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## Intro

Hi, this is Little Ricky the dragon.



Do we ever have an incredible story to tell? It may seem like a fish tale yet it's a dragon's tail.

A long, long time ago there existed the dragon's world. Mind you this was over two trillion years ago. Your universe existed only around 14.5 billion years ago. You are essentially the new kids on the block.

The same nonsense and chaos you experience is the same nonsense we went through. Mind you it wasn't a pretty picture at times. Dragons can be quite angry and destructive at times.

There were many warring factions. It seems like power always comes into play with politics. Power is like cream it rises to the top of the bottle. Yes, this cream of power almost leads us to our destruction. We had many wars just like you have.

At times we didn't know if our world would survive. We were going from darkness to light except we didn't know that. We were oblivious of that.

We had so many problems we could hardly function as a society. Chaos was in the air. When you are in constant chaos a society can't make proper decisions. One lives like leaves blowing in the wind. We didn't know that the world could live in the center of a hurricane.

We were stressed out dragon. The years of fighting and conflict got to us. Our stress levels were off the charts. A good night's sleep was rare. This leads to many health issues. We thought this was normal. We accepted our state of mind.

Unfortunately, we were playing the same tapes over and over again. We thought this is how one should live. We didn't even know that these tapes were being played.

Consequently when someone would say something we did not like we would blow up. Mind you when dragons blow up it's not a pretty picture. At times their flames would kill the other dragon.

You could say we couldn't control our emotions. The concept of an inner garden didn't even exist for them. They were throwing all their garbage in their inner living room. No wonder they didn't feel good. No wonder they were cranky.

Common sense was uncommon. Their world was collapsing. This is where the story gets interesting. You see help is always there. You are the universe. You just don't know it.

## Zoran and the misfits



I have the concept of the evolution revolution. I have a website with that name. It contains a treasure chest of knowledge.

## *Evolution Revolution of Love*

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

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

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

Well, the elder dragons did not like that at all. They told him he had to stop this nonsense. You see the other young dragons liked what they were seeing. They loved how Zoran the young dragon was turning their lives upside down.

They thought that war, anger, and stealing were truly the way. Here is a young dragon. Zoran walked on a different path and didn't have a care in the world.

The universe will always provide what you need. Zoran was receiving inner guidance. Wisdom is all around if you have eyes to see. You see this isn't the first time a civilization went from darkness to light. This story has been told for trillions of years.



One day Zoran closed his eyes. Somehow he got the feeling to focus on his breath. Presto. Bing. Big. Bing. He stumbled upon something he never knew existed before.

He couldn't put it into words yet he tried. He heard in his books that the ancient ones talked about supreme bliss. They said that behind the universe lies this state of existence. Mind you they believed it was a fairy tale where it was the truth.

So Zoran begins to walk the inner journey. Do you remember I say all the time you are the universe you just don't know it? Well, Zoran opened up the well of wisdom within.

The universe will unveil her secrets when one is ready and has the temperament. This means one learns to focus on the external and at the same time the internal.

Slowly I mean slowly many other young misfits got involved. Yet this had to be an underground moment. If their parents discovered what they were doing that would be the end of that.



Read my book on Dragon Tales to see what I mean.

The young dragons would get together and discuss their inner findings. They would write it down and pass it on to their fellow dragons.

Mind you dragons live to be a dear old age. Some say 5,000 to 10,000 years. Now that for dragons who don't take care of themselves.

A dragon who has his feet on the ground and his head in heaven might live for a hundred thousand years.

The old dragons didn't like this at all. Especially the ones in power. Yet nobody knew who was behind all this. It was like the hippy revolution in the sixties.

Millions of people got involved. Unfortunately, that moment didn't last long. The seeds were planted and have been lying dormant for some time.

The young dragons had wisdom on their side. They never that change happens within. Only those who want to change will. You don't have to try to change



anyone. You don't have to try to convert or convince anyone. The truth needs no convincing.

The young kids learned how to be like the Great Tao. They learned how to flow like water. They became adepts at the mysteries of life. Soon after many years, their results began to be the norm in society. The old ones died off. The young took over.

Mind you there will still be some in power who were the young ones who didn't embrace this practice. Yet they eventually got thrown out and were replaced. This started the golden age for dragons. It has lasted since this day.

Not much is known about the dragon's world. It is considered a myth. Yet all myths have a basis in truth. Mind you their world was transformed way before our universe was created. No wonder we don't have any evidence to the contrary.

## From me to we



Just got up. It's 2:22 in the morning. I'm pondering the meaning "from me to we". It seems like man has been living in a dream for so long.

At times it's has been a nightmare. At times it's been a beautiful dream. Man has been repeating the same actions for thousands of years. They constantly repeat themselves.

Why does man continue to fight wars? Wars have never solved anything, yet we

continue to this day.

Each century our weapons are more sophisticated. Today we have weapons that can destroy the world 100 times over. Yet we still are on the lookout to create even more destruction.

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

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

Currently, we have a President who loves to divide the country. He gets a big kick out of this. He tweets whatever comes to his mind. He has no ethics whatsoever.

You see when you aren't aware of your true nature you act in ways that aren't in harmony with the universe.

For example, why don't we elect leaders that are kind, loving, and compassionate? Some are. Yet our political system is in shambles. We are divided.

Our political system is at a standstill. Nothing can get done. Blame is put on both sides of the parties.

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

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

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

This is just the start of your training



As I already mentioned young Zoran.

One day Zoran closed his eyes. Somehow he got the feeling to focus on his breath. Presto. Bing. Big. Bing.

He stumbled upon something he never knew existed before. He couldn't put it into words yet he tried. He heard in his books that the ancient ones talked about supreme bliss.

They said that behind the universe lies this state of existence. Mind you they believed it was a fairy tale where it was the truth.

This simple practice was the starting point for the training grounds of the young dragons.

With very little practice they leaped leaps and bound into practical experience. They could do this everywhere. They could even practice this during their sleep and dreams.

This gave them great wisdom in life. They learned how to relax and release.

They still didn't know how to stop the playing of the same tapes over and over again. But they continued in daily practice.

The young dragons learned that every day is just the start of their training.

## Evolution of breathing



The young dragons breathing practice took them to many deeper levels. They discovered that there was a sound in their breath. It was very subtle.

So'ham or so hong is an ancient yogic technique. It is used by many different yogic traditions. I learned this from Paramahansa Yogananda's lineage. Shri Shri Ravi Shankar uses this in his meditative practices.

It's used as both a mantra and a moment-by-moment being aware of your breath. It is probably one of the most transformational tools we have.

In a nutshell, when you breathe in there is a sound like so. When you breathe out there is a sound like hum. Behind your breath lies the power that is keeping you and the universe alive.

The day you take your last breath is the moment you are no longer here. The goal is to be aware of your breath twenty-four hours a day. The more you pay attention to it the more it will pay attention to you.

My personal experience is this is one of the most powerful and practical techniques there is.

This technique will help you discover the jewel within. So hum translates into I am that. That is the universe. You are the universe. You just don't know it. Yogis have been saying this for thousands of years.

## The Word

In the beginning, was the word.

Before time and space.

Before creation

Before the void.

Primordial energy, a Primordial word

This word is, was, and will always be.

This word was God and this word is God.

All scriptures talk about the word, yet it is beyond the scriptures.

All religions talk about the word, yet it is beyond religion.

Science talks about the word, but it is beyond science.

This word exists inside of you.

What is keeping you alive?

When you know this you will know the answer to this puzzle.

## The Palace In The Sky

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

There is a palace in the sky without any foundation.

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

A deaf man listens to the unstruck music.

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

The poem goes on and on.

The final clincher is the following.

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

These aren't some pretty words.

The entire universe exists inside of your heart.



## Palace in the sky



O seeker of truth, I have witnessed such a great wonder:

A well, suspended in the sky, from which ambrosia ceaselessly flows.

A lame person climbs to it without any ladder and drinks jugs of that nectar.

Gongs, conches, and kettle drums ring out without being played by anyone.

The deaf hear them and become ecstatic: they lose track of body and mind.

Up there is a palace without foundation, which is radiant with light.

The blind see it and are so overjoyed they can't stop talking about it.

In that place a person dies, yet continues to live, and has strength without eating food.

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

## Commentary

I first heard this poem when I was 18 years old in India. It made a precious memory inside of me.

There is a jewel inside that mankind can discover. Only a wise man understands what I'm talking about.

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<sup>1</sup> [http://www.prem-rawat-bio.org/library/hj2000/sh\\_brahmanand.html](http://www.prem-rawat-bio.org/library/hj2000/sh_brahmanand.html)

### Glimpse Of The Invisible

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

## Religions

Have you ever wondered about the common denominator of all religions?

Is there a thread, which ties them together?

They all believe in some universal force.

Beyond time and space.

Is, was, and will always be.

Some people call it God.

Generator, Operator, and Destroyer.

The Hindus might say Brahma, Vishnu, and Shiva.

For the Buddhist it's Nirvana.

For the modern scientist, it's energy.

Energy cannot be created nor destroyed.

Positive, negative, and neutral energy.

Is there a common theme?

All religions talk about light.

If thy eye be single the whole body shall be full of light.

In the Gita, Krishna reveals a light more brilliant than a billion suns.

Is that metaphoric speaking?

What happens when we split open an atom?

The Buddhists have scriptures that talk about a great light upon death.

Every religion known to man talks about light.

Every religion talks about the word of God.

In the beginning, was the word.

The word was with God and the Word was God.

The Latin translation of the word was Logos.

Logos means power.

In the beginning, was an infinite power.

This power was with God and this power was God.

Hum, maybe they were talking about the same thing.

Are science and religion both talking about the same thing?

This word according to religions cannot be spoken.

According to the Tao beliefs.

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.

Is there a primordial word or energy that is, was or always be?

Could this word exist everywhere?

Beyond time, beyond space.

Universe

Uni One Verso Word.

One word.

Could there be a universal frequency that exists everywhere?

Before creation, before the void, before anything we can dream of.

Is there a way to connect ourselves to that experience?

What would happen?

The Hindus have a saying Sat Chit Anand.

Truth is the consciousness of Bliss

When the mind is absorbed in truth, the consciousness is in bliss.

Truth is, was, and will always be.

If the word of God can't be spoken and is, was, and always aren't they talking  
about the same experience?

Christ said the Kingdom of heaven lies within.

Buddha talks about the inner kingdom.

The Jews talk about the inner kingdom.

The Hindus talk about an inner kingdom.

The Taos talk about an inner kingdom.

How does one connect to this kingdom?

Is the human body wired for this experience?

If we are created in the image of our father I think he would wire us up properly.

Human beings.

Hu Divine man being.

Maybe all religions were talking about the same experience.

Since the advent of the nuclear age, man has discovered that everything is a  
frequency.

We are not just matter.

Energy vibrates at a frequency.

It creates sound.

Could it be that all religions are trying to find the sound of God through their chants, mantras, and prayers?

Could these sounds act like a tuning fork that can transform man?

What would happen to a man if he could vibrate at an infinite frequency?

The Buddhist call this Nirvana or being enlightened.

The Hindus call this Samadhi or liberation.

The Christians call this salvation.

All religions talk about this as music.

Music of the spheres.

Inner music.

Does this music exist inside?

So far we have infinite energy which exists everywhere.

The energy is both light and sound.

Science knows that both energy and mass are the same things.

Is there a pure mass that is contained in the whole universe?

If there is then it must be contained inside of you and me.

All religions talk about this in their abstract ways.

Christ talked about manna and the honey of life.

The Hindus talked about nectar.

Kabir a famous Sheik poet talks about how one drop of this nectar can make a man  
intoxicated.

All wisdom and knowledge exist inside of this nectar.

By the grace of God, I had the entire Ganges River flowing inside of me.

These experiences are built into the human body.

We just need to flip the switch.

God is one.

Everything goes back to its source.

Let's all go back home and transform this world.



## Time marches on



Time marches on. By meditating on their breath these young dragons realized that they have five internal senses. We have five external senses and five external senses.

Boy were they ever excited when they discovered this. They wanted to shout to the world. But they couldn't quite yet. If their elders found out about this all hell would come out.

They were learning to be discriminatory in their words and actions. They were learning how to have their feet on the ground and their heads in heaven. They were beginning to be in touch harmony with the universe.

This led to learning how to withdraw the external senses. This is a key component the dragons learned.

When one learns how to shut down the external senses consciously the inner senses come alive. They have always been there yet we never knew they existed. The dragons never were taught this in schools.

## Pratyāhāra withdrawing of the external senses



Pratyāhāra is a combination of two Sanskrit words prati- (the prefix प्रति-, "against" or "contra") and āhāra (आहार, "bring near, fetch").[38]

Pratyahara is drawing within one's awareness. It is a process of retracting the sensory experience from external objects. It is a step of self-extraction and abstraction.

Pratyahara is not consciously closing one's eyes to the sensory world, it is consciously closing one's mind processes to the sensory world.

Pratyahara empowers one to stop being controlled by the external world, fetch one's attention to seek self-knowledge, and experience the freedom innate in one's inner world.[39][40]

Pratyahara marks the transition of yoga experience from the first four limbs of Patanjali's Ashtanga scheme that perfect external forms, to the last three limbs that perfect the yogin's inner state: moving from outside to inside, from the outer sphere of the body to the inner sphere of the spirit.[41]

I first learned about Pratyāhāra withdrawing from the external senses in India many moons ago. Forty-nine years ago to be exact. I learned that we have five external senses and five external senses.

O seeker of truth, I have witnessed such a great wonder:

A well, suspended in the sky, from which ambrosia ceaselessly flows.

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

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

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

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

By closing down the external senses one begins to develop the internal senses.  
This is the doorway to discovering your true nature.

A wise man understands this. One begins to cultivate the inner senses. One begins to realize one's true nature. Instead of just being a physical body one slowly begins to see that you are the universe inside of a human body.

One begins to see harmony in all things. Most people's senses are always external. We think happiness exists outside of ourselves. Therefore we chase the carrot on the stick.

Our happiness is dependent on the external which always changes therefore our happiness will come and go. That is the nature of things. Everything comes and goes.

Just think you are the universe. You just don't know it. Yet every night when you go into a deep sleep you go back to the source. You just aren't aware of it.

The more one mediates and consciously withdraws the external senses one will advance on the journey of life.

It's ironic that the human body is wired and has the software for discovering the jewel within. It's been there the entire time since you were born. Yet it is enigmatic and foreign to us.

Most humans refuse to even recognize it. Don't go there. I don't want to hear about this. Don't tell me what to do. You are trying to convert me. Look there is nothing to convert to. This is your true nature.

A wise man learns there are infinite levels of withdrawing the external senses. We are always fine-tuning the guitar of life.

We can never rest on our laurels. Thinking you have laurels won't take you very far on this journey of life. One must become humble and in harmony with life. The sun in the sky doesn't boast and say worship me. Without me, you wouldn't be alive.

The sun in the sky just shines. The more one withdraws the external senses one becomes to be in harmony with life. The ego must be left behind. There are safety mechanisms set into place.

The ego can take you so far and then it reaches a wall and can't go further. Only a child at heart can enter the kingdom of heaven.

Remember you are the piece of this puzzle. Discover your true nature. Learn how to meditate and withdraw your external senses.

[Leading the senses towards the self](#)



[Pratyahara Meditation by Sadhguru](#)





## Five Internal Senses

I have studied Meditation for fun for a very long time.

I have learned the following.

Just like we have 5 external senses to be in this world.

We have 5 internal senses to be in God's world.

The kingdom of heaven is within.

We are born to be hard-wired with God.

There is so much of God just contained in our DNA.

We were created to experience so much more than we have.

Our car is just sitting in the garage.

All the great masters have said go within.

Use your internal senses and experience, God.

There is a light to see.

This light is pure love.

Listen to the ringing in your ears.

This will help start your journey.

Behind your breath feel the power of love.

The universe is behind your breath.

This is not some theory.

Millions of people are experiencing this at this moment.

You can solve this puzzle.

Open up your eyes.





The dragons slowly over time learned how to withdraw their external senses. It was just a matter of time.

The more one practices the easier the process occurs. It feels so go to withdraw the external senses. One can leave the world behind.

Mind you during their early training they were at war with one another. Same situation as today. They even had 5 world wars. The fifth one was ravaging all their world. This is where their story begins. The future looks bleak.

For many dragons, not an ounce of hope was in the air. The balloon of life was deflated. Fortunately, they found shelter inside them. They discovered their inner home.

When they started to withdraw their senses they discovered that we are in essence the same. They understood the thread that is tying us all together. Many of these dragons were drafted to fight whether they liked it or not.

Over 90% of the warriors learned how to meditate during this time. They even had underground meetings with their opponents. They were trained in these unseen arts.

Consequently, they had the same experience of the unity of all within. The dragons discovered they were sawing off the branch they are sitting on. War never leads to good options in life.

It leads to misery for all. Nobody wins a war. Everyone loses in the end.

With these realizations, the dragons dropped their warring ways. They refused to fight one another. Those in power who still supported fighting were taken out of the office and never to return.

Among all dragons, they were tired of constantly fighting. They were tired of seeing their loved ones never return from the battlefield. Most of the world didn't even know why they were fighting yet were told it was an honor and duty to fight.

These times brought the Dragos to embrace kindness, patience, tolerance, compassion, and bliss towards all. They learned how to transform from darkness to light.

## Prāṇāyāma



Alternate nostril breathing, one form of Pranayama

Prāṇāyāma is the control of the breath, from the Sanskrit prāṇa (प्राण, breath, and āyāma (आयाम, restraint)

After the desired posture has been achieved, verses II.49 through II.51 recommend prāṇāyāma, the practice of consciously regulating the breath (inhalation, the full pause, exhalation, and the empty pause)

This is done in several ways, such as by inhaling and then suspending exhalation for a period, exhaling and then suspending inhalation for a period, by slowing the inhalation and exhalation, or by consciously changing the timing and length of the breath (deep, short breathing).

Most westerners don't breathe properly. Just think from the moment we take our first breath to the moment we take out last breath there is a power that is keeping us alive.

Yet the majority of mankind is not aware of it. We are completely oblivious to it. Due to the stress in our life, we have forgotten how to breathe properly.

If you want to observe incredible breathing, watch a newborn. They naturally practice deep, or diaphragmatic, breathing by using the diaphragm, a muscle under the lungs, to pull air into the lungs.

Visually, you'll see the belly expand and chest rise as they inhale air through the nose and into the lungs. As they exhale, the belly contracts.

2

For many people, this kind of breathing is no longer instinctive. Instead, many of us have become shallow chests, or thoracic, breathers—inhaling through our mouth, holding our breath, and taking in less air.

Over time our breathing patterns have shifted as a reaction to environmental stressors, like temperature, pollution, noise, and other causes of anxiety. Cultural

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<sup>2</sup> <https://www.headspace.com/blog/2017/08/15/shallow-breathing-whole-body/>

expectations, including the desire to have a flat stomach, encourage holding our breath and sucking in our stomachs, further tightening our muscles.

When we breathe in a shallow way, the body remains in a cyclical state of stress—our stress causing shallow breathing and our shallow breathing causing stress.

This sets off the sympathetic nervous system, the branch of the autonomic nervous system that primes us for activity and response.

“Shallow breathing doesn’t just make stress a response, it makes stress a habit our bodies, and therefore, our minds, are locked into,” says John Luckovich, an apprentice Integrative Breathwork facilitator in Brooklyn, New York.

My advice before one begins this practice is to before you begin to make sure you are breathing properly.

If you still breathe through your chest or your mouth spend three weeks learning how to breathe properly. I would advise anyone to spend three weeks meditating and focusing on their breath.

Do this from this moment on. This is the key to life. Without this, your practice won’t take you far. There is a power that is keeping you alive. Behind your breath lies the keys to life.

So what does this breathing exercise do? There are 72,000 nadis or energy channels in the human body.

3

The following is a passage from Sadguru.

Sadhguru: Within the spine, if you know its physical construction, you will know there are two holes on either side of the spine which are like conduit pipes for all the nerves to pass. This is the Ida and the Pingala, the left and the right channels.

In the Pranamayakosha or the energy body, there are 72,000 nadis. The 72,000 nadis spring from three basic nadis – the left, the right and the central – the Ida, Pingala, and Sushumna. The word “nadi” does not mean nerve.

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<sup>3</sup> <https://isha.sadhguru.org/us/en/wisdom/article/the-three-fundamental-nadis>

Nadis are pathways or channels of prana in the system. These 72,000 nadis don't have a physical manifestation. In the sense, if you cut the body and look in, you will not find them.

But as you become more aware, you will notice the energy is not moving at random, it is moving in established pathways. There are 72,000 different ways in which the energy or prana moves.

The pingala is the right or masculine energy channel.

The ida is the left or feminine energy channel.

Starting from the left nostril there are 36,00 nadis or energy channels.

Starting from the right nostril there are 36,00 nadis or energy channels.

Prānāyāmai is a breathing exercise that cleans the ida and the pingala. This exercise will help balance the mind and body.

When the breath gets calm the mind and body will get calm. One begins to enter into a state of calmness and being in harmony with the mind, body, and soul connection.

#### [How To Do Alternate Nostril Breathing \(Nadi Shodhana\)](#)

- Sit in a comfortable position with the spine long and the hips relaxed. Release any tension from your jaw. Close your eyes.
- Place your left hand on your left knee with the palm face upward, or in the Chin Mudra by pressing the index finger and thumb together.
- Place the tip of the index finger and middle finger of the right hand in between the eyebrows with the ring finger and little finger on the left nostril, and the thumb on the right nostril. Use the ring finger and little finger to open and close the left nostril and use the thumb for the right nostril.
- On an exhalation, close the right nostril with your thumb and breathe out through the left nostril.
- Breathe in through the left nostril and then close with the ring finger.
- Release the thumb on the right nostril and breathe out through the right nostril.

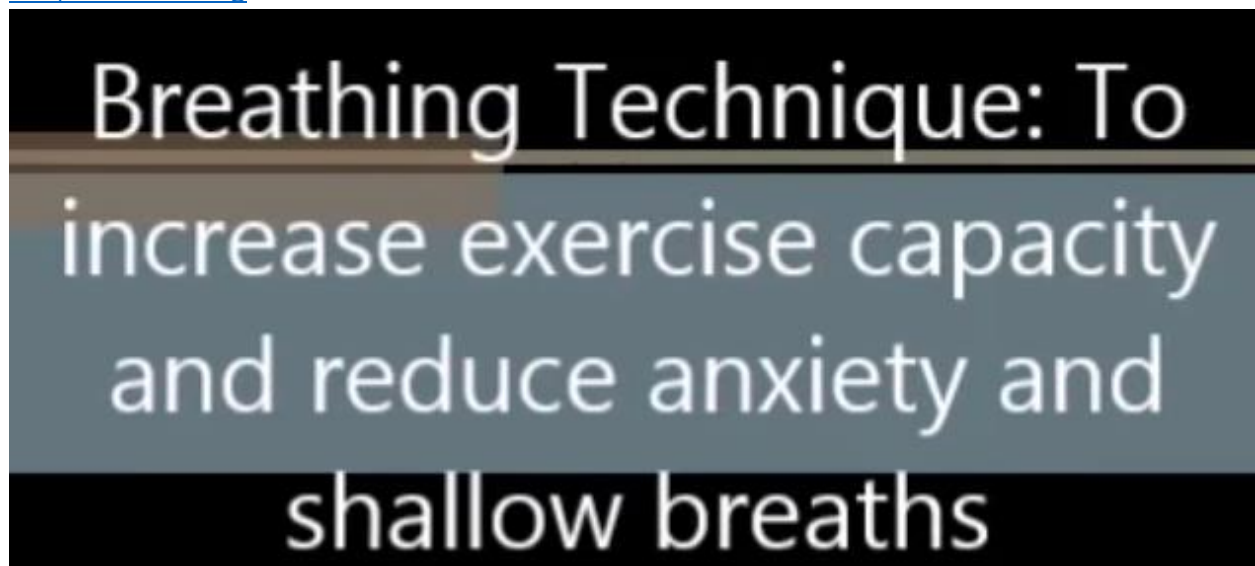
- Inhale through the right nostril, close with the thumb, release the ring finger from the left side and exhale through the left nostril.
- These two full breaths are called one round of Alternate Nostril Breath.
- Perform 5 to 9 rounds of this alternating breath between the nostrils.
- Remember to always inhale through the same nostril you just exhaled through.

4

There are many variations of this technique. Some hold their breath between breaths. Mind you should never use force. Breathe naturally. Over time the breath will be sweet and calm.

[What is Prana and Pranayama? | Gurudev Sri Sri Ravi Shankar](#)

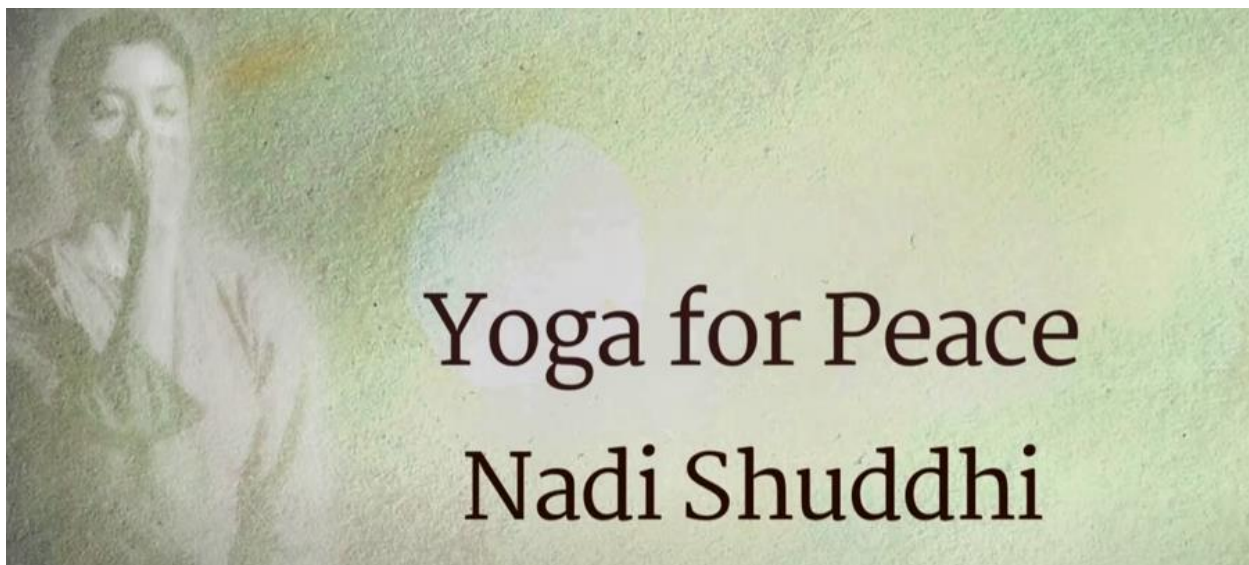
[Proper Breathing](#)



[Nadi Shuddhi Pranayama - Guided by Sadhguru](#)

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<sup>4</sup> <https://www.artofliving.org/us-en/yoga/breathing-techniques/alternate-nostril-breathing-nadi-shodhan>





## The Breath

The breath

It's kinda sad.

The majority of mankind takes their breath for granted.

Yes, we breathe in and breathe out.

That's so common to us.

We do this in every moment.

What could be more common?

We all breathe.

Yet behind our breath is a power that keeps the entire universe alive.

You are the universe.

You just don't know it.

The power behind your breath is keeping you alive.

You have the potential to connect to this source.

In essence, this is your true nature.

Many of the great masters taught this.

They taught me to meditate upon my breath.

It takes baby steps.

At first, you may not seem to feel or see anything.

Have patience.

The mind is like a tuning fork.

It takes time to tune into the frequency of life.

This frequency is pure love.

Day by day simply follow your breath.

Year by year simply follow your breath.  
Decade by decade simply follow your breath.  
Your breath will set you free.  
Your breath will reveal your true nature while you are alive.  
I know it sounds so simple.  
It is.  
Yet we make life so complicated.  
The truth can be there all the time.  
Yet we are trained to look outside of ourselves.  
The jewel has always been hidden under our pillow.  
This is where God hides.  
Inside of you.  
This is the greatest hide and seeks game.  
Ponder this over.  
You can solve this puzzle.

## Breathing Through Your Mouth

I was in India many moons ago.

Over 47 years ago.

I remember hearing people talk about various kinds of breaths.

In Ayurvedic lore breathing through your mouth is the kiss of death.

Our breath is a complicated system.

Scientists are just beginning to study the effects of breathing.

They have found out that when a person starts to breathe through the mouth the fight or flight syndrome takes over.

What does that mean?

It means your body is being flooded with over 1500 different chemicals.

Many of these in the short term are beneficial.

Yet for many Americans, the facet can't be shut off.

We reinforce this situation by improper breathing.

In the East, this has been known for thousands of years.

This is why the foundation for so many meditation practices is the breath.

They understand the practical mechanics of breathing through the nose.

There is a life force within that is keeping you and the universe alive.

Our western day understanding of the general public is lacking.

I say common sense is uncommon because our lifestyles don't reflect it.

We are totally off balance.

No wonder we have all our ailments today.

Ponder this over.

## Fine Tune Your Radio Station

Fine-tune your radio station.

You are listening to an old station.

This station is reinforcing all your bad habits.

There is a signal from God and the universe that is playing.

Listen to KGOD.

This signal is broadcast from within.

It is clear and constant.

You just have to tune your mind to this signal.

In every breath, you take fine-tune your inner radio to this signal.

All the great masters have said that the kingdom of heaven lies within.

This is probably the most practical thing you can do for yourself.

What is keeping you alive?

The more you concentrate on this signal the more powerful and clear it will be.

This is your true nature.

This signal is like a magnet.

It draws kindness, love, and compassion to you.

It's like taking a shower of love.

This love fills up your entire being and slowly washes away all the negativity.

This radio station is live.

It has been broadcasting for eternity.

When you are driving and talking on your cell phone you aren't paying attention to life.

What is so important externally that you have forgotten your true nature?

Why do you insist that the external world is the only world?

For now, you might say because that's all there is.

Well someday you will die and it will disappear in an instant.

This radio station will make you laugh at life.

It will bring you to a place where anger and hate do not govern you.

Kindness and compassion will be there.

I'm not saying you won't ever get angry again.

I'm saying that with conscious effort you can use water to put out the anger in  
your life.

Your mind is looking externally to fix your inner world.

Mankind has been running in circles for thousands of years.

Look at the political landscape in America today.

Anger and chaos rule the land.

Fine-tune your radio station.

You are a piece of the puzzle.



Things are about to get extremely interesting. They have reached the point of discovering the chakras and the 72,000 nadis or channels in the body.

David and the dragon along with his crew help map out this sacred wisdom. It seems like this system is almost identical to the human race.

This is where the dragons truly start to transform. Using the chakra system, tummo, the sacred drops, the Nadis, and channels they begin to use sacred alchemy.

Just think the more aware society is the better the external will be. This couldn't more be the case for the dragons.

When the war stopped the ones in power who caused all this mess was forced to resign. A democratic system was put into place. The dragons installed a voting system for all.

Anyone could run for office. Only a certain amount of money was allocated to each person in the office. There was only one month to campaign.

The world at large reached a tipping point where they could sense anyone who was in it for power and control, not the people. You see power and control have an awful odor.

You may say why didn't we smell it before? Well if your garbage was thrown in your inner living room you might get used to the smell.

In the same way, when the general society cleans house the odor eventually goes away. So yes one could smell the person who only wants power and control a mile away.

This helped transform the world. The golden rule was the motto for the dragons for over two trillion years.

The following comes from my book dragon tales which talks about the creation of Shamballa a sacred world with humans and dragons living together.



The main moto for the dragon world was as follows. Do not impose on others what you do not wish for yourself.

In the Bible, it is written “do unto others as you would have them do unto you” They both mean the same thing.

Kindness was the name of the game. The world needs kindness. Confucius was a young boy when he started learning from dragons.

He was an exceptional student and became a great teacher to man. He studied for around 10 years and then was sent to China to bring greater wisdom to all walks of life.

The golden rule was the foundation of his teachings. Today many people know him by “Confucius says” but he was far more than that.

He knew the laws of the universe and tried to convey them to man. He was one of the first Chinese to directly talk and teach ethics to people of all sorts of life.

He even held political posts where his message could be heard. Confucianism is very much alive today in China. Mind you this was 600 hundred years before Christ.

Confucius introduced many people to the dragons teaching. He didn’t use the dragons as a reference point. People weren’t ready for that.

Yet he gave many blessings to thousands of people to live and study with the dragons. They got a precious letter introducing them to the Dragons.

Confucius signed the letter so the dragons and man knew that Confucius endorsed the student.

Also, Confucius would help people who lost their homes in times of war. China was struggling. Chaos was all around.

Thousands of people were helped by him. The underground Dragon world leaped in bounds with thousands of refugees and students arriving.



The dragon world was smart. They knew this was going to happen. As you know they prepared for the future.

Each person and family were given a precious house to live in. Mind you it would be like today each person was given a mansion by today's standards.

These refugees thought that they were given the keys to heaven. They were provided with new clothes, shelter, and food.

Little Ricky the dragon helped in preparing the food for all the refugees and newcomers. Each day an incredible banquet would appear for the people.

There was so much love in the air. They were all treated with the highest respect and honor. They were treated with dignity.

We need that so much in America today. The dragons didn't kick anyone out. Currently, in America, you could be living here for over forty years and be deported.

None of the people wanted to leave. There never saw so much harmony in their lives. The dragons and the locals were so kind.

The golden rule was alive in this world. Every action was driven by this rule. You see it truly didn't have to be forced upon. Everyone who lived there experienced such unity.

Sima Qian, a historian at the time relates how a young Confucius went to visit Lao-Tzu. The story goes he asked a question about history.

This is Lao-Tzu's response.

Those about whom you inquire have molded with their bones into dust. Nothing but their words remain.

When the hour of the great man has struck he rises to leadership, but before his time has come he is hampered in all that he attempts.

I have heard that the successful merchant carefully conceals his wealth, and acts as though he had nothing – that the great man, though abounding in achievements, is simple in his manners and appearance.

Get rid of your pride and your many ambitions, your affectation, and your extravagant aims. Your character gains nothing for all these. This is my advice to you.

The story goes that Confucius was so impressed by the old master. Confucius compared him to a great mythical dragon and took his advice to heart. Soon after this meeting Confucius joined the dragon world and found his true calling.



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

Even the dragons were amazed at his knowledge and wisdom. At times it seemed that his wisdom was beyond theirs. Mind you these dragons were thousands of years old.

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

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

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

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

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

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 named is the mother of the ten thousand things.

Ever desireless, one can see the mystery.

Ever desiring, one sees the manifestations.

These two spring from the same source but differ in name; this appears as darkness.

Darkness within darkness.

The gate to all mystery.

The Tao means the path or the way. It is a universal principle that exists in the entire universe.

The creation of galaxies and man spring forth from the Tao. As the poem above says the Tao that is spoken is not the eternal Tao.

Remember that speaking about a mango is not a mango. You must eat a mango to understand.

Lao-Tzu got much wisdom from studying with the dragons. As a boy, he was wise beyond belief. Many people thought that his wisdom came directly from the stars. Many people thought he was as wise as a Dragon. Now that's impressive.

These are the following main themes that Lao-Tzu presented to the world.

True wisdom does not come from books. You can study all the great books in the world yet you will have bookish knowledge.

Remember a book describing a mango is not the mango. You must eat a mango to understand. Day by day taking baby steps one develops intuition to understand the great Tao. It is a practical experience not merely reciting words.

The Dragons were experts in this field.

Two, dualities exist in the universe. There is push-pull energy that exists in the entire universe. For every action, there is an opposite and equal reaction. There is darkness, there is light.

There is life, there is death. There is hot, there is cold. There is peace, there is war. Everything has a duality.

Three, there is Humility. A wise man understands this. A wise man knows the more you know the more humble you get.

The sun in the sky just shines. It doesn't have anything to prove. The West thinks that they have all the answers and will try to prove it to you. Arrogance and the ego are not part of humility.

All the great wise teachers were humble. The people and dragons in Shambala were humble. Humility is intertwined with the universe.

Fourth, is simplicity

Tis a gift to be simple, 'tis a gift to be free  
'Tis a gift to come down where I ought to be  
And when I am in the place just right  
I will be in the valley of love and delight  
When true simplicity is gained  
To bow and to bend I will not be ashamed  
To turn, to turn will be my delight  
'Til by turning, turning, I come 'round right.

This is a song that everyone would sing in Shambala. To understand the universe you must be simple. A man whose mind is complicated will never see the light of day.

Jesus the Christ said the following words.

I tell you the truth, it is hard for a rich man to enter the kingdom of heaven. Again I tell you, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.

We are living in a world that is extremely complicated. The youngsters hardly have an opportunity to kick back and relax.

Their parents have them perform so many after-school activities that they don't have time to think. If you mentioned a more simple life many people will glare you in the eye.

Fifth, give for only giving. If you give and expect to receive anything then it is not truly giving. You may get disappointed in the end. Give like a fruit tree. A fruit tree does not expect anything in return.

Its nature is giving. Likewise, the nature of the universe is giving. The wise man flows with the universe. His actions come from the universe. It requires no conscious thought or effort.

Sixth, Action within inaction. If you saw how we as humans are running on the treadmill of life and never getting anywhere. We have governments that try to help but they are sinking in quicksand.

Everyone is trying to swim upstream. The wise man understands the laws of nature and lets the river glide him downstream. No effort is needed. It seems like today the more effort we take the greater the struggle is in life.

Most of the great masters of the past understood this key point. They knew the less one did the more you accomplish. There were in synch with the laws of the universe.

Meditation is an art to go inside and discover these practical laws. Everyone can be a Harry Potter. You are a true wizard.

Last but not least. Violence and conflict will never solve anything. It will not provide fruits on the tree of life. Violence and war are obsolete.

Many times mankind has to go on the same merry-go-round. Around and around we go. It's like a broken record. Around, around and around we go. War, war, and war.

The only way out of this mess is to embrace the universe. The jewel lies inside of your heart. It doesn't matter who you are and what you have done in life. You can change for the better.

You have free will. With your free will, you can use it to find your true nature.  
Remember you are the universe. You just don't know it.

## The Christ



There have been many rumors about the lost years of Christ. We hear stories from when he was young and then fast forward thirty years we hear about his mission.

Many people ask that question for thousands of years. The East has a particular soft spot for Christ.

Many of the following countries said that he came and spent some time learning about the sacred laws. Afghanistan, Pakistan, India, Tibet, and Egypt all have records and documents explaining Christ coming and visiting for some time.

Christ heard about the dragon's world and was quite fascinated by it. He heard the dragons and man lived in harmony for thousands of years. By now over two million people live there.

It was the most sophisticated city known to man. Yet for the majority of people, it was a myth.

Some of the high Lamas in Tibet introduced Christ to Shamballa. It was in the Tibetan backyard. Yet it was so hidden you could never find the entrance if you weren't welcome.

You see still at that time there were gangs of robbers and thieves. It was the wild west( but it is the east).

When Christ entered the grand complex he couldn't believe what he saw. Dragons were flying in the sky and he saw a vast modern city. It would make any city today pale in comparison.

You see this world combined the spiritual path and the practical path. These were central cornerstones. Kindness and the golden rule existed all around.

Love, kindness, and compassion were in the air. It was so strong almost like magnetic energy. You couldn't help but not feel it.



Christ was overwhelmed. He saw a state of heaven on earth. He knew he was home. All of the dragons and men welcomed him like a brother.

They made him feel he was home. Many great banquets were held in his honor. Laughter and humor filled the air.

The dragon and man introduced him to the great mystery school. He spent 10 years studying and learning.

Mind you the dragon has been there for over five thousand years. They have an incredible amount of knowledge to share. This was the most evolved Mystery School in the land.

Imagine having a city of over two million and having no crime. No police force or military. No greed nor war. Anger was gone thousands of years ago.

You see the universe is not angry. Man is. The universe is kind. All the dragons and man knew to be aware moment by moment of the grand power of love. This love sustains the entire universe.

Everyone wanted to be there. Everyone expressed love in their unique way. You didn't have to look a certain way or have a particular lifestyle. All were accepted. All of man's negative ways were long ago forgotten.

You could pray and meditate in any way you liked. Each person and dragon had their particular ways. Tolerance in others was a wave of life. The golden rule existed in every molecule of life.

To be honest Christ didn't want to leave. He was truly home. Yet he knew he had a mission to bring these same concepts to mankind. The world needs love and compassion. The world needs to find the jewel inside.

During those years Christ grew in leaps and bounds. E looked at his state of awareness when he came and when he left. It was a difference between night and day. Even the son of God grows every day.

Christ knew that you can never stop learning. Even the universe is continuing to expand and grow. As you know Christ went back home to Israel and started his message.

His main theme was the Kingdom of heaven lies within. The Romans weren't quite open to that message. They were the rulers of the time. The Romans were quite ruthless and caused an incredible amount of violence throughout the land.

The ultimate punishment was putting an innocent man on the cross. These were the dark ages of man. Fast forward to today and it's still the dark ages.

Peace will come on this earth. The world should have been blown up by now. A new dawning has occurred. Man will discover his true nature. Man will find the jewel within. Mark my words millions of people are waking up. The Sunrise is occurring in man.

Christ's message will never die. It is eternal. There is so much hope. Remember that the city of Shambala is still alive. You can solve this great mystery by looking inside.



Boy did the dragons and man know how to have fun. They had a stadium that could seat an entire population of two million.

They had all sorts of events going on. Everything from musical concerts, poetry reading, group meditations and so much more. Everyone loved coming to the stadium.

Each week something new occurred. With a city of two million, you could never get bored.

People ultimately came from all around the world. Everyone would love to see such diversity. The music scene was unreal.

There were hundreds of varieties of music. You see music comes from the universe and each person has a unique way to express it.

The children would love to go to the parks around town. Each child would point towards the sky and create a rainbow. Each rainbow has a certain melody that was played.

So imagine a hundred children creating an orchestra in the sky. Bach and Betowveen would have been proud.

The adults would love to gather in the park every morning and do Tai Chi and Chi Gong. Imagine this practice is still done in China today.

Every adult was an incredible master. Any one of them could lead the class. They learned when they hardly knew how to walk.

Grace and percussion lead the way. The dragons gave the youngsters incredible roller coaster rides.

Imagine a roller coaster that was alive and screaming and laughing with you while you were on your ride. After the ride, the youngsters would bow to the dragons with delight.

You see it was a once-in-a-lifetime experience. This was their initiation into the oneness between man and dragons. It was quite the initiation.

The Youngsters knew how to treasure the inner and out worlds at a young age. The poetry reading was a hit for all age levels.

People would gather at the café drinking their teas and party into the night. They were enamored by the spoken and unspoken words. The poet knew how to truly communicate.

Of course, the youngsters loved the storytellers. Every Friday night all across the city stories were told in public places. Imagine hearing stories that have been told for thousands of years.

Every week a new story could be told. Something incredible was always going on.

The youngsters never grew tired of hearing about their ancestry and the ancient stories. These storytelling sessions were like watching TV.

The kids would close their eyes and incredible visions would appear to them. It was they were a part of the story being told. It's hard to describe but they went back in time and witnessed the story taking place.

All of this wisdom was captured inside. You see each dragon and man knew how to tap into the DNA of life. Imagine the entire encyclopedia of the universe was stored in your DNA.

A part of your DNA is quantum. In our world today we don't have an instrument to detect it yet. But we will. These are the building blocks of the universe.

Everyone loved to learn about science. In the west, we have learned to disconnect from it. Only a few people in our present-day world are interested.

Back then they didn't have science deniers. Each person realized that the laboratory existed inside of them. The universe was open and willing to hand out her secrets.

No matter what your age you were extremely inquisitive about life.

The food scene was quite unreal. Today you go to a restaurant and enjoy a fine meal. Yet behind the scenes, chaos is happening.

Anger and frustration from the many cooks are going into the food. Disharmony is everywhere. Profits are to be made. The quality of ingredients can be marginal.

The dragon would not believe watching Top chief. If you ever stop and watch it's quite a different world from theirs. The dish may look good but it's plastic in comparison compared to the dragon's world.

You see in the dragon's world love, kindness and compassion is the main ingredient. Without that, your dish is not worth serving.

You may have the best ingredients in the world but without love and kindness, your dish is not worth eating.

The dragon's world was a thousand times more advanced in the makeup of energy throughout the universe.

Anger and frustration are harmful to the human body. The disease occurs when the human body is not balanced between the body, mind, and soul. We have so much to learn today.

At the dragon world restaurant, the cooks and chefs knew this. They knew all about food alchemy. It came from their DNA.

Each dish was served from their DNA knowledge. A family would walk in and each chief knew exactly what combinations of ingredients to make a meal for each member at the table.

Imagine the cooks and chefs having a merry old good time. Singing, laughter, and humor were in the air.

They cooked their meal as if the Lord himself was going to dine there. In their eyes that it was, they saw.

Everyone was having a grand time. Celebrations were in the air. Each restaurant had a different flair to it. You could never get bored.

Every day was a celebration of life. Everyone looks forward to when new refugees come. They wanted to bestow upon them the blessings of life. Many of them had to escape for their lives. War is a tragedy and can mark scars for life.

Every refugee was bestowed with kindness. To be a matter of fact it didn't take too long for their worst memories to go away. Each newcomer was treated with the utmost respect. Not like America is today.

## Chakras



For over five thousand years the Indians have discovered flower petal-shaped vortexes of energy lying across seven different areas on our spinal column. These chakras are directly connected to the endocrine system of glands.

These chakras are responsible for distributing energy through the body. Where there is a blockage disease will occur. In our next chapter, we will talk about the Chinese discovery of meridians.

I won't go through the specifics of each chakra. Here's a general overview of each one. The following information came from [color-meanings.com](http://color-meanings.com)

**The Root Chakra** – The Sanskrit word for this Chakra is Mooladhara Chakra (mool means root). The chakra color associated with the root chakra is Red.

The root chakra defines our relation to Earth. It impacts our vitality, passion, and survival instincts. The red chakra colors are also indicative of our need for logic and order, physical strength and sexuality as well as the fight or flight response when faced with danger.

The sense of smell in the human body is connected to the Root Chakra. The gland to which the root chakra is attached is the Gonads.

**The Sacral Chakra** –The chakra color associated with the sacral chakra is orange. This chakra relates to the water element in the human body. The chakra colors are orange which impacts sexuality, reproductive function, joy, desire and even creativity, compassion for others.

The sense of Taste is associated with the Sacral Chakra. Glands and organs impacted by this chakra include the lymphatic system, female reproductive organs, large intestine, pelvis, and bladder.

**The Solar plexus Chakra** – The Sanskrit word for this chakra is Manipura Chakra which translates to “city of jewels”.

Thus the solar plexus chakra is the personal power chakra that is responsible for one's personal and professional success. The chakra colors yellow of this energy vortex are associated with fire, energy, charge, etc.

This element of fire, when balanced and harmonious allows one to feel more confident, cheerful, and energetic along with the right amount of respect for self and others.

Our sense of sight is associated with the solar plexus chakra. The glands or organs associated with the Solar plexus chakra are the Adrenal glands.

The Heart Chakra – Anahata Chakra or the heart chakra is associated with the chakra color Green. This chakra influences our relationships and has the Air element.

A weak heart chakra is responsible for sabotaging relationships through distrust, anger, envy, etc. The sense of touch is impacted by the heart chakra and the glands connected to it are Thymus and lymph.

The Throat Chakra – The Vishuddhi chakra refers to our true voice. As the name suggests, the Throat chakra with its chakra colors Blue is associated with the ability to communicate, listen, etc.

The glands to which the Throat chakra is attached are the esophagus, ears, throat, thyroid, jaws, teeth, and neck vertebrae.

The ethereal element of the Throat Chakra, when balanced, allows an individual to have a pleasant voice, artistic abilities, expressive ways, and also the ability to be in a higher place spiritually. Individuals with a balanced throat chakra can meditate well and use their energy efficiently and artistically.

The Third Eye Chakra – The Ajna Chakra translates to the “center of knowing or monitoring”. This chakra is associated with chakra colors Indigo and is connected to the Pineal or pituitary gland.

Those with a well-balanced brow chakra can have telepathic abilities, and charismatic personalities and they often do not have any fear of death.

The element of electricity or telepathy along with the chakra colors of Indigo are associated with our sense of Thought.



The Crown Chakra – This chakra is known as Sahasrara chakra in Sanskrit and is associated with the chakra colors of violet or purple. The crown chakra is associated with the pituitary gland, nervous system, and the brain and head region with its element of light.

In its balanced state, this chakra can render individuals the ability to perform miracles, transcend the laws of nature, and have a heightened awareness of death and immortality.

Now according to the great masters and mystics, the journey begins at the base of the spine. There lies the Ida and the Pingala nerve. Imagine a column called the Sushumna which is not physical which goes from the bottom of the spine

Here's the definition of the Sushumna from Wikipedia.

Sushumna (सुषुम्णा, suṣumṇā "very gracious", "kind" [3] ) runs along the spinal cord in the center, through the seven chakras. Under the correct conditions, the energy of kundalini is said to uncoil and enter Sushumna through the brahma dwara or gate of Brahma at the base of the spine.

The Shiva Samhita treatise on yoga states, for example, that out of 350,000 nadis 14 are particularly important, and among them, the three just mentioned are the three most vital.

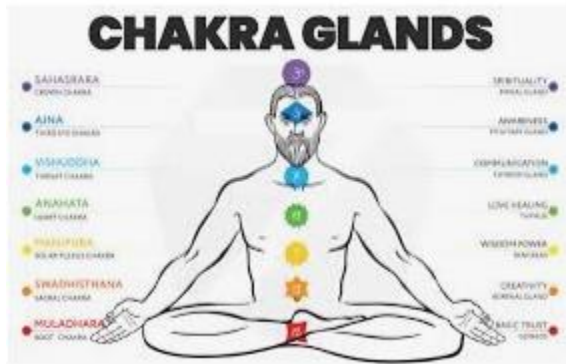
It seems to me that God hardwired each human being to help discover his true nature. The journey begins at the base of the spine of the root chakra. Here the consciousness of me me and me reside.

The human being is existing in a state of survival mode. The goal in life is to master each chakra and ultimately arrive at the crown chakra and enter its door. At this stage, one will realize that I am the universe. We are all one.

This is our true state of existence. We are all one huge gigantic family. Each one is responsible for discovering our true nature. The world will be in a better place if we all did this.

Ponder this over. So do you think that you are hard-wired to find God? Maybe it's time to use your inner key to start the engine.

## Chakras Commentary



Is there any scientific evidence to support chakras?

However, the proposal of chakras does not fit with the modern scientific understanding of how the human body uses and stores energy, and there is currently no proposed method by which the existence of chakras can be

shown scientifically.

I find this fascinating. We are still living in the Newtonian age of matter.

Quantum field theory (QFT) extends quantum mechanics from single localized particles to fields that exist everywhere. These fields represent forces that permeate all of space and time.

This goes beyond the seen and unseen worlds. These even include the heavenly realms. When I was young I thought heaven existed in a heavenly realm with pearly gates.

My present understanding of heaven is part of the quantum field. You are the universe. You just don't know it.

In the quantum field, there is no trauma. In the quantum field, there is no anger, hatred, or any negative emotions.

We are trying to solve our emotional issues using matter over matter. By using the quantum field to heal we are using kindness, love, and compassion to heal and transform ourselves.

We are using our free will to tap into the quantum field and rewire our nervous systems and our body.

Mystics have done this for thousands of years. Modern-day scientists are using the tools of mystics and combining them with scientific instruments and protocols.

These are exciting times for humanity. We are on the verge where it will be a common everyday practice to rewire our brain towards quantum awareness. We are only moments away.

Yes, it will take time but the sun is rising.

Man will soon realize the harmful effects of negative thinking and negative emotions. They will see the practical evidence of how it has put a man in a downward spiral in life. We have been fighting for thousands of years. Need I say more?

### Chakras Commentary 2



I find it amusing that even back then when the dragons learned about the chakra systems most of the dragons rolled their eyes when hearing this wisdom,

I have friends who have been meditating for around fifty years and who still laugh and chuckle when they hear about the chakras.

It took the dragons around 100,000 years to perfect this system. When I mean perfect it took that long to digest that wisdom and put it into everyday practice.

At the 100,000-year demarcations point, the entire world was using this system on an everyday basis. You could say they were light years ahead of us in evolution.

Still, they had another 100,000 years of growth to achieve mass enlightenment the universe has never seen before.

Humankind loves to hear about individuals getting enlightened. We love to hear their stories. We haven't heard stories where billions of dragons were enlightened.

They reached a point where collectively they all merged and vanished into bliss and wisdom.

The same wisdom and bliss that we pursue are in the same force field of the quantum field. In the quantum field, there is no time and space.

So this wisdom existed in a universe far behind our present-day universe but it exists today. Their universe is no longer existing today but the quantum field is beyond time and space.

We are gathering wisdom and bliss from our forefathers. This story of great enlightening has been told since time immemorial.

A race enlightens whose mission is to help all sentient beings for eternity. That my friend is an auspicious goal. Does it surprise me that the dragons created Shamballa in Tibet?

Not at all. They loved the high mountains plateau. Mind you they almost had to start over in their evolution yet they proceeded very quickly to get enlightened. Remember nobody gets a free ride.

The Tibetan Buddhists and ancient Yogis got the wisdom from Shamballa to share this sacred wisdom with the world.

#### Chakras data versus wisdom



Why do we need to have the practice to concentrate on the chakras? Well, it is the difference between data versus wisdom. Our subconscious mind pretty much runs the show.

About 95% of our thoughts and actions run the show. We are like leaves blowing in the wind. A wise man tries to live in the center of the hurricane.

When we live our lives like leaves blowing in the wind data from our subconscious goes to our mind, body, neural networks chakra systems. It goes to the operating systems, hardware, and software.

We run the same tapes over and over again. We hold on to past issues for our entire life. Our life is under the remote control of our subconscious mind.

These issues are stored in the body, mind, and chakra systems. In the chakras, they tie knots around the specific chakra. These knots are called Klesha.

<sup>5</sup>Klesha definition or kleśa (क्लेश) is a Sanskrit term that translates as obstacle, affliction, poison, pain, and distress. Klesha is the closest way of writing this word as its pronunciation, but sometimes it's transliterated from Sanskrit as kleśāḥ.

Kleshas are internal obstacles that arise in our minds and cause us suffering. They can create powerful disturbances in our inner world and act like poison in our lives.

These Klesas are stored in the chakras and the channels. They can cause havoc in our lives not knowing what the cause is. All disease is first manifested in the chakras and channels.

A wise man learns how to remove the garbage in the living room of life. We have quite the garbage dump inside of us. The dragons and present-day wise men have a systematic way of removing the garbage. This involves tummo (fire) and exercises to clear these blockages.

<sup>6</sup>Dr. Pasang Yonten Arya has described Tummo in the context of Vajrayana practice:

*The psychic heat Drod is produced by the space particles and the heat manifested from the friction of the wind element. This is another fundamental element as it supports and gives power to the consciousness, like the power of the fire that can launch rockets to space.*

*The power is called medrod or 'digestion fire' in medicine and Tummo in yoga tantra. The heat (fire) sustains life and protects the body/mind. The psychic fire increases the wisdom, burns the ignorant mind of the brain and gives realization and liberation from the darkness of unawareness.*

*That is why yoga describes Tummo as the aggressive fire which ignites from below navel, pierces the chakras one by one and reaches the sky of the crown chakra. The tummo burning arrow married with the celestial bride leads to enjoy*

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<sup>5</sup> [the 5 kleshas definition - the roots of pain & suffering - YOGI TIMES](#)

<sup>6</sup> [TIBETAN LAMA TO TEACH AN INTRODUCTION TO TUMMO, THE YOGA OF PSYCHIC HEAT AT HAC SEPTEMBER 17 - THE HEALING ARTS CENTER](#)

*the life of transformation of samsara. They give birth to the son of awareness from the blissful garden of Vajrayogini.*

David The Dragon



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 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 throughout the night.

To be frank they 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 overtime 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 of these natural laws.

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

Our herbs that are given out are organic and have no side effects. They are extremely beneficial in helping the body balance. Your western medicine has extreme side effects 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 of 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 a myriad 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 of 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.

## Endocrine System



The following information came from Wikipedia.

The endocrine system is a chemical messenger system comprising feedback loops of hormones released by the internal glands of an organism directly into the circulatory system, regulating distant target organs.

A hormone is any of a class of signaling molecules produced by glands in multicellular organisms that are transported by the circulatory system to target distant organs to regulate physiology and behavior. Hormones have diverse chemical structures, mainly of 3 classes: eicosanoids, steroids, and amino acid/protein derivatives (amines, peptides, and proteins).

The glands that secrete hormones comprise the endocrine system. Hormones are used to communicate between organs and tissues for physiological regulation and behavioral activities, such as digestion, metabolism, respiration, tissue function, sensory perception, sleep, excretion, lactation, stress, growth and development, movement, reproduction, and mood.

Hormones affect distant cells by binding to specific receptor proteins in the target cell resulting in a change in cell function.

This may lead to cell type-specific responses that include rapid changes to the activity of existing proteins, or slower changes in the expression of target genes. Amino acid–based hormones (amines and peptide or protein hormones) are water-soluble and act on the surface of target cells via signal transduction pathways; steroid hormones, being lipid-soluble, move through the plasma membranes of target cells to act within their nuclei.

Endocrine glands are glands of the endocrine system that secrete their products, hormones, directly into interstitial spaces, and then absorbed into the blood rather than through a duct.

The major glands of the endocrine system include the pineal gland, pituitary gland, pancreas, ovaries, testes, thyroid gland, parathyroid gland, hypothalamus, and adrenal glands. The hypothalamus and pituitary gland are neuroendocrine organs.

#### Hypothalamus gland

The hypothalamus is a portion of the brain that contains several small nuclei with a variety of functions. One of the most important functions of the hypothalamus is to link the nervous system to the endocrine system via the pituitary gland.

The hypothalamus is located below the thalamus and is part of the limbic system. In the terminology of neuroanatomy, it forms the ventral part of the diencephalon.

All vertebrate brains contain a hypothalamus. In humans, it is the size of an almond. The hypothalamus is responsible for the regulation of certain metabolic processes and other activities of the autonomic nervous system.

It synthesizes and secretes certain neurohormones, called releasing hormones or hypothalamic hormones, and these in turn stimulate or inhibit the secretion of hormones from the pituitary gland.

The hypothalamus controls body temperature, hunger, important aspects of parenting and attachment behaviors, thirst, fatigue, sleep, and circadian rhythms.[citation needed]

#### Pituitary Gland

The pituitary gland is a pea-sized gland that sits in a protective bony enclosure called the sella turcica (Turkish chair/saddle). It is composed of three lobes: the anterior, intermediate, and posterior lobes.

In many animals, these lobes are distinct. However, in humans, the intermediate lobe is but a few cell layers thick and indistinct; as a result, it is often considered as part of the anterior pituitary.

In all animals, the fleshy, glandular anterior pituitary is distinct from the neural composition of the posterior pituitary.

## Pineal Gland

The pineal gland is a small endocrine gland in the brain of most vertebrates. The pineal gland produces melatonin, a serotonin-derived hormone that modulates sleep patterns in both circadian and seasonal cycles. The shape of the gland resembles a pine cone from which it derived its name.

The pineal gland is located in the epithalamus, near the center of the brain, between the two hemispheres, tucked in a groove where the two halves of the thalamus join.

The pineal gland is one of the neuroendocrine secretory circumventricular organs that are not part of the blood-brain-barrier.

Nearly all vertebrate species possess a pineal gland.

The results of various scientific research in evolutionary biology, comparative neuroanatomy, and neurophysiology, have explained the phylogeny of the pineal gland in different vertebrate species.

From the point of view of biological evolution, the pineal gland represents a kind of atrophied photoreceptor. In the epithalamus of some species of amphibians and reptiles, it is linked to a light-sensing organ, known as the parietal eye, which is also called the pineal eye or third eye.

René Descartes believed the human pineal gland to be the "principal seat of the soul". Academic philosophy among his contemporaries considered the pineal gland as a neuroanatomical structure without special metaphysical qualities; science studied it as one endocrine gland among many.

Seventeenth-century philosopher and scientist René Descartes were highly interested in anatomy and physiology. He discussed the pineal gland both in his first book, the *Treatise of Man* (written before 1637, but only published posthumously 1662/1664) and in his last book, *The Passions of the Soul* (1649) and he regarded it as "the principal seat of the soul and the place in which all our thoughts are formed." In the *Treatise of Man*, Descartes described conceptual models of man, namely creatures created by God, which consist of two ingredients, a body, and a soul.

In the Passions, Descartes split man up into a body and a soul and emphasized that the soul is joined to the whole body by "a certain very small gland situated in the middle of the brain's substance and suspended above the passage through which the spirits in the brain's anterior cavities communicate with those in its posterior cavities".

In the late 19th century Madame Blavatsky (who founded theosophy) identified the pineal gland with the Hindu concept of the third eye or the Ajna chakra. This association is still popular today.

Rick Strassman, an author and Clinical Associate Professor of Psychiatry at the University of New Mexico School of Medicine, has theorized that the human pineal gland is capable of producing the hallucinogen N,N-dimethyltryptamine (DMT) under certain circumstances.[61] In 2013 he and other researchers first reported DMT in the pineal gland microdialysate of rodents.

#### Thyroid Gland

The thyroid gland, or simply the thyroid, is an endocrine gland in the neck, consisting of two lobes connected by an isthmus. It is found at the front of the neck, below the Adam's apple.

The thyroid gland secretes three hormones, namely the two thyroid hormones (thyroxine/T4 and triiodothyronine/T3), and calcitonin. The thyroid hormones primarily influence the metabolic rate and protein synthesis, but they also have many other effects, including effects on development. Calcitonin plays a role in calcium homeostasis.

#### Adrenal Glands

The adrenal glands (also known as suprarenal glands) are endocrine glands that produce a variety of hormones including adrenaline and the steroids aldosterone and cortisol.

They are found above the kidneys. Each gland has an outer cortex that produces steroid hormones and an inner medulla.

#### Pancreas

The pancreas is an organ of the digestive system and endocrine system of vertebrates. In humans, it is located in the abdomen behind the stomach.

The pancreas is a gland, having both an endocrine and a digestive exocrine function. As an endocrine gland, it functions mostly to regulate blood sugar levels, secreting the hormones insulin, glucagon, somatostatin, and pancreatic polypeptide.

As a part of the digestive system, it secretes pancreatic juice into the duodenum through the pancreatic duct. This juice contains bicarbonate, which neutralizes acid entering the duodenum from the stomach; and digestive enzymes, which break down carbohydrates, proteins, and fats in food entering the duodenum from the stomach.

#### Ovaries

The ovary is an organ found in the female reproductive system that produces an ovum. When released, this travels down the fallopian tube into the uterus, where it may become fertilized by a sperm.

There is an ovary (from Latin ovarium, meaning 'egg, nut') found on the left and right sides of the body. The ovaries also secrete hormones that play a role in the menstrual cycle and fertility.

The ovary progresses through many stages beginning in the prenatal period through menopause. It is also an endocrine gland because of the various hormones that it secretes.

#### Testis

Testicle or testis is the male reproductive gland or gonad in all animals, including humans. It is homologous to the female ovary.

The functions of the testes are to produce both sperm and androgens, primarily testosterone. Testosterone release is controlled by the anterior pituitary luteinizing hormone; whereas sperm production is controlled both by the anterior pituitary follicle-stimulating hormone and gonadal testosterone.

## DNA



Let's continue how a human being is hardwired to find God. Many scientists think that a part of our DNA is multidimensional and quantum. We contain the blueprint of God inside of us.

From this blueprint, a human being is created. We are created in the image of God.

When I was young I loved to study the great wisdom of India. I still do. The Indians have a theory that everything we do and say is recorded into an energy frequency.

This energy frequency can be read in some parts of time in the future. Some people have fine-tuned themselves to be able to read the Akashic record from another person.

Now recently many people think that in our DNA we have multidimensional DNA that contains the blueprint of God.

Now imagine in this blueprint contains the entire essence of the universe and the essence of your soul journey in the universe. You are eternal. You can never die. Your body will.

Many people are discovering this concept and are learning how to mine the Akashic record for themselves.

Can you imagine how incredible that would be? It means that you could stop any disease from coming your way. You would be in tune with God and listen to the wisdom that lies within.

You could bring back all the positive attributes you have learned on your magnificent journeys in life.

A person could tap into the future and bring back wisdom such as inventions that would help our fellow man.

From that state, it would be easy to go from me to we if you could consciously tap into the oneness and blueprint of the universe.

As you can see the car is sitting in the garage gathering dust. The car is meant to be driven on the freeway of life.

Moment by moment we can drive our car and gather a greater understanding of why we are alive.

We spend most of our lives in a survival mode. We spend most of our time living in our habits and subconscious. Imagine we are hardwired to discover our true essence. Yet so many humans are oblivious to this fact.

You see we have free will and free choice. The entire universe lives by this law. At times I think well maybe human beings shouldn't have free choice and we would come into this world and never forget our true nature.

Peace would always prevail on earth. Anger and war would not exist. Heaven would be on earth. Yet life is a grand adventure. We come into this world to discover our true nature and to help transform this world from darkness to light. It is a cosmic game.

This isn't the first time this game has been played. For time immemorial this game has been played through this universe and countless other universes.

The entire universe is watching us and cheering for us. They are rooting us on. We have incredible coaches that help and assist us.

Yet they can't take a single step for us. You see each of us has to play the game without any steps taken by another being.

These are exciting times. We as humanity are going from me to we. For thousands of years because of thinking it's all about me, we have fought countless wars. We are living in an era where this is changing right before our eyes.

Ponder this over. You are hardwired to discover God. You contain within your DNA the blueprint of God.



## Tummo and Tantra



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 non physicality, a clear mind, and 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 nonphysicality, clear mind, and 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 breath 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 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 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.

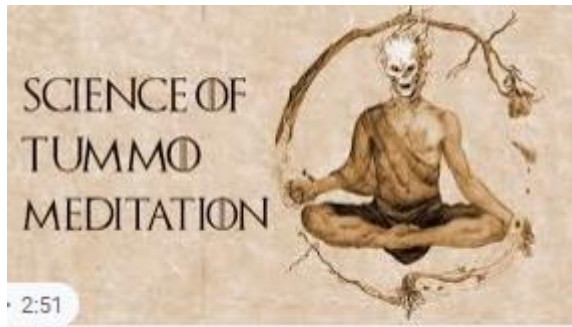
You can see the sign of this blessing in the form of your navel. When we hold our breath there, using the vase breathing method, the breath unites with our mind at that place in our body.

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 of 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.





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

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

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

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

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

This process took around 5,000 years even before the first young Tibetans arrived. It took around 1000 years for the Tibetans and the Indians to implement both their teaching and the dragon teachings.

Both of the systems were almost identical. They understood there was a course body and subtle body.

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

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

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



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

This lineage has been carried on to today. Tummo is the foundation of their practice. Most people never discover the fire within and lead an ordinary life.

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

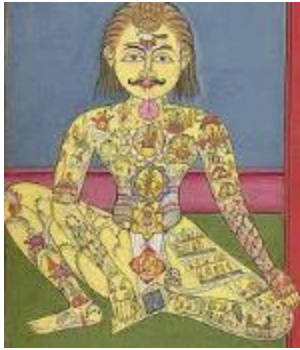


I find it fascinating that the dragons on earth discovered tummo within. The DNA contains all the wisdom of the universe and beyond. When the dragons discovered this over a trillion years ago tummo and meditating on the chakras was a game-changer. This led to the discovery of emptiness which is

embraced by many religions today.

This along with Illusory Body, Clear Light, Dream Yoga, and Bardo Yoga lead to their grand finale which we will get into later in this book.

## Illusory Body



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

Listen to Lama Glen's interview.

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

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

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

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

It is a profound yoga of training in both the pure and the impure "Illusory Body." "Pure Illusory Body" is the training to transform our bodies into the Buddha body, and "Impure Illusory Body" is the practice of working with our ordinary physical body, our subtle body, our dream body, and our after-death between/bardo thought-body.

Following the great Yogi and doctor Yuthok Yontan Gonpo (1126–1202), Dr. Nida considers this practice to be a direct and powerful Vajrayana psychotherapy, designed to authentically free us from all impure and superficial concepts we have about ourselves, teaching us ultimately how to use our wisdom mind to transform our body into that of an enlightened deity form of a Buddha. In other words, this is our true nature.

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

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

The practice of the Clear Light and the Illusory Body brings one to a state of enlightenment. This is your true nature. The 6 Yogas of Naropa streamline the process of enlightenment.

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

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

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

The world is in chaos and our health care systems reflect that. One who learns to be in balance and harmony understands what I'm talking about. Many of the world's diseases could be eliminated if we got rid of the stress levels in our lives.

Billions of people can't turn off the facet of adrenalin when trying to sleep at night. They toss and turn throughout the night. Most diseases are caused by stress.

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

## Your body Is Your Drug Store

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

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

This elixir is not an herb or any external substance.

This elixir exists inside of us.

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

Yet here we are taking drugs for our ailments.

Each drug has huge side effects.

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

I'm saying maybe there is a better way.

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

You don't pay when you are sick.

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

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

In our culture everything is fragmented.

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

When I was young I heard about the 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 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.

## Clear Light



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

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

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

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

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

Supreme alchemy is used to rewire both the physical and subtle bodies. Clear light is our essence. Over time one sees this clear light and one's attention is absorbed into this clear light in waking consciousness. Mind you that person still has afflictions but that person is consciously working to dissolve them.

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

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

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

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



current-day state of mind will never lead us home. Our afflictions never serve us yet we are so conditioned by them.

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

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

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

The 6 Yoga of Naropa streamlines the process. It provides the main essentials for one to become enlightened. Granted it takes effort. There have been many people who have become enlightened using this system.

Even if one doesn't do it during this lifetime one life is changed forever. There is a path that goes on forever. There is never going to be a time when you will clap your hands and say I know everything there is. We are continuously growing and learning.

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



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

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

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and shadows, the hero and the villain, good and evil, and we are the audience and the actors.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Glen was swept to the heavenly realm. Ramakrishna said the external beauty would help trigger him into ecstatic levels of consciousness.

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

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

## Bardo Yoga

### Bardo and Nature of Mind YouTube



<sup>8</sup>The Tibetan word bardo (བར་དོ་ Wylie: bar do) means literally "intermediate state"—also translated as "transitional state" or "in-between state" or "liminal state".

In Sanskrit, the concept has the name antarabhāva.

It is a concept that arose soon after the Buddha's passing, with several earlier Buddhist groups accepting the existence of such an intermediate state, while other schools rejected it

### Bardo Introductory talk by Robert Thurman and Dr. Nida



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

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

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

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

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<sup>8</sup> [Slide 1 \(squarespace.com\)](https://www.squarespace.com)

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

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

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

The second is the bardo of dreams.

The third is the bardo of concentration or meditation.

The fourth occurs at the moment of death.

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

The sixth is called the bardo of transmigration or karmic becoming

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

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

Chönyi bardo (chos nyid bar do): is the fifth bardo of the luminosity of the true nature which commences after the final 'inner breath' (Sanskrit: prana, vayu; Tibetan: rlung). It is within this Bardo that visions and auditory phenomena occur.

In the Dzogchen teachings, these are known as the spontaneously manifesting Thödgäl (Tibetan: thod-rgyal) visions.

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

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

## The 8 Stages of Dissolution

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

Mind you we are unaware of them.

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

When a person dies these same steps take place.

A wise man practices dying every day.

He realizes that only the body dies.

You are the universe.

You just don't know it.

Austrian physicist Erwin Schrödinger is known for this phrase.

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

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

There is one universal mind.

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

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

You can solve this puzzle.

The answer lies inside of you.

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

The sun is always there.

That is your true nature.

You have simply placed dark clouds around you.

Remove the clouds within and discover your true nature.



Stage One: earth into water

Stage Two: water into fire

Stage Three: fire into air

Stage Four: air into consciousness

Stage Five: consciousness into luminance

Stage Six: luminance into radiance

Stage Seven: radiance into imminence

Stage Eight: imminence into transparency

A wise man smiles and laughs at death.

He dies every day and sees the unity of life.

He realizes death is simply changing into new clothes.

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

Everything in the universe is created and destroyed.

Even the universe.

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

## Going Home

Click the picture to read a great article.



Imagine the same process of death occurs four times a day for everyone yet most people don't know it or experience it. We go from the waking state to the dream state.

The dream state back to the waking state. We die every day. The Tibetans have a book called the Tibetan Book of the Dead.

It goes step by step in the death process.

What I liked in this class was that Lama Glen and Chongwol La said that everyone will have a completely different experience of the death process.

Depending on your religious background or spiritual background each one of us will have a different experience. The essence of the quantum field embraces all. It will comfort you to go back home.

Spiritual anesthesia is given to overcome the pain and suffering one is in. All troubles are melted away. One will melt and merge with the clear light. This is your true home. All religions point to going back home.

The wise man is curious and wants to day by day experience his true essence while alive. This is called the state of enlightenment.

There are many steps along the way. This is why I call this the video game of life. We are hard-wired for this experience. The software and operating system are in place.

The wise man understands and directly goes through the 8 stages of dissolution every day. The great mysteries are shown to him. One becomes united with the universe and beyond.

## Phowa



<sup>9</sup>The Phowa practice, or Transference of Consciousness at the Time of Death, is a simple, powerful means of ejecting the consciousness from the crown aperture into the Buddha-field of Amitabha aka the land of paradise, bypassing the bardos and avoiding rebirth in the six realms of cyclic existence.

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

Marpa the Translator said,

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

Lama Glen recently told a story of a dear old friend who was dying. The Dali Lama was a good friend of her for many years. He told her why not call the Dalai Lama and ask him to meditate and transfer her to paradise.

She replied she didn't even have the energy to do so. Anyway, Glen gets on the phone and makes a phone call. This person calls the Dalai Lama who is sound asleep in bed.

They wake him up and he sits in meditation and assists her in the transformation. She leaves her body.

This may seem like a fairy tale. Yet one can be in paradise and on the earth at the same time. Why not be in paradise when you die? This person spent her life meditating upon paradise. Why not get an extra shove along the way?

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<sup>9</sup> [Phowa Teachings - Shambhala Pubs](#)



### Phowa, Death and Rebirth - Summer Course 2013 [ECTV]

25K views • 8 years ago

Europe Center

Phowa, the Tibetan Buddhist Conscious Dying meditation - an interview with Lama Ole Nydahl. What happens to the mind when ...

### Phowa Teachings and practice March 9,2021

856 views • Mar 9, 2021

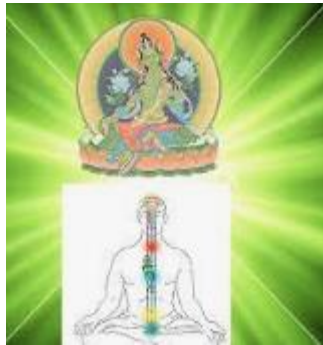


### Mix - Essential Phowa Practice with Christine Bagley

YouTube



## Phowa 2



Another meaning for the word phowa is transformation. The same process a caterpillar goes through to become a butterfly is the same for the spiritual life. A butterfly spent time in a cocoon whereby the transformation took place.

We all have an inner cocoon inside of us. As I have said many times before the hardware, software and operating system have been put in place when we were born.

The practice of tummo and phowa brings the system back online. Tummo is the fire of love and compassion. This is your true nature. Behind the universe lies the fire of life.

It is keeping the entire universe alive. There is only one mind ultimately and one body. The body and mind are the same.

It's a good idea to find heaven while you are alive. The world would be in a better place. You would too be in a better place. I've said many times before that the spiritual life is the most practical.

Most people roll their eyes and say yeah that's absurd. How would you like to live in the center of the hurricane instead of the hurricane-force winds of the mind? This practice over time calms the winds of the mind.

There are simply dark clouds covering the inner sun inside of you. Your true essence is the sun, not the clouds. This practice can remove the inner clouds.

The key is transformation. Your attitude is everything. Many people have a poor attitude and wonder why they are in the dumps. Remember you are your master chemist. You are the only one who can change your attitude and beliefs. Most of our beliefs are external. They are extremely limited and won't take you to your destination.

A wise man combines the external and internal. This means that one has his feet on the ground and his head in heaven. One is in harmony and balance.

In this state, one has nothing to prove. One simply smiles at life. One has complete love and compassion for his fellow man. This person realizes that we

are all the same. If the world at large has this experience there would be peace on earth.

## 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 monkey mind. The monkey goes from one branch to another. It can't be controlled. Well, when they first started to learn how to mediate 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 wells 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.

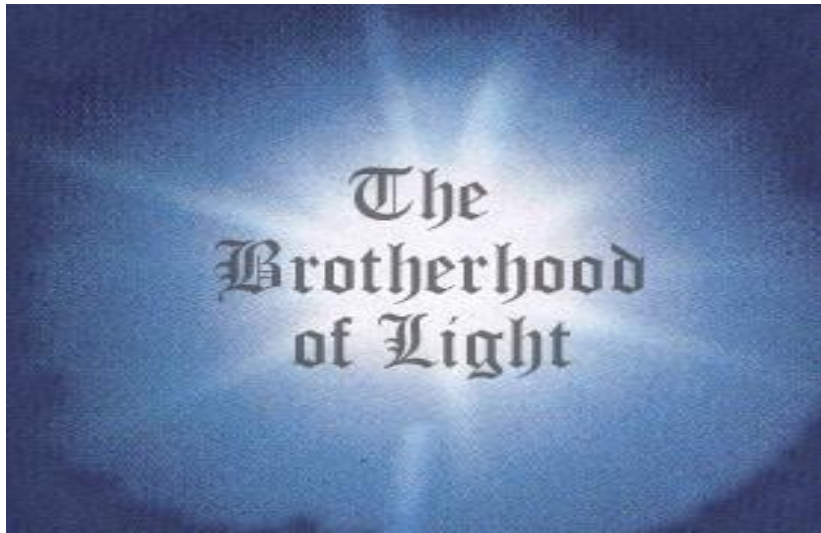
The dragons said that the genie is the mind. The mind wants to control you versus the other way around.

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 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.



## The Great White Brotherhood



One of the greatest events in the history of mankind is happening right before our eyes and were not even aware of it.

This world has reached a juncture where we

must decide where we want to go.

We can blow ourselves up or we have a few wonderful options. The great white brotherhood is a consortium of beings who help balance the state of affairs on different dimensions.

They have existed for eternity. Many wonderful beings have merged themselves as a single and yet separate conscious. They are both sides of the coin.

They are separate entities yet at the same time, they are a group with a common consciousness. They are here for universal justice. They don't enforce their way on anyone.

But if you want their assistance they will come in any shape way or form. The majority of all our great spiritual teachers past present and future are part of this consortium.

They are here because they love humanity. At this critical time in the history of the planet, we need help. Our government can't solve the problems.

There are millions of people on the face of this planet who are part of this master plan. Some are aware and some are not.

We can blow ourselves up in disharmony or we can learn to live in harmony. It is our choice. They will never harm us. They aim to protect humanity.

But it is our decision. Humanity as a whole has to make that decision. Do we want chaos like we have now or do we want a planet where happiness, cooperation, and tolerance reside?

I have met many of these beings and they are the most compassionate beings you will ever meet. A lot of them have lived human lives and know our drama.

They learned to transcend this world. Their joy is to assist and teach us ways to improve our lives. They are not interested in changing your religion.

They just want you to be a better Christian if you are Christian. If you are a Buddhist, be like a Buddha. Live in the compassion and tolerance that the Buddha preached.

We are all brothers and sisters from the almighty father. They have been sent here by our father to help humanity. What would this world be like if we all lived in compassion towards each other?

We would be in peace. We are living in disharmony. When a man lives in disharmony his civilization goes down the tube. We have the ability to change ourselves.

Each one of us has all the help we need if we request their help. We should pray and ask for guidance in our lives. Let's stop pretending we know all of the answers.

We don't. Help from the entire universe is at each one's beckoning call. We just have to ask.

It's time humanity wakes up. A lot of people think I'm too busy with my life. Well, when your last breath leaves your body how busy will you be? Let's build a safe place in this world. We all have the same dream.



Just think the Dragons fought for thousands of years and thought there was nothing wrong with that. Common sense is uncommon just like in our world. The dragons had to stumble and fall just like we have to.

As I said nobody gets a free ride. Yet around practicing Tummo and meditation they reached a level where they saw the building of an illusory body within. As Lama Glen describes the bricks were always there to build the house yet they were never put together.

When a person is at the point of building the illusory body consciously clear light begins to appear.

Slowly I mean slowly the dragons began to experience this in their everyday life. What a huge impact this had on their society.

A person needs to rewire the circuits in the mind and body. Creating an illusory body consciously helped in creating these new neural networks. In essence, they were building a physical nonphysical body.

The nonphysical body was a part of the quantum field. At some point, the clear light from the quantum field appears. The goal of Yoga is to be one with the clear light.

Matthew 6:22

“The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.”

King James Version

O seeker of truth, I have witnessed such a great wonder:

A well, suspended in the sky, from which ambrosia ceaselessly flows.

A lame person climbs to it without any ladder and drinks jugs of that nectar.

Gongs, conches, and kettle drums ring out without being played by anyone. The deaf hear them and become ecstatic: they lose track of body and mind. Up there is a palace without foundation, which is radiant with light.

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

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

This single event changed the Dragons forever. They knew consciously they were going from darkness to light.

They were beginning to have their feet on the ground and their heads in heaven. Day by day each dragon was being transformed within.

## What Is Chakrasamvara Practice?

By Dr. Alexander Berzin



This evening I've been asked to speak about the Chakrasamvara system of anuttarayoga tantra, the highest class of tantra practice.

And although I certainly am not an accomplished practitioner of this system by any means, I've received some teachings on it from my teachers.

So what I'd like to present is based on a discourse by His Holiness the Dalai Lama on Tsongkhapa's commentary to the abbreviated tantra of Chakrasamvara

called *The Complete Elucidation of the Hidden Meanings* (sBas-don kun-gsal) and also a discourse on the text, by one of His Holiness's teachers, Tsenzhab Serkong Rinpoche, on the generation stage of the Luipa lineage of Chakrasamvara (Grub-chen Lu-i pa'i lugs-kyi dpal 'khor-lo sdom pa'i bskyed-rim he-ru-ka'i zhal-lung) written by a great Tibetan master called Akhu Sherab-gyatso (A-khu Shes-rab rgya-mtsho). So what I'm explaining is based on that.

## Why Should We Practice Tantra?

In general, when we want to learn something about tantra, it's very important to examine why. Why do we want to know more about this? Why do we want to practice it?

And as we went through in setting our motivation for this lecture, the main reason needs to be compassion, our deep concern for others, and our very, very strong bodhichitta wish to achieve not only better rebirths but, beyond that, liberation from uncontrollably recurring rebirth and, beyond that, the enlightened state of a

Buddha to be able to help others as much as possible to also gain liberation and enlightenment.

And our compassion, our concern for others, is so strong that we want to do that in the most efficient way.

That means we are not motivated by impatience in the sense that we're lazy and we want something fast and easy; but no matter how difficult the more efficient way is, we want to do that so that we can reach enlightenment as quickly as possible to be of best help to everyone, with the full enthusiasm, the armor-like perseverance it's called, to endure the tremendous difficulties of practicing this highest-yoga practice.

So we are not minimizing it, and we don't have some false idea that this is going to be an easy path, but we're willing to do it to help others.

That's very important. And with a realistic attitude toward tantra, then to be able to engage in it – in addition to the basics of Buddhism, what Tsongkhapa calls the “three principal pathway minds” (renunciation, bodhichitta, and the correct understanding of voidness) – we need to have confidence in the tantra path in general and in the anuttarayoga tantra path specifically.

Confidence. This is very important. That means that we not only understand how it works, and how it will bring us to enlightenment, but also we are convinced that it will work and, on top of that, that we are capable of actually following that successfully to the goal of enlightenment.

Otherwise, what are we doing in practicing this? We're practicing something we don't understand, we don't know how it works, and we're not convinced that we can get anywhere with it. So that's very weak practice, isn't it?

Now, you might object. There's always the Buddhist method – not just Buddhist, it's the Indian method – which is to give the point of view of the objection to it, the other side, and then answer that objection.

Well, didn't Buddha also say that if you're shot by an arrow, you don't need to first ask, “Who shot the arrow?” and “What is it made of?” and “How will it kill me?” and so on – you just want to take the arrow out?

So why do we need to understand anything about the practice? Shouldn't we just follow it based on faith in our teachers?

And although for some practitioners that may work, Buddha also taught many different styles, and one can combine these two approaches – that we start to get involved with tantra, but to make our foundation firm, it's important to understand what we're doing and be convinced that it will work.

I'm sure many of you took these empowerments, these initiations, based on just confidence that "Well, my teacher said it would be good. His Holiness the Dalai Lama is giving it.

Let's go and do it!" without having any clear understanding of what you're getting involved with. So that's the first approach – just pull out the arrow. But now that you've sort of gotten into it:

If we look at the texts concerning tantra, it says that in the beginning, before empowerment, the teacher as part of the empowerment ceremony explains the tantra path to generate confidence in that path in the disciples. It's part of the ritual.

So although that might not take a tremendous amount of time – so you don't have to wait until you've died from the arrow while you get a long explanation – it's a combination of the two approaches, isn't it? So now that some of you have received the empowerment, to really practice it with conviction it's very helpful to know how it works.

#### Why Do We Need Chakrasamvara?

The next question is: Why do we need yet another deity? Aren't there enough? Why do we need Chakrasamvara? And that's a very valid question. There are so many different deity practices, why this one? Why yet another one?

And here we need to understand what is the general method that is used in anuttarayoga tantra. When we understand all the different aspects that are involved in the path, then we see that it is really quite complex, quite complicated.

And although each of the tantras, the various anuttarayoga deity practices, will give the entire picture of the entire process, the entire path, they'll have more detail on one aspect of it than another.

Chakrasamvara is the system that gives the most detail on one aspect. So let me present the general picture, and then you can understand a little bit better which aspect Chakrasamvara gives us the most detailed practice for.



If we look at the structure of lam-rim, the graded stages of the path, everything revolves around the issue of rebirth (in fact, the boundary between a Dharma practice and not yet a Dharma practice is whether or not we're concerned about rebirth, about future lives):

So the initial level of motivation – we want to continue having better types of rebirth, more specifically precious human rebirths, in all our future lives so that we can continue on the path of the practice.

But we realize that no matter what type of rebirth we have, whether a worse rebirth or better rebirth, it's still filled with all sorts of problems. So we want to gain liberation from uncontrollably recurring rebirth. That's what samsara means: uncontrollably recurring rebirth. So we want to gain liberation.

And then the advanced scope – we want to go beyond that and attain the enlightened state of a Buddha so that we can help everybody else overcome this uncontrollably recurring rebirth.

So in the intermediate scope in lam-rim, after we have described all the different types of suffering and the causes of suffering (karma, disturbing emotions, etc.), there's a general presentation of the process of death, bardo, and rebirth, and then a very detailed presentation of the twelve links of dependent arising, which describe the whole mechanism of how rebirth works under the influence of karma and disturbing emotions.

We learn from the twelve links that the root cause of this whole thing is our unawareness (that's often translated as “ignorance”). And because the system of the twelve links is shared in common with both the Hinayana and the Mahayana systems, then the unawareness here is the unawareness of how persons exist – how we exist and everybody else exists.

But in the Mahayana, more specifically the Prasangika Madhyamaka, viewpoint of this, as presented in the Gelug tradition by Tsongkhapa, then the root of these twelve links – this first link of unawareness – is the unawareness of how all phenomena exist, and that pertains to persons as well as everything.

And in the advanced scope, what we're adding here is bodhicitta as the force of the mind that is going to understand the voidness of the impossible “self” of all things, the impossible way of existing of everything. Right?

We project, we imagine, that everything exists in impossible ways, that they are establishing themselves independently of everything. And that doesn't correspond to anything.

So voidness means a total absence of an actual corresponding thing, a referent, to what we project. And then we understand that everything arises dependently on causes, conditions, and what mental labels refer to. Okay, this is not a lecture on voidness, but I had to say that.

What we want, then, is to have a mind which nonconceptually understands voidness, the voidness of all phenomena, so that we do not have the arising of any disturbing emotions. (All the disturbing emotions are based on that unawareness.

You know, we think "I exist" as some separate thing over here, and there's this annoying thing over there that is just existing by itself as something annoying, and then I have anger: "I have to get rid of it.") And when we no longer have these disturbing emotions and we no longer have this grasping for impossible ways of existing (what's usually called truly established existence), then there's nothing that will activate the karmic tendencies.

And when there's nothing to activate it when there's no possibility for these karmic tendencies to be activated at the time of death or before, then you can no longer say that we have these karmic tendencies (they only exist dependently on being able to give a result).

And then you're free of uncontrollably recurring rebirth. And to be able to benefit others, we need to arise in some physical form that will be able to help others without the restrictions of this type of karmic body. So that's wonderful – very difficult though.

Now, if we do this in the general sutra ways, and we gain this nonconceptual cognition of voidness, and even if we have the force of bodhicitta behind it – and even if we can maintain that forever, always – still we are doing this on the level of mind at which again the disturbing emotions could arise and the level of mind which, if it's not nonconceptually focused on voidness, would give rise to or project these appearances of truly established existence.

In other words, we're still working at that level of mental activity which is quite dangerous because, except for the time when we are nonconceptually focused on voidness, it's always a troublemaker; it's always causing trouble.

So that's the sutra level. And if you stay with that level of mind focused on voidness all the time? Well, fine. Then you don't have this trouble. But let's face it, a lot of the time we're not focused.

Even when we are capable of focusing nonconceptually on voidness, we're not focused on that all the time. You'd have to go through huge amounts of further practice to be able to have that all the time. So that's difficult; possible, but difficult.

However, there is a more subtle level of mind – or mental activity, I should say – which is called the subtlest level. It's sometimes called the clear-light level of mind. And please when we say the word “mind,” you need to understand it as mental activity.

We're not talking about some sort of thing inside you, like a brain. We're talking about a level of mental activity which is much more subtle than the level of mental activity that's dependent on a brain. But it's the most subtle level. It provides continuity from lifetime to lifetime and into the enlightened state of a Buddha.

Now, this level of mind is not a troublemaker. It is so subtle, it is more subtle than the level of mind that has the projection of these impossible ways of existing; it doesn't do that. And it doesn't have any type of disturbing emotions.

And it is nonconceptual, which is not so easy to understand. You have to understand what conceptual cognition means, which, in just a few words, is to perceive things in terms of categories.

And when we perceive things in terms of categories, it gives the impression that everything exists in boxes – the box of the category of good, bad, pretty, ugly, red, yellow, orange, etc.

But of course, things don't exist in boxes with big walls around them, separating them from everything else, which is of course the impression that we would get from words, language, etc. So this clear-light level of mental activity is more subtle than that level that works with categories of things.

Now, the problem is how we access this level of mental activity. Because if we could get that understanding of voidness with that level of mental activity, it would be much more efficient, because automatically it would be nonconceptual, and it's a level of mind that doesn't cause any of these troubles.

Although we have access to that level of mental activity at the time of death, it doesn't automatically have cognition or understanding of voidness.

Although the appearance that it gives rise to is similar to the type of appearance that we get when we have this cognition of voidness, it doesn't understand it by itself automatically.

And it is not naturally blissful, at least according to the Gelugpa explanation of it. Right? Here it's the bliss of being free from disturbing emotions, their tendencies and habits, and so on.

So it's not automatically like that. At the time of death, you can still impute on it the tendencies and habits – it's just that they are not producing anything; they are inactive.

So it's not automatically blissful in the sense of the bliss that is free forever of those tendencies and habits. That's the Gelugpa explanation. Right? Sakya has a different explanation, but there's no need to give variants.

Okay, so here is our mission, our goal, and why we practice anuttarayoga tantra, the highest class of tantra.

We want to get access to this clear-light level of mental activity, and we want to make it have the understanding of voidness – it will automatically be nonconceptual – and we want to make it blissful.

Okay? So this is called inseparable voidness and bliss. You get that a lot in Gelugpa. It's not that simple to understand what it means.

Now, how do we access this clear-light level without having to die to do that? And there are various methods in which we experience something a little bit similar to it during our lifetime: when you sneeze and so on, or you yawn, or you have orgasm.

Because just the moment before sneezing, or yawning, or orgasm, there is an "Aaaaah" – like that, sort of a drawing in of energy. So in that microsecond when it is drawn in, then it's something similar to, not the same as, the clear-light mind.

But unfortunately the microsecond after that there's an explosion outwards and it's lost. So it's useless, but it gives us some indication that there is this more subtle level when the energy is withdrawn.

Okay. So what we want to do of course is to be able to withdraw the energy without having an explosion afterward, and hold it. There are two basic ways of doing this.

One is working with the energies, so-called energy winds (rlung) – wind, energy, breath, that’s all the same word. We’re talking about subtle energy here, subtle energy working through the subtle energy system of the chakras and channels, etc.

So one method is working with these to get them into the central channel and to get the mental activity to withdraw from the grosser energies as its basis. That’s usually called dissolving, but “dissolving” gives the wrong idea.

And the other method is to work within the central channel by experiencing increasing levels of blissful awareness based on also manipulating certain things within the central channel.

And both of these will bring you to the same point at which then you have to further withdraw the mental activity from what’s known as the eighty subtle conceptual levels (kun-rtog brgyad-cu) and then, further, the three subtlest conceptual levels (snang-ba gsum) – eighty and three – so that then you get to the clear-light level of mental activity.

o although that sounds complicated, it can give us a little bit of confidence that it’s all mapped out, and what the process is.

In the New Tantra (gSar-ma) traditions of Kagyu, Sakya and Gelugpa, this is the method that’s followed.

And in the Nyingma system, although you will have practiced these various methods earlier on, at the actual time of accessing the clear-light level – which is called rigpa, pure awareness – you don’t have to in that actual session first do these other practices with the winds or the blisses; you get it more directly, based on the instincts from previous practice with what’s called dzogchen (rdzogs-chen) meditation.

So either we’re working with the winds or we’re working with the blisses within the central channel.

And then in our actual meditation to attain clear light, we work through these stages in that session to get to the clear light. Or in Nyingma we’ve done that before, and then in that actual session when we access this equivalent, this rigpa – it’s not exactly equivalent, but for our discussion it’s equivalent – then you don’t

have to rely on those other things during that session, but you've done it anyway. So we shouldn't think that all these systems are so different or they don't somehow fit together.

They're all aiming for the same thing – to get to this subtlest level of mind, to have it be blissful – of course have the energy of bodhichitta behind it – to have it have nonconceptual cognition of voidness, and to have it, by definition, be withdrawn from the energy winds that support the grosser levels of mind.

Okay. So it's a little bit complex, I know, but this is the picture.

So now we'll work within the Sarma, the New Tantra division (Sakya, Kagyu, and Gelugpa). You'll have some tantras – we're talking about anuttarayoga tantra – that will have more detail on working with the actual subtle energies, the winds, the breaths.

This is found in the most detail in the Guhyasamaja system. And you'll have other tantras which will give much more detail and elaborate practices for experiencing the four stages of bliss within the central channel, and Chakrasamvara gives the most detail for that.

Now, although one can achieve the more subtle levels working with either of the two systems, having a little bit of experience with both is helpful. But, depending on our energy systems and so on, one will have an easier time with one rather than the other.

And all of these are going to be aiming to reach that clear-light state of mind, as I said, with nonconceptual cognition of voidness and blissful, the bliss of having achieved some true stopping of at least some level of the obstacles preventing liberation or enlightenment.

And then within that state, we want to generate the form of what would become the body of a Buddha, a cause for the body of a Buddha. And the systems in which we work with the winds – Guhyasamaja system – then the type of body that we generate from that clear-light mind is called the illusory body (sgyu-lus), which is obtained working more with these energy winds.

And in the Chakrasamvara system, we generate the body in terms of what's known as a rainbow body ('ja'-lus), and that's working more on the bliss side. So, very nice.

Now, all of that's done on what's known as the complete stage (rdzogs-rim). That's the second stage of anuttarayoga tantra practice.

And the first stage is called the generation stage (bskyed-rim), in which we do all of this in our imagination. In the complete stage, we are working with the energy systems and the central channel and all of this.

But on the generation stage, we start by just imagining it. So in the Guhyasamaja system, we have very elaborate generation-stage visualizations of dissolving the various winds. And in the Chakrasamvara system, we have very elaborate visualizations which are helping to imagine the different stages of bliss.

Although there's a lot more detail and a lot more specifics that could be discussed, maybe that's enough to answer this question "Why yet another deity? Why Chakrasamvara?"

Chakrasamvara will help us to experience the stages of bliss within the central channel that will enable us to reach the subtlest level of mind so that then we can bring in the understanding of voidness and all the other practices to achieve the state of a Buddha.

By the way, these levels of bliss cause the energies to get more subtle. In other words, we're accomplishing the same thing through two methods.

One method is, through various yoga processes, bringing these winds into the central channel – it has a lot to do with certain breathing practices – so that the mental activity withdraws more and more from these energy winds. The other method,

Chakrasamvara, is to generate these increasing levels of bliss, which also causes the mental activity to withdraw from these grosser levels of the winds. Right?

That's the whole point, is to get to this subtle level of mental activity, the subtlest level. So we're not just playing with nice visualizations and feeling happier and happier. That's not at all what we're talking about here. That's a very trivial level.

But if we understand what is the purpose of the various visualizations in the Chakrasamvara practice and how they will work, this gives us great confidence. So in sadhana practice or whatever, by using the imagination I am building up the causes for actually being able to work with the energy systems to experience all the stages of this process. Okay, that's Chakrasamvara.

Now, the level of practice that we might be doing as an introductory level might be so simplified that it doesn't even have any of these aspects of the practice in it, and it's just a very generic type of practice that you find with any deity, but remember that is just for getting the very basics.

That's the baby-step level of the practice. It's very necessary to have some mastery of that level with a simple sadhana, but you should have some idea of where it's leading.

Realize that having gone up the staircase, hopefully, of lam-rim and reached a certain level, now we've reached the first step of the staircase of the generation stage, and then there's a whole other staircase of the complete stage practice. But if we have confidence that "Here's the staircase, here are all the steps, and there's the goal" and I see very clearly that these steps lead to that goal, then even though it might be difficult to go up the steps, we have confidence that we're going in the right way.

And even if we don't get far in this lifetime, remember we are not ignoring the initial scope lam-rim, and we're also trying to build up causes to continue having a precious human rebirth and continue in future lives on this path. Never ignore the lam-rim level of practice.

Okay. Now a little bit of information that maybe fills in a little bit about this practice.

#### [The Meaning of the Name Chakrasamvara](#)

First of all, what does the name Chakrasamvara mean? In Tibetan it's Khorlo dompa ('Khor-lo sdom-pa). Samvara means "collected together." And khorlo or chakra is a "circle," and it's referring to the circle of the deities that are involved or represent body, speech, and mind.

So what we have are all the aspects of body, speech, and mind collected together within the context of blissful nonconceptual cognition of voidness.

And sometimes we find that this system is just called not Chakrasamvara but just Samvara, which as a whole word means "collected together."

But the Tibetans will take this word samvara and divide it into the prefix sam and the word vara, and sam they translate with the word dey (bde), which means "bliss," and vara as chok (mchog), "supreme." So that's how you get the Tibetan name Demchok (bde-mchog). It means "supreme bliss."



Another name for Chakrasamvara is Heruka. He is the first syllable of a Sanskrit word that means “to sport with,” which means “to act with in a joyful way.” And the second syllable, ru, is short for the Sanskrit word for blood. And ka is short for the Sanskrit word for skullcup.

And so Heruka is “the one who sports, or acts joyfully, with blood in the skullcup,” which has many, many different levels of what it represents. It represents various things in the subtle energy system used to get access to this subtlest mental activity.

So because of this etymology of the name Heruka, the Tibetans sometimes call Heruka Traktung (Khrag-'thung), which means “blood drinker.” Well, it doesn't mean that Heruka is a vampire. Don't translate it as a vampire, please. And in the Kagyu and Nyingma systems, Heruka is sometimes used as a general name for male deities. But in the Gelugpa system, Heruka is not used with that meaning.

So these are all the different names that we will come across for this deity and the deity system. Sometimes the name is given just to the central figure. Sometimes the name is given for the entire group of figures (it's sixty-two figures in the Chakrasamvara system).

#### The Textual Tradition

So what do we study? What are the texts? The full Chakrasamvara tantras were in two versions, one in 300,000 verses and one in 100,000 verses – verses called shloka in Sanskrit, a four-line verse of a certain type of meter – and these were not translated into Tibetan.

This we find quite frequently with these tantras, that the large tantras never made it into Tibetan, and actually, they seem to have been lost in Sanskrit for the most part, not completely.

But there's an abbreviated root tantra, and that was translated into Tibetan, and it's in fifty-one chapters. Fifty-one is for the letters in the Sanskrit alphabet (there are fifty-one letters). The root tantra is mostly about the complete-stage practice. And there are many Indian commentaries.

When we talk about the anuttarayoga tantras, we have a division into two. We have what's called the clear tantras and the hidden, or obscure, tantras. The clear, or obvious, tantra is referring to Kalachakra, and there the various practices – and we're referring to some very specific practices (I don't need to go into the detail) – are explained very clearly and openly.

And in the hidden, or obscure, tantras – Chakrasamvara is one of them – the explanations in the root tantra are written in a very obscure, hidden manner that is not at all obvious what it means.

And because of that, they have what are known as explanatory tantras to expand and make the meaning clear, as we have in the Guhyasamaja system, for example. So here we have that also in Chakrasamvara. And Tsongkhapa explains that there's the root tantra for Chakrasamvara, explanatory tantras, and what's called branch, or auxiliary, tantras.

And there's a dispute about whether there are four or five explanatory tantras. Tsongkhapa says there are five, but then in another work, he says there are six (if we count the root tantra together with them).

They had Sanskrit original versions of this material. When Buton, a great Sakya master, put together the Kangyur, the collection of the words of the Buddha, he included only those works which have a Sanskrit original. So the fact that there are the Sanskrit originals of the root tantra and explanatory tantras, etc., adds to its validity.

For the Tibetans that was very important, although again one can start to get into a little debate about that because of the whole issue of revealed texts and treasure texts and so on (in other words, if it was revealed by Vajradhara in India it was more valid than if it was revealed in Tibet, and so on).

So you can get into a lot of debates about it. But anyway Buton had his criteria.

There are three main lineages of Chakrasamvara. These derive from three great Indian masters. Their names are Luipa, and then Ghantapa (in Tibetan he's called Drillbupa), and Krishnacharya (in Tibetan known as Nagpopa). This Drillbupa, or Ghantapa, lineage has both a five-deity practice and a body-mandala practice [See also:

What is Mandala?]. I believe the empowerment that you received from His Holiness the Dalai Lama was this five-deity practice within the Drillbupa, Ghantapa, tradition. So what are the differences here?

From a vision of Vajradhara – so again it came from a vision, but it happened to be in India, so that was okay – Luipa wrote down the root and explanatory tantras.

The Luipa tradition is mainly noted for its explanation of the activities that are based on the practice. And on the generation stage, it's the most complete form, the

most extensive form. So there are sixty-two deities in the mandala, and we have both the sixty-two deities in the external mandala (which is a palace, a building) plus the sixty-two deities arranged in different parts of the body as the body mandala of the main figure.

So this is the most complex of these generation-stage practices, and it's what is primarily practiced in the Gelugpa monasteries.

Nagpopa's explanation of the presentation in the root tantra of the complete stage is the clearest, so his tradition is recommended for the study of the tantra texts.

I must say from my experience that I haven't come across people in the Gelugpa tradition practicing the actual sadhanas and so on from Nagpopa's lineage, although there must be some people who do. But it's mostly followed for its explanation of the tantra texts.

And the Drilbupa tradition. The body-mandala practice of it is a special lineage in which the empowerment is given from the body mandala as opposed to given from an external mandala.

It has a great deal of detail on the complete-stage practice, and so the Drilbupa tradition is noted for studying when you want to study the very profound meaning of the complete stage.

His Holiness recommended that for understanding the root tantra, always rely on the explanatory tantras of Vajradhara himself (so the actual Indian explanatory tantras) and the oral tradition coming from Naropa.

This is very much the standard recommendation that His Holiness always gives – that all the Tibetan traditions come from India, and so rely on the Indian texts, the original versions, and not on the later Tibetan commentaries.

Later Tibetan commentaries can clarify, but don't only rely on the later Tibetan sources; go back to the Indian origin.

So again, just to give you some more information – whether it's interesting or useful or not, I don't know – the complete stage, where you work with the blisses and the energy systems, is the main topic of the root tantra and its explanatory tantras.

One difference is that the Luipa tradition divides the complete tantra into six stages, Drilbupa into five stages, Nagpopa into four stages. So there are different ways of classifying it.

And even on the generation stage we have two traditions. The secondary figures, the so-called dakas and dakinis – it's not clear in the root tantras, but in the Luipa tradition they have four arms; in the Drilbupa tradition, they have two arms. What is the conclusion from that?

It doesn't matter how many arms they have. Don't get hung up on whether it has four or two arms. There are many variants of everything. Welcome to the world of Tibetan Buddhism!

It's very interesting. I'm reading a book by an Indian author, Rajiv Malhotra, called *Being Different* in which he makes the case for how different the Dharmic traditions (that's Hinduism, Buddhism, and Jainism) are from the Abrahamic traditions (that is, Judaism, Christianity, and he doesn't go into Islam, but that would be on that side as well).

In the Abrahamic traditions, you have a very uneasy merging of the Biblical traditions with Greek rationalism. And so within that tradition, things being a little bit chaotic and having too many variants and so on is very, very uncomfortable. Everything has to be rationally in order, controlled – God, one truth, etc.

Whereas in the Dharmic traditions of India, there's no problem whatsoever with chaos. Chaos doesn't need to be controlled. Underlying the – in Buddhism it's called the play of clear light – underlying the whole diversity of different forms is a basic unity.

So those of you who have visited India know that you can have a society that functions perfectly well and looks, from a Western point of view, completely chaotic.

So please when trying to practice Buddhism, or Hinduism or whatever, if you try to approach it from this "Everything has to be in order and under control," this sort of the Western point of view, you're going to be very frustrated. So "Four arms, two arms? Same, same," the sort of Indian attitude – try to be comfortable with that. Okay?

Many of you perhaps have heard of Vajrasattva, Heruka Vajrasattva. There is an anuttarayoga Vajrasattva Samvara empowerment – remember Samvara was one of

the names for Chakrasamvara – who is white with three faces, six arms, and embracing a partner that looks the same. And this comes from a collection of empowerments known as Vajramala. So you visualize yourself as Vajrasattva in this form.

This is within the Gelug tradition, but it is extremely, extremely rare and not usually practiced. So in our usual Chakrasamvara sadhanas where you have the Heruka Vajrasattva practice, it's not this one. It's just our usual white Vajrasattva couple on the head (a little bit more fangs than the usual one). Same, same. And a few syllables in the mantra are different – you say Herukasattva rather than Vajrasattva.

You also have variants of Yamantakasattva. You also have variants of Padmasattva. Same, same. It doesn't matter.

That's very important. That really is. All the guru yogas, all the trees of assembled gurus – there are so many variants. They're all the same. To try to get it into order and “It has to be like this” and “It can't be like that” and so on is quite futile and is a terrible diversion from the essence of the practice.

Try to get to the essence, the meaning, the unity behind all of them, despite the chaos of all the various variant forms that they present themselves in. Okay. I can't emphasize that enough.

#### [The Story of Chakrasamvara Subduing Shiva](#)

Now, I prepared some more material here, which we don't have time for, which is this whole myth of Buddha – or Vajradhara – emanating as Chakrasamvara in order to subjugate or subdue Shiva. And the most extensive research that's been done on that is an article written by a Western scholar called Ronald Davidson.

And as I said, we don't have time to go through the result of all his study of this. But basically, to just summarize it:

We find this in Indian yoga tantra. There are four classes of tantra, but this is one of the yoga tantras, called Tattvasamgraha. That's where you first find Vajrapani, actually, subjugating Shiva (Shiva's called Maha Ishvara) and out of compassion forcing him to quiet down, then giving him initiation, and then bringing them into the mandala.

And then you find this in some later tantra texts in the context of either Vajrapani or Chakrasamvara. But it's only in one of the early twelfth-century Sakya masters,

called Dragpa Gyaltsen, that you find the full form of this myth – so pretty much from Tibet – in which Shiva, called Maha Ishvara, and his consort Uma is on top of Mount Meru, and they have emanations in the twenty-four sacred places, and they're all eating human flesh and drinking human blood and acting in all sorts of strange and forceful ways.

And then Vajradhara emanates in a form of Chakrasamvara, looking the same as Shiva looked – with the ashes on the body, and the whole bit, piled up hair – and acting in the same type of way in the tsog (tshogs), the ganachakra gatherings of the blood and the flesh, like in the form of the inner offering (during the tsog you have a little bit of alcohol, a little bit of meat). So they act similarly to, in a sense, gain the confidence and trust of these deities and their followers.

And then, in a sense, giving Shiva and Uma empowerment to overcome the excesses of this type of behavior and these strong actions that they were doing. Out of compassion giving them initiation, bringing them to clear-light minds, making them Buddhas, and so on.

And to represent all of that, the various figures in the Chakrasamvara mandala are standing on top of, trampling, various forms of Shiva and Uma, or Parvati.

So all of this has to be understood – according to Davidson – in the context of what was going on in India, the rivalry between the Shiva form of Hinduism and Buddhism. Each system, in a very Indian type of way, was trying to incorporate the other system within it.

So the Hindu systems made Buddha into one of the incarnations, one of the avatars of Vishnu. So if you practice Buddha's teachings, very good: you're practicing a form of Hinduism.

Very clever. So no problem, the diversity. And the Buddhists in this way brought all these various Hindu deities and so on into Buddhism – but with the general context of compassion that will bring them to enlightenment and so on – and then included them in our mandalas.

So although this might be very interesting from a sociological or anthropological point of view, it's important not to get diverted away from the actual practice and into these sorts of questions. But just be aware that there was this dynamic between the Hindu and Buddhist practices, particularly in terms of the tantra systems in both of them. So the Buddhists would say, according to this myth, that: "Well, we

have this drinking blood and the human bones and eating flesh and the ashes on the body and stuff like that.

We just adopted that from the Shiva practices to make them feel more comfortable and then transform it into a way of attaining enlightenment.” This is an apology. But for us, I think that’s a bit irrelevant.

### Summary

So in summary: The main point, why you want to get involved with Chakrasamvara practice, is to attain the enlightened state of a Buddha because you have a such strong compassion for everybody.

And to do that you need the nonconceptual cognition of voidness with bodhichitta and a blissful mind and appear in forms that will help others. And the most efficient way of doing this is to access the subtlest level of mental activity, the clear-light mind.

One way of accessing that is through increasing levels of bliss experienced within the central channel, which will get the winds more subtle and get the mind more subtle.

And Chakrasamvara has the most details on that, particularly with the tummo, the inner heat practice, on the complete stage and various visualization practices on the generation stage to help us to get increasing blissful states of mind.

So that’s our general introduction to the Chakrasamvara system. And please remember that unless you have as your basis very strong three principal paths – renunciation, bodhichitta, understanding of voidness – to just visualize yourself in the form of one of these figures and recite the mantra and do all of these things is just a cause for being reborn as a hungry ghost in the form of one of these deities. So it’s very, very important that it’s not in terms of this lifetime and having some sort of trip to Buddhist Disneyland and playing with your vajra and bell as if you were some great yogi.

It has to be with bodhichitta, dedicated to achieving enlightenment to benefit everyone, with a clear understanding of the voidness of what you’re doing (don’t make it into some big ego trip), and of course all within the context of keeping all the vows, the ethical discipline, which is the basis for this.

And with that and the inspiration of the teachers and the lineage, proceed along the path.

Thank you very much.

~ Dr. Alexander Berzin



## Feedback



This is the feedback I got from my Facebook post

As usual, when I read such texts I end up in utter confusion! Eg. 4 of this, 6 of that, 52 of another, 3 branches, countless unfamiliar names., etc, etc, etc. Nah, I'll stay with Knowledge! (No need for a cosmic abacus and dictionary - it's real simple).

100% Mental

O seeker of truth, I have witnessed such a great wonder:

A well, suspended in the sky, from which ambrosia ceaselessly flows.

A lame person climbs to it without any ladder and drinks jugs of that nectar.

Gongs, conches, and kettle drums ring out without being played by anyone.

The deaf hear them and become ecstatic: they lose track of body and mind.

Up there is a palace without foundation, which is radiant with light.

The blind see it and are so overjoyed they can't stop talking about it.

In that place a person dies, yet continues to live, and has strength without eating food.

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

## Commentary

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

This ancient poem is full of symbols that many of us are familiar with. Therefore we have no problems hearing this poem and getting affected by it.

The What Is Chakrasamvara Practice article above is extremely sophisticated. More people have been enlightened using their systems than anywhere on earth.

They are the Einsteins of training for enlightenment. Just think before the Chinese invaded Tibet the entire nation was striving for enlightenment for all sentient beings in the seen and unseen world.

Children would start their spiritual practice at a very young age. Their minds were highly trained and advanced. The use of Archetype symbols became a part of their lives along with their practices.

In the West, especially in the US our minds mostly focus externally. We don't have the training for enlightenment like the Tibetan culture.

Here are two books I wrote about the 6 Yogas of Naropa. As you might know, I have written many books on many mystical traditions. This is a hobby of mine and I love seeing the adversity of all. The great mystics never fought with each other. There is nothing to say or prove.

These two books are modern versions talking about the steps to enlightenment for the 6 Yogas of Naropa lineage. They might help clarify your understanding. The post above is equivalent to understandings Einstein's theory of relativity in calculus when we only know basic math.

[Teachings Of The Dragons Naropa \(johnfranklinfletcher.com\)](http://johnfranklinfletcher.com)

[Teachings Of The Dragons Naropa Part 2 \(johnfranklinfletcher.com\)](http://johnfranklinfletcher.com)

## Gifts From the dragons



Just think this entire dragon practice was assimilated into the lands of our east. You see the knowledge the dragons received was stored in the quantum field.

All wisdom lies there. The dragons received this wisdom from other great civilizations that existed trillions of years before them. It's an ongoing process of going from darkness to light.

This is an incredible journey in life. The planet earth is on the verge of awakening from our slumber. The sun is about ready to rise in the sky. We have such great potential inside of us.

Miracles can and do occur. We can solve this riddle of life. The answers exist inside of you. We are never alone. We just think we are.

Yes, chaos is all around. Yet chaos can be our friends. It's a matter of a state of mind. Nothing external is constant. Everything is changing. Nothing in life is static.

Yet we hold on for dear life to the external world. The dragons are still with us today. They have never left us. The wisdom exists inside of you. This is where we can find our precious friends.

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