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

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

These are exciting times.

Millions of people are waking up.

We are all playing with our chemistry kits.

Unfortunately, we aren't aware of it.

Many people blow themselves up without realizing it.

In every moment thousands of chemicals are being released throughout your  
human body.

Mankind is spinning out of control.

We are drinking our poison.

We get angry at someone or a political point of view.

In the meantime, we drink our angry poison.

We then wonder why illness arrives on our doorsteps.

The wise man understands the repercussion of negative thoughts and emotions.

Moment by moment one plays this video game of life with awareness.

One tap into the infinite ocean of love and compassion.

This is our true home.

My advice is to learn how to change your chemistry.

Remember you are the master chemist.

Only you are playing with your chemistry kit.

Ponder this over.

This could make your life so much easier.

Nerve cells that fire together wire together

These are called neural networks.

The brain fires more electrical charges than all the cell phone calls in a day.

That is a lot of activity going on.

I would have loved to see the brain scan of a Buddha or Christ.

Just think how incredible that would be.

Years ago I hear the Dalai Lama would rehearse in his mind all the activities of his day.

He would see in his mind's eye area where he could be kinder and wiser in his actions.

At that time I couldn't relate to it.

Well, I sure do now.

He was consciously reprogramming his neural networks and his subconscious mind.

He didn't have to think about being kind.

He trained the subconscious mind day in and day out to be kind.

I once read where he said he had a major anger problem as a child.

Yet today it's hard to believe.

There is no kinder man on the planet.

This is a practical path.

What kind of neural networks are you creating in your life?

If you don't want to answer that question then you are like a leaf blowing in the wind.

Your subconscious mind is running your show.

Nobody gets a free ride.



Nobody changes until you change your energy

Nobody changes until you change your energy.

We still live in a Newtonian world.

We still are only conscious of the external world of matter.

Therefore we only see 1% of the light spectrum.

You could say as human beings we are extremely dense.

For over a century scientists have been studying the quantum field.

Mystics have been studying this for thousands of years.

They knew once you change your energy you change.

The mind is like a tuning fork.

It vibrates at whatever frequency it touches.

When the mind touches silence it becomes silence.

This is our true state of mind.

In the East, our present state is called the monkey mind.

If you don't know what it means do the following.

Sit down.

Close your eyes and focus on your breath.

Just do that simple thing.

You will see that the mind jumps from one branch to another.

You can't stop it.

I have a friend who gave up trying to meditate because he couldn't control his mind.

To conquer your mind is the most difficult thing to do in the universe.

Your body is your subconscious mind

The East has always known there is no demarcation point between the mind and body.

Western scientists know that the subconscious mind exists inside of the body.

Imagined that 95% of our actions come from our subconscious mind.

That means only around 5% are conscious.

Our bodies are trained to respond even faster than our conscious minds.

It is built in that way.

Yet we are unaware of this fact.

Consequently, our reactions stem from past events.

It is like a computer going to a specific track and playing it over and over again.

We respond to past events and we think it's a new one.

We do this day in and day out.

Over time we put deep grooves into the record of life.

We build attitudes towards others.

We mock people and flame others and think it's perfectly ok.

We are intolerant of others.

The list goes on and on.

If we want to change this world we must change ourselves.

Nobody can do it for you.

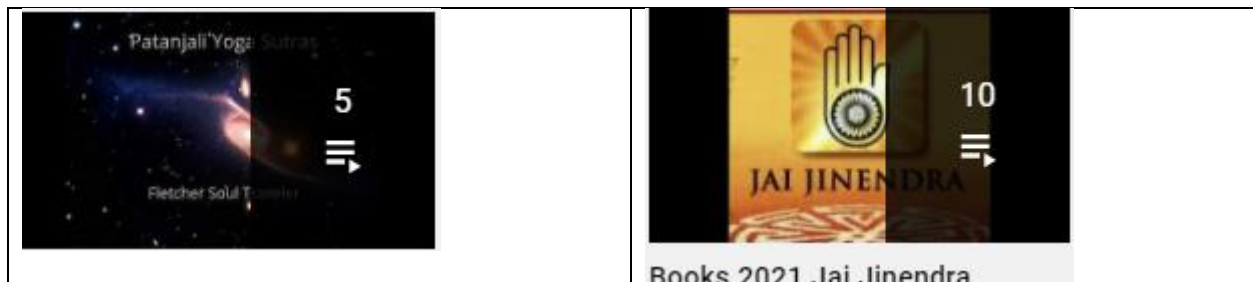
God will not do it for you.

That's why it's called free will.

Are you heading in the right direction?

I think we have three directions that we perform in every moment.

- One is to take a baby step forward towards your goal.
- Two is to be on a constant treadmill and go nowhere.
- Three is to progress backward.



The Jains, Buddhists, and the ancient Yogi's all talked about this. The Jains and the ancient Yogis have the same identical systems. I would imagine the Tibetan Buddhists would have something similar or identical to the ancient Yogis. Their system was started in India. Note how similar both are. One needs to embrace the tree of life to progress on this path.

The eight Buddhist practices in the Noble Eightfold Path are:<sup>[25][note 2]</sup>

1. Right View: our actions have consequences, death is not the end, and our actions and beliefs have consequences after death. The Buddha followed and taught a successful path out of this world and [the other world](#) (heaven and underworld/hell).<sup>[26][27][28][29][note 3]</sup> Later on, right view came to explicitly include [karma](#) and [rebirth](#), and the importance of the [Four Noble Truths](#), when "insight" became central to Buddhist [soteriology](#).<sup>[30][31]</sup>
2. Right Resolve or Intention: the giving up of home and adopting the life of a religious mendicant in order to follow the path; this concept aims at peaceful renunciation, into an environment of non-sensuality, non-ill-will (to loving kindness), away from cruelty (to compassion).<sup>[32]</sup> Such an environment aids contemplation of [impermanence](#), [suffering](#), and [non-Self](#).<sup>[32]</sup>
3. Right Speech: no lying, no rude speech, no telling one person what another says about him to cause discord or harm their relationship.<sup>[25]</sup>
4. Right Conduct or Action: no killing or injuring, no taking what is not given, no sexual acts, no material desires.<sup>[25]</sup>
5. Right Livelihood: beg to feed, only possessing what is essential to sustain life;<sup>[25]</sup>
6. Right Effort: preventing the arising of [unwholesome states](#), and generating [wholesome states](#), the [bojjhagā](#) (seven factors of awakening). This includes *indriya-samvara*, "guarding the sense-doors", restraint of the sense faculties.<sup>[33][32]</sup>
7. Right Mindfulness ([sati](#); [Satipatthana](#); [Sampajañña](#)): "retention", being mindful of the *dhammas* ("teachings", "elements") that are beneficial to the Buddhist path.<sup>[34][note 4]</sup> In the [vipassana movement](#), *sati* is interpreted as "bare attention": never be absent minded, being conscious of what one is doing; this encourages the awareness of the impermanence

of body, feeling and mind, as well as to experience the five aggregates ([skandhas](#)), the [five hindrances](#), the four True Realities and seven factors of awakening.<sup>[32]</sup>

8. Right [samadhi](#) ([Passaddhi](#); [Ekaggata](#); [sampasadana](#)): practicing four stages of [dhyāna](#) ("meditation"), which includes *samadhi* proper in the second stage, and reinforces the development of the [bojjhagā](#), culminating into [upekkhā](#) (equanimity) and mindfulness.<sup>[36]</sup> In the Theravada tradition and the Vipassana movement, this is interpreted as [ekaggata](#), concentration or one-pointedness of the mind, and supplemented with [Vipassana](#)-meditation, which aims at insight.

This journey of self-discovery is infinite. It's like peeling an onion. There are infinite layers to this onion. A person can never clap their hands and say I've mastered it all.

Our whole sense of understanding of the world around us has to change. The journey is going from a reactive state to a pro-active state. Going from the hurricane state of the mind to absolute silence.

This takes time and patience. You see darkness is the flip side of the coin of light. You can walk into a room when it's dark flip on the switch and the lights will turn on.

In the same manner, you can walk into a room where there is light and then turn off the lights, and darkness will occur. Darkness is simply the absence of light. In both examples, you decide whether darkness or light will manifest in the room.

The same goes for your life. Most of us are unconscious therefore we don't make proper decisions. We live on automatic pilot so we have our ups and downs in life. Nothing is stable.

We spend our lives not wanting to change even if it means for us to have miserable lives. We don't know that we can climb out of the hole that we have dug. This is the state of mind today.

We don't ask questions about life. Even during this shutdown when Mother Nature is sending us to our rooms we aren't asking questions like why. We are so busy and bored to get back to our everyday life.

The eight limbs represented the tree of life and how we can be in harmony with it. Over time one discovers one is a scientist, physiologist, dreamer, mystic, lover, and practical. One learns to have the feet on the ground and your head in heaven.

Patanjali set out his definition of yoga in the Yoga Sutras as having eight limbs (अष्टाङ्ग aṣṭ āṅga, "eight limbs") as follows:



The eight limbs of yoga are abstinence, observances, yoga postures, breath control, withdrawal of the senses, concentration, meditation, and samadhi (absorption).

Imagine a doctor prescribing a program that will heal you in your body, mind, and soul. Note the doctor does not heal you. You heal yourself.

In the last fifty years, yoga has been mainstream in America. When I first started practicing yoga in 1971 you were considered a weirdo to practice yoga. Yoga posture is only one limb on the tree.



1

This is a living tree. You are a living tree. So many benefits occur just by practicing yoga postures. People's health and state of mind have been drastically improved just by doing these.

Note practicing yoga postures is only one limb on the tree of life. We will talk about the various limbs in separate chapters.

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<sup>1</sup> <https://www.youtube.com/watch?v=vSaf47zusx4>

Behaviors to match the intention

If you have an intention to change don't you think your behaviors should match your intention?

You will never change if your behaviors don't change.

One can go to church every Sunday and give an offering.

Yet if during the week you don't practice what you preach.

Life is an infinite series of modifying our behaviors.

There will never be a moment where we clap our hands and say I've learned all there is.

If you ever say this boy do you ever have a grand lesson to learn?

I can almost guarantee life will throw you a curveball.

The greater the intention the greater one must modify his behaviors.

One can't live one's life on autopilot.

A proactive being is constantly modifying one's behaviors for the better.

You can't rest on your laurels.

Every moment we can always improve.

How does that make you feel?

A spiritual path is a practical path.

One learns that in every moment we can modify our behaviors for the better.

We will stumble and fall.

Yet we will pick ourselves up and continue walking.

We can smile through diversity.

We can not have a care in the world.

Your behaviors become your personality.

Change your behaviors and you change your personality.

## Have you ever seen an unhappy Buddhist Lama



Have you ever seen an unhappy Lama? Is that an oxymoron? I'm sure that it exists but that's not the norm. In my eyes, the Buddhists are probably the happiest people on earth.

Once again one who is moment by moment conscious of discovering the jewel within obtains that state of mind.

Whatever you pay attention to you become. It's called the law of life. If you pay attention solely to your problems you will have more problems come your way. If ones are focused on happiness, happiness will come your way.

It's so simple a concept yet we were never taught this in school. Our true nature is compassion, happiness, and love. We have simply put clouds inside of us. Take away the clouds and one will have a clearer vision.

Automatically the sun will shine inside of you. This is your true nature. The sun is always shining inside of you. This is your true state of being.

I thought I laugh a lot when I'm speaking. Yesterday I talked to my dear friend Mark and he told me I'm constantly laughing when I speak. Yet when I listened to Lama Glen it was off the charts.

To be honest it was incredible. He had the laughter of a child and the wisdom of a lama. I could see all his early training with the Dali Lama paid off. You are the company that you keep. No wonder Buddhists are such funny and lovely people.

I've said many times before the spiritual path is the most practical path.

What do I mean by this?

We are all victims of our environment.

We are like leaves blowing in the wind.

When the environment is good we are happy.

When the environment changes we become frustrated.

Externally everything changes.

Nothing remains the same.

Consequently, our happiness goes up and down.

We try to hold on to our happiness for dear life.

Consequently, we experience tremendous pain.

Life will never go the way you want it.

One may see the glass as half empty or half full.

A wise man learns that inner happiness exists inside of him.

Therefore the world may change yet one resides in the ocean of happiness inside.

This has been known for thousands of years.

Yet it falls upon deaf ears.

Isn't that ironic?

What we have been searching for exists inside of each one of us.

I find that sad at times.

You are the universe.

You just don't know it.

Modify our behaviors to reprogram the mind

Just think if you modify our behaviors you reprogram the mind.

What a difference that would make.

It's not easy yet it can be done.

Just start slow.

You will stumble and fall.

That's part of life.

Don't get hard on yourself.

Pretend it's a game because it is.

Your life will change significantly when you do this.

Your happiness is not dependent upon others.

You can't blame anyone for your problems.

There is a way out of this rabbit hole.

There is a light at the end of the tunnel.

No, it's not another freight train barreling your way.

One who smiles at life is truly content.

One has nothing to say or prove.

You don't have to defend your position or try to convince anyone.

The truth needs no convincing.

Have you ever thought if I changed just one bad behavior it would make my life  
easier?

Simplicity is the key.

Just look at a newborn baby drifting off to sleep.

Nothing is more joyful than watching that sweet smile appear.

This is your natural state.



## Mediation

I once had a grand teacher who said mediation is perfect concentration upon a perfect point.

How elegantly said.

Imagine the mind is like a tuning fork.

Whatever it touches it vibrates at that frequency.

Have you ever felt that material happiness is finite?

Imagine the car you always dreamed of.

A yellow Ferrari.

In the beginning, it brings so much joy.

You take all of your friends around the block for a spin.

Day and night you are satisfied.

One day you notice that a little dissatisfaction has entered your door.

Day by day your yellow Ferrari becomes a hassle.

How many times to the shop?

I need an oil change.

My brakes need changing.

The transmission just went out.

Everything material wears out.

Material happiness will soon lead to pain.

Does this mean we can't enjoy the comforts of life?

Do we have to live a life of a hermit?

How can one live in this world and live in absolute joy?

Mediation brings an individual to the center of the hurricane.

The winds of change are blowing yet perfect calm resides inside.

This is your true state.

Absolute joy, total bliss.

Your mind is vibrating with the word of life.

## How would you like the Dalai Lama to be your Grand Parent



I loved Lama Glen's story about spending time in India and going to the first Dali Lamas school. It was so intimate and endearing. Glen said the Dalai Lama treated each one like a Grandson.

That's an incredible state of being. So much attention was placed on them. I loved the story when Glen asked why the Dalai Lama never went

to the United States.

He was told his visa was always denied. Lama Glen had a father-in-law check out this rumor and lo and beyond he never requested a visa. To make a long story short he was told how to apply and get approval.

He was told don't go through the Tibetan government channel. He was told that during the fifties the CIA was involved in Tibet. If the CIA got wind he was applying for a visa they would have stopped the process. That's how the Dalai Lama first came to the states.



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

Life is a cosmic movie (projected within the screen of consciousness). I look at the beam of God's light, which is projecting these scenes on the screen of life (consciousness).

I see pictures of the whole universe coming from this beam.

Another time I was sitting in a movie theatre watching a movie on a screen. And then I looked into the projection booth.

I saw that the projectionist was not interested in the movie, because he has seen it over and over again. Instead, he was reading a book.

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

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

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

hey were suffering with the hero, and reacting to the evil of the villain. To the audience, it was a tragic experience. To the operator in the projection booth, it was only a movie!

And so it is with God. He has created (imagined) movies of light and shadows, the hero and the villain, good and evil, and we are the audience and the actors.

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<sup>2</sup> [Life Is A Dream: Yogananda - Self Awareness \(google.com\)](#)

It is only because we identify with the play too much (as being real) that we are in trouble.

Without shadows as well as light (contrasts) there could be no picture. Evil is the shadow that converts one beam of God's light into pictures or forms.

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

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

For the past two years, I've been consciously paying attention to the whole sleep cycle. I'm in a meditative state watching myself. Somehow going from that conscious state I haven't watched that transition yet.

Many times when I'm in a dream state I see the dream dissolving in the crystal clear light state. This has happened quite frequently and I'm aware that behind our dreams lies the essence of all that is.

Recently when I'm in a meditative state engulfed in light the whole scene collapses and time and space are suspended. It is quite surreal. I see that time and space as a construct yet there is something even beyond that.

My motto lately is the more you pay attention to something the more attention it pays to you. When I sleep I try to meditate at the same time. Slowly I mean slowly



one can learn how to be in a sleep state and be conscious and aware of the inner jewel. One's body can be in a sleep state while at the same time one can be in a state of bathing in light and bliss.

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

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

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

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

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

At some point, a kid was poking Glen in the stomach and waking him up. All the kids were laughing in the class. To the kids, he just fell asleep smiling. Glen was swept to the heavenly realm.

Ramakrishna said the external beauty would help trigger him into ecstatic levels of consciousness.

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

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

Set the tone of the conversation

Ring, ring, ring, ring.

It was around 2:30 in the morning.

I pick up the phone and wonder who is calling me at this hour.

It's my friend Mark.

We somehow get into a discussion of why there is so much dysfunction in our communications today.

Out of the blue Mark said the tone is what sets the conversation.

Bingo.

Light goes on.

Jackpot.

A person might have great wisdom with something to say yet the tone set the conversation.

If the tone is derogatory the greatest message in the world will never be received.

It will be rejected.

The tone is the demarcation point of the conversation.

If one's tone is of love and compassion true communication will take place.

If one has an angry tone right off the bat one misses the mark.

Both sides are drowning.

Discrimination and wisdom are nowhere to be found.

I could have set up the tone of the conversation with Mark with the following.

Old school.

What the ... are you calling me at this hour?

New school.

Synchronicity is in the air.

Let's see the lotus flower blossom.  
With divine grace out came the answer.  
The tone is what sets the conversation.  
Simple.  
We don't learn that in our schools.  
Hey Mark I'm still learning about snippets of wisdom.



One day I was meditating when I had this beautiful experience. I was taken to this place where I saw one of my past lives a long time ago on a planet called Maldek.

Here I was this beautiful child playing with the other children. There were so much love and harmony in the air. Our bodies were a little like Caper the friendly cat.

We had huge gold eyes. We were playing this beautiful game. Each child was creating this beautiful musical rainbow in the sky with their hands.

They would just do a shush of the hands and this beautiful rainbow would appear in the sky. Not only a rainbow would appear but music would accompany the rainbow.

The fun part was that each child's rainbow would be part of a greater whole. The result would be an orchestra of music and rainbows playing in perfect harmony.

We would all just dance and laugh and giggle. I was probably 4 or 5 years old. My sister was Catherine a dear friend of mine. Life was so full of harmony.

I was shown something ominous was going to happen to this planet. The next reflection I remembered was the planet was being destroyed and somehow I was placed on this ship headed to earth.

Such a tremendous shock took place that each of us was induced into a timeless sleep. We were heading towards earth, towards the land called Egypt.

The next vision I had was I was a being from another dimension helping to bring the vision of enlightenment to Egypt.

Because I came from Maldek my body wasn't earth-like. I could become one with the whole universe and still be conscious at the same time of my limited body.

The pyramids were built at this time around a great being name Rataben. He was an incredible being who rescued us from Maldek. Rataben and I were great friends together.

We would laugh and play throw the universe. We knew we were free. My mission at that time was to teach the people in the pyramids the fundamental aspects of transcending this body.

There is a way for the human consciousness to vibrate at such a high frequency that this body will become light and enter a universal dimension. In this state, the human consciousness becomes universal consciousness.

Through a period, man could learn the secret of life. Each one of us has this capability. We have simply forgotten this. This was 34,000 years ago.

Years later I met my friend Rataben through a channel named Ammaji. Ammaji brought in a beautiful entity name Mafu.

Mafu or Rataben is a being much grander than we can imagine. He is bringing wisdom to this planet that has never been seen here. I am simply watching this incredible game being played out. Each one of us can partake in this and see for ourselves the grandness of this game.



The vision soon ended. I remember at one retreat I went to see Mafu. At this particular retreat, Mafu was pairing up couples for a mediation he wanted us to do.

Mafu place me with this middle-aged lady. I knew there was a reason behind this. During the meditation, I had this incredible vision that this lady was my Mother on Maldek.

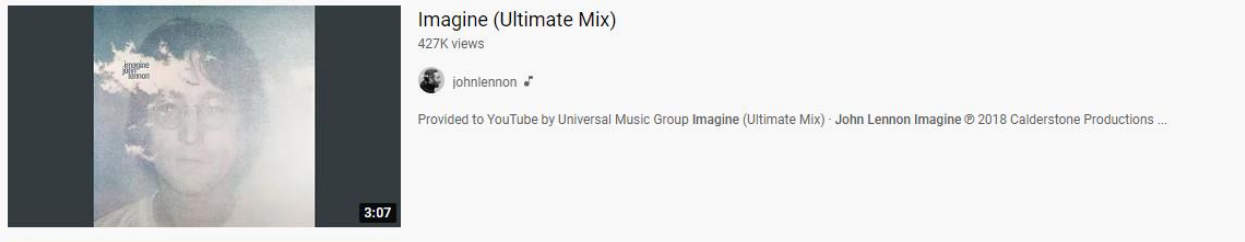


Tears of joy were flowing. Both of us recognized who we truly were. Mother and son have united once again.

The reason I love Mafu is that I now have a friend from the other side to assist me in my personal

development. We all have such incredible coaches.

We have to do the work. In this game, we all have to be participants. We can't be on the sidelines. The coach will inspire us and direct us but we have to shoot the ball.



## Sands Of Aruana



One day after coming home from work from the naval base I closed my eyes and was carried to this particular pool on this planet named Aruna.

This particular pool was nice and warm.

This planet reminded me a lot of Sedona AZ. The planet's soil was the same red as earth. I remember a few beings in the water.

The water felt so incredible. Stress would just ooze off. Ammaji was there with a few other beings. I felt like my soul was being completely nourished.

Since that time I have heard Ammaji talking about the Sands of Aruna. I have never told her about this story. The experience was so incredible. It was working on such a deep level.

When I came back I felt so fresh and alive. I felt I truly bathed in the fountain of youth.



Aad Guray - Deva Premal & Miten with Manose (Live in Concert ~ Zürich 2019)

Deva Premal & Miten • 893K views

Deva Premal and Miten with Manose and The Temple Band (Joby Baker; bass / Spencer Cozens; piano / Miles Bould; drums) live in concert at the Samsung Hall in Zürich, Switzerland, September...



## Sedona



The first time I went to Sedona I was in Phoenix for a three-day retreat. After the retreat, three good friends of mine decided to go to Sedona for the day. I have heard a lot

about that place.

It was so beautiful driving there. It takes about 1 1/2 hours from Phoenix. Sedona is probably one of the most beautiful places I have ever been to.

The red rocks amid the Desert Mountains are a sight to behold. We spent the day at Bell Rock a huge rock shaped like a bell. I went back to the Palisades in Calif. the next day.

A week later I get this call from my good friend David. He asked me if I wanted to move to Sedona. He was asked by Mafu to do some design work for a pyramid project.

They needed a programmer and someone who know about computers. I was on my way. I moved into a really neat trailer right by Oak Creek. This trailer park was very serene. I have never seen such a beautiful place to live.

Right in my backyard was this incredible creek that ran by. I could hear the water running while I was in my house. My days in Sedona were spent working and hiking.

Sedona was an incredible place to hike. There were plenty of trails. I remember an experience I had on Bell Rock.

I was halfway up the rock when all of a sudden I could see through to another dimension. As clear as day I saw an ocean and whales and dolphins playing in the ocean.

It was imaging. Here I was in the desert, on this huge Bell-shaped rock, and in the midst of this, I could this incredible ocean. It wasn't a hallucination.

I could see this dimension and the other dimension. I remember hearing about Stephen Hawking's theory of how there are 10 dimensions in the universe. He proves his theory mathematically. The red rock around Sedona is made up of finely crushed crystals. Crystals are made up of Silica. Our brain contains a huge amount of silica.



Could it be that this area allows a person to see dimensions that usually we can't feel?

It was so amazing to feel right at home in this ocean. I remember this huge whale came up to me and I just gently caressed it with my hands.

It reminded me of almost like Roger Rabbit. There was the so-called real world and then there was another cartoon world. Both worlds existed.

I had a wonderful summer in Sedona. My daughter Chanda came out for the summer and we just played. We had a great time. Both of us are very close.



### Electric Light Orchestra - The Whale (Audio)

106K views • 9 years ago



Music video by Electric Light Orchestra performing The Whale (Audio). (C) 1977 Epic Records, a division of Sony Music ...

## Fire Walking



While I was living in Sedona I was in this seminar where the leader was going to put on a fire walk. The purpose of the fire walk was for individuals to go beyond their fears.

By walking across the fire and not getting burned has an amazing effect on human physic. We all participated in building the fire. We all gather wood.

There was a small ceremony and the fire was lit. When the coals were nice and hot the leader said a prayer and he walked across the burning coals. There were probably about forty of us.

One by one we started to walk over the coals. When it was my turn I said to myself well here goes and slowly walked over the coals. I didn't burn myself nor did anyone I know.

I was ecstatic. I walked over the coals probably five times. Each time I walked over the coals I became more confident in myself. The last time a coal ever got stuck between my toes but nothing happened.



It was an incredible experience to walk beyond your fears. Fears are meant to be embraced. We are all scared to do certain things.

We should take a look at our fears and see

that at times they are nothing. They can't harm us but they can stop us from performing some action that will help us grow. I try to see fear as my friend. I try to get to know it.

When I first moved to Hawaii I was scared of the big waves. These waves would have so much power. Since then I have trained myself and spent time in the water.

Now I love when the surf is overhead. It is all in facing our fears and doing practical things to overcome them. I trained myself to be in overall physical conditioning.

Then when the surf was up I was in top mental, emotional and physical health. By overcoming my fear I feel at home in the water. I can take off on large waves and experience a ride of a lifetime.

In the end, all of us have fears that we have to face. Let's face the monster after all, in the end, we will see it's not so bad after all.



### Fire - The Crazy World Of Arthur Brown @ TOTP 1968

3M views · 11 years ago



Here is a performance of Fire by The Crazy World of Arthur Brown performed in the Top of the Pops studio in 1968. It v



### Alicia Keys - Girl on Fire (Official Video)

385M views · 9 years ago



Chorus: This girl is on fire This girl is on fire She's walking on fire This girl is on fire #AliciaKeys #GirtonFire #OfficialVideo.

CC

## First Time Meeting Zoran



*Richard, Makara and Barbara 1*

Let me introduce Zoran. Zoran is an entity who is known in other dimensions as LOGOS. Logos on this planet came from the Greeks which means Word or Power. The Bible talks about LOGOS as the word.

In the beginning, was the word and the word was with God and the Word was God. Zoran was the personification of that word. The first time I meet him was in Phoenix AZ. A few of my friends saw him and said I might like to see him. They said he was different and like to teach with toys. Zoran is channeled by MAKARA.

When he comes into her body he takes over much live Mafu. Anyway, we arrive late to the hall and I see the program is started. From the loudspeaker, I hear a voice that sounds like Mafu. I am thrown for a loop and ask myself "why is Mafu tape being broadcasted through the sound system."

I sit down and see that this voice is Zoran. I loved the way Zoran was. His whole teaching was through games and laughter. He had all these stuffed toys that he would hand out.



At one part of the program, he started to pull out people from the audience. He pulled me out and gave me an orange ball. He then proceeded to ask each one of us what this toy means to us.

When he came to me he asked me about the orange ball he gave me. I told him that orange represented collagen the substance that ties the cells together. Without collagen, the cells would fall apart.

This ball represents the life force that keeps the entire universe together otherwise it would fall apart. He just laughed and blinked his eye and said a good answer. That night I was very intrigued by Zoran. I knew that we were best of friends and I wanted to talk to him personally. The following day a meeting was arranged.

The first part of the meeting was spent in laughter. People outside the room said it was like an auditorium of people laughing. There were only 3 of us. At one point Zoran said if I laugh anymore I will have to leave this physical body. It will cause damage to her body.

At this time the tone became more serious. I learned that I was a student of his on a planet called Nucleus. This school was learning about the ways to split open the atom using one's mind. This school was built on practical experience. It was truly a mystery school.

Makara and I were both students in this school. Zoran told me many wonderful things. We became really good friends. At all of the seminars, he would always call on me. I became a friend just like in the good old days.

I remember one day he asked me "What do you think about Women?" Well, I said that I want to solve the mystery. He said that someone special was going to happen and that very soon I would meet the woman of my dreams.

The next night I had a dream where I meet my future wife Barbara. A voice came to me and said when you meet this person you should get to know her. A month later I was staying at a friend's house when Barbara walks into the house. I recognize her at once. I played it quite cool because I knew that destiny would be played out. The rest is history.





Zoran taught me a lot of techniques for getting in touch with himself. His whole style was through laughter.

He said that laughter and joy create such a frequency that it just sinks in subconsciously. He had a great analogy that when you go to the bathroom you

don't inspect your stools.

He said so many people struggle to reach happiness. Life is not a struggle. Life is not a battle. Life is fun and humorous. I have never laughed as much as with Zoran. He taught me a new angle on life.



The Cars - Drive (Live Aid 1985)

4.9M views • 1 year ago



The Cars performing at Live Aid in front of 100000 people in the John F. Kennedy Stadium, Philadelphia USA on the 13th



"We Are Star Dust" - Symphony of Science

1.9M views • 10 years ago



We are star dust, reaching out to the universe. The 15th Symphony of Science video featuring Neil DeGrasse Tyson, Richard ...

CC

## Space Ride –Zoran



One night in Sedona I was with three of my friends. We were outside looking at the stars in lawn chairs. It was early July and was a nice evening.

The sky was clear. There were thousands of stars in the sky. We were looking at a strange phenomenon

taking place.

We would see these streaks of light going vertical in the sky. Imagine a huge flashlight sending a flash of light from left to right across the sky. It would come in one-minute intervals.

All of us were delighted with the show. We were making the same oohs and aahs when kids see fireworks.

During a lull, I notice three stars in the sky I never noticed before. These three stars formed a triangle in the sky.

It looked like a pyramid. All of a sudden I felt myself being sucked out of my body. It was like this huge vacuum sucking me out and my body.

There was this tunnel of light and I was traveling inside of this tunnel. We have all seen on Star Trek The Next Generation the sensation of warp speed. This was the same kind of sensation that I felt.

The next thing I knew I saw this huge Mother Ship. This ship was so large that there were Mountains, oceans, and earth-like plants inside of this ship.

I was greeted by a group of 12 beings. I recognized Zoran and Lord Michael. They took me on a tour of this ship.

The whole ship had a clear plastic-like substance which was the outer shell. Inside of this was the mountains. The main engine room was driven by energy itself.

They had the technology to convert energy itself to drive the whole ship. All electricity was generated by pure and perfect energy. There was no pollution whatsoever.

It's hard to put in words what I was going through and what I saw. It was so beautiful. These beings were so beautiful.

They were friendly and extremely intelligent. Their technology was light years ahead of ours. At one point I was placed at this beautiful table.



Zoran, Lord Michael, and the rest of the 12 beings placed their hands on my body and started to send me brilliant colors of light.

My whole body was enveloped in a rainbow of light. This light was pure consciousness. It was alive and extremely blissful. I felt all the stress taken out of my body. It was an incredible ceremony taking place. No words were spoken. 12 incredible beings were performing an ancient ceremony on me.

I felt they once again reminded me that we all come to the same source of life. There is a universal consortium of beings who are called the white brotherhood whose mission is to transform this universe into something far beyond what we can imagine.

There are millions of humans alive on this planet who are part of this consortium. Before we were born we all decided to come down and help this planet earth.

All the major religions know that something incredible is about to happen to this planet and the beings on this wonderful earth.

We are to usher in this era along with our friends. Our weapons are love. Love is the most powerful force in the universe. Our mission is to consciously change ourselves into being beings of love. Christ was a prime example of this.

We all have the same capacity. We just have to stop, look and listen to what going on. Here the most incredible event is taking place on this planet and we are asleep. We are too involved in little lives to stop for just one second and ask some basic questions.

Who am I.? What is the purpose of this life? Where is true happiness? I feel as a society we need to learn about tolerance, forgiveness, and being open-minded.

Each of us is so caught up in our mindset that we can't see that there are flowers on a beautiful garland called life. Isn't it so beautiful that we are so different yet all of us at the same time are so similar?

The breath of life is keeping us alive and we are unconscious of this fact. It's time to wake up and smell the roses. Each one of us is having the experience to remind us to wake up either conscious or subconscious. Even if you don't believe in any of this at all.



Imagine if this was all make-believe. There was a time when flying an airplane was make-believe. It is now a reality. There are millions of people on this planet whose prayers are to see peace on the planet.

In time this will have to happen. We just have to bring peace to ourselves. We have to know

who we are. We are beings of love.

We have simply forgotten who we are. It is now time as a whole that we wake up. It's kind of funny the whole world wants peace and happiness. Yet there is so much misery and poverty and greed.

The love we have inside is boundless and endless. It is worth more than all the riches in the whole universe. Without we are nothing. I know I had many incredible experiences in my life. Many people are envious of them. Yet without love, they mean nothing.

It's like a body without breath. No life whatsoever. Our main mission is to be so filled with love that whatever we touch turns to love. What would happen to this planet if every citizen on this planet were experiencing such love?

We would have no conflict, war, or poverty on this planet. We would truly help each other out. We would truly know that humans are incredible beings.

Well, I came back and my friend knew that something incredible had happened to me. I told them just a fraction of what happened to me. It was still so personal that I didn't want to blab out or be arrogant.

Years later I felt the time was right to put the experience in words. This incident showed me that my friend beyond the stars was always looking after me and this planet.

I knew my days as a young child looking up at the stars were based upon an unconscious yet conscious connection with my friends. We are never alone. We have friends who are looking after us. Most of the time we don't know it.



### "We Are Star Dust" - Symphony of Science

melodysheep 1.9M views

mp3:<http://bit.ly/IIUVRB> We are star dust, reaching out to the universe. The 15th Symphony of Science video featuring Neil DeGrasse Tyson, Richard Feynman and Lawrence Krauss. Materials used...





On Maharaj Ji's 14th birthday on December 10, 1972, a huge party was held in Prem Nagar ashram in India. For some reason, I came as the Blue Meanie. At the time I didn't

know why I choose that. I didn't like that character in the Yellow submarine at all.

Years later I had this dream was I was the Blue Meanie in this Yellow submarine. I felt this incredible energy of love filling me up. All of a sudden this Blue Meanie became 2,4,8,16,32,64,128,265,512,1024 and on to infinite .

This happened in less than a fraction of a second. My whole consciousness was in the infinite ocean of blue meanies. The whole sea loved itself.

Each blue meanie was separate yet tied together by the ocean of love. I felt a power more powerfully than a nuclear power plant surging through me.

This was the power of love flowing through me. I became the universe. Every part of creation was an aspect of this consciousness. I knew and experience everything on this planet and all other universes.

I was one. The effects of this dream lasted a long time. I felt so fortunate to be reminded of who we are. Life will teach us in such a beautiful manner.

Many experiences we don't seem to care about or know, will be used in the further for a greater purpose.



## Sai Baba Dream



One day in Arizona I had this incredibly vivid dream. I dreamt that Sai Baba was sick. For those of you who don't know Sai Baba is a great Indian Saint.

He can manifest jewels from his hands. He has millions of followers in the world. Sai Baba was very sick in my dream. There were a lot of people around him in my dream.

He came up to me and said only you can heal me. As soon as he said that I felt tremendous energy flowing from within my being. I placed my hands towards him and started to send energy inside of his body. His whole body was shaking.

After a few moments, he was healed. The love that was flowing between us was incredible. I felt this incredible wave of love flowing into me.

My whole being was saturated with this experience. It was more than a dream. I really can't put the experience in words but it was incredible.

About three months earlier I took this incredible healing course. There the instructor told me that I would receive a great gift from Sai Baba.

Three months later this experience came to me. I have learned since then to have respect for all teachers. We can all learn from each other. I certainly don't have all the answers.

I don't know anyone who does. Each of us has something special to offer this world.





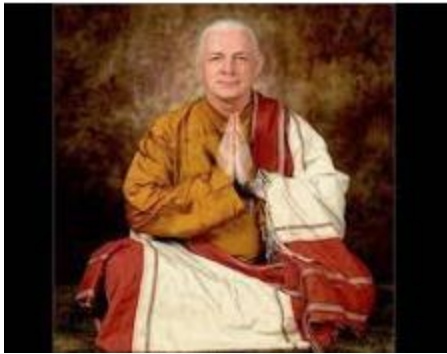
## SAI BABA:: MATERIALIZATIONS

6M views • 9 years ago



OM SRI SAI RAM !!!

## Just wing it



Sometimes in life, you just have to wing it. Lama Glen told a great story about where he had to translate a book from Tibetan to English. This was in the early seventies.

He had only learned Tibetan only a few years earlier. Yet the Lama that gave him the assignment said just wing it. In the future, someone will take your work and expound on it. He said this has been the way.

Nobody is perfect. Yet if you put your heart and soul into it this will be reflected in your translation. The tone is the most important message, not the words. The Dalai Lama doesn't speak perfect English yet his smile lights up the world.



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 about 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. 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 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, Milarepa Tummo is the basis for the 6 yogas. The 6 yoga 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 nonphysicality, 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 toward the elusive non physicality, clear mind, clear sight. The Cabbalistic calls these states 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 in 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 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 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 chemistry. Remember the subconscious mind controls 95% of our actions. Only 5% are 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 breathing 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 overcoming 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 through 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. The purpose is to harmonize the male and female 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 instructions.

- 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 rotate 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 massages 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 fire elements. 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 that show this. The acupuncture of today knows about this along with the Taoists, Yoga, Lamas, and Jains.

In tantra, sexual energy is the purest and most 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.

Lama Glen's favorite exercise is. Look at 1:48:51 in the YouTube video. This is somewhat complicated. It just needs daily practice.

Garchen Rinpoché said the following.

The essence of Tummo meditation is to focus on the burning heat. One doesn't ordinarily meditate on this. Our body comes from our mother and father.

When we were growing up in our mother's womb, her energy and life force entered us through our belly button, which makes it a very special place. It is said that through the white essence that we received from our fathers, we gave birth to the affective emotion of dislike, which generated our bones.

Through the red essence that we received from our mothers, we gave birth to desire and this generated our blood and flesh. In Tummo practice, we meditate on Vajravarahi in the form of a blazing line. Our mother's blessing truly resides in our precious human body.

You can see the sign of this blessing in the form of your navel. When we hold our breath there, using the vase breathing method, the breath unites with our mind at that place in our body. The heat is ignited. This is the essence of Tummo meditation.

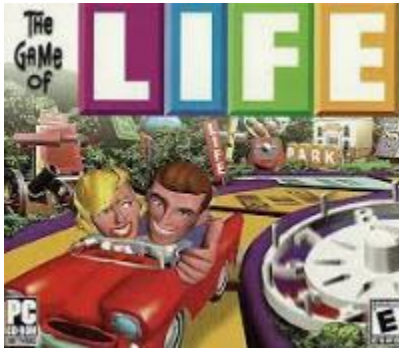
Heat is generated in the body. Heat is necessary to live. It is part of our life force. When heat decreases, our life decreases. Longevity is heat, it is fire. Our life force is heated. When our consciousness separates from the heat of our body, we die.

Death in the body occurs when we lose this heat off our life force. So one of the benefits of mixing consciousness and heat in the body is longevity. Also, when you have heat, there is bliss. When you have bliss, there is clarity. When you have clarity, there is non-conceptual realization. Garchen Rinpoché.





## The video game of life



One of my favorite expressions is “You are the universe. You just don’t know it”. What a powerful expression. Does that excite you at all? We are so much grander than we think.

Most people would probably say I don’t believe it. I have been meditating for many moons. In fact, since day one I have loved to meditate. My intuition tells me this is true. Wherever I go this experience goes with me.

In the beginning, I would meditate on God. After some point in time, God meditates on me.

The same energy that is made up of the universe lies inside of me and I’m aware of that. The energy is pure kindness. This energy is pure love and compassion.

This energy is our true nature. You see we don’t die. We are eternal. Our bodies will die yet we will live forever.

Meditation is the link between man and the universe. Imagine having a URL to God. If you don’t have that URL you can’t go to that website. But if you enter that proper URL in your browser and hit enter, presto you are at that site.

Meditation is the URL that you enter into the browser of life. Mind you this web page is always changing. It is not a static site. All the knowledge of the universe lies there.

But to tell you the truth the main key is to transform yourself and become a better person.

It’s like taking a shower. This is not just an ordinary shower. This is a shower of kindness. This is a shower of love and compassion. This is a shower of patience.

Slowly, I mean slowly one transforms. One begins to pull the negative weeds within. Weeds such as anger, greed, war, and on and on and on.

Nobody gets a free ride in life. Everyone is responsible for their actions. We must be conscious and aware of every moment of our life.

Life is like a video game. At each level, you play the game becomes more interesting and exciting.

Imagine life throws you a curveball. Someone says something to you that you don't agree with. We see this all the time. Just look at people flaming each other on Facebook.

Now think that in this video game of life the pitcher throws a curveball your way to see how you would react.

If you react and flame someone you get a strike. If you don't react and simply smile with kindness you hit the ball out of the park. You then go to the next level in the game of life. This person loves to play video games and is aware of the steps he takes day in and day out.

We have never been trained in this game. We have never been taught that this video game of life exists inside of ourselves. We just constantly react to situations. We are like a ship without a rudder.

The goal of this video game is to become like the universe. The universe is kind. The universe is love and compassion. The universe doesn't judge us.

The universe doesn't say look at how many strikes are against us. The universe says you have free will so why judge? Yet this video game of life provides all the necessary levels where you know this is a divine game.

Bugs Bunny once said, "Don't take life so seriously because you will never get out of it alive". I like that. Don't take life so seriously. Be like the sun in the sky. Just shine. Don't react to every situation.

Yet when dear old Bugs said you will never get out alive the great video masters of old have a different story. They said you could be aware of your true nature while you are alive. Big difference.

When I was young I was scared to death of dying. I was told when you die that you simply vanish and never become aware again. I didn't like that story. So I have spent many moons pursuing this answer.

To be frank I still don't want to die. I love this place. Yet in my experience, I'm bringing heaven down to earth. Heaven lies inside of us. It's not a place we go to. Heaven is a state of mind.

Depending on how we are proactive and aware or simply reacting in this video game of life will correspond to our state of mind. People ask me why I love Eastern thought. Well for one the Buddhists have been talking about a crystal clear mind for over three thousand years.

In the West, it was only in the mid-eighties did universities gave a class on subjects like happiness. Buddhist have been talking about this since day one.

I'm not saying you have to be a Buddhist. I'm not. I adore all religions. There is a thread that ties all religions together. It is the thread of love.

I'm just saying that in the west we need to become more aware of this video game of life, The world needs us to step up and consciously be aware and play this game with a sense of knowingness.

For example, it's a little dangerous in this video game of life when our President tweets at three o'clock in the morning. He ridiculed little rocket man. My button is bigger than your button.

These kinds of words can lead to nuclear war. Our words and actions can either bring heaven to earth or a modern-day hell. Just take a look around the world today. We need to be aware and as my friend, Bill Cunningham told me we need more respect in this world.

We are all in the same boat together. We either sink or swim. We need to be more tolerant, kind, and respectful of each other. Mankind needs to be a kind man. That's the most difficult thing in life. Look at all the conflicts and wars around the world. It's so easy to flare up with anger. It's so easy to put gasoline on the fire. Yet to act with kindness in the face of adversity is the most difficult thing to do.

You are a piece of the puzzle in life.

## 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 proactive. They understood the basic law it's by will alone that 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 the 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 wasn't 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 bringing awareness to your mind. Your mind is either your friend or foe.

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

## Crystal Clear

The Buddhists have a book called Crystal Clear.

This book is sacred doctrine.

They decided to release this book to the west.

The story goes the techniques are so simple that no one will believe them.

Isn't that amazing?

It involves concentration on your breath.

Every moment we breathe.

Behind our breath is the power that keeps the universe alive.

Yet it's too simple.

Many people just say it can't be that easy.

Well for them it's true.

If you say it's too simple you will never look within.

You can solve this puzzle.

Concentrate upon your breath moment by moment.

The universe will become alive.

## You are never alone



I find it fascinating that all the help in the universe lies inside of us. You are the universe you just don't know it. In the quantum field lies everything. I mean everything.

Our universe is just a finite speck of it all. Yet family is all around us and supporting us. It is a sight to behold. The Yogis, Tibetans, and Jains have received guidance and support from these divine friends for many years. We are not alone on this journey of life. Yet we prefer to text on the freeway of life.

These divine friends and family are a part of us. Many of them are part of our auric field. They only will help you when you use your free will. Without your free will, it's like a divine car sitting inside of you just waiting to be driven.

An enlightened being is friends with these divine beings because they are our true nature. Help is always around us. You are never alone. You are the universe you just don't know it.



## You Are Never Alone

You are never alone.

There is a saying.

You come into this world alone.

You leave this world alone.

I beg to differ with this statement.

You are never alone.

God always holds you in his arms.

Granted the arms aren't physical.

Yet your essence is the same.

You are magnificent.

You were not born a sinner.

How can you be a sinner when you come directly from God?

Granted we all make mistakes on this journey of life.

What would be a journey without learning and growing along the way?

How do we fine-tune this guitar of life?

How do we change and discover our true nature?

How can we be aware and conscious of every moment?

What steps do we need to take to be aware we are never alone?

We have free will.

Are we limited by our thoughts?

Is the sky the limit on the journey of life?

Are we hardwired to find God?

If it is so why is the car gathering dust in the garage?

How do you open the garage door within?  
Am I a piece of the puzzle in life?  
If so what is my purpose?  
What can I do to understand how precious this piece is?  
Is love just an emotion?  
Is it true that behind my breath lies the kingdom of heaven?  
If this is true how come I was never taught this in school?  
Do you mean that at times I'm happy and it goes away?  
It's like a thief in the night.  
Physical happiness is temporary.  
That's the nature of all things.  
Yet are you saying there is an infinite ocean of happiness that lies within?  
For thousands of years, there have been people diving into this precious ocean.  
It is free and open to all.  
All it takes is to silence your mind.

## 12 Tibetan Deities <sup>3</sup>

See the reference for this article by Catherine

- by Catherine
- Last Updated: 2021-06-21

Tibetan Buddhism began in the Songtsen Gampo era in the 7th century. With the arrival of Princess Bhrikuti of Nepal and Princess Wencheng of the Tang Dynasty, Buddhist gods, an important symbol of Buddhism, were introduced to Tibet. From a certain perspective, the 8-year-old Shakyamuni Buddha statue brought by Princess Bhrikuti and the 12-year-old Shakyamuni statue brought by Princess

Wencheng almost became the beginning of the history of Tibetan Buddhism. After more than 1,300 years of historical evolution and development, an intense ethnic style and local characteristic have been formed.

To this day, Buddhist deities still provide an important method and content for Buddhist monks' studying and practicing in Tibetan monasteries. The Tibetan deities in the list can be found in almost all Tibetan monasteries and temples, as well as their significance, identifications, and images.

### **Buddhas**

Buddha figures are the most enshrined category in Tibetan areas, including Shakyamuni Buddha, Jampa Buddha, Immortal Buddha, Medicine Buddha, etc.

Some statues are renowned like the 12-year-old Shakyamuni statue enshrined in the Jokhang Temple, the Buddha statue enshrined in the Ramoche Temple, the Qamba Buddha statue in the Tashilhunpo Monastery, the Qamba Buddha statue in the Drepung Monastery, and the Shakyamuni statue in the Sakya Monastery.

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<sup>3</sup> [12 Tibetan Deities, Buddhist Gods and Goddess \(greattibettour.com\)](http://greattibettour.com)

## 1. Shakyamuni



Who is it?

Shakyamuni, formerly known as Gautama Siddhartha, is the founder of Buddhism. Shakyamuni was born in Kapilavastu, the north of ancient India around 500BC, and he was the son of King Suddhodana. After enlightenment, he was respected by the world as "Sakyamuni", meaning "the sage of the Sakyamuni".

How can I tell?

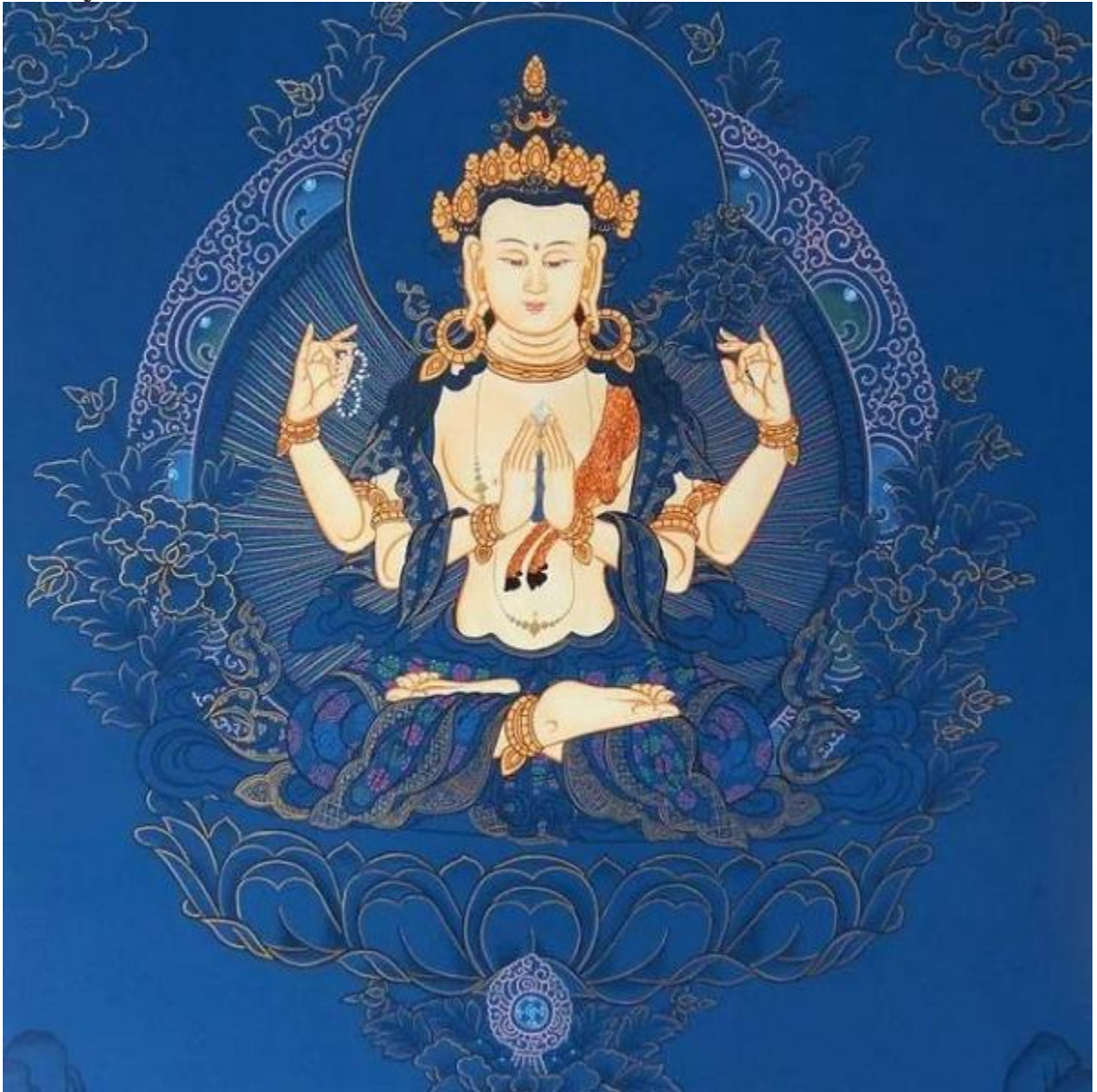
Buddha Shakyamuni sits on the vajra seat with his left hand on his feet or holding a bowl, which means meditation. His right hand points vertically to the ground, which means that Buddha Sakyamuni sacrificed everything to attain liberation for all living beings.

### **Bodhisattvas**

Bodhisattva figures also account for a large proportion of Tibetan Buddhism. In Tibetan Buddhism, Guanyin is the most respected person in the Bodhisattva beliefs, followed by Manjusri, Samantabhadra, Ksitigarbha Bodhisattva, etc. Avalokitesvara with a thousand hands and a thousand eyes is a common kind of Guanyin.



## 2. Guanyin



Who is it?

Guanyin is the incarnation of wisdom and compassion in Buddhism. When all beings encounter any difficulties and pains and can recite the name of Guanyin sincerely, they will be rescued by Guanyin.

The famous Potala Palace in Lhasa is considered to be the dojo of Guanyin Bodhisattva. Potala is the transliteration of Sanskrit, translated as "Po Lo", referring to the island where Guanyin lives. The "six-character mantra" (Om Mani Pad Mi Hum), which is well known to all Tibetans, is the mantra of Guanyin



Bodhisattva. In Tibet, Songtsen Gampo is regarded as the incarnation of Guanyin Bodhisattva.

How can I tell?

Holding a jade vase and wearing a crown, she rides on a Golden Roar. Because she is dedicated to assisting Amitabha, and saving the world by seeking the sound of suffering, she has a Buddha statue of Amitabha on her crown.

### 3. Manjusri



Who is it?

Manjusri Bodhisattva is responsible for wisdom in Buddhism, and his dojo is in Mount Wutai, Shanxi, China. In Buddhist temples, he usually stands on the left side of Sakyamuni Buddha, serving as the left guard.

How can I tell?

Manjusri's images are mostly "non-male and non-female", but they are more like a female. Manjusri's mount is a green lion, representing wisdom and mighty power.

She is holding a sword, which represents wisdom. The image of Manjusri of Tantric Buddhism, topped with five buns, indicates that the five kinds of Buddha wisdom are sufficient.

## **Taras**

In Tibetan Buddhism, Tara is called "Dolma". According to legend, she is the incarnation of Guanyin Bodhisattva who manifested herself to save the suffering. According to the sutra, Tara is transformed from the eyes of Guanyin Bodhisattva.

There are 21 forms in total. They have different body colors. Tibetan Buddhism calls them 21 Tara. The most common and popular Tara statues in Tibetan monasteries are White Tara and Green Tara. According to Tibetan Buddhism,

White Tara is the incarnation of Nepalese Princess Bhrikuti, while Green Tara is said to be the incarnation of Princess Wencheng. Most Buddhist temples in Tibet enshrine these two statues of Tara.



#### 4. White Tara



Who is it?

In Tibetan Buddhism, White Tara is one of the three deities of longevity. If we want to live longer for ourselves or others, praying for White Tara is very important.

How can I tell?

White Tara has a pure white body as well a dignified and peaceful face. She has one eye on her hands and feet, and three eyes on her face, so she is also called the seven-eyed goddess.



## 5. Green Tara

Who is it?



She can save eight kinds of suffering. At the same time, she can turn the "suspicion", one of the Five Poisons in human behavior into complete wisdom, which has the merits of protecting women and children.

How can I tell?



The statue of Green Tara is in Bodhisattva costume. The whole body is emerald green, and her head is wearing a small five Buddha crown. Her left hand is placed on the chest, holding Utpala flower (blue lotus), and the right leg is stretched out.

## Goddesses

They are female protector deities worshipped in Tantric Buddhism. According to Tibetan Buddhism, the goddess is the source of all Buddhas. It mainly includes Palden Lhamo, Dakini, Ushnisavijaya, Ushnisha Sitatapatra, and so on.

### 6. Palden Lhamo



Who is it?

Palden Lhamo (Tibetan: དཔལ་ལྷ་མོ།, Sanskrit: Lakshmi) is an important female guardian deity of Tantric Buddhism. In Chinese Buddhism, she refers to as either

“Meritorious god”(功德天) or “Auspicious goddess”(吉祥天女). She's the goddess of happiness and wealth.

How can I tell?

In Tibetan Buddhism, Palden Lhamo has both peaceful and wrathful forms.

The latter form is a fierce deity. She is usually depicted as deep blue and with red hair, riding side-saddle on a yellow mule. On her head, there are five human skulls, crescent-shaped adornments, and peacock feathers.

Her left-hand holds a skeleton stick, which was specially designed to deal with the evil spirit of Asura. Her right hand holds a skull bowl full of blood.



## 7. Dakini



Who is it?

Dakini, the Sanskrit transliteration, meaning a person walking in the air. Dakini is a female deity. She is powerful enough to fly in the air, hence her name. In Tantric Buddhism, the Dakini is the goddess of wisdom and compassion.

How can I tell?

She wears a crown of five skulls on her head, with a bare body, thin waist and soft abdomen. Her neck hangs fifty skulls. With left arm elbow raised, she holds a skull-cup(kapala) for a drink in the left hand, and a curved knife in the right hand, standing on the lotus pedestal in a flying posture.

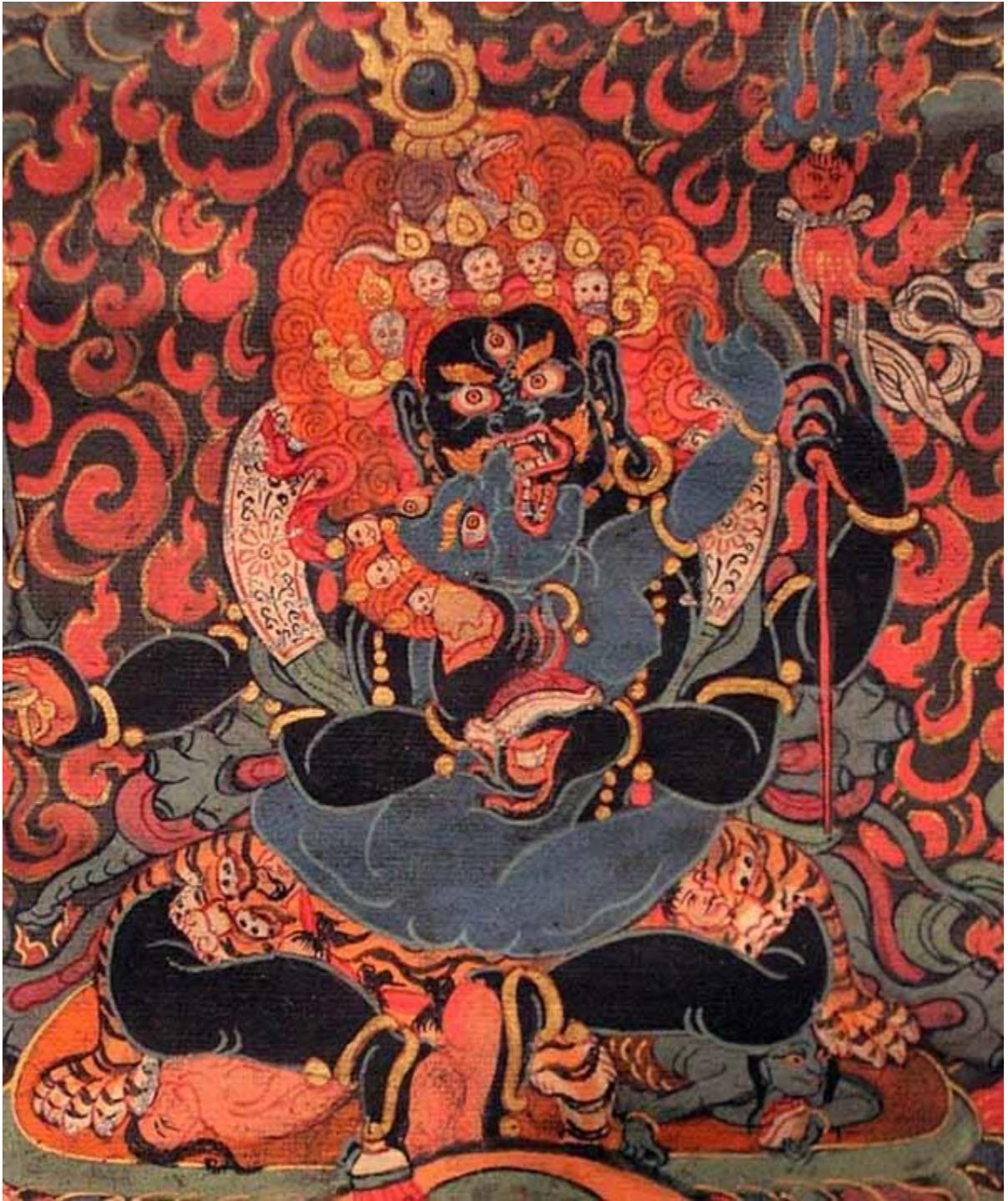
### **Dharma Protectors**

Dharma protectors are the deities who protect the Buddha's Dharma. Buddhism believes that when the Bodhisattva spreads the Dharma if there are no effective protectors,

Buddhism will fall. They can benefit all living beings, as well as drive away those who endanger Dharma. They have extraordinary supernatural powers and are invincible. Many figures are the combinations of ancient Indian Brahmanism and Tibetan primitive religion - Bon.



## 8. Mahākāla



Who is it?

Mahākāla (Sanskrit, Literal: Great Black One) is a protector deity, which means "beyond time" or death. He is the wisdom protector recommended by all sects of Tibetan Buddhism.

How can I tell?

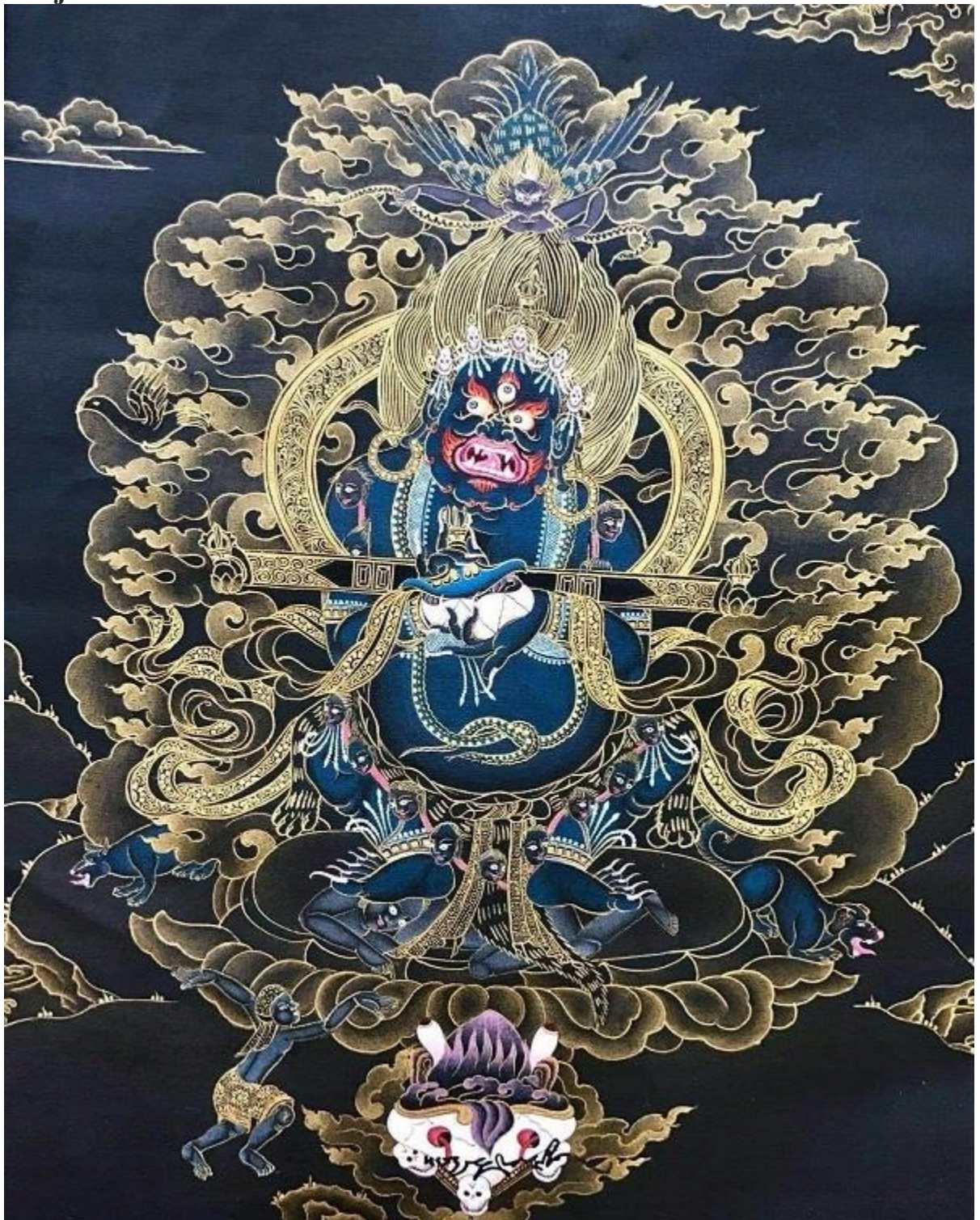
With three eyes, Mahākāla is of the brilliance of 10 million black fires of dissolution and dwells

amid eight cremation grounds. He is depicted in many manifestations. The most notable variation in Mahakala's manifestations and depictions is in the number of arms.

The Two-Armed Mahakala is the wrathful incarnation of the Ādi-Buddha, as well as of the Buddha Vajradhara. The Four-Armed Mahakala is the incarnation of Cakrasaṃvara. The Six-Armed Black Mahakala is the wrathful incarnation of the eleven-face Avalokitesvara with thousand hands and thousand eyes.



## 9. Ekajati



Who is it?

Ekajati is the principal guardian deity of the Sakya Sect. In Tibetan Buddhism, the devotional worship of Ekajati can increase the practitioner's wisdom, prolong one's life and prevent one from diseases.

How can I tell?

Various forms of her image can be seen in Tibetan Buddhism. Some appear in the form of Tibetan thangka painting. Some appear in the form of copper gilt statues, in golden.

No matter which manifestations and depictions, she is always depicted in dark blue skin with her hair upright like a flame. She steps upon corpses. She is adorned with a crown of five skulls, a skull necklace, bone ornaments, and gems, holding an ax in her right hand and a skull cup in her left.

### **Vajra Holders**

Vajra holders are mainly the deity or protectors of Tantric practice in Tibetan Buddhism. The most famous and common ones in Tantric Buddhism are Cakrasamvara, Yamantaka, Hayagriva, Guhyasamāja vajra, Guhyasamāja and so on. Its characteristics generally appear in the image of anger and majesty and have the power to deter evil.



## 10. Cakrasamvara



Who is it?

"Cakrasamvara" may also refer to the main deity in this tantra as well as to a collection of texts or "cycle" associated with the root Cakrasamvara tantra. He is one of the five deities honored in the Supreme Yoga Practice of Tibetan Buddhism.

How can I tell?

He is depicted with a blue-colored body, in a standing posture, with four faces(white, yellow, red, and blue), three eyes, and twelve arms, embracing his consort, the wisdom Dakini Vajravārāhī. He holds a vajra in his right hand and a bell in his left hand.

## **Masters**

Master mainly refers to the founders of various sects in the history of Tibetan Buddhism, or the figures of famous monks of that sect.

Among them, the most commonly known are the Guru Padmasambhava, founder of the Nyingma School, Atisha and Mirarepa of the Kadam School, Guru Tsongkhapa, founder of the Gelug School, and Dalai Lamas and Panchen Lamas.



## 11. Guru Padmasambhava



Who is it?

Padmasambhāva is an ancient Indian, one of the greatest achievers in the history of Indian Buddhism.

From A.D. 763 to A.D. 804, Guru Padmasambhava entered Tibet at the request of King Trisong Dezan to preach the Dharma and established the Nyingma School, the oldest Buddhist sect in Tibet.

He also presided over the construction of the Samye Monastery, ordained monks, taught Tantric practice, and translate Buddhist scriptures, so that Buddhism was truly established in Tibet.

How can I tell?

With an angry face, Padmasambhava wears the crown of Dharma on his head. He holds the skull cup in his left hand, with a longevity vase in the cup. He holds the vajra in his right hand and sits on the lotus pedestal.



## 12. Guru Tsongkhapa



Who is it?

Tsongkhapa (1357~1419) is the founder of the Gelug Sect of Tibetan Buddhism and a Buddhist theorist. He has written a lot in his life. His writings discussed the practice order of Exoteric Buddhism and Tantric Buddhism, which has a profound influence on later generations.

How can I tell?

Most of the Tsongkhapa statues wear a yellow peach-shaped Pandit hat. The hands of Tsongkhapa are in Dharmachakra Pravartana mudrā, which means twisting the thumb and index finger(or middle finger, ring finger) and relaxing the rest of the fingers naturally.

Each hand holds a lotus flower, blossoming on shoulders. The scripture stands in the middle of the left shoulder flower, and the sword stands in the right shoulder flower.

This is the same as the image of Manjushri. Because Tibetan tantric Buddhism respected Master Tsongkhapa as the incarnation of Manjushri, the scriptures and swords have also become signs of his identity.

Walk with the help of  
others but do not loose  
the strength in your legs.  
  
Others help only  
when your legs are  
strong.

- Acharya Mahapragya



## Board Of Directors

I find it funny that when we were born we had a divine board of directors on board.

We all came from a creative source.

Yet over time we slowly fired them one by one.

Granted it was probably unconscious.

For some, it might have been conscious.

Anyway, we are in a position today where we have forgotten the guidance we received when we were born.

Today we pray for guidance yet at times it is so elusive.

We have forgotten to reboot the computer of life.

In this state, we can see the board of directors online.

This is not a fairy tale.

This is our true nature.

Meditation and entering the silence are the key.

Unfortunately, we have the key within.

The door is there.

Many even say the door was never closed.

There are many rooms in the mansion of life.

We have simply ignored them from our neglect.

We think we are isolated and alone.

Nobody would care less about us.

This my friend is so not true.

The same breath that is keeping you alive is keeping the universe alive.

This is a fact.

Just ask quantum scientists.

He may not say behind your breath but he will say there is a quantum field that exists everywhere.

The wise men in the past knew the board of directors are always there for guidance.

Mankind has slowly closed the door where there is not even a small whisper coming behind the door.

How do you feel about this>

Would you like practical guidance coming inside of you?

Your board of directors is always there but you aren't.

Ponder this over.