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# Intro



I am in a state of awe. The signposts of God are all around us and within us. We are so busy texting on the freeway of life that we don't even see the signs that are everywhere.

A while ago, my brother John sent me a link called Christ oil. I'm truly interested in seeing all the various alchemy practices that exist around the world. This human body is so intricate, and yet the secrets are all around us. The secrets are in clear sight if you are open-minded.

One of my main mottos is "you are your own chemistry set." Your life is created by the chemicals that only you produce. Nobody else produces these chemicals for you. Well, maybe when you take Western medicine, you take a drug that has side effects. Yet every single thought you have releases a chemical into your bloodstream. This has been documented by scientists in the last 20 years or so.

I find it fascinating that we see less than 1% of the light spectrum, yet we think we are so advanced. Look at the world today, and you will see we are off balance. We need to recalibrate all the systems externally and internally.

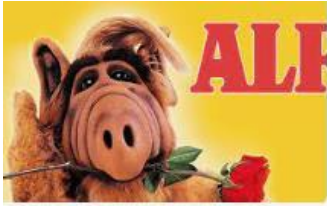
We are a ship without a rudder. Yet, this human body contains the operating system, hardware, and software. They have been there all your life. The problem is we have never turned on the computer. We look for more happiness externally. You can look for trillions of years, and you won't find it. That is a fact.

Western science has come so far in the last 20 years. They have mapped out the mind-body connection. So much incredible work is done in this field. This book will go through the systems that have been taught for thousands of years and the latest scientific research on this subject.

I'm amazed by the different processes that produce sublime chemicals in the human body. It seems to me that the entire universe exists inside of you. Guru Nanak once said, "Everyone knows that the ocean contains drops of water. But only a wise man understands that one drop of water contains the ocean."

## Laughter is the best medicine





How is it I have a friend on the other side I haven't seen in over 35 years? Yet my connection to him is stronger than ever. Zoran once told me that laughter is the best medicine.

When you laugh, it changes the molecular structure of your biology. You literally create happy cells. Anger creates angry cells which can lead to cancer.

I won't call this book The Life and teachings of Zoran. He probably wouldn't go as far as that. Zoran taught quite differently than many ordinary teachers.

When he was on stage he would have a treasure chest of toys. Alf was one of them. He would hand someone a toy and it would make that person a child again.

Somehow he believed in the simple power of transformation by being a child. We would always laugh and laugh when we were together.

At times he would say that we would have to bring our laughter down a couple of levels because it was getting too difficult for Makara to channel.

Believe it or not but Zoran had a mystery school on a planet called Nucleus. They had begun all over the universe coming to this school. They studied the mystery of the quantum field. It was quite sophisticated yet so simple.

They have a stargate where they could go anywhere in the universe. They also learned through meditation to travel anywhere in the universe in a second. One can never totally understand the mysteries of the quantum field. It is beyond time and space.



So where am I going with this? Did you know the stronger the emotion is the more impact it has on your cellular memory? This means that if you have a trauma that occurred 30 years ago and you still hold on to it that trauma is still around today.

The mind and body do not know the difference between your thinking about the trauma and the actual event which caused the trauma.

As I said many times before, 95% of our actions come from the subconscious mind.

Let's see how laughter, joy, and humor come into the picture.

When I was 13 years old, my dad gave my brother and me a surfing lesson from Mickey Muñoz a famous surfer of the time.

I remember the very first wave he put me on. It was only around 1 ft.

But that joy of just riding a one-foot wave is still with me today.

I can totally sense the memory as I was when I rode that wave.

Now imagine being in school and you have a boring teacher who is bored stiff. She says Johnny turns to page 36 and read the first paragraph.

How can one learn in a state of boredom? How can one learn when we live our lives by the past traumatic events that define us?

I hope you can laugh one way or the other at what I'm saying. Either little Ricky is off his rocker or maybe there is something to this laughter, joy, humor, and comedy towards life.



Did you know any emotion affects your neural networks?  
I mean any emotion.

Just think someone does you wrong. One tends to hold on to that for a few days.

That becomes a mood.

The longer we hold on to it, the more our neural networks are wired to it. The more we hold on to it, the more it becomes our personality.

The majority of mankind is in a loop process where they are playing the same tapes over and over and over again.

These tapes are stored in the mind and body.  
Unfortunately, we have no idea that we are playing these tapes over and over again.

Laughter, humor, and being in a state of a child is the key too removing these old tapes.

The more one is aware moment by moment and in a state of humor and laughter, we can rewire the neural networks.

What does that mean? A wise man just smiles at life. He has nothing to say or prove.

While most of us will hold on to our beliefs. We can never listen to the other side of the coin.

We blame ourselves and others for the condition that we are in.

A wise man blames no one not even himself. He has learned that everything is a lesson to learn. These learning experiences took him to a place where he learned how to reprogram himself.

This is a mature and emotional human being living life to its fullest.



As we get older we can get more serious and stuck in our ways. We developed a narrow vision in life. Many people only see the chaos in life.

The wise man sees the web that ties us all together.

He understands this is a video game of life. We are going from darkness to light.

The mystics of old and the scientist of today are both talking about the same thing.

I hope you get something out of this book. I'm talking about how incredible the chemistry set is inside of us.

Currently, mankind because of ignorance is sawing off the branch we are sitting on.

Our chemistry sets are totally out of sync. There is no harmony in the human body and mind. Consequently, chaos exists inside and outside of us.

Common sense is uncommon. We love the apathy that we are in. We don't want to change for the better. We don't think there is any way out of the predicament we are in.

We still think we can find happiness in this world. If I only had this and I only had that.

We have two options for how to live our lives in this world.

One is our current state of like leaves blowing in the wind. Our emotional states are dictated by the external events around us.

A wise person lives in the center of the hurricane where there is perfect calm. He laughs at life.

He laughs when a curveball is thrown at him. He laughs when the external event is a gift outside of him.



He knows that nothing external can quench the thirst within.

When one drinks the water of life one loses the attachment of looking in this world for the answer.

My advice is to get in touch with the child within and start laughing again.

That child is always there. It has never left you. Your true state is laughter, humor, and dancing to the rhythm of life.



# I Create My Day



[Joe Dispenza](#)

436 words, 18K views, 6 comments



"I wake up in the morning and I consciously create my day the way I want it to happen. Now sometimes, because my mind is examining all the things that I need to get done, it takes me a little bit to settle down and get to the point of where I'm actually intentionally creating my day. But here's the thing: When I create my day and out of nowhere little things happen that are so unexplainable, I know that they are the process or

the result of my creation. And the more I do that, the more I build a neural net in my brain that I accept that that's possible. (This) gives me the power and the incentive to do it the next day.

"So if we're consciously designing our destiny, and if we're consciously from a spiritual standpoint throwing in with the idea that our thoughts can affect our reality or affect our life -- because reality equals life -- then I have this little pact that I have when I create my day. I say, 'I'm taking this time to create my day and I'm infecting the quantum field. Now if (it) is in fact the observer's watching me the whole time that I'm doing this and there is a spiritual aspect to myself, then show me a sign today that you paid attention to any one of these things that I created, and bring them in a way that I won't expect, so I'm as surprised at my ability to be able to experience these things. And make it so

---

<https://www.awakin.org/v2/read/view.php?tid=400><sup>1</sup>



that I have no doubt that it's come from you,' and so I live my life, in a sense, all day long thinking about being a genius or thinking about being the glory and the power of God or thinking about being unconditional love.

"I'll use living as a genius, for example. And as I do that during parts of the day, I'll have thoughts that are so amazing, that cause a chill in my physical body, that have come from nowhere. But then I remember that that thought has an associated energy that's produced an effect in my physical body. Now that's a subjective experience, but the truth is is that I don't think that unless I was creating my day to have unlimited thought, that that thought would come."

--Dr. Joe Dispenza in 'What the BLEEP Do We Know!?'



[DO THIS Guided Morning Meditation DAILY! | Joe Dispenza](#)

YouTube · Be Uplifted  
Aug 13, 2022



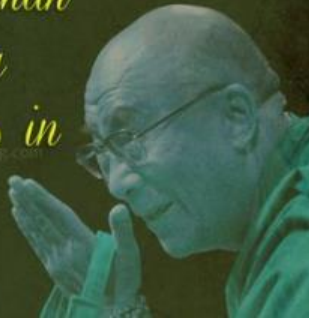
[Rest and Renew in Dr. Joe Dispenza's Space Free Guided ...](#)

YouTube · Hay House  
Feb 23, 2015



*It is more useful to be  
aware of a single  
weakness in oneself than  
to be aware of a  
thousand weaknesses in  
someone else.*

— Dalai Lama





## What is Heart Coherence?



Posted on [September 13, 2022](#) | by [HeartMath](#)

<sup>2</sup>A new video explains heart coherence in simple, easy to understand language.

**Heart Coherence is a high performance and healthy state — physically, emotionally, mentally and spiritually—** that brings out the

very best in us.

The term coherence implies harmonious order, connectedness, stability and efficient use of energy.

Coherence can be seen all around us when we observe life through the lens of the heart. The beauty and intricate balance of nature is a magnificent demonstration of coherence.

Increased coherence happens at times within the human experience too. For example, most of us have had days where everything seemed to flow. We felt good – composed and clear; we were able to adapt quickly to whatever came our way with balance and poise.

In the 1990's HeartMath Institute researchers, identified a physiological state called **heart coherence** — a type of coherence that **occurs when our body's systems**, our breathing, heart rhythms, brain rhythms and hormonal response, **are in sync with each other**.

They also discovered that heart coherence not only affects physical processes, but also our mental and emotional balance and composure. Their research showed that heart coherence can be self-generated leading to less mental and emotional stress and more inner security and stability. In summary, **Heart Coherence is a synchronized and empowering state, physically, emotionally, mentally, spiritually, allowing us to become our best selves.**



coherence/#.~:text=This%20opens%20in%20a%20new,and%20efficient%20use%20of%20energy.<sup>2</sup>





## HeartMath Quick Coherence®


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Follow along with Deborah Rozman, Ph.D, co-author of Heart Intelligence, as she guides you through a 2-step process called the...

[View Part 2:  
Why Coherence Matters](#)




# Karma Stop bouncing the ball



Das Lakshan Parva 2022  
Live Lecture 1:25:11

17th of 18 Days of Paryushan / Das Lakshan Parv - Live English Lecture  
JainaChannel



This was an absolutely incredible session on karma. It was probably the most simplest and practical solution that I have ever heard. She was amazing in her presentation.

Karma has always been somewhat of a mystery to me. I never knew exactly what it was and the mechanics of how it operated.

Yes, I know the theory for every action. there is an opposite and equal reaction.

I know about good karma and bad karma.

But the process to stop karma in its tracks and eliminate karma is another subject altogether. Mind you I have been studying this for over 50 years now. This presentation gave me more incredible insight into karma and how it works.

The teacher gave a great analogy. Suppose you have a ball that you are bouncing. Imagine every action you take you are bouncing the ball. You take an action and you bounce the ball automatically whether you like it or not. The ball will bounce back.

That statement alone is incredible that you are responsible for the bouncing of the ball. Nobody else bounces your ball.

She goes on and says that the bouncing of the ball has been occurring for thousands of years. We are on a treadmill that isn't going anywhere.

To stop this she simply said stop bouncing the ball. When one stops bouncing the ball, the ball doesn't react. When you stop bouncing the ball it will take a very short time for the ball just to sit on the ground and do nothing.



I also like the fact that she said karma is not conscious and aware. If it was we would be in serious trouble because we would have a God that judges us for every action we take.

Fortunately, karma the ball is not aware and it's just simply a force of the universe that can be overcome in one's life.

The goal is to stop bouncing the ball and at the same time be in a state of self-realization within. I give the analogy of being in the center of a hurricane. Humanity is living like leaves blowing in the wind.

Karma is chains that bind us. It doesn't matter if the chains are made of gold or some simple metal material. Either way, the chain will bind us.

The more one stops bouncing the ball the greater the realizations will be. One will live in the center of the hurricane and understand the great mysteries of life. When one learns to live in the soul, one truly becomes a human being.

We were never taught this in our schools. maybe the Jains have, but we most definitely didn't learn that.

This course has made me more subtle in my practice. It truly is fine-tuning the guitar of life. Every action we take karma is taking place and yet we are oblivious to it.

We strive for happiness in our life. We think a great job, a mansion, and a yacht are the secrets to a good life. We never realize that even by acquiring these, we still have golden chains bound to our souls. Ultimately, that will never make us happy.

I'm quite impressed by the Jains who discovered this thousand of years ago. Can you imagine coming up with such a great realization and then putting it into such sublime words?

Future generations could use the road map for their own liberation. I find that extremely daunting and incredible to see.

We can learn from the wise men of the past. Unfortunately, we are so blinded that we truly can't believe something like this even exists.



Every day we moan and groan about the circumstances in our life. We don't realize that we are responsible for what comes our way. Curve balls will be thrown at you. That is the fact of life. Everything morphs and changes. I mean everything.

When one understands that life is like a merry-go-round. It goes round and round and round. When a person gets tired of this ride he wants to get off the ride.

The only way to get off this ride is to press the red button inside of you and stop the merry-go-round inside of you.

When one leaves the merry-go-round one lives in his true essence.

You are the universe and you just don't know it. We live our lives thinking this is the ultimate reality. We are merely skimming the surface of the ocean of life.

This may seem like an esoteric subject, which it isn't. This is the basic foundation of your life. We are talking about you and how you can understand your true nature.

The wise men of old have studied this for thousands of years. They have great instruction manuals for you to read and implement in your life

What good is a driver's manual if you never drive your car?

You have a car that has been sitting in your inner garage. The garage door is closed. The car is full of cobwebs and spider webs.

One may have faint glimpses that the car exists inside. The goal of human life is to take that car out for a spin on the freeway of life.

You were meant to drive that precious car. That car is your true existence. That freedom that you seek. That happiness that you seek. That joy that you seek. It all lies inside of you.

That car is who you truly are. One has become so identified externally that we have forgotten our true nature.

I would highly advise if you want to have a happy life to try this in your life



Maybe the next time some instances come your way and you could get angry. about the situation, just hesitate and don't react at all. Practice that over and over again. You will see that situation no longer bothers you at all. In fact, by not responding at all, you remain calm. Calmness is your true nature. Getting flustered and angry is not your true nature.

Even if something good comes your way. Do the same thing. You will see that you are been driven by your emotions and mind.

When you experience positive emotions, life is good. When you experience negative emotions, life is a drag and a burden.

We live our entire life this way. We blame others for our mistakes. We think that we have done something wrong. We think other people's lives are better than ours. We have all these different feelings bout how life is treating us.

We can get off this bandwagon and experience life as it truly is. Life is absolutely incredible. Life is full of joy. , love and creativity.

We should be like a surfer taking off on the wave of a lifetime. One is in the zone. One is not thinking about making the wave or wiping out.

A surfer is in the flow with the wave of life and becomes one with it. He knows he doesn't have to do fancy tricks or try to outmaneuver the wave. He doesn't get into the contest of life and see who's the better surfer. I lost this heat by less than one point. He doesn't get into the competition side of surfing

Surfing is an art and it allows one to be in harmony with the universe and nature.

We are all surfers. That wave exists inside of you. You can learn how to surf the wave and be in clarity every moment in your life

One who learns how not to react to any given situation is truly a wise man. A wise man simply smiles at life. He has nothing to say or prove.



Unfortunately, we have plenty to say and prove. If someone doesn't think the way we do well let them have it. We will tell them they are wrong and I am right.

My religion is better than your religion. My ideas are better than your ideas. Wars have been started this way.

When one lives in the scattered winds of the mind chaos occurs. We have seen this going on for thousands of years with no end in sight.

To make this world a better place, you must make your inner world a better place. For peace on earth to occur, you must establish peace inside of you.

There is a battle going on inside of you. The mind is constantly biting you. It's like a mosquito bite that gets agitated over and over again. At times the mosquito bites seem to go away and then for some unknown reason they start biting you again. You itch and can't quite find out how to stop the itching.

I remember for around 20 years even when I first started meditating my stomach was never truly settled. It always had a tinge of anxiousness to it. Meditation makes one aware of your inner feelings.

Yet one day I woke up and it never came back again. Meditation and contemplation is the way to remove issues that have been hiding inside of us.

Each one of us has different issues to deal with. Each one of us has different karma that affects us.

For your own mental happiness, I hope maybe you might take this to heart. You might see that externally if I pay focus only to that that I will not change for the better. I will continue to go on this. merry-go-round.

Granted you may obtain all the goals that you want externally. You may have all the money in the world. You may be able to travel wherever you want whenever you want and for as long as you want. But tell me does that make you truly satisfied?

Only a wise man who has conquered his mind was truly satisfied. The only one who discovers how to live in the center of the hurricane is satisfied.



You can own the entire world, yet you're still living like leaves blowing in the wind.

Alexander the Great conquered much of the world yet he was completely unsatisfied. He even said I come into this world empty-handed and I leave on my deathbed empty-handed.

I say the spiritual path is the most practical path. One must have his feet on the ground and his head in heaven.

We can go on forever bouncing the ball of karma. We have been doing this for eons as it is. We have the opportunity for this message to truly sink in and at the same time to go in one ear and out the other.

The mind can say you don't want this. You like life as it is and you don't want to change at all. Well, that's okay. We're not here to change you. You must change yourself.

All we are saying there is a road that you can travel on inside of you. You are born a traveler.

Currently, you are a wanderer. A wanderer doesn't even know that he has a true home. We wander aimlessly in this world. We are searching for something externally when all we have to do is look inside for the answer. It's as simple as that.

Somehow we think the spiritual life is for those who have high intelligence. My intelligence is average. I couldn't even answer one single question. during this Jains lecture series.

But did that stop me? No, it didn't. I knew the next day when I got up. If I went over the material and wrote what I discovered, I would understand what they were talking about.

This path is a path meant to be pondered over. One must contemplate and ponder over life to understand life.

The chains have been on us for thousands of years. Even in my early days of meditation, I didn't understand the true meaning of pondering. I didn't understand the importance of why one should ponder.



I see these young incredible kids presenting short introductions to each class. Some are only 10 years old and already have such great wisdom.

You are the company that you keep. These kids have incredible mentors like their parents and grandparents. They have their aunts and uncles and friends.

When I was in India I heard many stories in which they said you are the company that you keep. If you keep company with a band of people that love to steal items from others, then you will become a thief.

We emulate our external surroundings. I grew up in Newport Beach, California, and the culture around me was high-class and refined.

The people there are great and I loved growing up. I still have many of my friends today yet somehow I knew that I had something inside of me that I could not tap into externally.

I must admit I'm not conventional at all. At times I am an outcast. I bucked the system. I knew that no matter how incredible my life was up to that point, there is something inside that was so much more than I can ever imagine.

I knew that there were five senses. We live that way our entire lives. Yet I knew we had five internal senses. These are doorways to the soul.

Going back to the bouncing ball. The deeper one understands his true nature the easier it will be to stop bouncing the ball.

Even if one doesn't have a great meditation practice. one can learn to consciously stop the urge to react.

Yes, this will take practice. Rome was not built in a day. It must go from your conscious to your subconscious. Currently, 95% of your subconscious is running the show. Yet you can overcome this by your will.

They say a wise man sets his mind in motion by his will, not the other way around.

We live our lives with the mind commanding us what to do. We are not in command of our minds. That is a major difference.



The Jains are incredible psychologists and we are barely skimming the surface. The majority of our minds are unclear and experience so much internal stress and chaos.

We have not been trained on how to have a healthy mind?

Yet unfortunately, we think there's nothing wrong with me. I love my lifestyle and what I can do with it. Look at my life. No matter how much glamor and glitter one has one must understand that the jewel exists inside of you.

There is a video game going on. You are a part of this game. They're an infinite amount of levels to go through. For thousands of years, we have just been on level 0. This is the most basic level where mankind fights with one another. We have slogans like the '80s where wall street would say greed is good.

We have mass shootings at schools.

We refuse to have gun laws because it takes away our freedom. I can go on and on and on.

We are responsible for the world externally. We can make this world a better place.

A wise man understands that he can stop karma in his tracks. By doing so, he fulfills his piece of the puzzle in life.

You can do this if you like. Our world would be in a better place if we all simply did this in every moment of our lives.

Our lives would be so much richer and grander than our current state of existence.

We can truly solve all the world's problems. Can you imagine if you discovered your true secret, the universe could provide answers to all our problems in life?

We would not have the junk food industry which is causing disaster in our bodies all around the world. I find it amusing that they know their food



makes people addicted and yet they still do it because it makes them great wealth.

No wonder they call this the age of darkness. Common sense is uncommon.

Going back to karma again. I would like to thank the teacher for presenting such an awesome subject in a way that I truly understood. She made it so practical and at the same time, I could understand what I can do practically to stop karma in its tracks.

I apologize to anyone if I have said anything that may continue misinformation.



# Gratitude



Let's go back to the chapter on What is Heart Coherence?. We learned the following.

In the 1990's HeartMath Institute researchers, identified a physiological state called **heart coherence** — a type of coherence that **occurs when our body's systems**, our breathing, heart rhythms, brain rhythms and hormonal response, **are in sync with each other**.

They also discovered that heart coherence not only affects physical processes, but also our mental and emotional balance and composure. Their research showed that heart coherence can be self-generated leading to less mental and emotional stress and more inner security and stability. In summary, **Heart Coherence is a synchronized and empowering state, physically, emotionally, mentally, spiritually, allowing us to become our best selves.**

Just think in schools we were never taught about heart coherence or heart synchronicity. Most of the world is totally oblivious of this still today.

Chaos is all around us and in us. Disease is rampant all around the world.

We are divorced from nature and the universe and the consequences are coming our way.

As I said, you are the piece of the intricate puzzle in life. You are magnificent despite what others tell you and what you tell yourself.

You are a miracle.

The problem is nobody told you how to use your chemistry sent.

The unfortunate thing that is occurring to you is your life is spent searching and striving for happiness externally. That is a major problem.

We are so far away from mother nature and the harmony of the universe.



Many people think why should I? What good is it for me? They have no interest whatsoever in discovering their true nature.

Unfortunately they are in charge of their own chemistry sets and yet they don't know they are in charge.

They wonder why so much misery and pain exist inside their lives and outside.

They try to control and manipulate everything to try to be satisfied in their lives.

Life can be a rocky road. We grow through our obstacles. Even if a person is totally in sync with nature and the universe curveballs will still be thrown your way.

That is the law of the universe. Nobody gets a free ride.

The ancient ones from the past thought about gratitude. Gratitude is a highly developed emotion state which we all can learn to cultivate more in our daily life.

Gratitude is the means to stop the bouncing ball of cause and effect in our life.

The heart institute has been studying gratitude since the 1990s.

The Buddhists, yogis, and Jains have been studying gratitude for thousands of years.

Today there is a marriage between science and the mystics of old.

A wise man understands the importance of cultivating gratitude in one's life.

When a person is in a state of gratitude, nothing externally can touch him. Nothing will bother him. He will have no hard feelings towards others. He will simply smile at life.

This may seem impossible to you. I'm not in that state that's for sure but one learns to stumble and fall and carry on in one's life.

Life is a series of lessons where it is two steps forward and one step backward. This is how we grow.



Gratitude is a gift from the universe to help us get in sync with our true nature.

When we are not in a state of gratitude, we see the movie of life is so real that we get sucked up into it.

We go through all the trauma drama of life. We wander through life, wondering where is that happiness we're looking for.

A traveler knows that he is heading home to his destination. He has a sense of purpose. Every day is an incredible adventure.

The average person lives in a state of reaction. They are like leaves blowing in the wind. The mind controls them.

Every day through their thoughts, emotions, and actions they go further into darkness.

When they hear there is a way out of this darkness they got angry at you.

What a predicament we are in.

A wise man learns how to live in the center of the hurricane. In the center is perfect calm. All the worldly concerns of the world are gone.

This is your natural state.

The state of your mind and emotions determine the state of the chemistry set inside of you.

Most people have no idea that the chemistry set even exists.

Just think we see only 1% of the light spectrum. 95% of our actions come from our subconscious mind.

It seems like the poker game of life. The cards are stacked against us.

This is why the ancient ones and the modern-day neuroscientist say you don't have to play that game any longer.

There is a scientific way and a spiritual way to get out of this mess that we have created.



Cultivating gratitude is one way for one to learn how to balance the chemistry set inside of you.

In the state of being in gratitude, stress hormones are non-existent. No negative emotions exist.

The mind, body, and soul are in harmony with each other. Granted this doesn't happen overnight. The farmer knows this. He plans the seeds and then takes care of his garden.

He waters the garden. He removes the weeds from the garden. He understands the process of a seed being planted in the ground and the harvesting of the crop.

That's the same steps the farmer takes we must take to cultivate our inner garden.

This journey is quite simple yet it seems so hard.

Many people say I can't meditate. When I sit down my mind goes crazy.

Would you say that to a person who comes home from a long vacation? I mean a long vacation and they discover their house is extremely dusty.

Just think trying to sweep the cobwebs off the walls so much dust would be in the air.

We would say they would be crazy if they didn't continue further. It's just a matter of time and effort to bring the house back to its normal state.

So when a person sits down for the first time or even if it's been for years, imagine you are performing housekeeping inside of you.

The state that you realize that your mind is causing havoc means that you are at least aware of your condition.

That condition has always been there yet you weren't conscious of it.

Just being conscious of it is worth more than all the gold on earth. It's a major stepping stone for you to go from darkness to light.

It's a good thing. We put so many expectations on the process and what we think the process should be.



I've been meditating for over 50 years. I understand that it's the fine-tuning of the guitar of life. We don't leap into eternity.

Meditation isn't only when you close your eyes.

The goal of meditation is to exist in this world and yet live within the jewel that lies within.

In other words feet on the ground and your head in heaven.

I say quite often the spiritual path is the most practical path.

The spiritual path teaches an individual to be practical in all areas of life.

When one understands that this is not some theoretical theory but a practical experience in every moment in life.

The external world then becomes your friend.

Today many of my friends say that you learn things too easily. I just smile because it always wasn't that way.

Read the next chapter on learning how to ride a bicycle.

Many of the lessons that we learned when we are young become so viable when we get older.

We can never rest on our laurels. My brother and I say even if you meditate for over 2 trillion years, this is just a drop of the bucket in eternity.

One must be humble in life. The universe is humble. It will not give out its secrets to an individual that is full of ego.

Kindness is the foundation of the universe. A person full of gratitude will be kind.

In our world today, many people think that kindness is weak. In the past few years, it seems like being a bully is something to strive for in our society.

We even had a president that championed that cause. His philosophy was never to apologize for whatever he has done. This is a sign of weakness.

With principles like this, we are headed down the rabbit hole of darkness.



Yet we snicker at others and think we are right. There are always two sides to the coin.

A wise man simply smiles at life. He has nothing to say or prove. This is our natural state but obviously, we are so far away from it.

I see life as a divine comedy. We have such a golden opportunity to change our ways for the better.

Modern-day scientists are reflecting and discovering what the great ancient ones have talked about for thousands of years.

I love to see the discoveries that modern-day scientists are seeing with their own eyes.

I'm looking forward to the time when there is a marriage between a mystic and the scientist of today.

Can you imagine what kind of discoveries they could see when they discover the quantum field exists inside of them?

Just think Einstein could have practiced his theories from the lab within. He could take those concepts that he had and experiment with them in the lab within.

These are exciting times my friend. Baby steps are needed. Just baby steps are needed.

Just take one step and fall. Laugh at it. Don't take life so seriously as bugs Bunny once said. He said you will never come out of it alive.

Smile like a child. Laugh at this world. Be simple. Life isn't an adventure.

We take everything so seriously. We watch the news and get so angry. What's going on? We can't stand the other political party. I can go on and on and on.

Just take a look at a newborn baby. It's smiling because that is its natural state.

As we get older we smile, less and less. We become rigid in life. We lose touch with the innocence inside of us. We become absolutely serious and have lost touch with the humor of life itself.



So many people think that a spiritual person must live a boring life. They have misconceptions about what it is to be spiritual.

A spiritual person realizes that the world leads such a boring life.

You may have all the trinkets of Earth. You may be a ruler of Earth. You may have a trillion dollars. Yet without living like a child, life has no purpose or meaning.

It's strange the more you have, the more you want to have more. Then it goes on and on and on forever.

It's the carrot on the stick affair. It's just within reach. You can almost touch it and eat it yet you never can.

This is the state where man is today. I'm not saying that you shouldn't have a purpose. I'm saying quite the opposite.

I'm saying that when you live in the center of the hurricane, no matter what you have, you will have gratitude. When one has gratitude, he will never be in lack of things.

He knows the universe is supporting him. He will be in harmony with the earth and the universe.

No words can't describe that state of mind.

We all strive for that in our ways.

The main key is that one has to be aware of the chemistry set of life that exists inside of you.

You create your own life. No matter what happens externally you create your own life.

The same event can happen to you and someone else and yet both of them will have a different experience.

One person may see it as a blessing in disguise. The other person may see it as a curse.

The state of your chemistry set will reflect what happens and how you respond to any given situation.



I love to research and learn more about how we are in charge of our inner chemistry. For me, this is my hobby.

We can never rest on our laurels. There is always something new to discover and learn.



# Learning How To Ride A Bicycle



Once upon a time, there was two twin brother named little Ricky and little Johnny. Little Johnny was a genius at picking up and learning new things.

While little Ricky was what you would call on the slow side. It took him hundreds of tries to learn new things.

For example one Christmas morning their wonderful parents presented them both with brand new bicycles. Both of them were so excited.

Well, they took them outdoors. Little Johnny hopped on his and immediately started riding down the block. Well, Little Ricky didn't have the same luck. It was kinda funny to see how clumsy he was.

He didn't give up. He knew deep down inside he could learn how to ride this. It took him about a month.

The first time he realized that he was riding the bicycle he was filled with joy. He was so grateful. I did t. I did it. I didn't give up.

This incident carried him throughout his life. Every time he had to learn something new he remembered the experience of learning how to ride a bike.

Years later his wife said that he learned things so quickly. Little Ricky just smiled. He knew that life taught him such a precious lesson at such a young age. New give up. Preserve. You can learn anything. It may just take your time.



## 06-23-2020 Tuning The guitar Of Life



What a glorious day it is. We are alive. That my friend is a miracle. Our lives here on earth are a blink in time. Now you see it. Now you don't. Our sense of time can really play havoc on us. We think we have all the time in the world. This is one of man's major downfalls. We put off

tomorrow what we could do today. Tomorrow never comes.

How do we fine-tune this guitar of life? Most of us never bother. Consequently, we don't discover the jewel that lies inside. We don't discover our true nature. You are the universe. You just don't know it.

The older I get I see that the great power lies in being meek and humble. The great Tao created this entire universe. It is meek and humble yet its power is keeping the entire universe alive.

In our society today being humble and meek is something you don't want to strive to be. Currently, we have an administration that loves to rule by mocking and bullying others. I don't need to talk more about that. Yet all great teachers from the past talked about the virtues of being a child at heart.

Your mind talk won't make you happy. Concentrating on every moment on the news won't make you happy. The world has to grow up. We are emotionally immature.

Our happiness has been derived externally for thousands of years. We are still fighting wars. We are still bickering and fighting. Your cell phone hasn't saved you.



Common sense is uncommon. God is humble and meek yet currently, we make a mockery of it. We can't even get along with each other. The universe is coaching us yet we think we know more than the universe. We are stuck in our ways and won't think outside of our tiny boxes.

During this global shutdown, many people refuse to wear masks. I don't have to wear one. How selfish that is. Your grandmother or others might be dependent on you wearing one. Note this is not a rant. This is only a request that we fine-tune the guitar of life. We can in each moment change for the better. We can be nice to each other.

I love stories from the sixties where the Democrats and Republicans would banter with each other all day long. In the evening they would go to a bar and toast each other with a mug of beer. We can all be different. We have all different sorts of views. Maybe we should rejoice in the diversity of life.

Just think the universe does not judge us yet we judge each other. So much so that we have anger and hatred in our hearts. We must love diversity. When you are angry you are personally drinking your own poison. Science has proven that. You will have cloudy thinking. Science has proven that. Yet the world is still spinning on the treadmill of anger with no end in sight.

This world will change for the better when you change for the better. It's as simple as that. Your savior won't save you. It's your responsibility. They will coach you but you have to play the game. Salvation comes from action, not believing. Actions are stronger than words.

Only by our day-to-day actions can we change this world. We all want peace in our lives. What part are you going to do? Discover the jewel that lies inside. The kingdom of heaven lies inside of you.



Be like water. It is humble and meek. Yet don't underestimate the power that it has.



## Gratitude 2

If you want a happier life express gratitude in your life.

Gratitude is the bond that ties the earth and heaven together.

It is the glue that binds us all.

Modern-day scientist in the West has been studying gratitude for around thirty years.

They found when a person is in a state of gratitude the heart is in resonance and balance.

Modern-day man's heart is not in balance.

So many people today have heart problems.

Most of this is by the stress we afflict upon ourselves and the external environment.

Gratitude is a state of mind.

Imagine planting a seed of gratitude.

Daily you water that seed.

You take out the weeds on a daily bases.

You take care of your garden.

Over time your garden will flourish.

The East has been practicing this for thousands of years.

They discovered long ago the flower of gratitude in one's life.

Gratitude has a sweet perfume that permeates everywhere.

You can see the difference between one who is full of gratitude and one who hates this world.

The definition of gratitude is as follows.



The quality of being thankful; is a readiness to show appreciation for and to return kindness.

I like that.

Personally I think the entire universe is in that state of awareness.

We have that quality inside of us.

We just need to cultivate it.

Your world would change so much if you daily cultivate it.

Watch your thoughts.

They become words.

Watch your words.

They become deeds.

Watch your deeds.

They become habits.

Watch your habits.

They become character.

Character is everything.

When one does this in each and every moment one has cultivated gratitude.



# Worry

The definition of worry is as follows.

Give way to anxiety or unease; allow one's mind to dwell on difficulty or troubles.

"he worried about his soldier sons in the war"

To be honest I have worried about my life.

Quite frankly it has not brought me anywhere.

It has never helped to solve a problem.

The problem with worry is that it creates a neural network of its own.

The more you worry the more enhanced is your neural network.

Your body and mind then get addicted to this sensation.

It's like a drug addict.

Every day you need stronger doses.

This is all running from our subconscious.

That's why I say we play the same tapes over and over again.

We just reinforce what's already there.

Did you know that being in silence will help eliminate your worries?

Being in a silent state erases the neural networks of being worried.

Mind you it does not happen overnight.

Two steps forward and one step backward.

This is how we learn.

When we learn how to observe our worries and not get caught up with them we  
can change.

Being in silence allows us to observe our worries and transform them.

Each time we do this our worries will slowly go away.

The next time you get worried try this.

Make a daily practice of going into silence.

You can reprogram yourself.



## Pure Love & Gratitude

Pure love and gratitude.  
That's the attitude we need for life.  
Somewhere along the way, we got lost.  
We are more cynical about life.  
At times we are swimming upstream going against the current of life.  
At times we are barely treading water.  
We fell off the boat of life without a life jacket.  
When ones discover pure love and gratitude inside your life will change for the better.  
There will always be bumps in the road.  
Yet love and gratitude are shocked absorbers  
You will still hit the bump.  
But your road in life will be smoother.  
Gratitude and love make the day truly shine.  
Both of these are essential for discovering your true nature.  
It's like a magic elixir.  
Your drink it and slowly over time, your troubles melt away.  
Your true nature rises to the surface.  
It's like the cream rises to the top of the milk.  
You are the universe.  
You just don't know it.  
We are all one.  
When you truly have this understanding your life will change forever.  
You will truly smile with life.  
You will have nothing to prove.  
You will want to help fellow man.  
All the great masters from the past discovered their true nature.  
All the great books talk about your true nature.  
Pure love and gratitude is the key.  
This key can open up your heart.  
We have been looking externally to find true love and gratitude.  
It's been there all the time.  
We have simply looked in the wrong direction.  
It's that simple.  
Did you know that pure love and gratitude grow more every day?  
The source is infinite.  
There are infinite love and gratitude in the air.



We are like bees gathering nectar from the flower of life.



Each day we go inside we are gathering nectar of love and gratitude.  
It makes us wiser and more humble in life.  
We can feel the grace of God in our life.  
We can moment by moment experience God's presence.  
This journey is eternal.  
Ponder this over.  
You are a piece of the puzzle in life.  
You can solve this mystery.



# Reap What You Sow

You reap what you sow.  
This is a natural law.  
If your life is full of anger.  
You will be an angry person.  
If your life is full of hate.  
You will be a hateful person.  
It's as simple as that.

For every action, there is an opposite and equal reaction.  
The wise man pulls the negative weeds inside of his being.  
He plants the seeds of kindness, love, and compassion.  
Daily he waters the crop and pays attention to it.  
Over time he will reap the bounty of his precious crops.  
All the great masters of the past were incredible farmers of life.  
They taught us many different ways to cultivate the truth inside of us.  
They taught that the universe is kind.  
God is kind.

The universe does not judge us.  
God does not judge us.  
They taught that the most precious jewel lies inside our hearts.  
Can you imagine that the darkest person on this earth has the truth inside of them?  
Yet they don't know it.  
How sad is that?

Do you know peace would be on earth if the majority of people would wake up  
from their slumber?

Today is a new dawning for man.  
Let's drop the old energies of anger, hate, and intolerance towards others.  
Let's embrace kindness, love, and compassion.

That is your true nature.  
You can change.  
Every day you are changing whether you like it or not.  
How about making a conscious change?  
How about moment by moment monitoring your actions?  
Will this action place gasoline on the fire of life?  
Will it inflame the situation?  
If it will don't say anything.  
Just remain silent.  
If the action is kind then do it.



It takes great strength to do this.



It takes practice and patience.  
You will stumble and fall.  
This is how the great masters learned.  
We stumble and fall countless times.  
Yet over time we learn from our mistakes and grow.  
Remember we sow what we reap.  
Ponder this over.  
This is one key to understanding your life.



# Self-regulate



<sup>3</sup>Self-regulation is the ability to monitor and manage your energy states, emotions, thoughts, and behaviors in ways that are acceptable and produce positive results such as well-being, loving relationships, and

learning.

It is how we deal with stressors and as such, lays the foundation for all other activities.

Imagine life is like a poker game. Unfortunately for many people, the game is stacked against you.

Everyone gets dealt cards that they like and cards that they don't like.

A wise man plays the game like he is in the center of the hurricane. In this state, no matter what cards are dealt to you. You don't flinch. It doesn't matter what the card is.

The average person will get overjoyed or flustered by the cards that are dealt to them.

Humanity keeps looking for the royal flush which will never happen while you play the game of poker externally.

This is why I say the poker game is stacked against you.



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<sup>3</sup> <https://www.yourtherapysource.com/blog1/2020/01/19/what-is-self-regulation-2/>



The wise ones have said this for thousands of years. Most of humanity never listens to them. The common day expression would be we are so busy texting on the freeway of life.

What does self-regulate do to solve this problem? Self-regularization is the process of moment-by-moment interpreting the situation around oneself and in oneself and making small adjustments to prevent thoughts, feelings, emotions, and actions that are detrimental to us and the outside world.

Mind you 95% of our actions come from our subconscious mind. This is another reason why I say the poker game of life is stacked against you. The odds of you winning the game of life are against you.

This is if you continue playing the game like you have been since you were born.

Nobody taught you the tricks of the trade. The wise men have given out these tricks freely to humanity, yet humanity doesn't listen.

Some do yet the majority don't.

To self-regulate one must be aware and conscious, One must learn the art of being in silence.

Silence is either your friend or your worse enemy. For one who is not trained in their mind, it is a frightening experience to be silent.

If you put a person in solitary confinement in prison, ultimately they will probably go crazy.

Put a Buddhist monk into solitary confinement and they will enlighten over time.



Big difference. I'm not saying you have to go to a cave to change your life

I'm saying that in each and every moment you have the opportunity to self-regulate.

We have two choices. One is to be like leaves scattered in the wind. We can react to each event and get happy or sad. Love or anger. The list goes on and on with the opposites of each other.

A wise man understands the rules of the game. They see the outcomes when they don't play the game consciously.

Even when you play the game consciously it's very challenging yet very rewarding.

This game is going from darkness to light. I say many, many times the spiritual life is the most practical life.

In every moment you must be aware. You will fall countless times. Just smile when you fall. Just smile when you don't fall.

You are conditioning yourself not to react to any given outside situation.

It seems so obvious yet it's not. We have been playing this poker game for thousands of years and it seems like we aren't playing this game any better since we first started playing the game.

The wise men of old played this game just like you are. The only difference is that they made constant effort moment by moment to self-regulate in each situation that arises.



Sure, they made mistakes. That is part of the game.  
One can learn from your mistakes.

Even the universe makes mistakes. Sometimes these  
mistakes morph and change into something so much  
better

Everything morphs and changes. Nothing is constant.  
When a person learns how to self-regulate, he is an  
emotional, mature adult. He will not blame others. He  
will not mock others. He will tolerate all his fellow  
man.

He will be kind and considerate towards others. He  
will see the thread of love tying us all together.

One will be in harmony with nature and the universe.  
One gathers wisdom and patience to know that any  
problem can be solved.

A person in this state knows how to compromise. He  
knows that everyone has a distinct point of view. He  
knows that each one of us is a unique flower in life.

Many moons ago. I didn't know the significance of  
gratitude and self regulate in my life. I thought  
meditation was the answer.

Meditation is the answer yet one must use the tools  
in the toolbox.

Each tool contributes to the building of the house  
inside of you. One learns how to be a skilled  
craftsman. He will use the necessary tools at the  
appropriate times.

He won't use a hammer when a screwdriver is needed.  
During this present time, there are so many  
incredible tools out there. The first step for any  
individual is to ponder what we are saying.



Most of humanity is so busy living their lives that they never think or ponder where they go going in life.

Humanity tends to wander all over the place searching for the jewel that only exists inside of them. A mature individual ponders and questions what is the meaning of life. What is the purpose of life?

When a person asks this question, he opens the door to the possibility to discover his true nature.

You can learn this precious art. All it takes is your will alone. Nobody and I mean nobody can do the work for you. A savior will not save you. You have to save yourself.



## Exercise snacking



<sup>4</sup>My friend John Baier introduced me to this concept of exercise snacking. We all know that snacking is not eating a large meal. It's a snack.

Most people love to snack. I have never heard of this when it comes to exercise before.

The goal is to snack on exercises throughout the day. It's only for a few minutes or so.

When you exercise nitric acid gets released into the bloodstream. The heart and lungs work together. Nitric acid opens up the circulation and the arteries throughout the body. This is especially beneficial for the heart.

Mind you, this is not an arduous affair. To be quite frank, most people hate to exercise. They do it because they know they have to.

This breaks down the barrier. If you know you only have to do this for a few minutes, the mind and body will relax.

Most people think without pain there is no gain. This could be further from the truth.

When you experience pain when exercising your body is telling you to back off. But we are told you must go through your pain to get to the other side.

This is old school. So many sport injuries occur due to this type of thinking.

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<sup>4</sup> [https://www.huffpost.com/entry/workout-exercise-snacking\\_l\\_62bafdaae4b094be76a86a39](https://www.huffpost.com/entry/workout-exercise-snacking_l_62bafdaae4b094be76a86a39)



The body needs to move everyday. When the body doesn't move, it becomes rigid. When the body becomes rigid over time, diseases will manifest.

Exercise snacking is a way to fine-tune your body each day.



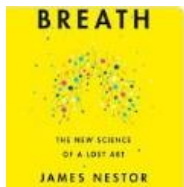
### Breathe

Fletcher Soul Traveler • 6 views

Fletcher Soul Traveler

My suggestion is to start slowly. Breathe through your nose never through your

mouth. If you have to breathe through your mouth then slow down .



Breathing through your mouth is considered a kiss of death. There has been so many scientific papers recently talking about the consequences of breathing through your mouth.

There are several good recent books on the market that described this.

I learned this over 50 years ago almost by accident. The most important thing of all is to train your mind. Be in a positive state. Start slow even if it's only for a few seconds.

Enjoy what you are doing. Don't be in a mind set of this is a hassle. I don't want to do this. If that is your state of mind, then do it for only 60 seconds.

When you are finished, sit down. Close your eyes and feel the simple effects that it did to your body. Rejoice in that feeling. You are beginning to get in touch with your mind and body.



You're mind and body are your best friends.  
Unfortunately at times we consider them our worst  
enemies.

By simply snacking on exercise daily, one begins to  
establish a greater relationship with your body and  
mind.

We must always fine-tune the guitar of life. Make small  
changes. You can't leap into infinity. You will fall  
down and stumble. There's nothing wrong with that. In  
fact, that is how one learns to grow.



### ZACH BUSH MD | 4 Minute Workout

ZachBushMD • 2M views

The Four Minute Workout is a new concept of exercise that revolves  
around the body's ability to use Nitric Oxide for muscle growth. Thi...





4

WORK

MAKE IT  
*simple*



- Pinterest



Who would have thought that a 4 minute workout could do so much good for your body and soul? Well, this simple combination of movements created by Dr. Zach Bush can! In this post, I am going to go over the benefits, how to do it, and show you ways you can modify it to fit your physical needs. This is a workout that anyone can do.

Who is Dr. Zach Bush?

Doctor Zach Bush is someone I hold in high regard and have been following for quite some time now. He is a doctor of Endocrinology, Metabolism, Internal Medicine, and Palliative care, and is one of the few triple-certified physicians in the nation. This man is humble and SO FULL OF SOUND KNOWLEDGE. [You can read more about him here.](#)

What is the 4 minute workout?

This 4 minute workout uses simple moves done quickly and correctly with purpose. Bursts of easy-to-remember movements are done rapidly, focusing on form, technique, and speed. Best of all, it's convenient! You can do this exercise anywhere; in your home, garden, workplace, and even at the airport before a long flight. It doesn't require any fancy equipment and you don't have to get in your exercise clothes to do it.

The Four Minute Workout is a new concept of exercise that revolves around the body's ability to use Nitric Oxide for muscle growth. This is an efficient anaerobic workout that can be done multiple times per day. The more frequently you do it, the better your results. This exercise is often referred as the "Nitric Oxide Dump" because when you move in this way Nitric Oxide is released and as it moves downstream, blood vessels dilate allowing more oxygen and nutrient delivery to your whole body.

In just four minutes you exercise the 16 largest muscle groups in your body. It is free, easy, effective, and the best way to start toning your body systems.

What is Nitric Oxide?

Your body produces nitric oxide as a molecule that circulates in your body and relaxes the inner muscles of the blood vessels, causing them to widen and increase circulation. Nitric oxide production is essential for overall health because it allows blood, nutrients, and oxygen to travel to every part of your body effectively and efficiently.

What are the benefits of the 4 minute workout?

- Boosts cardiovascular health
- Decreases the viscosity of your blood
- Increases the flexibility and elasticity of arteries and veins



- Helps moderate blood sugar levels
- Produces proteins that keep your muscles at their optimal levels

Another reason why you should be doing the Nitric Oxide Dump is its benefits for your mitochondrial health by slowing down age-related muscle decline. By doing the exercise, your mitochondria begin to produce proteins that keep your muscles performing at their peak level, especially for aging adults.

I think these are enough reasons to take this seriously and give it a go. What do you think?

How to do the 4 minute workout

Dr. Bush recommends doing the exercise three times a day. Some days I don't get all three times in, but even one set is better than nothing. So do what you can. I love taking a 4 minute workout after sitting at the computer for an extended time. I feel energized and ready to get back to work.

Please remember that form is more important than speed. As you get more used to it, you can increase speed.

One session takes around four minutes, and consists of three sets with 10 repetitions of the following exercises:

- Squats
- Arm raises
- Circular arm swings (also called non-jumping jacks)
- Shoulder presses





## Squats

The idea for this movement is to work the quadriceps in the legs.

- Start by bending the legs and act as if you are going to sit back in a chair.



- You'll need to extend the arms forward to keep you balanced and the weight of your body should be in your heels.
- Speed is more important than how deep you squat.
- You'll do 10 reps.

**Modification:** If it is too challenging to squat real low, don't bend so deep.





### Arm Lifts

- This is a 90° swing of the arms out in front of you and stopping at shoulder height.
- You're working the deltoid and back muscles. This isn't just swinging the arms, it's almost like a punch.



- Stop firmly at the endpoints.
- You'll do 10 reps on each arm.







## Arm Circles

- Make fists with your hands. (This movement is kinda like a half jumping jack).
- Click the hands together in front of you and then swing the arms out to the side and over your head, clicking the hands together.
- Do 10 reps of this. You can bend the knees when your hands click at the bottom.

**Modification:** Instead of lifting arms out to the side, bring the hands in prayer position and raise the hands over the head and then releasing arms down to the side. ( Kinda like the breast stroke would be in the water).





#### Arm Presses

- With the hands in fists, simply raise the hand over the head 10 times.



**Modification:** If it is too challenging to take the arms directly over your head, simply punch the hand directly in front of you at shoulder height.

REPEAT EACH MOVEMENT THREE TIMES

Most likely you're going to be winded and out of breath. That's ok. However, listen to your body and work up to the level that feels comfortable for YOUR BODY!

That's it. Pretty simple and straightforward.

\*\*\*\*Keep in mind that before you engage in the 4 minute workout, or any exercise for that matter, consult a doctor first especially if you've been sedentary for a long time.

I hope you enjoyed this and I hope you can implement this into your daily schedule

Be well & happy!



### ZACH BUSH MD | 4 Minute Workout

ZachBushMD • 2M views

The Four Minute Workout is a new concept of exercise that revolves around the body's ability to use Nitric Oxide for muscle growth. Thi...



## Prana -Power behind your breath



You are the universe and you just don't know it

This human body contains the entire universe existing inside of you.

This is who you truly are.

The older I get I see what a marvelous body we have been given.

It has been set up since we were born so we could discover our true nature. Wow! We are alive.

Unfortunately, we are just texting on the freeway of life. We are looking externally for the answer.

The answer only exists inside of you.

Just think the same power behind your breath is the same power that is keeping the universe alive.

Yet we are oblivious to that. I find that quite funny and ironic. It's like that's saying how can a fish drown in water?

Prana is life force energy. Just think the moment you were born you took your first breath.

At the moment of death, you take your last breath.

They can try to bring you back after you die. But after you take your last breath, a life force energy no longer is there.

Prana is the life force energy that is keeping you alive. It is keeping the entire universe alive.



Even universes come and go like a thief in the night.  
Who knows how long a universe can last?

Ultimately, anything that is created will someday die  
in the end.

That is the law of creation.

There have been many universes created before ours.

We are the new kids on the block.

I find it amazing that the creator built us in such a  
way that one could experience the divine.

Yet we carry on in our 9 to 5 existence oblivious to  
the majesty that exists inside of us.

One does not leapfrog into eternity.

Small baby steps are needed along the way.

I used the expression fine tune the guitar of life. I  
mean this quite literally one must find tune the guitar  
of life.

The guitar that we are playing is external.  
Consequently, we are out of tune. We no longer can hear  
the music that exists inside of us. We have lost touch  
with our true nature.

We place so much of our attention externally. We have  
no idea that there is a jewel that lies with them.

Quite frankly, most people aren't even interested in  
discovering their true nature.

Are we so snared in the web of life that way have no  
interest and getting a way out of it?

What would happen if society just turned things around?



Currently, we only look externally. We get affected by the world around us. We go into a tizzy with the events that occur all around us. We can't see the forest from the trees.

Much of the world can't even sleep at night due to the stress that we go through.

Mind you, most of this is our own mental stress.

Imagine a world where instead of being like leaves blowing in the wind, one can live in the center of a hurricane.

What a huge difference that would make.

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

If you are constantly stressed out and your mind, it's focused and concentrated on only external events. You will be quite stressed in life.

When the mind is focused in the center of the hurricane, perfect calm exists inside.

When a person is perfectly calm, there's no storm outside of him.

The same series of events can happen to two people and each one of them will respond differently.

A wise man lives in the center of the hurricane. Curveballs will be thrown his way yet he will smile at life.

A person who doesn't learn how to control his mind when curve balls are thrown his way will go into a tizzy.

When the mind is focused externally, the tuning fork of life is not in balance and harmony.



When the mind is not in harmony, your body, thoughts, and emotions will not be in harmony.

Chaos will exist. The more a society drifts away from its true nature, the more chaos will exist.

Our present-day society doesn't see the value of being in harmony with nature and the universe.

We can't put two and two together. A wise man understands that life is precious.

We are here to realize our true nature. We are going from darkness to light.

This entire creation is a dream. The wise man goes to the movie of life and sees that the projector of life streams light onto the screen.

The majority of people watch the movie and think it is so real.

The wise man turns around and sees there is a projector behind him that is sending images that bounce on the screen of life.

We have this apparatus built-in side of us. A wise person rejoices when they hear such great news.

Most people's reaction is don't bother me. I don't want anybody to convert me. Note this is not a conversion. This is your true nature.

The older I get I am constantly amazed at the beauty behind this human body.

It really is the crown of creation.







# The Three Fundamental Nadis - Ida, Pingala and Sushumna

Sadhguru speaks about the three fundamental nadis or energy pathways in the system, the Ida, Pingala and Sushumna.





Article May 6, 2013

Sadhguru speaks about the three fundamental nadis or energy pathways in the system, the Ida, Pingala and Sushumna.

**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. 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.

Only when energies enter into Sushumna, life really begins.

The Ida and Pingala represent the basic duality in the existence. It is this duality which we traditionally personify as Shiva and Shakti. Or you can simply call it masculine and feminine, or it can be the logical and the intuitive aspect of you. It is based on this that life is created. Without these two dualities, life wouldn’t exist as it does right now. In the beginning, everything is primordial, there is no duality. But once creation happens, there is duality.

When I say masculine and feminine, I am not talking in terms of sex – about being male or female – but in terms of certain qualities in nature. Certain qualities in nature have been identified as masculine. Certain other qualities have been identified as feminine. You may be a man, but if your Ida is more pronounced, the feminine may be dominant in you. You may be a woman, but if your Pingala is more pronounced, the masculine may be dominant in you.



Bringing a balance between the Ida and Pingala will make you effective in the world, it will make you handle life aspects well. Most people live and die in Ida and Pingala; Sushumna, the central space, remains dormant. But Sushumna is the most significant aspect of human physiology. Only when energies enter into Sushumna, life really begins.

## Vairagya

Fundamentally, Sushumna is attribute-less, it has no quality of its own. It is like empty space. If there is empty space, you can create anything you want. Once energies enter into Sushumna, we say you attain to Vairagya. “Raga,” means color. “Vairag,” means no color, you have become transparent. If you have become transparent, if what is behind you is red, you turn red too. If what is behind you is blue, you turn blue too. If what is behind you is yellow, you turn yellow too. You are unprejudiced. Wherever you are, you become a part of that, but nothing sticks to you. Only if you are like this, only if you are in a state of Vairag, then you will dare to explore all dimensions of life when you live here.

Right now, you are reasonably balanced, but if for some reason the outside situation goes crazy, you will also go crazy in reaction to that because that is the nature of Ida and Pingala. It is reactive to what is outside. But once the energies enter into Sushumna, you attain to a new kind of balance, an inner balance where whatever happens outside, there is a certain space within you which never gets disturbed, which is never in any kind of turmoil, which cannot be touched by the outside situations. Only if you create this stable situation within yourself, you will dare to scale the peaks of consciousness.



## Sine waves



No Access Published Online: 29 August 2019

The complete life cycle of the universe is a complete one period sine wave: Negative to positive half cycle of sine wave represents active state whereas positive to negative half cycle represents the latent state of the universe

AIP Conference Proceedings 2142, 110029  
(2019); <https://doi.org/10.1063/1.5122489>

Prasenjit Debnath<sup>1,a)</sup>

### ABSTRACT

<sup>5</sup>We know that everything has a life cycle. All living things, non – living things, countries, world, astronomical bodies, solar system, galaxies, the universe everything has a life cycle. According to Fourier, any physical phenomena can be explained by a sine wave. Any arbitrary signal or physical phenomena is actually a combination of a dc (constant) part, a sin wave with fundamental time period and its harmonics. If we remove the harmonics from any arbitrary signal or physical phenomena, we will be left with only a sine wave of fundamental period. The sine wave of fundamental period possesses over 90% of the signal energy, thus, if we remove all harmonics, we actually

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<https://aip.scitation.org/doi/abs/10.1063/1.5122489#:~:text=A%20sine%20wave%20is%20the,from%20the%20basic%20sine%20wave.5>



do not lose much energy of the signal but we will get the basic shape of the signal or physical phenomena – a sine wave. A sine wave is the basic building block of all physical phenomena including the life cycle of everything from tiny living things to the universe. A sine wave is the ideal shape of any life cycle. Little deviation is allowed by nature to form other shapes from the basic sine wave. These deviation, although very little, can be termed as the effect of imaginary time that introduces unpredictability in the life cycle. The amount of deviation signifies the amount of unpredictability in the life cycle. The amount of unpredictability signifies the amount of imaginary time involved in life cycle. The amount of deviation (amount of harmonics) actually gives different shapes to the different life cycles. But if we do smoothing out the deviations by averaging them, we will be left with a sine wave – basic building block of the Universe.

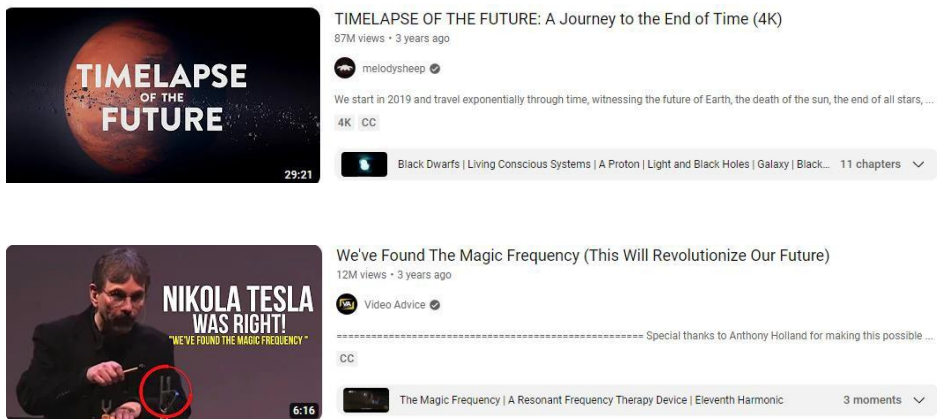
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### There are CRYSTALS in Your Pineal Gland that VIBRATE

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Could the key to our existence be right in front of us? Ancient cultures understood the power of sound and closely guarded their...

Introduction | What do we feel when the pineal gland is activated | The spiral effect | The fork | ... 5 chapters

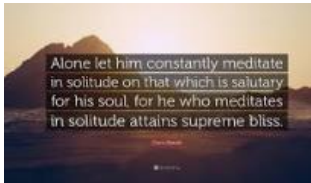


### Introduction to Syncretism, short version: Santos Bonacci

MrAstrotheology



## Meditate constantly



In our last chapter, we talked about sine waves. We know that everything has a life cycle. All living things, non–living things, countries, the world, astronomical bodies, the solar system, galaxies, the universe everything has a life cycle. According to Fourier, any physical phenomenon can be explained by a sine wave. Any arbitrary signal or physical phenomenon is actually a combination of a dc (constant) part, a sin wave with a fundamental time period, and its harmonics.

When I was young around 18 years old I found out the word universe comes from the Latin uni versal which means one word. From my practical experience of meditation, one can experience the sine wave behind the universe. This sine wave is keeping you alive. Mystics of old have said for thousands of years that you are hardwired for this experience. The mysteries of the universe exist inside of you. Unfortunately, we have never turned on this computer inside of us. The operating system, hardware, and software



have been there since you were born. I love this phrase from Prem Rawat who said that meditation is perfect concentration upon a perfect point.

Behind your breath lies the sine wave of life. Most of us aren't even aware that we are breathing. Imagine your breath is like a wave. You have an incoming wave and the outgoing ways. Just like a surfer being in the ocean and experiencing the wave of life. The tide goes in and the tide goes out. There is a rhythm too, the universal life force.

What does meditation have to do with all this? Mind you most people think meditation is only when you close your eyes. One can learn how always to be in a state of meditation. Behind your breath lies the answer. Usually, when I tell someone to focus on their breath, they simply roll their eyes and probably laugh to themselves. What a crazy idea that is. Yet something so simple the mind can't believe it. It's like Ockman's razor. Most humans want the keys to life to be so complicated. So here it is. We are breathing each moment. The trick is we are not paying attention to the force of love behind our breath. I say over and over that the more attention you pay to something the more attention it pays to you.



This is a basic law in life. People often ask if it is inside of me why don't I know about it? I would say have you ever paid any attention to it? Do you know that the inner jewel even exists inside of you?

Let's be frank. It's quite simple. Many people simply don't want someone to rock their boat to cause any waves. They are just satisfied with where they are in life. Even if there's something a million times more incredible they don't want to hear about it.

I often say we live our lives like leaves blowing in the wind. A wise man lives in the center of the hurricane. When a person concentrates his mind on the power behind his breath, this is the center of the hurricane. The more one does this the more centered one will become. It's like a tuning fork. When the mind is tuned to calmness, it will become calm over time. There is a state inside of us that is constantly calm. Nothing external can touch it. Nothing external can affect it. Its true state is perfect calm.

The mystics and yogis have known this for thousands of years. Modern-day scientists know about the quantum field and how it is beyond time and space. They are studying the effects of meditation using the latest scientific instruments.



These are exciting times for all of us. The human body was made for this.

You are responsible for your chemistry set. Nobody turns on the chemicals inside of you. Only you do that.

Just think curveballs will always be thrown your way. If your life is trying to control the external world you will indeed suffer and have pain.

The external world has its pair of opposites. There is no disputing that fact. Everything morphs and changes. Everything comes and goes.

Being in the center of the hurricane means, the mind is perfectly still in the center of the hurricane.

From that state, one can live in absolute calm and live in this chaotic world.

It's like a lotus flower. A lotus flower lives in the dirty mucky water and yet the flower itself never touches the dirty water.

This is our true nature. Granted this does take time. One does not leap into infinity. Baby steps are taken. Yet each step brings us closer to our goal.

We are going from darkness to light.



The ancient ones would talk about the sine wave. They wouldn't say sign wave yet they would probably say the wave of life and love.

There is a primordial vibration that is keeping the entire universe alive. This primordial vibration is keeping you alive.

There is a thread tying us all together. Because we focus only externally we think we are separate. Nothing can be further from the truth.

Talk to any quantum scientist and he will say that the quantum field exists everywhere and you are a part of it.

This is not some philosophy or theory. This can be a practical experience for you.



## Rocket your body with good foods



My twin brother John just wrote  
the following song. A Sane Man  
Would Not Want That

I feel it is extremely  
appropriate for the chapter

rocket your body with good foods.

Imagine if NASA wanted to go to the moon and they used  
junk fuel to get there.

Imagine if they built the rocket ship using spare  
parts.

Imagine if there was no planning involved and just  
whatever comes our way.

We would all laugh at such matters. We all know when  
the United States went to the moon for the first time a  
decade's worth of planning was involved.

Mind you we didn't have the sophistication of the  
computers we have today. Your cell phone is probably  
around 1,000 times, more powerful than the computers on  
board the Apollo.

We have this incredible human body. It was designed for  
us to discover our true nature.

The operating system, hardware, and software have been  
there since we've been born.

I find it appalling the fuel that we intake into this  
precious human body.

It seems like for most of the world anything goes.



Walking into a grocery store today I would say probably around 95% of the foods are not good for you.

In an advanced society, they probably wouldn't be allowed at all for a company to sell.

We live in a capitalist society and regardless of how bad it is for you, if it makes money for the shareholders, anything goes.

The junk food industry is making billions of dollars off you. They know their product is more addicting than cocaine.

Cocaine is illegal to sell. While Coke and Pepsi are legal.

I've been doing research lately on sugar and have been mind blown by the amount of devastation that occurs when a person eats too much sugar.

Almost all processed food and junk food contain sugar. They even put sugar in your vitamin c drinks.

The world at large is destroying its bodies through the food that they consume.

Most people even if they do know there is a problem don't want to change for the better.

I have friends who are diabetic and take metformin and continue their old ways and habits.

The thought of changing is daunting to them. I can't live without my sweet tooth.

The problem is we don't think there is a problem. We hear about the latest research yet we don't want to listen.

Our attitude is don't rock my boat. Don't tell me what to do.



We have a healthcare system that is out of control.

Most of America today is probably pre-diabetic and yet it's a ticking time bomb. Most people aren't even aware of it.

Just think sugar over time starts to shut down the system slowly one at a time.

Most diseases probably come from this imbalance.

When cells can't communicate properly damage will occur throughout the body.

The body can repair itself. One must learn how to be in harmony with the body and nature.

I know for many people that may seem like fluffy words. It probably doesn't make any sense at all.

Our lifestyles are so out of sink with nature.

That is a major problem today.

My brother's song a san man would never want is an oxymoron.

The problem is we think we are sane.

In our minds, we think I can eat whatever I want. This really can't harm me that much. Even if it does harm me, I can take medicine and I can continue eating what I want.

This is the mindset of man today .

Yesterday I was talking to my dear friend David. We both know there are no ideal foods for everybody. Everyone has their own unique chemistry set.



What works for you? Might be poisoned for me. What is good for me might be poison for you.

Each individual has to morph and change to find out what foods are best for your chemistry set.

Obviously, you can take out all processed food. This has been proven and researched for many years. This will and does cause havoc upon your chemistry set.

It was not designed for your well-being. That is why it is called junk food. There is a reason behind that. Remember they are making that processed food to make a huge profit.

They know if they get you addicted to the taste that it delivers you will buy again and again.

They are solely into it to make money.

We live in a society where profits are more important than the well-being of their citizens.

If you want to live a stress-free life. If you want to know how to go beyond the pain and suffering you are in. If you want to be healthy once again. My advice would be to ponder these words over and over again.

There is a practical solution for you to take.

It's up to you to change for the better. Nobody else can do the change for you.

Change is never easy. Some people prefer to live in their misery so they don't have to change. I find that sad.

The foods that you ate contribute to the chemicals that get released into your body and mind.

Junk foods lead to cloudy thinking. Junk food leads to disease.



Scientists know about the microbiome. The state of your microbiome is related to the fuel that you put into your body.

A person who loves sugar their microbiome will be in a state where it will send signals to the brain. I want more sugar. I want more sugar. I want more sugar.

This is called an addiction. There is an endless loop going on.

Most people have no idea this is going on inside of them.

The same withdrawal symptoms a cocaine user goes through are the same symptoms of a person who is addicted to sugar goes through.

It takes time and effort for this addiction not to control you any longer.

When the body doesn't have sugar for a certain period, the microbiome will change for the better.

When a person learns how to eat a healthy diet, the microbiome will send signals to the brain saying I want to eat good food. I feel so much more energetic and healthy. I love this new feeling.

What am I trying to say? I'm saying that we can change for the better. There are practical solutions to the problems that we are facing today.

Each one of us has to take responsibility for changing for the better.

It seems like the government won't put any practical policies in motion.



## Amrita - The Divine Nectar

By Tristan Dorling

Q:

<sup>6</sup>I have started to feel a sweet liquid which trickles down the back of my throat, which seems to be connected to my spiritual practices. It tastes really amazing and is sweet, but bitter at the same time. Do you know what it is?



A:

This is a substance called amrita. The word means “nectar” and also “immortal” in Sanskrit. It is a substance which is produced by the human body once the flow of kundalini through the central channel becomes strong.

Sexual fluids and essences are drawn up into the bladder through a process called “natural vajroli”. From here prana from these essences rises up to the manipura chakra and mixes with other pranas there. This is the reason that the manipura chakra is sometimes called “the cauldron” in other traditions.

A substance called soma is produced as a result of this mixing of the pranas and this is drawn up through the body into the head. Soma is also an etheric substance (non-

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<sup>6</sup> <https://www.aypinternational.com/commentaries-on-yoga/divine-nectar/>



physical), so it travels through the system of subtle energetic pathways which comprise



## Amrita - our true identity and nectar of immortality

*Posted on 2018-02-21*



*Created by YOGATEKET*

<sup>7</sup>Amrita is a Sanskrit term with two translations. One of them being immortal/immortality and the other one being nectar. It is said that Amrita is related to the Greek word ambrosia which also translates into nectar. In Sanskrit, the word Amrita carries two very different meanings within the word itself. But one could argue that the two different purposes still are connected since both of them are referring to an elevated state of self-awareness. A self-awareness to strive for, connecting you to the universe. This high level of self-awareness is said to be reached through [online yoga practice](#) and meditation.

One of the meanings behind Amrita is that it is another name for the deathless spirit, Atman. Atman is the transcendental self, or spirit, which is eternal and superconscious. Atman is said to be our one true nature or identity and our most inner self. In Hindu, Atman is said to be the individual soul and the innermost deep part of all living things. The human body itself can age, die and wither but the Atman will continue to live always moving forward from one body to the next, continue to evolve until it reaches Brahman. Each person's Atman I said to be a part of the universal Brahman which is believed to be the ultimate Reality. When practicing yoga and meditation, you can increase self-awareness and self-knowledge which can lead to the revelation of the inner Self.

According to Hindu, the word Amrita was used to describe a drink known as soma. The legend says that Soma was given to the gods, making them immortal. The other meaning of Amrita refers to the nectar of immortality that it is said to flow through our pituitary gland into the back of the throat during the deeper stages of meditation, produced by the body itself. When you reach a state in meditation where your Amrita flows, it is said that you have achieved to reach a higher state of self-awareness and a deep sense of consciousness. Reaching Amrita it is said to turn our bodies into the divine body, Divya-deha, the final destination turning us into a perfect being Siddha.

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<sup>7</sup> <https://www.yogateket.com/blog/amrita-our-true-identity-and-nectar-of-immortality>



"Amrita, the liquid of immortality is like nectar... It exudes from the Chandra center in the center of the head, deep behind the eyebrows." "Who swallows this clear liquor dripping from the brain into the heart and obtained by means of meditation, becomes free from disease and tender in the body like the stalk of a lotus, and will live a very long life." - Hatha Yoga Pradipika



## Kurma Nadi Churning the Ocean for Nectar



Pandit Rajmani Tigunait, PhD  
August 30, 2018

9 min

### *Kurmanadyam sthairyam*

While practicing *samyama* (concentration, meditation, and samadhi) on *kurma nadi*, one attains stability of mind and, thereby, stability of body

—*Yoga Sutra* 3:32



## Churning the Ocean for Nectar

<sup>8</sup>In Indian mythology, there is a story that the two aspects of creation—the bright and dark, good and evil—both heard that there is a nectar or liquid that, if drunk, would provide immortality. There had been an ongoing war between the demonic forces and the divine forces for thousands of years; sometimes the constructive forces won, and sometimes the destructive forces won. Both were strong and wanted victory, so when each heard that there was a divine, immortal nectar, they went to the Creator, who was the father of both good and bad, and each said, “I pray to you, Father. Can you tell me how to get the nectar?”

“Yes,” the Creator replied, “Churn the ocean and you will obtain it.”

## From Poison to Nectar

How would they churn up a huge ocean? Neither side could do it by themselves, so they formed an alliance and came up with an idea. They would use the Himalayas as the churning rod. Then the problem was to find something long enough to wrap around them that they would be able to pull back and forth. Together, they went to the cosmic snake called Vasuki, who is millions of miles long, and requested its help, and the snake agreed.

So the gods caught hold of the tail of the snake and the demons caught hold of the mouth of the snake; they wrapped it around the Himalayas and started to churn. But there was another problem: the Himalayas were sinking. Humbly, they approached the cosmic turtle and asked, “Will you please hold the Himalayas on your back and be steady so that we can churn?”

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<sup>8</sup><https://himalayaninstitute.org/online/kurma-nadi-churning-ocean-nectar/>



## Just before you obtain the best and brightest, you sometimes go through the darkest phase of life.

Obtaining its assistance, they began again, and as a result of their effort, one by one, wonderful things appeared—the rarest jewels, the best horse, the greatest elephant, the wisest doctor (Dhanvantari), the goddess of wealth (Lakshmi). All these great things came out of that ocean. But the 13th thing to arise was a cosmic poison.

Just before you obtain the best and brightest, you sometimes go through the darkest phase of life; however, no one on either side was ready to accept that. The whole world was scorching, burning from the heat of that cosmic poison; people were dying. Together, they approached Shiva, who is above all pairs of opposites (pain and pleasure), and said, “We don’t know how to drink this. We are looking for the nectar, not this poison!”

So Shiva drank the poison; the great one knew how to drink it in such a skillful way that it did not go into the stomach but was held at the throat. The terrible poison was turned into a blue necklace, so one of Shiva’s names is now Nilakanta, “the Lord with a Blue Throat.” Shiva is the one who knows the art of drinking poison and converting the bad into good without swallowing—the one who can live skillfully in this world and yet remain unaffected.

And then the nectar arose from the ocean, and the story goes on from there.





## Finding a Firm Foundation

In this story, the tortoise is the foundation, *kurma nadi*. If the tortoise moves, if the Himalayas move, then the serpent (*kundalini*) cannot help anymore. The inhalation and the exhalation, the gods and the demons, are both pulling the snake, and by pulling one after another—by taking turns—they move the Himalayas (the spine). They churn it constantly. By churning the Himalayas, held tightly on the tortoise, the *sadhaka*, or student, one day attains the nectar.

As we saw, although the gods and the demons expected nectar when they churned, at first they received the other things—the jewels, the horse, the elephant, and so on—the distractions. Then before the nectar—the best—came, there was the poison. You have to drink the poison. If you are not capable of assimilating it, or drinking it and making the best use of it, then you have to develop the greatest of all forces, called surrender. When you surrender, the great one, Shiva, can come and drink the poison on your behalf. Otherwise, you will be in trouble. It will be a very tough time!

Every student goes through this phase in sadhana, but when he is bewildered and frustrated and is almost ready to drop everything, he can call for help, just like Arjuna



did in the *Bhagavad Gita*: “Please, Krishna, I can’t fight anymore!” Then Krishna has to come and help, or Shiva has to come. The Lord within has to come forward and help. That is called grace, the descending force. The Lord catches hold of your hand and says, “Walk with me, my child. I will help you.”

### **Kurma Nadi: The Tortoise Within**

We can find our own firm foundation by understanding and gaining mastery over the tortoise within—kurma nadi. There are 15 main nadis: *sushumna*, *ida*, *pingala*, *gandhari*, *hastijihva*, *kuhu*, *sarasvati*, *pusha*, *shankhini*, *payasvini*, *varuni*, *alambusa*, *vishvodara*, *yashasvini*, and *kurma*. *Kurma* in Sanskrit means “tortoise or turtle.”

Kurma nadi is related to kurma prana. In Yoga Sutra 3:32, it is said, “*Kurmanadyam sthairyam*”—that while practicing *samyama* (the threefold concentration, meditation, and samadhi) on kurma nadi, one attains stability of mind and, thereby, stability of body.

**The first movement of kundalini begins at the bottom of the spine, at the kurma nadi.**

Where is this kurma nadi and what does it do? There are differing opinions.

According to several *Yoga Sutra* commentators, it is in the hollow of the throat. It is true that by concentrating here, one attains freedom from hunger and thirst. But attaining freedom from hunger and thirst doesn’t necessarily help to achieve stability of mind and body; there may still be other desires and urges to satisfy. Many other yoga manuals and commentators, however, say that the kurma nadi is at the bottom of the spine between the anus and the genital organs, the location for *ashvini mudra*. The



problem we face is that in the scriptures we find so many contradictory interpretations that, ultimately, we have to go to an experienced teacher.

The kurma nadi doesn't lead you anywhere; rather, it helps you stay steady, and it allows other nadis to function in their specific range, in their specific field. The other nadis originate from the top of the kurma nadi; the spine, ida, and pingala all start from there. One can say, "Well, I'll concentrate on sushumna and forget all the other nadis, because my purpose will be accomplished just by having sushumna under my control." That is certainly true, but sushumna also rests on the top of the kurma nadi, and if the kurma nadi is not stable, how can you expect the stability of sushumna, ida, or pingala to be stable? That is the point.

According to Swami Rama (Swamiji), the first movement of kundalini begins at the bottom of the spine, at the kurma nadi—that place which is the centermost part of your body when you are sitting comfortably with your head, neck, and trunk aligned. When your whole body is perfectly centered, then your entire center of gravity is at the kurma nadi. As long as that nadi is in good shape, stable, and doesn't move, your mind is also steady.

## **Mastery over the Kurma Nadi**

Theoretically, there is a much greater possibility of opening sushumna while sitting in either *padmasana* (lotus posture) or *siddhasana* (accomplished pose), because the whole body is centered in these poses. In *siddhasana*, one heel is on your perineum area. In *padmasana*, the body is perfectly centered; the nadis of both sides of the body are fully balanced. If you have a good *padmasana*, then the body is even better centered than in *siddhasana*. However, these two poses are very often done incorrectly. You can injure your knee or create hemorrhoids if you do *siddhasana*



incorrectly; similarly, if you are too forceful in your padmasana and artificially impose a lock in this pose, you can create hemorrhoids. Swamiji used to discourage the use of padmasana as a meditative posture because the area of the kurma nadi tends to be too open and not under your control in that posture. So these practices are to be done mindfully and in moderation. If you can sit in these positions correctly, they can be beneficial. If not, they can cause more harm than good.



Control over the kurma nadi is more important than anything else in the practice of pranayama or meditation. To gain conscious control over both the kurma nadi and the *kurma vayu* (one of the subcategories of prana, which refers to stability in the body as well as the mind), it is important to practice ashvini mudra. Anatomically and physiologically, the area of the ashvini mudra is close to the colon, ovaries, uterus, and bladder. So each time you do ashvini mudra, pulling up and releasing, you are attaining conscious control over all these organs. This also speeds up the process of blood circulation throughout your system. In the process, you are also letting your kurma vayu move, creating heat. That heat is dispersed throughout your body from the kurma nadi, or kurma vayu, through ida, pingala, and sushumna to all the nadis. Although ashvini mudra doesn't give stability of mind and body on its own, it does



increase the proper circulation of energy throughout our system, so wherever there is a little bit of blockage, wherever there is a little bit of impurity here or there, that energy will touch it and the process of purification will begin.

In meditation, however, ashvini mudra is not used; *mula bandha*, the root lock, is pulled up and held. This creates stability in our physical body as well as energetically—the realm of kurma vayu. Kurma vayu holds all the other vayus; it is the “secretary of the interior.” Before you undertake any task or project, your internal situation has to be stable; otherwise, if you are disturbed, it will be necessary to deal with that situation, and all other projects will either go very slowly or have to be stopped.

## Control over the kurma nadi is more important than anything in the practice of pranayama or meditation.

That is what holding mula bandha, the root lock, does. It should become so effortless that it is held by itself, leaving the mind entirely free, so that all of the mental energy can be fully directed toward the object of meditation. In mula bandha, heat is generated in a static way, and if the mind is concentrated and sushumna is open, the energy will only move upward. In that state, the heat—the fire, pranic force, or kundalini force—that wakes up from the kurma nadi moves along sushumna, becoming meditative energy and enhancing the beauty of your meditation. Ashvini mudra is for a physical benefit, whereas mula bandha is for a meditative benefit.



The people for whom Patanjali wrote the *Yoga Sutra* did not know anatomy, so he did not describe the kurma nadi, how it works, or why it helps anatomically. He simply suggested that one sit on a flat seat that is neither too hard nor too soft, be steady, and focus on the breath. Swamiji has introduced this very systematically: sit with the head, neck, and trunk in a straight line; draw up the root lock; be comfortable and steady. In other words, the basic practices develop control over the kurma nadi, and thus you purify yourself to prepare for the rising of kundalini.

Are you working with your kurma nadi by practicing the usual Himalayan Institute method of meditation? If so, you are already doing it, whether you know the name of kurma nadi or not. If you are cooking your food with fire, whether you call it “fire” or not doesn’t matter; you are getting the same result. So observe how you sit and the way you allow your body to be still. Remember, by practicing samyama (concentration, meditation, and samadhi) on the kurma nadi while sitting and breathing in the correct way, you will gain control over kurma vayu, allowing you to attain stability of body *and* mind.

**Source:** Dawn Magazine, 1990



## Khechari Mudra (Tongue Lock) Steps, Benefits & More



Source: fitsri

<sup>9</sup>Perhaps you have heard, yogis drinking nectar from inside of their head. In [Hatha Yoga Pradipika](#), yogis consider Khechari mudra is a practice to taste the bliss of nectar.

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<sup>9</sup> <https://www.fitsri.com/yoga-mudras/khechari-mudra>



## What is Khechari Mudra?

Khechari mudra is a [type of Mana Mudra](#) (mudras involves head) in which the tongue is rolled up & back and draw deep to the nasopharynx (nasal cavity). Then tongue is locked back there into the nasal cavity, behind the palate (so it's called 'tongue lock').

Because khechari mudra stimulates the master gland pituitary (situated behind the nasal cavity), it's also king of all mudras. In spiritual language, the pituitary gland is the synonym of the third eye that is said to bring yogi to the higher stage of consciousness.

To do this mudra, a practitioner should first practice rolling of tongue.

- With consistent practice, the tongue becomes flexible and it can be elongated to the pit of the throat.
- This is the point which on stimulation begins flowing the *Amrita* – 'nectar of Immortality'. Khechari mudra is also a technique of kriya yoga where *talavaya kriya* (tongue-palate exercise) practiced prior to it. In Talavaya Kriya, the tongue is stretched in & out repeatedly so that it becomes flexible and long enough to do Khechari mudra. The easy version of Khechari Mudra is called '**Nabho mudra**' when a practitioner is not able to touch uvula (lower part of nasal cavity). In this mudra, the tongue is pressed against the soft palate only. It's also called '**small khechari mudra**'.

## Khechari Mudra Meaning

Khechari has two root words, *Kha* and *Chara*

- *Kha* means '*Brahman*' or 'Space' which is infinite
- *Chara* means 'Obstacle free moving' or 'flying'
- [Mudra](#) means 'a symbolic gesture'.

Khechari mudra means a symbolic gesture of moving freely in the infinite space of *Brahman*. How it's so?

Because khechari mudra lets the tongue to pierce to the top and stimulate the pituitary gland. When the secretion of this gland takes place, it makes practitioners feel the bliss of moving freely into the infinite space of *brahman*.

Here in this video kriya yoga master Swami Nityananda Giri has described and demonstrated the khechari mudra.



Khechari Mudra, Kriyayoga, Swami  
Nityananda Giri

Swami Nityananda Giri • 114K views

This is a video containing a short description of the Kriya-yoga technique, Khechari Mudra by Swami Nityananda Giri, Kriya-yoga...



Khechari Mudra demonstration by Swami Nityananda Giri.

## Preparation

To practice Khechari mudra, [Hatha Yoga Pradipika](#) mentioned frenum (skin below tongue that links it with gums) should be cut in order to increase the extension of the tongue (ONLY recommended under the guidance of an experienced teacher).

But it can be achieved without cutting frenum, as mentioned in Kriya Yoga & Raja Yoga. In order to prepare for Khechari mudra, it can be done;

- By exercising tongue in *talavya kriya*
- Doing **Nabho Mudra** – tongue to the soft palate, for the first few months.
- The tongue can be stretched like any other muscle. To prepare the tongue for khechari mudra, **milking of the tongue** is done for a few months before actual practice begins.

## Khechari Mudra Steps & Stages

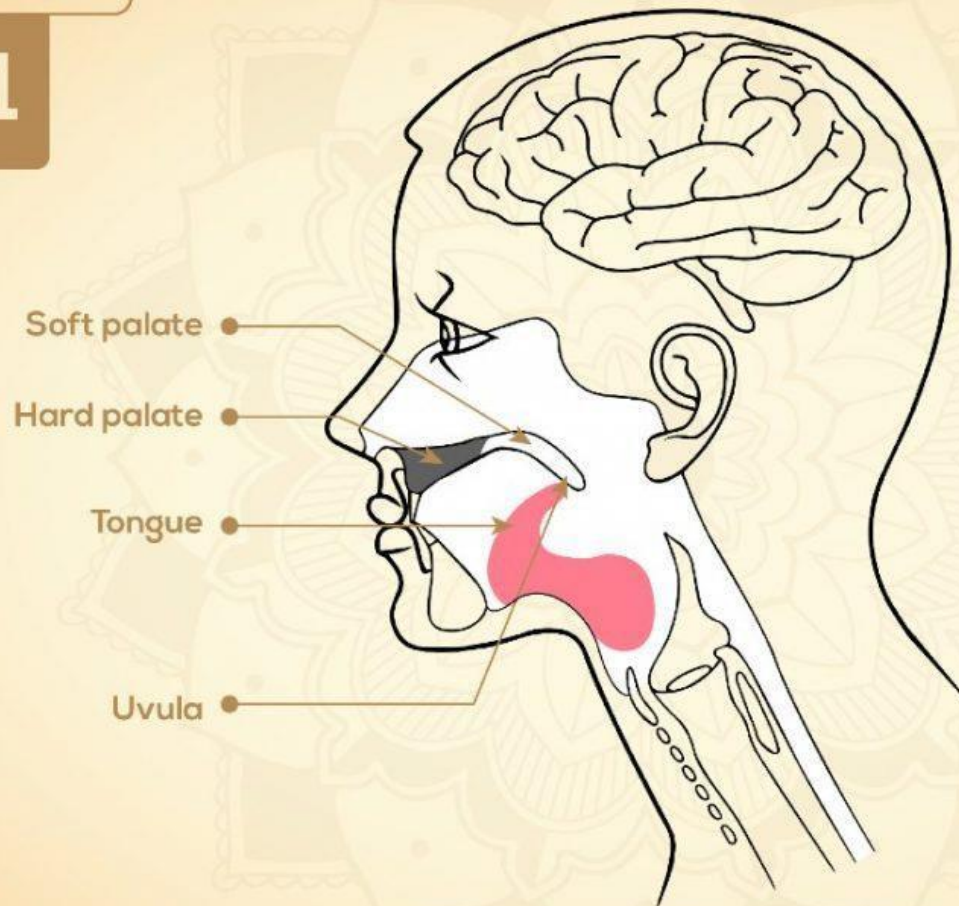
- One should sit in a meditative pose and fix gaze to the center space between eyes i.e. [Third eye chakra](#).
- Close your mouth, take a few deep breaths, and then do normal breathing.  
(As a beginner you can keep your mouth open to be more aware of tongue movement.)

### Khechari Mudra Stage 1 – Soft Palate to Uvula



## STAGE

### 01



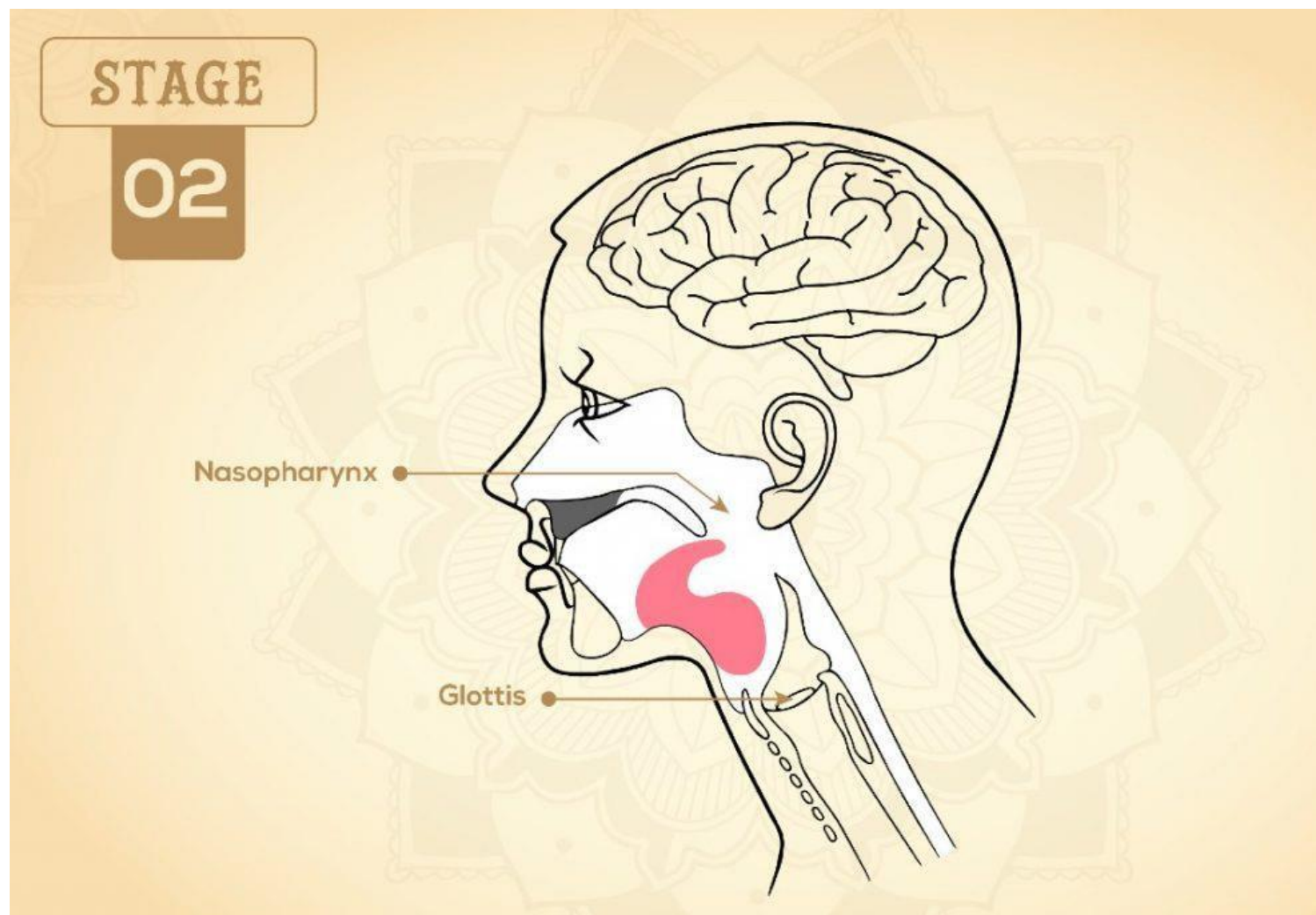
Source: fitsri

- To begin Khechhari mudra, extend your tongue up and then roll it back to reach as far as you can. Initially, the tongue may barely reach to the hard palate. Do fake swallowing to slide tongue up to the soft palate. Do it 3-4 times until your tongue rests comfortably at the soft palate.
- Now try to slide your tongue further into the mouth. If you can't do it by simple means, you can push the back of the tongue with your clean finger.
- Reach with your tongue at the bottom of your mouth where it touches the Uvula (a punching bag like structure in your mouth hanging over your tongue).



- Once you reach this far, do it 3-4 times to get your tongue comfortable up to this point.

## Khechari Mudra Stage 2 – Passing The Uvula

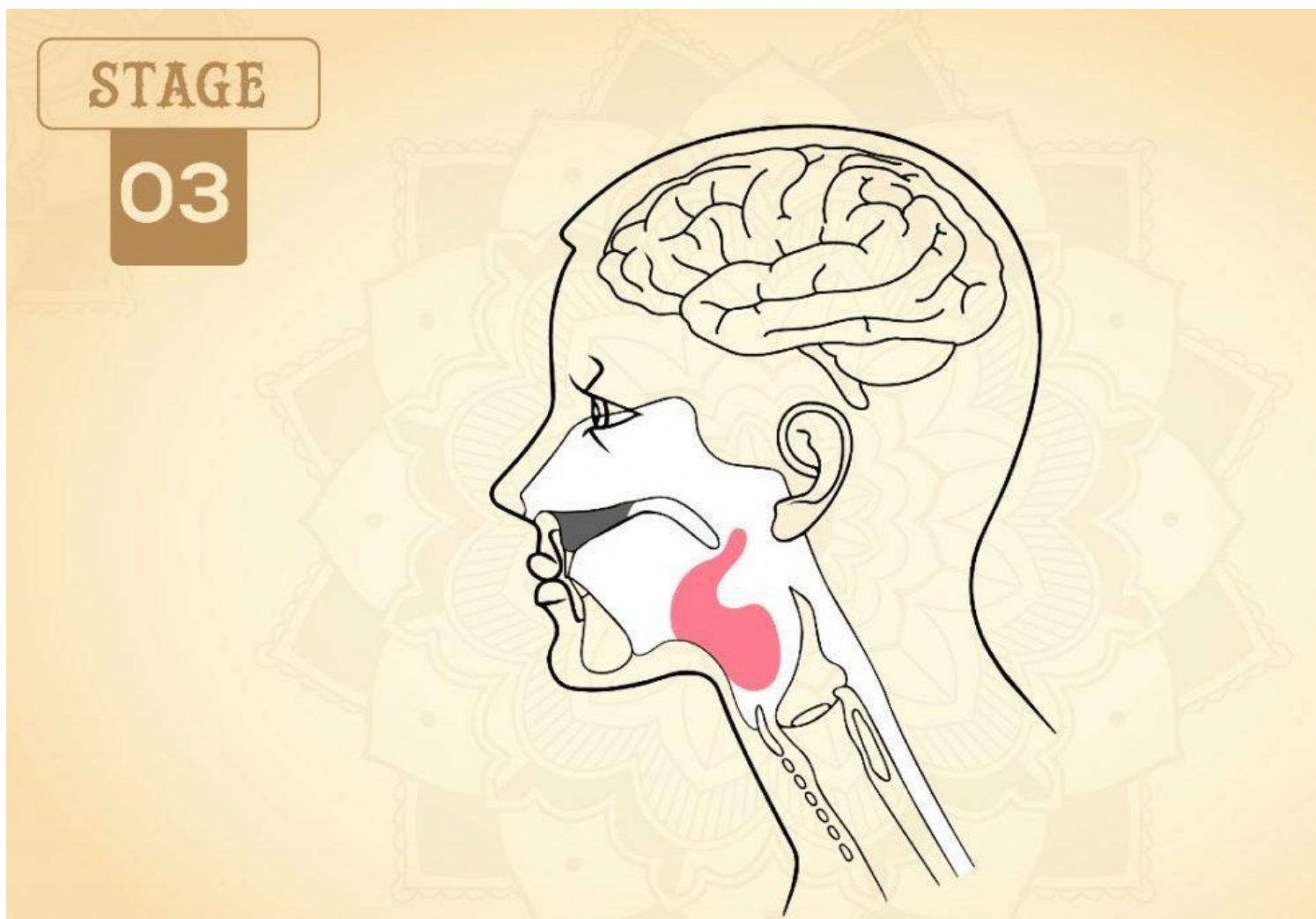


Source: fitsri

- Now as your tongue touching the uvula, open your glottis and mouth quickly to blow a bit of air inside the throat.
- This strong burst of air will push rolled tongue behind the uvula and your tongue will ready to enter into the nasopharynx.



## Khechari Mudra Stage 3 – Slipping Tongue Into The Nasopharynx



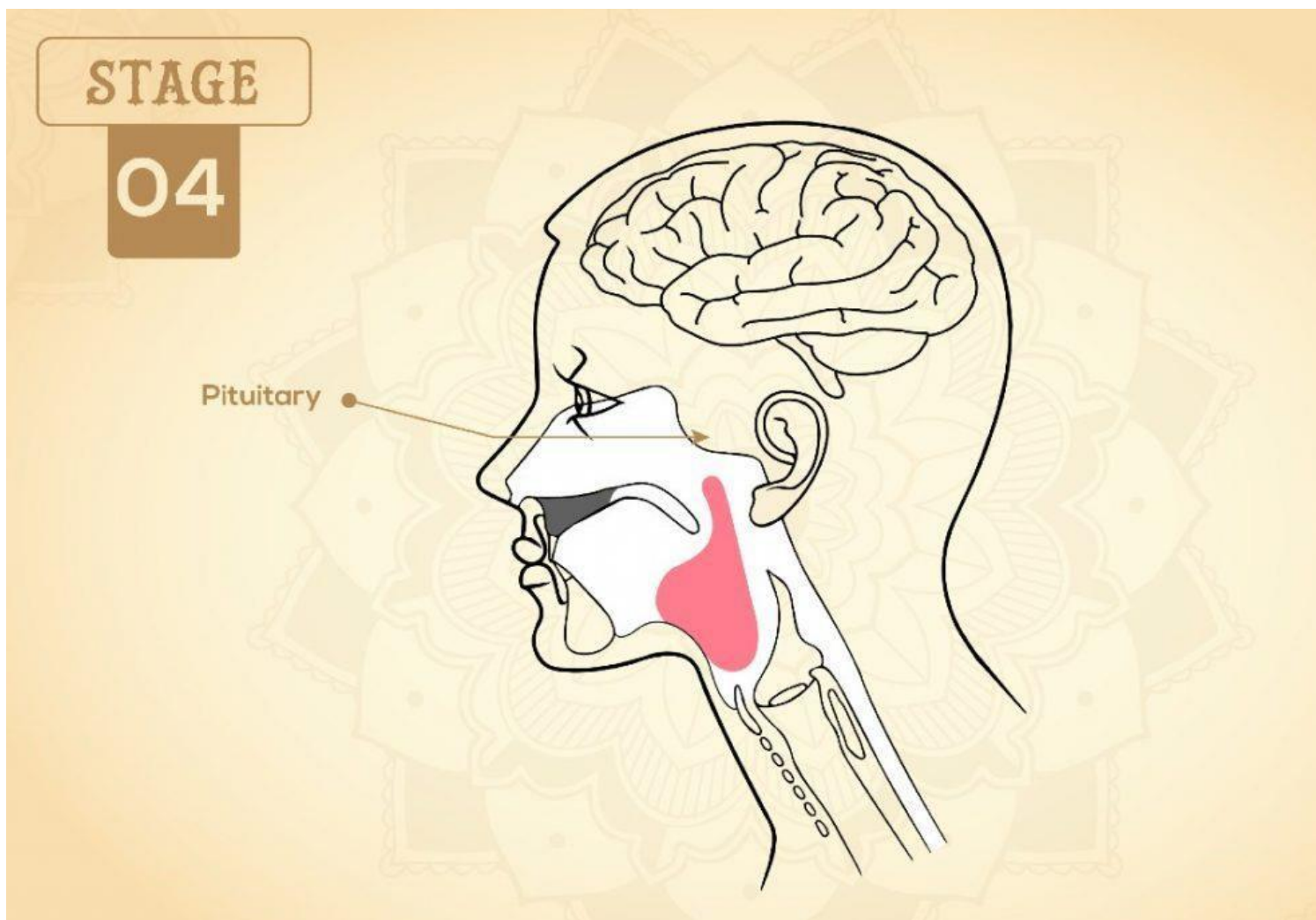
Source: fitsri

- Once tongue makes its way behind the uvula, now its turn to find a place behind uvula from where the tongue doesn't come to its previous position. This part will come naturally, the tongue will begin slipping but at this moment there would be a strong urge of throwing out tongue.



- Keep breathing slowly, observe what's happening inside your mouth. One just needs to come over this urge by observing the situation.
- Eventually, your tongue will start slipping into nasopharynx behind the soft palate. This will take tongue to the upmost where it touches a bony structure called the **pituitary gland**.

### Khechari Mudra Stage 4 – Pressing Pituitary to Secrete Nectar

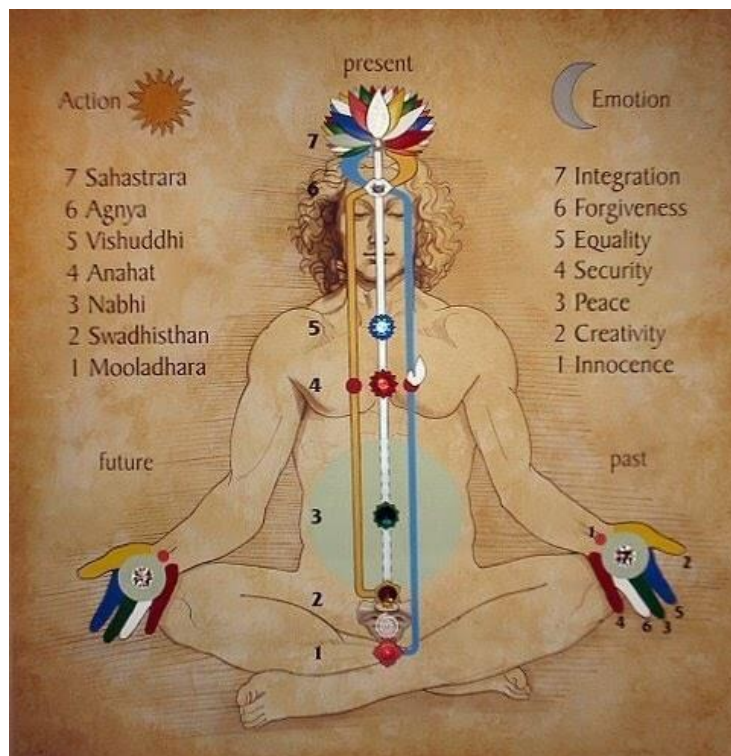


Source: fitsri



- Up to this point, the tongue has reached beyond the top of the pharynx. You will feel an emptiness in the mouth on reaching up to this point.
- Tongue touching at the topmost point here is nothing but space between your third-eye, where you asked to focus on at the beginning of this practice. Physiologically, this is the seat of the 'Pituitary gland', the master gland of the body.
- When the tongue pressed against this, it gets stimulated.
- Some fluid will start accumulating in your mouth but saliva wouldn't be swallowed as long as your tongue remains up.
- Slowly, bring your tongue down to natural position and you will found the taste of saliva accumulated inside your mouth.
- In the beginning, the taste of it would be bitter, is a sign of detoxification of your bodily system. But with practice, you will realize the bitter taste becomes sweet like honey, strawberry, and butter taste. It's called '*Amrita* – the bliss of nectar' in Hatha Yoga Pradipika.

## Working of Khechari Mudra



working mechanism of khechari mudra in relation to chakras. Image Source: sahajayoga.dk



The throat in our body is the junction point between the first five chakras (associated with the [five elements](#)) and the last two chakras (beyond the earthly elements). Because of this junction, Prana flow at the throat level gets interrupted and our brain centers don't get enough 'Prana – vital energy'. Therefore, our minds distract often when we try to focus it on one thought or one place.

In khechari mudra, when the tongue is extended up to the pit of the throat, it creates a lock at this junction point. Hence, it's also called **tongue lock mudra**. Now Prana can easily travel through this bypass to the higher chakras (Ajna and shahsara chakra). In this way, Prana starts flowing freely and the mind becomes relaxed & focused.

## Khechari Mudra Benefits

*One who accomplishes this khechari mudra is neither troubled by diseases, nor death, lassitude, sleep, hunger, thirst, or unconsciousness.*

Hatha Yoga Pradipika, 3.39

- This mudra opens up blocked salivary glands and prevents painful symptoms of salivary gland disorders <sup>1</sup>.
- As khechari mudra stimulates the pituitary gland, It **activates the parasympathetic nervous system (PNS)**. On PNS activation, your body conserves energy by slowing down the heart rate – low breath rate (5 to 8 breath/minute) and you feel relaxed.
- Khechari mudra with [bhrumari pranayama](#) is a very effective practice in case of hearing impairment and forgetfulness (dementia) <sup>2</sup>.
- Tongue rolled inside is a symbol of restraining our senses to go outwards. Also, if we fixed the tongue in one place (like in this mudra), it's very difficult to talk to yourself <sup>3</sup>— eventually, thoughts get reduced. This way, khechari mudra is very helpful to draw mind inwards that **makes meditation much easier**.
- The regular practice of khechari mudra removes symptoms of aging. It stimulates the pituitary gland that secretes growth hormone, also called **anti-aging elixir**.
- Khechari mudra with [ujjayi breathing](#) balances the secretion of the thyroid gland. Balanced secretion of the thyroid gland is very important to have a better metabolism, optimum body weight, growth, and development.
- Khechari mudra brings many spiritual powers like [third-eye chakra](#) awakening, precognition, and extrasensory perception.
- It's a cleansing practice also that on the secretion of nectar detoxifies the body, clears the tongue gag, and prevents bad breath (halitosis).
- Khechari mudra meditation is an effective technique to be in a tranquil [state of mind](#). This mudra locks the air inside the lungs and prevents exhalation in deep meditation, which doesn't let our awareness to be scattered.
- It makes the tongue more sensitive to taste an individual element. Hence, panch tattva (5 elements) dominancy or deficiency can be addressed easily by mastering this mudra. 5 tastes relation to the 5 elements: **sweet – earth, sour – air, salty – water, pungent – ether, bitter – fire**.

## Precautions



However, there are no side effects of khechari mudra but one can notice blood sticking to the tip of the tongue while managing the tongue to reach the end of the nasal cavity. There is nothing to fear in this, one should keep following precautions in mind;

- This mudra is not advised to do without any guidance from an expert teacher.
- A low protein diet should be taken while preparing for this mudra.
- Mastering stage 1 & 2 only itself can take around 6 to 7 months of practice, so it's not advised to practice all stages the first day only. A beginner should practice stage 1 until it gets comfortable.
- Cutting of frenum is done at an early age and strictly advised to do under the guidance of Guru.

## Final Words

Khechari mudra is called 'King of all mudras' because of its capability to stimulate the master gland of the body. Even if you as a beginner aren't able to do full khechari mudra, small khechari mudra (nabho mudra) brings many benefits at the physical level.

You can do this mudra anytime, but it's highly recommended during the meditation sessions. So whenever you sit for meditation, hold your tongue against the soft palate and you will see, it becomes easy to control your thoughts, minimal thoughts.



## Perseverance

<sup>10</sup>All beings on this earth have an expiration date marked on them. We can't see it and we don't know when the end will come, only that it will come.

Masters spend their lives reminding us that our stay in this world is limited, and they offer us a path to the unlimited. They tell us that in every one of us there is a thirst to find lasting truth, happiness and peace. We try to quench this thirst by every possible means: family and friends, girlfriends and boyfriends, worldly achievements and riches. All of this keeps us busy going from one activity to another, but none of it satisfies us because this thirst is for something higher – something that is already within us and is our real essence.

Soami Ji says in *Sar Bachan Poetry*:

*Why do you drink water, O swan soul? There is an ocean of nectar within you, which you can drink just by withdrawing your consciousness inside.*

Just as there are many different words for “water” – that substance we drink to satisfy our physical thirst – there are many different words for that inner nectar that will satisfy our spiritual thirst. Saints have called this inner nectar the Shabd, Nam, Holy Ghost, Word and many other names. It's not the words that matter, but that inner reality. Saints give us the method of meditation to withdraw our attention to this nectar, this Voice of God within us. But it is not easy to reach this everlasting bliss. That is why saints stress the importance of perseverance in our efforts to have our own direct inner experience of truth, of the Lord within us.

Helen Keller, a woman who became deaf and blind at 19 months of age, tells a story in her autobiography, *The Story of My Life*, about how she learned through direct experience. Her teacher, Anne Sullivan was trying to teach Helen to connect letters and words with the name of objects. At first Helen thought that her teacher was just playing a game. Helen memorized the words but failed to realize that these words were the names of actual objects. It wasn't until April 5, 1887, when her teacher took Helen to an old pump house that Helen finally understood. Sullivan put one of Helen's hands under the stream of water coming from the pump and began spelling “w-a-t-e-r” into the palm of her other hand. Helen writes:

*As the cool stream gushed over one hand she spelled into the other the word “water”, first slowly, then rapidly. I stood still, my whole attention fixed upon the motions of her fingers. Suddenly I felt a misty consciousness as of something*

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<https://rssb.org/2015-09-07.html><sup>10</sup>



*forgotten – a thrill of returning thought; and somehow the mystery of language was revealed to me. I knew then that “w-a-t-e-r” meant the wonderful cool something that was flowing over my hand. That living word awakened my soul, gave it light, hope, joy, set it free! There were barriers still, it is true, but barriers that could in time be swept away.*

Helen’s understanding came after much effort and with much persistence on her part and with the help of her remarkable teacher. Neither Helen nor her teacher was deterred by her past failures. They pressed on and ultimately Helen developed an exceptional capacity for communication and became one of the most admired and inspiring people in the world.

On the spiritual path, we sometimes get hung up on the idea of success or failure and we allow our lack of understanding to get in the way of persistence. In *Spiritual Perspectives*, Vol. II, Maharaj Charan Singh defines “failure” and in so doing shows its value:

*Failure means that I have done my best to attend to meditation, but I couldn’t succeed. Failure doesn’t mean that I never attended to meditation. That is not failure – that is not even attempting. Failure means I have done my best, I have given my time, I have lived the way of life while I have been trying to build my treasure. From every point of view I have been keeping myself clean, but I have not achieved anything within myself. So that is my failure. That effort will not be lost – that is what is meant by failure.... So our attempt is there, our efforts are there, but the results are not in our hands. From that point of view we can say that we have failed, but that is no failure.*

Even from a worldly perspective, perseverance in the face of so-called failure is essential. Soichiro Honda, founder of Honda Motors, said, “Success can be achieved only through repeated failure and introspection. In fact, success represents one percent of your work which results only from the 99 percent that is called failure.” When we are committed to accomplishing a goal, we naturally make continual efforts, even when we do not achieve immediate success. Soichiro Honda understood that repeated effort is necessary for any meaningful success. It is only through persistence that we continue our efforts long enough to get to the one percent of the efforts that leads to success. As Honda recognized, that one percent and that 99 percent are both valuable and we cannot have one without the other.



Masters see clearly that what we call “failure” is a necessary part of our spiritual growth – just as Honda recognized that repeated effort and failure are integral to business and engineering success. In *Spiritual Perspectives*, Vol. II, Maharaj Charan Singh says:

*Any time we devote to meditation, howsoever imperfect that meditation may be, is to our credit. It helps. It helps us to grow towards the path. So we should not think that our meditation is not very qualitative. We should think that it should at least be quantitative. Automatically quality comes with quantity. If we don't start, we will never learn to walk. If we start then naturally we fall also, we get bruises also. But as long as we get up again and start walking again, we will ultimately learn.*

Our difficulties and “failure” in meditation have a part to play in our ultimate growth. For one thing, they provide us with a necessary lesson in humility. If we were to instantly have inner experiences, perhaps we would think that these things are in our control. The truth is that as long as we identify with our bodies and minds we are limited individuals putting forth limited efforts, which can never be sufficient to enable us to reach the unlimited One. Our transformation will only take place when we come to a higher level. This can never happen with an ego-based approach. It can happen only through the Lord's grace, the help of a living Master and the magic of love. Hazur says in *Die to Live*, “‘I’ only comes when we don't do it. When we truly meditate, then ‘I’ just disappears. Then we realize his grace.”

What counts is not what we achieve, but how much we try with sincerity. Then with persistence and perseverance, just as Helen Keller was able to grow with the help of her teacher, we will surely succeed.

Let's give it everything we can and always strive to keep our love fresh. For those who have love, nothing else matters.

*As you persevere regularly in the meditation, you get ample joy and peace, which compensate for your labours and make you cheerfully and patiently look forward to ultimate victory.*

Maharaj Charan Singh, *Spiritual Discourses*, Vol. II

*Whether you are knocking very softly at the door, whether you are knocking very hard at the door, or whether you are frightened to knock and are only shouting, you are at the door, and you want the door to be opened to you. Even if we are nervous to knock, our intention is that the door should open and we should get*



*admission. All efforts are there. Everybody has a different approach, but everybody who is on the path wants the door to be opened. When we are sitting in meditation, whether we are knocking or whether we are too nervous to knock, we want the door to be opened. That is why we are giving time to meditation.*

Maharaj Charan Singh, *Die to Live*

Volume 11 · Issue 9.

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## Trillions of nerve cells fire off together



I find it fascinating that at any given moment trillions of nerve cells are firing off inside of you.

This human body is so incredible yet we are almost oblivious to it, except for the ones who want to realize the grandeur that we are.

I often say many times that the more attention you pay to something, the more attention it pays to you

I'm not joking when I say that. Unfortunately, in this world, we pay most attention to the world in front of us and never to our true nature.

Consequently, we are always struggling and treading water in the ocean of life.

At times the ocean is perfectly calm. In the next moment, a huge storm comes in and you have to hold on for dear life

This is the nature of the world, my friend.

During my research on this project and book, I've come across many different ways throughout the ages where people discovered unique places inside this human body. It seems to me that each organ has a unique chemical signature that can be released at any given time if given the proper conditions.

Because we are on autopilot most of the time, it is probably by chance that we may feel the benefit of these precious chemicals and elixirs.

These chemicals and elixirs can help not only the body but purify the mind.

Both the scientists and the mystic are looking for the same thing.

I admire the work of Dr. Joe Dispenza

He's taken a scientific approach to understanding the jewel that lies within us.

Around 10 years ago he was about ready to give up his work. He was working for around 10 years and most people came to his seminars mostly for theory and philosophy.



They really didn't want to do the work.

Since then, thousands of people come to his seminars and are excited to do the work.

A huge transformation occurred. People started having miraculous experiences. Each person was different and unique and came to the seminar for a different reason.

During these years, many neuroscientists have come to the events with their latest technology and mapped out the various incredible brain maps of individuals.

Not only that, but they took stool samples, blood samples, and a swab from the mouth.

They now have thousands of documented cases of the latest scientific experiments on hand, plus the actual testimonies from his students.

The world of the mystic and the scientist is coming together.

I love to see that diversity also with many of the world's religions. Each one of these religions has its own unique way of discovering these inner cocktails of life.

The way I see it there is not a single way. If there is a single way it is to use your chemistry set towards maximum potential.

God's elixir of chemicals exists inside every single cell of your body.

At a subtle level, there are trillions of chemicals that modern-day scientists have no idea that exists inside of us.

They need a mixture of concentration, right living, right thinking, and right action.

One needs to be aware of how incredible this human body is. We should take a look at the great mystics of the past and see what they have done and said about the ways to discover your true nature.

Currently, man's chemistry set in a state of one to 100 is probably around one.



We are barely functioning properly. We bicker and fight with one another. We even voted for a president who loves to be a bully. He could tell all the lies he wanted and many people didn't care.

We live in a world where we will soon have trillionaires. If I gave you 100,000 a year for 34 million years that would be a trillion dollars.

When the chemistry sent is not functioning properly, we become consumers of the land. We are sawing off the branch that we are sitting on. I heard this expression 50 years ago and really nothing much has changed since then.

A baby comes into this world with a perfect chemistry set. One comes in with the hardware, software, and operating system.

As we get older with our neglect we never bother to turn the computer on. We let our life be run on the remote control.

We think that is the only way we can live. If someone says something different and outside the box we will have scorn on our faces.

We don't want anyone to buck the system. We are satisfied with the misery that we are in.

At least misery is common and known. We fear the unknown. That is the problem, my friend.

The great mystics of old thought outside of the box.

Can you imagine that the Taoists discovered the electrical system of the human body thousands of years ago?

They understood the channels inside of them. They knew they were rivers and streams inside of us. These rivers and streams were life force energy keeping us alive.

In the same way, the yogis and the Jains discovered the chakra system and the 72 thousand nadis that exist inside of us.

Mind you, you can't see it physically with your eyes. There are no known instruments yet that can show you.



The mystics of old and modern-day scientists know about the quantum field.

The mystics of old knew how to tap into that field moment by moment. Wow, we are alive.

The great Taoist talked about being in harmony with nature and the universe.

They knew that was our true nature. Even in China, they had the same problems we have currently today.

The majority of the population wasn't interested in the slightest. Quite frankly, they could care less about this.

This attitude still is carried on today. Maybe today it is more prevalent.

At the same time since the advent of the internet, I see. Incredible hope for humanity.

Millions of people are waking up from their slumber.

When I came back from India 50 years ago I was still in my teams.

Back there you were considered strange if you practice yoga and meditated. It was outside mainstream norms.

Fast forward 50 years it exists everywhere.

Something is happening around the world today. The snowball is gathering more snow along the way down the mountain.

It seems to me nothing can stop it. We are going from darkness to light.

This is an incredible time for humanity.

These books are meant for you to ponder over them. There is a meaning behind each book that will help you learn on your journey in life.

Mind you I write these books for myself because I'm always learning. That is my mindset.

One can never clap your hands and say I know it all. I have nothing new to learn.



If you find yourself in that state of mind, the universe will teach you a fine lesson in life.

We must be humble in life. The universe is humble.

We have had our share of egotistical leaders leading us to war for thousands of years to no avail.

Many people think that humbleness and kindness is a sign of weakness.

I say quite the opposite. Amid adversity, it is extremely difficult to remain humble and kind.

Just think getting angry is so easy to do. You don't have to do anything to get angry. You're mind and body will automatically react.

Countries have gone to war in just one moment of a ruler getting angry over something.

This has left millions of people dying over the years since we have been fighting.

We have all this technology and yet it is being used against us. We are losing our freedoms every day.

The more society gets highly advanced with technology, the more society needs to be in harmony with nature than the universe.

Without this, society will be dealt a hard lesson. We have been going through many times of crises and it seems like history is always repeating itself

The same tapes get played over and over again.

We never seem to learn from our mistakes.

We make the same mistakes over and over again.

Unfortunately, we think the mistakes we are making are only new mistakes, not old ones.

In our history classes, we learn and memorize the facts. Can you imagine how incredible it would be if in every history class we take we could stop and ponder? How this could be prevented.



Not only back then but in the present moment. How can this be prevented?

We should take a look at our political system and see that it no longer supports us at all.

When we have two political parties that are constantly fighting and bickering with one another.

When both sides refuse to compromise and continually place blame and point fingers at each other.

This has been going on for a very long time.

In my eyes, any problem has a practical solution. We can solve the world's problems if we unite with each other.

When we go from me to we and consciousness that will be a step in the right direction.

If the quantum field contains eternity, that will probably mean that there have been countless universes existing before ours.

Can you imagine they probably had the same type of problems that we have?

Nobody gets a free ride in life.

A society has to go from darkness to light.

Recently I read more about the story of Helen Keller. Her teacher Ann Sullivan and Helen found out that it took around a thousand times falling down the ground and yet somehow the answer came to them.

An incredible transformation took place.

Still, they have to fall a thousand times more for another one to occur.

This is why I don't lose hope for humanity. Those thousand times we fall are a blessing in disguise.

They help us to transform ourselves. They help us to fine-tune the guitar of life.

They are needed to recalibrate the mind and body.



We are going from me to we.

Who knows how long it will take?



## The effect of music on brain waves and altered states of consciousness



- Innercamp
- May 5, 2022
- [altered states, brainwave, consciousness, music](https://innercamp.com/the-effect-of-music-on-brain-waves-and-altered-states-of-consciousness/)

<sup>11</sup>Music is all around us, woven into the social basis of our lives. It is a matter of general knowledge that the rhythm of drums, various melodies and sounds of instruments are known in ancient folk medicine. Before modern science, this was known to the ancient Indian sorcerers who “cast out” evil spirits with drums and Tibetan healers who have a great influence on the spiritual life of their people with various tunes. Ancient cultures were very much aware of the effects of the action of brain waves. It is known that the repetitive rhythm of drums, various tunes and dances introduce North American shamans into a trance. It is also a part of the healing. It is recognised by Tibetan priests, Hindu doctors, and also by trained yoga masters. Hindu doctors – Babaji in India – use specially written songs and mantras to treat certain diseases. And – supposedly – have very good results. In ancient Greece, music was used as an educational tool and was believed to positively affect people.

Of all the arts, music is the earliest available to a child, even before birth, because the sense of hearing, unlike other senses, is fully developed. Music affects a child’s overall development (physical, intellectual, and emotional), and all stages of development, as pointed out by many educators, linguists, and psychologists (Campbell, 2005). Despite many disagreements about the actual effect of music on

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<sup>11</sup><https://innercamp.com/the-effect-of-music-on-brain-waves-and-altered-states-of-consciousness/>



human health, some facts are hard to ignore. Music plays a vital role in prenatal and postnatal development, because in this period of life, a person is most susceptible to influences and shaping, and everything done or not done leaves lasting consequences on the child (Mrđen, 2002). The prevailing view is that stimulations through music, movement, and other arts directly affect a child's intelligence. Therefore, psychologists, coming out with seven types of intelligence, include musical intelligence among them (Živković, 2008). The actual effects of music on humans are manifested by changes in the brain's electrical activity, blood pressure, pulse, blood flow, galvanic skin resistance, respiration, and muscle tone and are all measurable and scientifically proven (Rojko, 2004).





Charnetski and Brennan (2001) in their book "*Feeling good is good for you: How Pleasure can boost your immune system and lengthen your life*", present the results of their research on causing the secretion of certain biochemical compounds in the human body while listening to music. For this research, a 30-minute piano composition based on Bach's chorales was composed. A group of 25 people listened to the composition in C major, 29 people listened to the same composition but in C minor, and 23 people sat in silence for 30 minutes. Each



subject gave a saliva sample before and after the test. Analysis showed that sitting in silence and listening to the composition in the minor left the condition unchanged, while listening to the composition in major significantly increased the values of immunoglobulin A (IgA) in the saliva of the subjects, one of the most important chemical compounds in the immune system. The identical procedure was repeated with another group of subjects, which gave exactly the same results. They also conducted further research on the effects of listening to various types of music, sounds and silence in the subject's immunity, proving that being in silence doesn't change the state of the immune system, listening to uncoordinated noise damages immunity, and listening to music (in this case soft rock and light jazz) has a positive impact, which depends on how much someone likes the music they listen to.

***How to penetrate the secrets of the brain and how to influence its work and development positively.***

The first to take this more seriously was the German scientist Heinrich Wilhelm Dove (1803-1879.) Investigating the effect of low-frequency current on the brain, he concluded that it is possible to direct the brain and force it to accept different frequencies in both ears, but at the same time follow the third, the frequency that is the difference between the previous two, which is so-called "phantom sound". The brain begins to emit a signal equal to the difference between the two signals we brought to the ears. This signal is called **binaural rhythm** or **tone**. It works so that if we introduce a signal of, say, 100 Hz into one ear, and a signal of, say, 108 Hz, into the other, the brain hears a signal difference of 8 Hz. Using binaural rhythm in such a



way, it is possible to adjust the brain waves to the desired level. This tells us that the brain can be influenced, and its work controlled. Robert Monroe also worked in this field. He showed in his experiments that combining certain sounds can cause modification of cerebral activity, leading to various changes in an individual's mood; from states of deep relaxation or sleep to expanded states of consciousness (Filimon, 2010).

Changes in brain wave activity that occur during binaural wave perception do not occur only in the area of the brain responsible for hearing, or only in one or the other hemisphere, but the whole brain is involved. With waveforms of both hemispheres becoming equal in frequency, amplitude, phase, and coherence, which actually represents hemispheric synchronization (Gray, 2005). Therefore, looking at binaural rhythm from another perspective, it can be defined as a specific audio technique or training to change brain waves, which is confirmed by research that has established the effectiveness of binaural waves in brain wave training (Vukić, 2014). The benefits of using a binaural wave are reported by Seifi Alaa et al., (2018), who mention effects such as those related to verbal memory, relaxation, dual cognitive tasks, working memory and reduction of pain and anxiety. Seifi Alaa et al, (2018) in their study, examined the effect of a 7 Hz binaural rhythm on the change in brain activity within the cortex. Research has shown no significant changes within the cortex occurred during the first three minutes of using the binaural rhythm. However, prolonged brain exposure to the same rhythm (6 min) caused effective changes in the relative brain activity of the temporal and parietal lobes compared to the control group. It has also been shown that it takes at



least nine minutes to stimulate the brain with a binaural wave to synchronise the entire brain's neural network.



***How do binaural tones work?***



If we know that the brain is an electrochemical organ, then we know that it emits electro brain waves. They then control and direct our lives, in the sense that they affect our mood, our thinking, and our consciousness.

Recent studies use advanced techniques such as fMRI, EEG and MEG. They confirmed that music processing is a service process that involves and connects different neural networks (Galinska, 2005). The right temporal lobe handles pitch as well as speech prosody. Rhythm is processed in the prefrontal motor cortex, cerebellum, and other areas. The limbic system, which is associated with emotions, processes both rhythm and tonality (Galinska, 2005). Robert Monroe, like his predecessors, noticed that our brain operated at different frequencies, depending on our activity, so they classified these frequencies (brain waves) according to brain activity as the brain uses them:

- **>40 Hz Gamma waves** – activated when intense mental activity is involved, including perception, problem-solving, fear, and awareness.
- **13-40 Hz Beta waves** – activated when it comes to productive thinking, concentration, alertness, and learning
- **7-13 Hz Alpha waves** – activated when relaxing (while awake) or snoozing.
- **4-7 Hz Theta waves** – sleep with dreams, deep meditation.
- **<4 Hz Delta waves** – deep sleep (“no dreams”), loss of body consciousness.



Given that the development of brain oscillations ranges from the lowest frequencies, which allow us to grow and regenerate to those that allow us to think analytically and act in higher frequencies, it is logical to conclude that if we want to extract the greatest possible potential from the person, we must bring this person's brain to the state in which it acted most plastically. Plasticity of the central nervous system allows us to stimulate the brain to reorganise at the earliest period, with early stimulations. The function of the damaged part is taken over by healthy parts of the brain (Bošnjak-Nadž et al., 2005). Since neural plasticity is closely related to brain oscillations, bringing the brain to a state of lower frequencies of brain waves, those most prevalent in early childhood, can affect its ability to reorganise. In addition to tracking early development, slow brain waves, which include alpha, theta, and delta waves, have been shown to affect the production of specific neurotransmitters and hormones (Patterson & Capel 1983). "For example, a 10 Hertz signal boosts serotonin production and turnover rates" reports Kennerly (1994). Also, hormones and neuropeptides associated with lower brain wave frequencies affect memory, creativity, and learning abilities. Vukić (2014) states "catecholamines, acetylcholine and vasopressin are just examples of beneficial hormones and neuropeptides produced at slower brainwave frequencies".

### ***Music and altered states of consciousness***

The beginnings of music are related to the beginning of man and civilization, it was used primarily for ritual and religious purposes as a way of communicating with the otherworldly and as a guide to enter states of trance that allowed altered states of consciousness. Ludwig



(1966) described altered states of consciousness as changes in thinking, emotions, perception of time, loss of control, the experience of the “unspeakable”, renewal and rebirth. Music appears to have the same forms of emotional processing, at least with respect to processing in the limbic system (Aldridge et al., 2006). It is important to define the terms trance and ecstasy in this context. Rouget (1991) makes a distinction between these two terms. “Trance is always associated with a greater or lesser degree of sensory over-stimulation—noises, music, smells, agitation—ecstasy, on the other contrary, is most often tied to sensorial deprivation—silence, fasting, darkness”. In this sense, trance seems to have a more direct relationship with the body and its functions, while ecstasy is more viewed as a mental activity like meditation. Trance is a context-dependent phenomenon associated with the cultural meanings of symbols and activities during the ceremony. The function of music is to contribute to the atmosphere, evoke the group’s identification process, and induce (invoke) trance. This happens in accordance with cultural beliefs, and there are no common characteristics of music that cause trance. The overall trance music varies culturally (Rouget, 1991). However, rhythmic patterns seem to be particularly important. Drumming rhythms and light rhythmic stimulation can cause muscle twitching and unusual perceptual reactions. The drumming of 8 to 13 beats per second in various cultures is associated with the occurrence or may cause the occurrence of atypical behavior. Unlike drugs by which some achieve altered states of consciousness, music is not addictive. It is much easier to maintain clarity of mind and control during the musical journey. If something uncomfortable and threatening emerges from us while listening to music, we can silence it and turn it off.



As part of the [Breathwork Method trainings](#) we delve deeper into trance states and also teach the practical side of using music for your sessions (how to create Spotify playlists, how to stream them on Zoom and etc). Our courses is a great balance of theory and practice.

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## Celestial Music



[PDF](#)



Welcome to the book called celestial music. I hope you will enjoy it. Music is an integral part of people's lives all over the world.

Could you imagine a world without music? I most certainly couldn't even imagine that. The world at times is

chaotic as it is with music. Music provides the spark of life to all of us. It inspires us. It makes us think outside of the box. It touches on all subjects in life. The good, bad, and the ugly.

Music is a means to convey the divine essence that resides inside each one of us. There are so many different types of music. Each genre has a distinct flavor to it.

I love listening to ethnic music from countries all around the world. Everyone is so different and so unique.

Of course, during the '60s I loved rock and roll. I was brought up on this.



As I grow old I still love classic rock and roll. I have been introduced to so many distinct and different types of music. I don't think I can say I like this one the best.

Each one is so different and unique. It's a different manifestation of the soul, yet they all are coming from the same place.

As the years go by, the greatest memory is when you listen to a song and instantaneously you are transported to that era. A flood of sweet memories comes into you.

Did you know even people with dementia upon hearing a song from a long long time ago still can capture these memories?

Music is so powerful that it can stir the soul with them.

Even people with Alzheimer's can still play the piano. They can still remember a song playing many moons ago.

I find that quite fascinating. I'm trying to express in words the power of music. I don't think I'm doing a great job at that. Music can never be explained away. Music can only be understood by the soul. It is a direct connection to the Jewel that lies within you.

This book is my personal favorite of the songs that I have heard during this incredible journey of life. There may be some that you like and some that you don't like. Why didn't you include this song? Remember this is my favorite list, not yours.

You will have a completely different list than I do. That is what is so incredible on this journey. There are so many beautiful things that are so different and so unique. Yet there is a thread tying them all together.

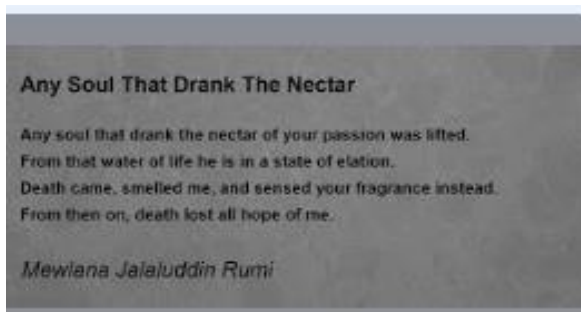








## Rumi Sufi









# On the “Path of Love” Towards the Divine: A Journey with Muslim Mystics

Omid Safi,  
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## *Introduction and Positioning*

<sup>12</sup>There is a strong tendency among many scholars of Islam, and other observers and scholars, to treat the legacy of Islamic thought through the trite lens of a “Golden Age”, followed by the inevitable “decline.” This favoring of “Classical” Islam usually translates into a favoring of Muslims who lived from 632-1258, lived in what today we would call the Middle East, and wrote primarily in Arabic. While my focus in this essay will be the notions of love, human and Divine, as espoused in the earliest and most foundational sources, let us begin with a 20th century Muslim mystic expressing these same ideas. He was in many ways a typical figure of 20th century globalism: a young Indian man who was sent to Europe, performed classical Hindustani concerts, and then brought his message of universal mysticism to the United States. His languages were Gujarati and English, not Arabic. Here is one of his most well known poems on the theme of love:

*I have loved in life  
and I have been loved.  
I have drunk the bowl of poison  
from the hands of love as nectar,  
and have been raised above life's joy and sorrow.*

*My heart, aflame in love,  
set afire every heart that came in touch with it.  
My heart has been rent  
and joined again;  
My heart has been broken  
and again made whole;  
My heart has been wounded  
and healed again;  
A thousand deaths my heart has died,  
and thanks be to love,  
it lives yet.*

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<sup>12</sup> <https://jsr.shanti.virginia.edu/back-issues/vol-3-no-2-august-2003-healing-words-the-song-of-songs-and-the-path-of-love/on-the-path-of-love-towards-the-divine-a-journey-with-muslim-mystics/>



*I went through hell and saw there love's raging fire,  
and I entered heaven illumined with the light of love.*

*I wept in love  
and made all weep with me;  
I mourned in love  
and pierced the hearts of men;  
And when my fiery glance fell on the rocks,  
the rocks burst forth as volcanoes.  
The whole world sank in the flood  
caused by my one tear;  
With my deep sigh the earth trembled,  
and when I cried aloud the name of my beloved,  
I shook the throne of God in heaven.*

*I bowed my head low in humility,  
and on my knees I begged of love,  
"Disclose to me, I pray thee, O love, thy secret."  
She took me gently by my arms and lifted me above the earth,  
and spoke softly in my ear,  
"My dear one,  
thou thyself art love, art lover, and thyself art the beloved  
whom thou hast adored."  
(Hazrat Inayat Khan) [\[1\]](#)*

Hazrat Inayat Khan's heartfelt poem in many ways stands in a thousand-year-old line of what has been referred to as the *madhhab-i 'ishq* , or "Path of Love" in Islam. What holds this thousand-year old "path" together is neither creedal statements nor particular initiatory rituals, but rather an aesthetic, a "mood", a *rasa* : the intuitive experience of love, which must be tasted personally. This is what the Sufis of this path referred to as the "taste" ( *dhawq* ) of love:

*Of love one can only speak with lovers. Only a lover knows the true value of love. One who has not experienced it considers it all a legend. For such a person, even the claim of love, even the name of love, are forbidden! [\[2\]](#)*

In offering a genealogy of the *madhhab-i 'ishq* , it is also important to point out that there were important pre-Islamic and early Islamic strands of love discourse (such as the *'udhri* love tradition [\[3\]](#)) that would be soon woven into this path. Still, my focus in this essay will be on the Islamic articulations of the Path of Love.

There is another tendency that I would like to avoid in this presentation. In order to fully situate Islamic mysticism ( *tasawwuf* ) as an unmistakably Islamic discourse, the early Sufis present Sufism as largely emerging out of the Qur'an and the statements of the



Prophet Muhammad ( *ahadith* , sing. *hadith* ). This approach has also been followed by many contemporary scholars of Islam and Sufism. It is, surely, a well-respected practice. There is no doubt great merit in going through the passages of the Qur'an, identifying all the many verses that talk about the great intimacy between humanity and the Divine: one could point to the very identification of the Divine as both *Rahman* and *rahim* , often translated as "compassionate, merciful", or perhaps even more accurately, "Infinite Tenderness, Eternal Kindness." One could point to the passages that talk about God as being closer to the believers than their own selves, as well as the ones that emphasize the quality of God's being overflowing in love towards those who have faith.

One could easily take that time-honored approach, yet in this essay I would like to proceed in a slightly different fashion. Rather than starting with the jewels of the Qur'an and the highlights of the Prophetic tradition before moving on to the statements of the Sufis, I would like to propose that we undertake a more historical study of the Sufis themselves. In my examination of particular Sufis and their teachings, I will of course bring up the key Qur'anic passages and *ahadith* that they bring up. My reason for this is to acknowledge that there is no direct teleology between the Qur'an and Love-Sufism. These verses can and have been interpreted in a thousand and one ways, and indeed many earlier Sufis (9th, 10th century ones) do not make the frequently cited verses of the Qur'an the cornerstone of their teachings. In other words, I am not arguing here that the Qur'an "really" focuses on these love teachings to the exclusion of other interpretations, as that would be a partial and even polemical view that denigrates other interpretations of the Qur'an. Rather, I wish to come to the foundational sources as interpreted by the later sources. It is not a difficult task to identify passages in the Qur'an that lend themselves to "love readings", but I urge us to consider that it is imperative to identify interpretive communities that have identified the same verses before us. In other words, whether the question to which we are tending is Divine love or *jihad* or gender constructions, it is important to avoid what some have called a naïve protestant reading of the Qur'an, and focus as well on the interaction of particular interpretive communities with the Sacred text throughout history. That, it seems to me, is perhaps a grander but much more sincere project from the perspective of both a scholar and an admirer of the richness of meanings contained in the Qur'an.

### *What is the path of Love? Towards a typology of Path of Love:*

My concern in this essay is with that loosely affiliated interpretive community that identifies itself as walking on the "path of Love". This hermeneutic community appeared fully in the early 12th century, and continues down to today. If we accept Ibn 'Arabi's (d. 1240) premise that the human heart is by nature synthetic and dynamic rather than discursive, <sup>4</sup>there is surely a problem with offering a static "list" of traits to identify the Sufis of the Path of Love. It is important to point out that any such list is merely suggestive, and not exclusionary. Furthermore, many "Path of Love" Sufis meet some but not all of the criteria in the "typology" offered below. Still, it might help us in getting a



better sense of how these loosely affiliated Sufis differed from other Sufis, many of whom were also likely to give a high place of prominence to love in their teachings.

As simple as it might seem, there are a large number of Sufis who have chosen to identify themselves as following the *madhhab-i 'ishq*. In doing so, they have privileged passionate love ( *'ishq* ) as the foremost means of approaching God. These Sufis elaborated upon the conventional dichotomies posed by earlier Sufis between *'ishq-i haqiqi* ("Real" Love, that directed to God) and *'ishq-i majazi* ("metaphorical" love, that directed toward other creatures,), and at times distanced themselves from it. Their conception of love was a more fluid and even mysterious one, <sup>[6]</sup> and they sought to explore the various nuances of the manifestations of love. In their explorations of love, they utilized well-known imagery which had been first developed in the context of human love, such as themes of the Cruel Beloved and affliction in love, to talk about the Divine.

In speaking of the Divine (and humanity), these Sufis demonstrated a particular fascination, even obsession, with beauty ( *jamal* ) as the paramount manifestation of the Beloved. This often led them to envisage particular humans as manifestations ( *tajalli* ) of the Divine, though not in the sense of incarnations, which they dismissed as *hulul*. They would also see many Divine manifestations in the natural realm: a rose could be a reminder of Divine Glory, the beauty mark on a beloved's face a reminder of Divine Unity. Perhaps most importantly, they have explored the consequences of God being revealed in phenomenal beings, including of course humanity. The fascination with beauty often led them to intricate examinations of the beloved as a *shahid*, "witness", which comes from the same root as *shahada*, or witnessing to Divine Unity. The Unity of God and Prophethood of Muhammad that most Muslims witnessed through repeated *La ilaha illa 'l-lah*, these mystics would testify to through an immersion in love's baffling aesthetics.

Since they sought the Divine inside humanity, these Sufis connected the path of God, from God, to God ( *inna lilahi wa inna ilayhi raji'un* ) [Qur'an 2:156], and even in God, <sup>[6]</sup> as something distinct from the conventional journey from here to Hereafter. Its Ultimate aim is found neither in this world, nor even in Paradise. It is not to be found simply through intellection and what the seeker knows and sees: the path of the seeker is inside his/her own self. One must search inside one's own self; as the Qur'an commands: "Do they not contemplate in their own selves ( *fi anfusikum afala tubsirun* )?" [Qur'an 51:21] It is above all with this inward path of love that the *madhhab-i 'ishq* has been concerned with. The first aim of this path is to point out to the thirsty seeker that he, parched lips and dying of thirst, stands knee deep in a river, even an ocean:

*You!  
always traversing the world  
searching...*



*tell me:  
what benefit has come of it?*

That  
*which you are seeking  
is with you;  
and you seek  
elsewhere* [4]  
(‘Ayn al-Qozat)

Consistent with seeking the Divine inside their own being, the Sufis of the Path of Love consistently valued spiritual *experience* over theoretical knowledge. It is important to point out that they did not wish to abolish theoretical knowledge: indeed they themselves have left some of the richest theoretical works in all of Islamic history. Rather, they wished to emphasize that ultimately it is personal experience that will lead one down the path, not theoretical knowledge. As ‘Ayn al-Qozat (d. 1131) said, it is honey in the mouth which is sweet, not the letters h-o-n-e-y.

As a general rule, the *madhhab-i ‘ishq* developed in the Persian and Persianate regions. Its teachings were easily passed on to the emerging Urdu and Turkish literary traditions. [8] Perhaps as much as anything else, it seems to be the non-gender basis of these Persianate languages which allows for deliberately delicious ambiguities where a love poem can be taken as referring to a poet’s spouse, spiritual teacher, Prophet Muhammad, or God — and often times simultaneously to all of them!

Many writers of the *madhhab-i ‘ishq* favored the use of poetry and music as a means of spiritual exercise. These meticulous performances provided the contexts for some of the first concerts of spiritual music, to achieve ecstasy, or what is referred to as *sama’* sessions, in these societies.

Many, though not all, of these Sufis favored using paradoxical statements to encourage the listeners to attain to a self-critical level of their own presupposed categories. At times these statements assumed the genre of *shathiyat*, or ecstatic utterances. [9] It is perhaps important to recall that not all of their utterances are to be read in a straightforward theological, legal, or philosophical fashion, all separate discourses in Islamic thought. The playfulness of such mystics vis-à-vis the blessed yet cursed medium of language should never be forgotten.

Perhaps a surprising aspect of *madhhab-i ‘ishq* has been the willingness of these Sufis to recognize ways in which many people’s adherence to Islam has become more rote than personal realization. Therefore, they have developed sophisticated ways in which they call for people to give up their “metaphorical Islam”, and transcend to a higher level of God-realization. There is no question here of abandoning religiosity altogether or of



advocating a “spirituality” disconnected from particular religious traditions, notions that would have been anachronistic to any pre-modern Sufi. Rather, they would invert symbols which in popular Muslim imagination represented “inferior” forms of belief ranging from infidelity and idol-worship to Magian sages, wine drinking, and even Christianity to represent this type of God-actualization that has transcended the norms and the public acknowledgment of these norms. Naturally the Sufis would not become idol-worshippers and Christians any more than they became wine-drinkers. Perhaps the most deliberately shocking of the “inversions” of symbols were occasions when some Sufis on the Path of Love depicted *Iblis* (Satan) as the perfect lover of God, and “True Infidelity” as superior to “metaphorical Islam.” <sup>[41]</sup> As it might be expected, these hermeneutical exercises earned them the wrath of many religious scholars, and even some Sufis.

In a related move, they often moved to de-exceptionalize Islam in their treatment of other religious traditions: one of them, ‘Ayn al-Qozat, freely acknowledged that just as all religious traditions become “worn out”, Islam too was becoming worn out in his own day. <sup>[42]</sup> They often saw this message of God-realization primarily through love of humanity and Divine as the means of reviving and rejuvenating all religious traditions. A concurrent aspect of this teaching was their emphasis on the possibility of many spiritual paths to lead one to salvation and enlightenment. This universality earned them the affection of many different followers, even as it raised the ire of stricter theologians.

To the Sufis of *madhhab-i ‘ishq*, if any path brings humanity to the Divine, then that path is Islam, “Submission.” Likewise, a path that does not bring enlightenment ( *agahi* ) is worse than infidelity in the sight of God. The seeker is concerned with the One who instituted the path, not the path itself.

*I will incinerate this creed and religion, and burn it.  
Then I will put your love in its place.  
How long must I hide  
this love in my heart?  
What the traveler seeks  
is not the religion  
and not the creed:  
Only You. <sup>[43]</sup>*

Another tendency occasionally displayed in the Sufis of *madhhab-i ‘ishq* has been their transcending of conventional master-disciple hierarchy. Close examinations of the relations between ‘Ayn al-Qozat and Ahmad Ghazali on one hand, and Rumi (d. 1273) and Shams (among the two most well known pairs of Sufi masters in history of Islam) on the other reveals the extent to which each mystic became a mirror in which the other contemplated himself.



Concurrent with transcending conventional master-disciple hierarchies, these Sufis often thought that the first step on this path of love was the abandoning of conventions and habits, *tark-i 'adat* . <sup>[13]</sup> They hold that the majority of people approach the Divine through the path of their ancestors, not one that they have realized for themselves. In a real sense, this critique is not a new one, but a reiteration of the Qur'anic message:

*When they are told to follow the (Revelation) that God has sent down, they say: "Nay, we shall follow the ways that we found our fathers (following). [Qur'an 31:21]*

The majority of the occasions where the Qur'an refers to following the ways "of our fathers", it is to emphasize the dichotomy between recognizing the truth that is before one to the conventional ways of error that one's forefathers have always followed. To underscore this point, Ahmad Ghazali quotes a Prophetic *hadith* in one of his sermons: *bu'ithtu li-rafzi 'l- 'adat* ; "I was sent to remove customs." <sup>[14]</sup> Ayn al-Qozat even connected the reading of the Qur'an to this transcending of norms:

*O chivalrous youth...If you want to see the beauty of the Qur'an, abandon the worship of habits ( 'adat-parasti ). Forget everything you have heard! <sup>[15]</sup>*

Theirs was not a call towards "spiritual anarchy." One can only transcend what one has mastered, and these Sufis were already masters of the normative religious sciences (law, theology, etc.). There is no indication that they intended to abandon their religious affiliations. Such an assertion is in fact a common misreading of these teachings in our own age. The dynamic Sufi tradition has never abandoned wholesale what has come before, but rather selected those elements that seem to address the contemporary situation, and re-articulated them in a fresh way. It is a sign of this "conservative" yet dynamic nature of Sufi teachings that many statements of the madhhab-i 'ishq — to abandon conventions and norms, to give up "metaphorical Islam" and enter into "Real infidelity", to adorn oneself with the Christian zunnar, etc. — all became tropes in due time! The aim of those on the "Path of Love" was to invest their religious tradition with a spirit of focusing on the Ultimate, and not the means towards the Ultimate.

Time and time again the Sufis of the "Path of Love" begged their disciples, readers and spiritual communities to transcend the conventions and norms in which they were steeped, to obtain a personal realization of God:

*The people of the world have contented themselves with worship of habits ( 'adat-parasti ). How far are they from this tale? ...The others have so many veils before them that prevent them from comprehending: blind imitationism ( taqlid ), bigoted partisanship ( ta'assub ), haughtiness ( kibr ), conceit, and pride. <sup>[16]</sup>*



The Path of Love Sufis remind us that those who have fanatically attached themselves to their own experiences, their own communities, and their own fixed and limited articulations of The Truth have limited God to their own intellectual conceptions. Hafez's aching rejoinder echoes this:

*Excuse all the seventy-two sects [147](#) at war.  
They did not see the truth,  
and took the road of fable. [148](#)*

In a poignant poem, full of the compassion of a living sage who has insight into the lives of those around him, Rumi cries out to the pilgrims setting out for Mecca:

*O you who have left for Hajj,  
where are you?  
where are you?  
The beloved is here!  
Come, come!*

*The Beloved is your neighbor  
what are you doing,  
lost in the wilderness?*

*If you could see the formless face  
of the Beloved  
you'd know that you are the lord,  
the house, and the Ka'ba! [149](#)*

*So many times you set out on that road to that house;  
Just once...  
come to the roof of this house. [150](#)*

*Yes, that house [Ka'ba] is subtle,  
you've told me about it.  
But show me something  
about the Lord of that house!*

*If you saw that garden,  
where are the flowers?  
If you dove in God's ocean,  
where is a single soul-jewel? [151](#)*



Having a fairly fluid typology of the path of love at hand, we will proceed to examine the legacies of the two key terms *madhhab* and *'ishq* before undertaking a chronological examination of the seminal figures of the Path of Love.

## On Madhhab and 'Ishq :

The term *madhhab* had a multi-faceted usage in Islamic thought. When the Sufis of the Path of Love used this term, they intended the meaning of “path.” In the story of Moses and the Shepherd, Rumi, that supreme falcon of love, states:

*The spiritual community of love  
is apart from all faiths.  
The lovers' community and path (madhhab)  
is God.* <sup>[22]</sup>

It is precisely this term, the *madhhab-i 'ishq*, which has also been rendered as “Creed of Love” and “Religion of love.” We will return to the discussions of *'ishq* later. The term *madhhab* has been previously translated as “school”, “sect”, “creed”, or “religion” — leading to such terms as “School” or “Religion” of Love. This can be a bit misleading, as theirs was by no means an attempt to start a new religion, or add yet another “school” to the already crowded field of pre-modern Islamic intellectual thought. In using the term *madhhab*, they were returning to the root meaning of the word: As with many other words used by Sufis such as *tariqa* and *shari'a*, the literal meaning of the word *madhhab* is that of a trodden path. This was to be a path to be walked on not alone, but with fellow seekers. *Madhhab* had been previously used to refer to the various Islamic theological and legal schools: One could talk about the *Shafi'i*, *Hanafi* or *Ash'ari madhhab* [pl: *Madhahib*]. The titles of these “schools” were eponyms after a significant founder. These Sufis sought to set themselves apart. Their “path” was named not after a founder, but after “love”, and even God! Their claim was as radical as it was simple:

*God-willing, I shall expound upon the lover and the beloved. . .  
I mentioned the madhhab (path) and community of the lovers of God. They follow the  
path and community of God; not that of Shafi'i, Abu Hanifa, and others.* <sup>[23]</sup> *The lovers of  
God follow the madhhab-i 'ishq (path of love) and madhhab-i khuda (God's path).* <sup>[24]</sup>

The Path of Love is God's own path. The path *to* God, and the path *of* God (as both are possible translations of *madhhab-i khuda*) is in fact the path of love. Only love delivers humanity to the Divine. Rather than identifying the path with a noted theologian or jurist, they identified the path with love, and even more, directly with God:



*They asked Husayn Mansur [Hallaj]: "Which path are you on?"  
He said: "I am on God's path." ( ana 'ala madhhab rabbi ).* <sup>[25]</sup>

It is important to point out that these Sufis were not abrogating the established theological and legal schools, nor were they dismissing their relevance. In fact, many of the Sufis we are about to discuss were themselves important members of these other "schools" as well. <sup>[26]</sup> At the same time, the Sufis of the "Path of Love" asserted that those scholars who denied the primacy of love — and limited themselves to the "externals" — were "highway robbers and immature children"! 'Ayn al-Qozat stated:

*O precious one... If Shafi'i and Abu Hanifa, who were leaders of the community, were alive in this age, praise be to God they would find many benefits, Divine sciences, and traces of spiritual words; they would all turn to these words...and would utter nothing but this!* <sup>[27]</sup>

The Sufis of the Path of Love were presenting not a new religion, but a fresh, dynamic, and ever transforming understanding of themselves, the world around them, and the Divine based primarily on love. Rumi, directly quoting from an earlier poem of Sana'i, <sup>[28]</sup> stated:

*Love is nothing,  
Save felicity and grace.  
Love is nothing,  
save opening the heart  
and guidance.  
Abu Hanifa?  
Did not teach about love.*

*Shafi'i?  
Does not narrate about it.* <sup>[29]</sup>

Their aim was to re-invigorate religion and revive it from a tradition of sectarianism and blind imitationism ( *taqlid* ) to one reaching a dynamic understanding of God not as an "idea", but as the Real. The first step on this path towards God-realization ( *tahqiq* ) was one of transcending conventional norms in which people had come to conceptualize God and their relationship with the Divine.

We can now move on to an examination of the second term, *'ishq* . These Sufis did not invent the terms for "love" ( *mahabba* , *'ishq* , etc.), yet they made them the focal point of their teachings in a way that was never done before. Many earlier Sufis had held that the term *'ishq* was too radical to be applied to a human-Divine relationship, and preferred to use the Qur'anicly based term of "loving-kindness", *mahabba* . When the



important early Sufi writer, Abu Bakr al-Kalabadhi (d. 385/995) was discussing “their [i.e. the Sufis] sayings on love”, he used the term *mahabba* . In this context, he cited many statements from early Sufis such as al-Junayd (“Love is the inclination of the heart”), and Abu ‘Abd Allah al-Nibaji (“Love for creatures is a pleasure; love for the Creator means annihilation.”). <sup>[30]</sup>

While al-Kalabadhi does not use the term *‘ishq* , Qushayri (d. 1072) is a good representative of those who use both terms, while preferring *mahabba* . In his famous *Risala* , he pleads — to no avail — that: “When the scholars use the term *mahabba* , by this term they mean ‘desire.’ But the Folk [i.e., the Sufis] mean something other than desire when they use this term. Desire can not be said to belong to the Ancient One [God].” <sup>[31]</sup> This seems to have been the main objection to attributing *‘ishq* to the Divine. Another objection, relating to both the human being and the Divine was the following:

*The master Abu ‘Ali al-Daqqaq (may God grant him mercy) asserted, “Love is a sweetness, but its inner reality is bewilderment.” He also said, “Passionate love [ ‘ishq ] is exceeding all limits in mahabba . God [may he be exalted] cannot be described as exceeding limits, so He cannot be characterized as possessing passionate love for anything. If the love of all mankind were joined together in one man, this would not come close to the measure of love due to God.*

*Let it not be said, ‘This person has exceeded all limits in the love of God.’ God cannot be described as having the quality of passionate love, nor can the servant be described as having it in his relation to God. Passionate love cannot be used [as a description of the relations between man and God] because there is no way for it to be related to God, either from Him toward the servant or from the servant to God.” <sup>[32]</sup>*

Interestingly enough, Daqqaq’s statement starts from the premise that God’s love is so infinite that in describing it as “exceeding limits in love” ( *mujawizat al-hadd fi ‘l-mahabba* ) <sup>[33]</sup>, one is doing injustice to it. Yet the floodgates had been opened too wide for many Sufis to heed these cautionary words: The next centuries saw an effervescence of expressions describing this passionate love. Their words of love at times attained to such power that it was said: “I was present when Samnun spoke on love, and all the lamps ( *qanadil* ) in the mosque shattered.” <sup>[34]</sup>

It is precisely this notion of *‘ishq* as a passionate and extreme variety of love which was to be the subject of the first text written on love in Persian, the *Sawanih* of Ahmad Ghazali (d. 1126). It is to this founding member of the *madhhab-i ‘ishq* that we now turn.

## *Salient Features of Ahmad Ghazali’s Teachings on Love*

### **The “virgins” of love-ideas:**



One of the more powerful insights articulated by the Sufis is that the *reality* of love is not the same thing as the *words* chosen to express that reality. The full meaning of the words of love are open to those who have had direct experience of it. Ahmad Ghazali made a beautiful comparison to elucidate the disjunction between the reality of love and words that seek to convey that reality in the very beginning of his masterpiece, the *Sawanih*. He stated that the “ideas of love are like virgins, and the hand of words can not reach the hem of their skirt.” Using a particularly erotic language, Ghazali went on to suggest that the task of one who writes on love is precisely to “marry” the “men of words” to the “virgins of ideas” in the “private chambers of speech.” <sup>[35]</sup>

Ghazali states the reader should perpetually remember that his treatise does not belong to any specific view in terms of the realities, modes, and aims of love: the love he is presenting is not to be attributed to (either) the Creator ( *khaliq* ) or the creature ( *makhluq* ). In doing so, Ghazali is bypassing the much-discussed categories of “Real Love” ( *‘ishq-i haqiqi* ) and “Metaphorical Love” ( *‘ishq-i majazi* ). According to those who would favor such a dichotomy, only God is worthy of Real love, and all the loves experienced on this terrestrial realm can be called love only in a metaphorical sense. Interestingly enough, while the perspective of Ahmad Ghazali in general is worlds removed from the metaphysical framework of Ibn ‘Arabi, the two saints seem to be in agreement with respect to this point: Ibn ‘Arabi also has a notion that rather than “binding” our selves to certain fixed understanding of God, our approach should be one of “perpetual transformation” ( *taqallub* ). Through an ingenious word play, he points out that such a synthetic and dynamically integrative approach can only take place in the heart ( *qalb* ). Our conceptions of the Real need to be open to perpetual transformations so that we do not make an idol of the Real. <sup>[36]</sup> Ahmad Ghazali concurs with this: rather than limiting our understanding to static, fixed notions of “human love” and “divine love”, we must allow our own perspective towards these notions to be constantly open to change and transformation.

It is after these introductory remarks that Ghazali moves on to the Qur’anic verse which might legitimately be said to be the ocean into which all the Sufis of the “Path of Love” have dived for centuries in search of pearls:

*God Almighty has said:  
“He loves them,  
and they love him.” [Qur’an 5:54]*

It might even be said that the whole of love mysticism in Islam is a meditation upon the above verse: *yuhibbuhum wa huhibbunahu*. It is no accident that in this verse, God’s love for humanity is mentioned first. Humanity’s response to God’s love can be nothing but love itself. In a subtle language, Ahmad Ghazali related these two terms to one another:



*The root of love grows out of the infinite pre-existence. The diacritical dot of (the letter) ba' (ب) of yuhibbuhum (He, i.e., God, loves them) was cast as a seed on the soil of yuhibbunahu (they love Him); nay, that dot was on hum (them) until yuhibbunahu (they love Him) grew out. When the narcissus of love grew out, the seed was of the same nature as the fruit and the fruit had the same nature as the seed.* <sup>[37]</sup>

Human love is thus described as being *hamrang* , “of the same nature” [lit: of the same color] as the Divine love. The language of “real” and “metaphorical” love — with all the suggested facile dichotomies and static definitions it can contain — is thus circumvented.

These marvelous Qur’anic verses have been for centuries the objects of meditation and practice for Sufis: One is hard pressed to find Sufi writings after this period in which the verse “He loves them and they love Him” is not featured. Yet, it is fair to say that the legacy of love mysticism in Islam is much more extensive than the brevity of the above verses would tend to suggest. Immediately after quoting the above Qur’anic lines, Ghazali moves on to a quatrain which identifies the *madhhab* followed by him and other members of the Path of Love:

*From before existence  
our steed set out with love.*

*Our night,  
forever illuminated  
from the lamp of Union.*

*Until we return to non-existence  
you will not find our lips dry  
from that wine  
un-forbidden in our path (madhhab).* <sup>[38]</sup>

Ghazali continues the theme of existence and non-existence: when the spirit crossed over from the realm of “non-existence” to that of “existence”, love was there waiting. There could be no spirit in this realm, without love. It is this emphasis on this love that has accompanied us in the deepest core of our being, that distinguishes the *madhhab-i ‘ishq* , “Path of Love.”

#### **The Affliction-in-Love:**



The theme of the afflictions that all lovers undergo was not a new one, even reaching back to Pre-Islamic poetry where the poet lamented the passing of the departed caravan. <sup>[39]</sup> Some of the early Sufis, such as Junayd, had also explored this theme. <sup>[40]</sup> The Sufis of the *madhhab-i 'ishq* explored this theme further, and stated that no Prophet ever suffered affliction the way Muhammad, Peace be upon him, did. <sup>[41]</sup> With the rise of Sufi mysticism, they used all the imagery of the Qur'an to underscore the affliction-in-love. In one of the more ingenious re-interpretations, the Qur'anic verse: "When kings enter a village, they decimate it" [Qur'an 27:34] was re-interpreted as the afflictions sent by God upon the heart of a seeker to the point that the servant *becomes* the affliction. <sup>[42]</sup> In the *Sawanih*, Ahmad Ghazali connected this affliction to a sophisticated love theory:

*Love, in its true nature, is but an affliction ( bala' ), and intimacy ( uns ) and ease are something alien to it and are provisionally borrowed. This is because separation in love is indeed duality while union is indeed oneness. Everything short of this is a delusion of union, not its true reality. This is why it is said, Love is an affliction and I am not about to abstain from affliction, (In fact) when love falls asleep I turn to it and raise it. My friends tell me to abstain from affliction Affliction is the heart, how can I abstain from the heart? <sup>[43]</sup>*

The above theme of affliction-in-love was elaborated upon by Ahmad Ghazali's disciple, 'Ayn al-Qozat, to a hauntingly sublime height: "whoever distinguishes between grace and wrath, is still in love with grace, or with wrath — but he is not yet a lover of the beloved!" <sup>[44]</sup> He detected a relationship between love and affliction in the very orthography of one of the words for love, *Mahabbat*. In a simple pun involving transferring the diacritical dot under the letter *ba* (ب) in *mahabbat* to over it, he pointed to the transformation of محبت ( *mahabbat*, "love") to محنت ( *mihnat*, "suffering"). <sup>[45]</sup> —

Furthermore, rather than seeing affliction as merely the trial that the lover has to endure, affliction ( *bala'* ) was the "jewel of God's treasury":

*Take heed... You think that they give affliction to just anyone? What do you know of Affliction? Remain [on this path] till you get to the point where you will buy God's affliction [at the price] of your life-soul. It was from this same perspective that Shibli said: "O God! Everyone seeks you for grace and ease, and I seek you for affliction. We do not destine anyone for affliction until we list him amongst the saints. This affliction is the jewel of our treasury We do not bestow jewels to just any unrefined soul. <sup>[46]</sup>*



The early Chishti master Shaykh Nizam al-Din Auliya' took this metaphor of affliction-in-love to yet another level by simply stating:

*Even though He says He'll kill me,  
That He says it can't but thrill me! <sup>[47]</sup>*

In offering this sophisticated explanation, the aim of the Sufis of the Path of Love was to offer a profound engagement with and acknowledgment of the emotions felt by a soul. Emotions, whether positive or negative, joyous or painful, were not seen as illusory. Rather, their *real*ness was admitted and acknowledged: the aim of a mystic was to utilize the power of the emotions to recognize the trans-mundane origin of these sentiments, and remain ever-mindful of the beloved. Much of the nuance of Sufi teaching here is concerned with the sublimation of sentiments.

#### **Each blind to his/her own beauty:**

One of the amazing insights provided by Ahmad Ghazali, indeed one that he calls a "great secret", is that each beloved's eye is blind to her own beauty. None can perceive his own beauty, "except in the mirror of the lover's love." As Ahmad elaborates:

*Therefore, beauty necessitates a lover so that the beloved can take nutriment from her own beauty in the mirror of the lover's love and quest. This is a great secret.... <sup>[48]</sup>*

Through this amazing vision of love, the hierarchical nature of master-disciple, lord-servant relationships are converted to a highly nuanced dance of reciprocity: for all of the charming claims to self-sufficiency and coquetry ( *naz* ), the beloved *needs* the lover. It has been well-known how the lover is utterly dependent ( *niyaz* ) on the beloved; but now the beloved is exposed for being caught up in this net of reciprocity. Through many anecdotes, he demonstrated that the beauty of the beloved in herself is not the same as the beauty she has when a lover treats her as beautiful:

*The glance of loveliness ( kirishmah-i husn ) is one thing and the (amorous) glance of belovedness ( kirishmah-i ma'shuqi ) is something else. The glance of loveliness has no "face" turned towards anything "other" (than love itself) and has no connection with anything outside (of love). But as to the glance of belovedness and the amorous gestures, coquetry, and alluring self-glorification ( naz ), they are all sustained by the lover, and without him they will have no effect. Therefore, this is why the beloved is in need of the lover. Loveliness is one thing and belovedness is something else. <sup>[49]</sup>*

The above notion, the distinction between "loveliness" and "belovedness" was also seen as a powerful way to explore the relationship between God and creation: whereas God



In this view of creation, as with the previous theme of the positive appreciation of emotions, the Cosmos is seen as an inherently positive force, not a negative one: this view of the Divine purpose of Creation is far away from the pessimistic gnostic view in which the *dunya* is merely a veil or a distraction. It is in this light that the Sufis of the Path of Love have repeated the well-known sacred *hadith*, communicated by God directly to Prophet Muhammad:

The very purpose of creation, these Sufis remind us, is for the Divine to manifest Himself in utter fullness, and for the creation to come into that intimate relationship of knowledge and adoration with the Divine.

The beloved said to the lover,  
“Let yourself become me, for if I become you, then the beloved will be in a state  
necessity, and the lover will become greater; thereby need and necessity will increase.”  
???????????????? “But if you become me, then the beloved will become  
greater. Thereby all will be the beloved, and the lover will not be. There will be no more  
need ( niyaz ); instead, all will be the expression of self-sufficiency ( naz ). There will be



*no more necessity; all will be there, already attained. It will be all richness and no poverty, all remedy and no helplessness.”* <sup>[52]</sup>

It is in this sense that the lover turns to the beloved in all of his needfulness, *niyaz*. And yet, the situation is far from bleak: the proud yet humble lover can indeed claim that he is bringing the one quality that the Beloved “lacks”: needfulness. Rumi’s spiritual mentor, Shams-i Tabrizi, raises this point in his *Discourses (Maqalat)*:

*What good is it if you take your soul at hand, and present it [to God]? What use is it to take cumin to Kirman? <sup>[53]</sup>How will this add any value, or price, or cultivation to what is there? Since there is such a royal court, he is now without need ( *bi-niyaz* ), so take your needfulness ( *niyaz* ) there. Since the one without need likes needfulness. Using that needfulness, you can suddenly leap out of the midst of all these creatures. Something from the Ancient One [God] will be joined to you, and that is love ( *‘ishq* ). The trap of love has been set, and you are wrapped up in it, since “they love him” ( *yuhibbunahu* ) is the impression of “He loves them” ( *yuhibbuhum* ).* <sup>[54]</sup>

The beloved might be able to carry on with the game of self-sufficiency, even if the lover presents heart and soul on a silver-platter. After all, does she not have a thousand hearts and souls offered to her each second? She does not, however, have “needfulness.” What she “needs”, paradoxically, is the lover’s needfulness. What the Lord “needs” to be able to assume the quality of a “lord” is someone to assume the role of the servant. Theologically speaking, this is dangerous ground, no doubt, but a powerful message of reciprocity that the Sufis have explored with great delicacy and insight. Among the Sufis, perhaps none has explored these dangerous grounds more persistently than the martyred youth, ‘Ayn al-Qozat, and it is to him that we now turn.

### *Loving God, loving all:*

A major theoretical debate among the Sufis in this time period dealt with the relationship between the love for God and the love for Creation. A number of early Sufis — such as Hujwiri — had asserted that the term *‘ishq* is not appropriate in referring to humanity’s love for the Divine, and instead one should use terms such as *mahabbat*. <sup>[55]</sup> Other Sufis — such as Ruzbihan Baqli — who wished to redeem the usage of the term *‘ishq* in referring to both human and Divine love stated that human love was a “ladder”, as it were, leading to the [higher] Divine Love. <sup>[56]</sup> Later Sufis, and indeed many contemporary scholars of Sufism, have preferred to refer to the love for God as “Real Love” ( *‘ishq-i haqiqi* ) and relegate love for creation (which would obviously include love for and between human beings) to a “metaphorical” or “borrowed” ( *majazi* ) status. <sup>[57]</sup> Without entering into a polemical exchange with the above, the Sufis of the *madhhab-i ‘ishq* distanced themselves from the above categories, and stated instead that the love of God is an *‘ishq* which would enfold the whole of creation.



*Whoever loves God  
should also love His messenger, Muhammad,  
his own spiritual teacher  
and his own life.*

*He also loves food and drink  
which extends his life  
that he may spend in obedience [to God].*

*He loves women  
so that the progeny will not be interrupted.*

*He loves silver and gold  
so that through them he can attain to food and drink.*

*He loves the cold, and the heat,  
the snow and the rain  
Heaven and Earth  
since if not for them, sustenance would not grow.  
Like this, he also loves the farmer.*

*He loves the Heaven and the Earth  
since they are God's handcraft:  
A lover loves the handwriting  
and every action of the Beloved.  
All the creatures are His handcraft and action.  
Loving them for the sake of following His love  
is no polytheism. <sup>159</sup>*

Both of the above themes, that of human love as a pedagogical device for mastering divine love, as well as that of love as a unitary force which flows from the Divine to humanity and back up to the heavens, are to be traced all the way to contemporary Sufis such as Hazrat Inayat Khan. Given the prominence of love in these teachings, it came as no surprise that 'Ayn al-Qozat spoke of love in terms of an "obligation."

### *Love as obligation:*

It has already been pointed out that many of these Sufis had training in other normative Islamic sciences. 'Ayn al-Qozat earned his honorific — being the 'ayn ("source", "spring", "essence") of judges — through his training as a juridical master of Islamic law ( *shari'a* ). Given this training, he introduces legal terminology in a most shockingly refreshing way into his discourse on love. A critical feature of legal discussions in



Islamic thought is discerning among acts classified as “religious obligations”, “meritorious acts”, and “forbidden.” <sup>[69]</sup>It is with great subtlety, humor, and irony that ‘Ayn al-Qozat invokes the juridical category of “religious obligation” ( *fard* ) to talk about love.

*O precious one! Arriving at God is a [religious] obligation ( fard ). To those on the [spiritual] quest, whatever through which one arrives at God is a religious obligation. What delivers the servant to the Divine is Love. In this sense, love has become an obligation ( fard ) on the Path....* <sup>[69]</sup>

One can almost see the smile — even a smirk — on the young mystic’s face, as he (being invested with juridical authority) declares passionate love a religious obligation for all on the spiritual path. Earlier on, some Hanbali scholars had spoken of love from a legal perspective. <sup>[61]</sup>Here ‘Ayn al-Qozat seems to be returning the favor, deploying legal terminology from the perspective of the *madhhab-i ‘ishq*.

Sufis like ‘Ayn al-Qozat did not limit their analysis of phenomenon to terrestrial realities: one of the most intriguing teachings of the *madhhab-i ‘ishq* was their radical teaching on celestial phenomena, such as paradise. One such teaching was ‘Ayn al-Qozat’s concept of a paradise which was beyond the conventional conceptions of paradise.

### *A Paradise Beyond Paradise:*

Since the time of Rabi’a (d. 801), it had become customary for Sufis to express the merits of seeking God for His own Sake, beyond the wish to attain to the joys of paradise and avoiding the torments of hell-fire: surely many are familiar with the great narrative of Rabi’a running down the alleys of her town with a bucket of water in one hand and a blazing torch in the other. Asked about this strange practice, she said that she was looking to quench the fires of hell with the water, and to burn down paradise, so that people have no reason left to worship God other than God Himself. <sup>[62]</sup>‘Ayn al-Qozat extended these teachings to another level: He offers perceptive remarks on the conventional conceptions of paradise, which he describes as a “prison for the [spiritual] elite.” He cites Yahya Ma’adh Razi in support of this: “Paradise is the prison of the gnostics, as the world is the prison of the believers.” He articulates a radical conception of “God’s paradise” beyond the conventional paradise:

*The [spiritual] elites are with God. What do you say? That God Almighty is in paradise? Yes, He is in Paradise, but in His own paradise — in that paradise that Shibli spoke of: “There is, and will never be, anyone in Paradise except God Almighty. If you like, hear it also from Mustafa: “Verily God has a paradise, in which there are no houris , no palaces, no milk, and no honey.” And what is in this “God’s own Paradise”? That “which no eyes have seen, no ears have heard, and thought of which has not occurred to people’s heart.” For one who thinks of this as paradise, to seek the paradise of the*



*masses is an error. If this group is dragged to paradise in chains of light and grace, they do not go and do not accept...* <sup>[63]</sup>

What is being rejected here is not so much the Qur'anic imagery of the Paradise, as the tendency of the ordinary believers to fixate on these descriptions to the neglect of the One beyond the Paradise, the Cup-bearer beyond the Wine. Concurrent with the trend towards transcending the symbols of salvation (paradise), the Sufis of Path of Love also sought to transcend the attachment to particular means of salvation. It is to this explicit universalism of the Path of Love that we now turn.

### *All paths are stations towards God:*

Many Sufis have taught that Truth ( *haqq* ) must be identified with God's own Being, and not with any intellectual conception of God or path leading to God. This idea, radical and Qur'anic, is affirmed in the passage:

*We shall show them our signs ( ayat ) on the farthest horizons,  
And inside their own selves  
Until it becomes clear to them  
That He is haqq , "The Truth." [Qur'an 41:53]*

From this perspective, "Truth" is not to be equated with any religious tradition or path, but rather with He who is the Destination of the path. Indeed, given that Truth is one of the most common Divine Names, to label a religious tradition (even Islam) as "Truth" is to commit the great sin of "Association-ism" ( *shirk* , "polytheism")!

'Ayn al-Qozat continues the same theme from another angle. Rather than arguing that all paths lead to the same Truth (God) in an abstract level, he approaches it from a refreshingly new angle: that of the followers on the path. In a passage, he mentions Muslims, Jews, Christians, Zoroastrians, and Idol-worshippers — the entire spectrum of religiosity known to him:

*O friend!  
If you would see what the Christians see in Jesus,  
you too would become a Christian!  
And if you would see what the Jews see in Moses,  
you too would become a Jew!  
Even more, if you would see what idol-worshippers see in idol-worship,  
you too would become an idol-worshipper!  
The seventy-two paths ( *madhhab* ) are all way stages on the road to God.* <sup>[64]</sup>



Once again, the choice of words used by 'Ayn al-Qozat is both profound and deliberate: he depicts the spiritual paths ( *madhhabs* ) using the traditional Sufi imagery of stages ( *manazil* ) on a path, in which a caravan would find shelter. The important point about a *manzil* , of course, is that one would not wish to stay put at one, but to move on to the final Destination, which may be described as the Presence of God.

The same universalism is also expounded upon by later mystics, such as the famed Ibn 'Arabi. It would be a clear mistake to label Ibn 'Arabi's teaching a metaphysical system bereft of the tenderness of love. Ibn 'Arabi's well-known poem cited below alludes to the same motifs of universality and love, comprehensible only through the synthetic and dynamic quality of the heart, that have characterized the Path of Love:

*Wonder,  
a garden among the flames!*

*My heart can take on  
any form:  
a meadow for gazelles,  
a cloister for monks,*

*For the idols, sacred ground,  
Ka'ba for the circling pilgrim,  
the tables of the Torah,  
the scrolls of the Qur'an.*

*My creed is love;  
wherever its caravan turns along the way,  
that is my belief,  
my faith. [\[65\]](#)*

'Ayn al-Qozat has a remarkable section in his *tamhidat* which states:

*Do you know what I am saying? I say that the spiritual seeker has to search after God not in Paradise, not in the world, and not in the Hereafter. He has to stop seeking God in everything that he has seen and everything that he has known: the path of the seeker is inside his own self. He has to find the path in herself, as the Qur'an says: "[We shall show them our signs...] and inside their own selves, do they not reflect [on this]?" .... There is no path to God better than the path of the heart. This is the meaning of "the heart is the house of God." [\[66\]](#)*



Although there is some debate about the authenticity of the poem, one of the most well-known poems attributed to Rumi in the English-speaking world is the following:

*I was,  
even before the Names came to be.  
no hint was there that anything with a name existed.  
I was.*

*The named and names came to be  
through me  
on the day when there was no me.*

*A hint came in the revelation of the tip of the Beloved's tress  
when the tip of the Beloved's Tress was not.*

*I searched the Cross and Christians from end to end  
He was not in the Cross.*

*To the idol-house I went,  
the ancient monastery.  
No trace of him.*

*went to the mountain of Herat and Kandahar;  
I looked.  
He was not in the depths or the heights there.*

*On a mission,  
I ascended to the summit of Mount Qaf;  
in that place was naught but the 'Anqa.*

*I turned towards the Ka'ba;  
searching  
seeking  
He was not in that place to which old and young aspire.*

*I questioned Avicenna about him;  
He was beyond even the sage's grasp.*



*I journeyed to the scene of "the two bow-lengths' distance";  
Where Muhammad went on the night journey.  
He was not in that sublime Court.*

*I looked into my own heart.  
There I saw him;  
He was nowhere else.* <sup>[67]</sup>

Ultimately, this is perhaps the greatest legacy of the mystics of "path of love": a hermeneutics not just of the sacred text, but of the sacred heart of humanity — one that through the "glance of love" reveals the Divine in power and intimacy, linking together the human and the Divine from pre-eternity ( *azal* ) to post-eternity ( *abad* ). Somewhere in the stretch of infinities we stand in this present moment ( *waqt* ), bewildered by the effusion of Divine Love that makes breath possible, intellect a tool, Scripture a Love-letter, and love the greatest of God's mysteries.

<sup>[41]</sup>Hazrat Inayat Khan, "Vadan/Alankaras", in *The Complete Sayings* , (New Lebanon: Omega Publications, 1978/1991), 83-4.

<sup>[42]</sup>'Ayn al-Qozat Hamadani, *Tamhidat* , 'Afif 'Usayran, ed., (Reprint; Tehran: Kitabkhana-yi Manuchihri, 1373/1994), 111.

<sup>[43]</sup>Louis Massignon, "❖Udhri", *E.I.* <sup>2</sup>

<sup>[44]</sup>For a brilliant analysis of this profound teaching, see Michael Sells, *Mystical Language of Unsayng* , (Chicago: University of Chicago Press, 1994), 90-92.

<sup>[45]</sup>An example of the "mysterious" nature of love is 'Ayn al-Qozat's insistence that there are three types of love: the Great Love, which is God's love for us; the Small Love, which is our love for him; and what he will only call the Middle Love. He refuses to offer any definitions for this mysterious middle term, perhaps wishing to frustrate those who would want a neat schematization.

<sup>[46]</sup>This was the insight of Mulla Sadra, who a few centuries later suggested a four-tiered spiritual journey in *Asfar al-arba'a* : 1) The journey from God to Creation; 2) The journey from Creation to Creation 3) The journey from Creation to God; and 4) The journey from God to God.

<sup>[47]</sup>'Ayn al-Qozat Hamadani, *Tamhidat* , 23.



<sup>[8]</sup>There is no reason to attribute this to the trite divisions between Arab and Persian "mentalities", problematic divisions deeply rooted in 19th century European racial theories.

<sup>[9]</sup>On the controversial genre of *Shathiyat*, see Carl Ernst, *Words of Ecstasy in Sufism*, (Albany: SUNY, 1988).

<sup>[10]</sup>For such notions, one can refer to both Hallaj's *Tawasin* and Ayn al-Qozat's *Tamhidat*. Peter Awn has a fine study of this, in his *Satan's Tragedy and Redemption*.

<sup>[11]</sup>Ayn al-Qozat Hamadani, *Nama-ha-yi 'Ayn al-Qozat Hamadani*, 'Ali-Naqi Munzawi and 'Afif 'Usayran, eds., 3 vols, (vols. 1 & 2, Tehran: Intisharat-i Bunyad-i Farhang-i Iran, 1969; Reprinted, Kitabfurushi-yi Manuchihri, 1362/1983), 2:301-2.

<sup>[12]</sup>Ayn al-Qozat Hamadani, *Tamhidat*, 23.

<sup>[13]</sup>Ayn al-Qozat Hamadani, *Tamhidat*, 21.

<sup>[14]</sup>Ahmad Ghazali, *Majalis*, Ahmad Mujahid, ed. (Tehran: Intisharat-i Danishgah-i Tehran, 1376/1997), 22.

<sup>[15]</sup>Ayn al-Qozat Hamadani, *Nama-ha*, 2:102.

<sup>[16]</sup>Ayn al-Qozat Hamadani, *Nama-ha*, 2:92.

<sup>[17]</sup>According to a Prophetic tradition, the Muslim community would be split into seventy-two sectarian groups. This number became a trope representing the entire spectrum of factionalism in later literature.

<sup>[18]</sup>Elizabeth, T. Gray, Jr., Trans. *The Green Sea of Heaven: Fifty Ghazals from the Diwan of Hafiz*, (Ashland: White Cloud Press, 1995), 98-99. [Slightly modified]

<sup>[19]</sup>The allusion is to: "So let them worship the Lord of this House." [Qur'an 103:6]

<sup>[20]</sup>The roof of a house was a common metaphor in Sufi poetry, a place reserved for rendezvous with one's beloved. Significantly, the roof metaphor is often used along that of a ladder, *mi'raj*, the term used to identify the Prophet's Heavenly Ascension.



[21] Rumi, *Kulliyat-i Shams, ya Divan-i Kabir* [henceforth: *Divan-i Shams-i Tabrizi*], Badi' al-Zaman Foruzanfar, ed., 10 vols., (Tehran: Danishgah-i Tehran, 1336/1957; Reprint, 3rd edition, 1363/1984), 2:65; lines 6762-6768.

[22] Maulana Jalal al-Din Rumi, *Masnavi*, Muhammad Isti'lami, ed., 7 vols. (Tehran: Kitabfurushi-yi Zavvar, 1362/1983), 2:82; line 1774.

[23] Shafi'i (d. 820) was the founder of a legal school of thought ( *madhhab* ) which was named after him. The Hanafi *madhhab* traces itself to Abu Hanifa (d. 767).

[24] 'Ayn al-Qozat Hamadani, *Tamhidat* , 115-6.

[25] 'Ayn al-Qozat Hamadani, *Tamhidat* , 22.

[26] For example, 'Ayn al-Qozat and Ahmad Ghazali followed the Shafi'i *madhhab* ; Rumi was a Hanafi; 'Abd al-Qadir Gilani and Khwaja 'Abd Allah Ansari were Hanbali Sufis. Likewise, there were other Sufis who followed the Malaki and Ja'fari *madhhabs* .

[27] 'Ayn al-Qozat Hamadani, *Tamhidat* , 198-199.

[28] Hakim Sana'i, *Divan-i Hakim Abu 'l-Majd Majdud [ijbn Adam Sana'i Ghaznavi* , Mudarris Radawi (Razavi), ed., (Tehran: Intisharat-i Sana'i, 4th reprint, n.d.), 827.

[29] Jalal al-Din Rumi, *Divan-i Shams-i Tabrizi* ], 1:289. Shafi'i and Abu Hanifa were of course important jurists whose name provided the titles of the two legal schools that the majority of Sufis belonged to. Another manuscript adds the names of the other two founders of Sunni schools of legal thought:

"Hanbali?  
Has no tradition dealing with love.  
Malaki?  
Does not narrate about it."

[30] Abu Bakr al-Kalabadhi, *al-Ta'arruf li-madhhab ahl al-tasawwuf* , Mahmud Amin al-Nawawi, ed., (Cairo: al-Maktabah al-Azhariyya, 1412 A.H./1992), 128. The first quote is taken from A. J. Arberry's masterful translation of this text, *The Doctrine of the Sufis* , (Cambridge: Cambridge University Press, 1935; reprinted 1991), 102.

[31] Qushayri, *al-Risalat al-qushayriyya* , edited by 'Abd al-Halim Mahmud, two volumes (Cairo: Dar al-Kutub, 1972?), 2:611. For an English translation of this text see Barbara



Von Schlegell's *Principles of Sufism* , (Berekley: Mizan Press, 1999), 326. [henceforth Qusharyi-Von Schlegell]

<sup>[32]</sup>Qushayri-Von Schlegell, 330-1.

<sup>[33]</sup>Qushayri, 2:615.

<sup>[34]</sup>Qushayri-Von Schlegell, 335.

<sup>[35]</sup>Ahmad Ghazali, *Sawanih* , 2; Ghazali-Pourjavady, *Sawanih* , 15.

<sup>[36]</sup>For a brilliant and insightful presentation of this teaching, see Michael Sells, "Ibn 'Arabi's Garden Among the Flames", *Mystical Language of Unsayings* , 90-92.

<sup>[37]</sup>Ghazali-Pourjavady, *Sawanih* , 68-9.

<sup>[38]</sup>Ghazali, *Sawanih* , 4.

<sup>[39]</sup>These themes have been well explored by the "Chicago school" of scholars of Arabic literature, including Suzanne P. Stetkevych, Jaroslav Stetkevych, Michael Sells, Th. Emil Homerin, etc.

<sup>[40]</sup>*The Life, Personality and Writings of al-Junayd* , edited and translated by Dr. Ali Hassan Abdel-Kader, (London: E. J. W. Gibb Memorial Series, n.s., XXII, 1976), 152-159.

<sup>[41]</sup>'Ayn al-Qozat Hamadani, *Tamhidat* , 203.

<sup>[42]</sup>'Ayn al-Qozat Hamadani, *Tamhidat* , 244.

<sup>[43]</sup>Ghazali-Pourjavady, *Sawanih* , 36.

<sup>[44]</sup>'Ayn al-Qozat Hamadani, *Tamhidat* , 179.

<sup>[45]</sup>'Ayn al-Qozat Hamadani, *Tamhidat* , 245.

<sup>[46]</sup>'Ayn al-Qozat Hamadani, *Tamhidat* , 243-3.



<sup>[47]</sup> *Nizam ad-Din Awliya: Morals of the Heart* , translated by Bruce Lawrence, (New York: Paulist Press, 1992), 63.

<sup>[48]</sup> Ghazali-Pourjavady, *Sawanih* , 33.

<sup>[49]</sup> Ghazali-Pourjavady, *Sawanih* , 31.

<sup>[50]</sup> See Henry Corbin, *Creative Imagination in the Sufism of Ibn 'Arabi* , trans. Ralph Manheim, (Princeton: Princeton University Press, 1969), 115: "Thus the divine Names have meaning and full reality only *through* and *for* beings who are their epiphanic forms..."

<sup>[51]</sup> Badi' al-Zaman Foruzanfar, *Ahadith-i masnavi* , (Reprint; Tehran: Amir Kabir, 1366/1987), 29.

<sup>[52]</sup> Ghazali-Pourjavady, *Sawanih* , 35.

<sup>[53]</sup> The city of Kirman was known as the main producer of Cumin ( *zira* ) in Iran, so there is no sense in taking a product to a locale where it is already found in plenty. The American equivalent would be taking sourdough to San Fransisco, or as R. A. Nicholson, *Tales of Mystic Meaning* , (Reprint, Oxford: Oneworld Press, 1985), 57, n. 1, puts in a charmingly British English: "carrying coals to Newcastle."

<sup>[54]</sup> Shams-i Tabrizi, *Maqalat-i Shams-i Tabrizi* , Muhammad 'Ali Muwahhid, ed., (Tehran: Intisharat-i Khwarazmi), 69.

<sup>[55]</sup> Hujwiri-Nicholson, *Kashfal-mahjub* , 310.

<sup>[56]</sup> Ruzbihan Baqli, *'Abhar al-'ashiqin* , Henry Corbin and Muhammad Mu'in, ed., (Reprint; Tehran: Intisharart-i Manuchihri, 1366/1987), 88: *'ishq al-insan sullam 'ishq al-rahman* . As I will emphasize later, these divisions are to some extent arbitrary. Even in the writings of Hazrat Inayat Khan, who is moving in a direction of transcending these facile divisions, one still comes across statements which reinforce the pedagogic nature of human love: "When one has risen above human love, divine love springs forth." ( *the Complete Sayings* , 115)

<sup>[57]</sup> William Chittick, *Sufi Path of Love* , 200-1.

<sup>[58]</sup> Ayn al-Qozat Hamadani, *Tamhidat* , 140.



<sup>[59]</sup>For these legal classifications, and distinctions between *farz* and *wajib* , refer to Mohammad Hashim Kamali, *Principles of Islamic Jurisprudence* , (Cambridge: Islamic Texts Society, 1991), 324-7.

<sup>[60]</sup>‘Ayn al-Qozat Hamadani, *Tamhidat* , 97.

<sup>[61]</sup>For an examination of these themes, see Joseph Bell, *Love Theory in Later Hanbalite Islam* , op. cit.

<sup>[62]</sup>Farid al-Din ‘Attar, *Tadhkirat al-auliya*’ , 87.

<sup>[63]</sup>‘Ayn al-Qozat Hamadani, *Tamhidat* , 136.

<sup>[64]</sup>‘Ayn al-Qozat Hamadani, *Tamhidat* , 285.

<sup>[65]</sup>Michael Sells, “Ibn ‘Arabi’s Garden among the Flames: The Heart Receptive of Every Form”, in *The Mystical Language of Unsayings* , 90.

<sup>[66]</sup>‘Ayn al-Qozat Hamadani, *Tamhidat* , 23.

<sup>[67]</sup>Modified from *Selected Poems from the Divani Shamsi Tabriz* , R. A. Nicholson, ed., (Cambridge: Cambridge University Press, 1898, 1977), 70-72.



# Oil of Christ



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#### Oil of the Christ | Shift Frequency

When the oil exponentially speeds up to hit the pineal gland millions or billions of dormant brain cells are

<https://victorialoalou.com/the-sacred-secretion> ‘



# Sacred Secretion FAQ

## What is the ‘sacred secretion’?

<sup>1</sup>The sacred secretion is a common term used to describe an endogenous essence produced in the human body, influenced by shifts in the magnetic lunar energies. It is likened to DMT, but with more resonance to a person’s unique frequency as it is produced endogenously. The sacred secretion is able to support the purification of the body and the calibration of the light-body frequencies as it both increases inner light (biophotons and luciferin production) and attracts like-wise frequencies of higher energies (as indicated by the Law of Attraction).

## How is this endogenous DMT produced?

The DDC gene can be edited to fashion one of two different proteins: AADC480 or AADC422. The former codes for DMT. Whilst the DDC gene can code for DMT, the INMT regulates receptors for DMT. Both DDC and INMT are found throughout the brain, most abundantly at the pineal and choroid plexuses. Interestingly, both are drenched in bio-magnetite, which alters our brain waves and neurotransmitter production depending on the electromagnetic field. Thus, when the magnetic lunar energies resonate within your field, DMT can be readily produced. (A more in-depth explanation can be read in the book: ‘The Art of Preservation’ by Victoria Loalou.)

## Why is the New Moon the most powerful preservation time?

A New Moon will influence your sacred secretion production around the month of your birth (when both the Sun and Moon reside within the Star sign that clothed your field at birth, when your body was separated from your mother’s and you become a unique, sovereign being). Energetically, the New Moon supports us as a cleansing period and a time to purge from un-serving energies, making room for newer, higher light. Therefore, when this energy is combined with the power of your Sun/ Star-Sign, the sacred secretion is intensified, as a major aspect of the sacred secretion is purification (making our mortal blood into *ichor*- like the gods’). Thus, the energies are complementary.

## What kind of intention can I set during this period?

You can alter the frequency of the sacred secretion specifically for an intention that you have, just like rituals conducted during the New Moon phases and a woman’s menstrual bleed. At which time, you

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<sup>1</sup><https://victorialoalou.com/blog/sacred-secretion-faq>  
Page 179 of 583



will likely find that situations in your life will change in order to put you into vibrations which will support the production of this endogenous essence in a way that most optimally serves your intention(s).

### **What is the main difference between the Sidereal and Tropical zodiac systems?**

The tropical system is aligned to the Earth's latitudes (angles from Earth's centre) and meridians (energy lines of Gaia) in alignment with the Sun and the Equinoxes/ Solstices. On the contrary, the sidereal system is based on the visual and immediate background of Stars. This topic is evaluated in detail in my book, The Art of Preservation.

### **How do we know what 'Age' we are in?**

Astrologically, the new year begins at the Spring Equinox. Whatever Star sign rises in the East on this date is our 'Age'. Interestingly, the Great Sphinx in Egypt faces Eastward perfectly in order to observe which constellation rises with the Sun on this date, so looks on every Spring Equinox at whatever 'Age' we are in.

### **Why can't we just think our way to DMT production, like dopamine?**

DMT is the spirit thermostat. Therefore it is used by the body to modulate our perception of reality and sensitise our awareness. This is a slow and steady increase as we physically ascend. If we develop too much, beyond what our body can currently hold, it can make us feel 'high' as our frequency rises above the physical body. However, we can't be high when a predator is about (you'd do better with cortisol and adrenaline!). Preserving the sacred secretion ensures that DMT production in this way is steady and safe.

### **How will I know if I have successfully raised the sacred secretion?**

The physical 'symptoms' experienced vary vastly, but typical signs include feeling warmer, more connected, more loving, more forgiving and an increase in 'downloads' or realisations/ light bulb moments/ enlightenment. Changes in sleep quality and vivid dreams are also common. I have also experienced preservation times where I have felt in a 'bad mood' - which was a sign for me to retreat, rest and focus on the inner work. Some other experiences are noted below.

### **What are some of the symptoms of DMT production?**



When production has kicked up a small, natural, safe notch, sometimes there are no symptoms at all. On the other hand, some common indicators include noticing brighter colours, being more sensitive to sounds (harmonising frequencies) and feeling ‘lighter’. Some testimonies even advocate improved singing and dancing abilities and a change in one’s tone of voice as energy flows more optimally.

### **Why is the sacred secretion referred to as being ‘gold’?**

Gold is a prominent conductor of electricity. By likening this essence to gold, it is metaphorically communicating the power of it. When we preserve the sacred secretion, we become a more open channel to higher frequencies, able to transmit and transmute and entangling one’s field with the wider fractals of the divine. Thus, we become conductors of ‘god powers’ and develop ichor- *blood of the gods*.

### **Is the sacred secretion just endogenous DMT?**

According to 1 John 5:6-8 in the Bible states that there are three versions of Christ: blood (DNA-Luciferin), water (CSF- DMT) and spirit (Aura- the light body). Thus, the Sacred Secretion can be seen as far more than ‘just endogenous DMT’, although this is an important physical and metaphysical aspect.

### **Do you think Jesus was a real person?**

Personally, I believe the tales and miracles of ‘Jesus’ are an amalgamation of those from a range of physical and non-physical beings; such as Apollonius and Yeshua of the Essenes, Epimenides Gnosis/ Knossos of Greece, Horus of Egypt, and Krishna of Hinduism, to name a few.

### **How long does it take to become enlightened/ How many months do I have to practice for before the Serpent Energy is fully activated?**

A lot of ancient literature denotes 3 and one half years (3.5 years/ 1260 days/ 42 months) for the initiation period. However, the Age of Aquarius is a time of accelerated expansion and vibration, so you could very well experience a much faster activation during these times.

### **Should I avoid all acidic foods?**

It’s important to note the difference between *dead acidic* and *live acidic* to answer this question. Highly processed foods and those not natural to the Earth should be avoided. Acidic foods that are *LIVE*



though, such as fermented sauerkraut, have amazing benefits. Their charge/ voltage of these live foods are perfectly resonant, regardless of their so-called ‘acidity’ level. (This is explained in more detail in my book, *The Art of Preservation*.)

**Where can I find more information?**

Check out: [www.victorialoalou.com/blog/sacredsecretion/furtherreading](http://www.victorialoalou.com/blog/sacredsecretion/furtherreading)

**Much love x**

*November 5, 2020*











# The Sacred Secret

DECEMBER 16, 2016~ ADMIN



**Doreen Ann Agostino** – <sup>2</sup>According to Santos Bonacci and ancient Hermetic wisdom, our bodies are **alchemical** instruments. We have the ability to **turn lead into gold**. There are truths known and hidden that are so sacred and I feel like we should be learning this kind of stuff in school from early age.

We should advance kids even faster! I say this because kids really have it figured out. They know no limits. They have no conditioned limiting beliefs about money or possibilities.

It's not some type of religion. **It is esoteric truth and forbidden knowledge.** I rely on my intuition a lot and everything about this information resonates with me on many levels. I encourage readers to keep an open mind and have an awareness of your inner voice as you look over the included blog post video.

Santos puts emphasis on the idea and understanding of "As above, so below." Which if you don't know about, you will certainly find out what it's about if you take the time to check out some of his videos. Most of his recent ones are shockingly eye opening.

## *Your Body is the Holy Land*

According to said source, there is a sacred secret kept from the masses. That secret is the esoteric science of physiological regeneration. Yep, you heard that right- **REGENERATION**. Apparently, our body has the ability to produce **new blood** and awaken our dormant brain cells as the 'final product.' The **sacred science of physiological regeneration** is also spoken about in the bible as allegorical symbolic stories. There's a much deeper meaning to it. Some of our ancient ancestors used this science to live for hundreds and even thousands of years. **When the new blood is produced, the old toxic blood is disposed of by the body's own methods.**

## *You Might Be Asking Yourself, "Ok so how does*

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<sup>2</sup> <https://shiftfrequency.com/oil-ofthe-christ/>



## *it work?"*

I was getting to that part. The **ancient sacred knowledge** has to do with astrology and how KNOWING astrology can SAVE you. It is not some rubbish pseudoscience. "Astrology" is an innocent term. "Astro" means the stars and "logy" is 'the science of.' Michelangelo and Leonardo Da Vinci knew of these secrets.

**Twelve times out of the year, or once a month, there is a secretion from your cerebrum when the moon is in the sun sign that you were born under.** I happen to be an Aquarius and have an Aquarius sun sign. To find out when the Moon is in your sun sign click here [http://www.moontracks.com/lunar\\_ingress.html](http://www.moontracks.com/lunar_ingress.html)

This is the story of Jesus and his 12 apostles. And funny how the sun is also compared to being symbolized as Jesus. The sun passes through 12 signs of the zodiac throughout the year. This is also indicative of the "As above, so below" concept.

## *Oil of the Christ*

This is the holy oil that is called "Christos" in Greek. **This is the story of the Christ within, within all of us. The oil is secreted by the cerebrum from the holy claustrum** or "santa" claustrum. The story of Santa Claus comes from this inner science because Santa is bringing spiritual presents down your chimney. From the cerebrum/claustrum, it is then differentiated in the pineal gland and pituitary gland. These glands are known as Joseph and Mary.

The **pineal gland** releases a **masculine electrical portion** which is known as "honey," and the **pituitary gland** releases the **feminine magnetic portion**, "milk." The sacred heavens are also in the holy portions of our brains. This is the land flowing with milk and honey.

The pineal gland is connected to the **Pingala** nerve. The pituitary gland is connected to the **Ida** nerve. These are known as the **kundalini** and the **kundabuffer**. These nerves extend all the way down the spine and "**tree of life**." These nerves go down to the sacral plexus and sacrum areas of our body/lower vertebrae. **The sacral plexus holds very strong sexual energy that is a beautiful energy, that when harvested, can turn into an electrical energy that rises back up to the brain.** The solar plexus and sacral plexus area is known as **Bethlehem**.

## *The God Brain*

**It is important to abstain from the release of any precious fluids when the time comes for the seed to be implanted in your sacral plexus. If we waste it we have to wait another month. We are supposed to return some of that energy up. Death occurs when the oil dries up.**



What's interesting is that the eastern world still has applied knowledge of the retention and transmuting of the beautiful energy we all possess. Some benefits are that it increases testosterone in males. Ladies can also return this energy back up to the brain. **Alcohol and acidic producing foods are also detrimental to this precious oil that comes from the cerebrum.**

We have four brains. The cerebrum is the **God brain**. The cerebellum is the "man" brain which is connected to the lower mind. The third brain is the medulla oblongata, which is responsible for involuntary actions such as breathing. The fourth brain is the solar plexus which has to do with the lower mind, greed, animalistic behavior, etc.

For the most part we are all stuck in the lower mind. I like to search for this type of this information because I am willing to strip my ego and experience blissful, unconditioned consciousness.

**When you return the oil back up, the frequency rises and the vibration increases.** By the time it reaches the 33rd vertebrae it is crucified as the pneumogastric nerve "crosses" over and connects to the pineal and pituitary glands.

That oil of the Christ lights up the **optic thalamus** gland which is otherwise known as "the light of the world," at the point of "crucifixion." **Then it stays in limbo (dead so to speak) for 3 days** like how Jesus died at the age of 33. This takes place at the 33rd vertebrae. Funny how this all ties in isn't it? Either this is speaking to your higher self, or you are in complete denial of what is in this post and unique posts alike.

## ***Spiritual Illumination***

**At this point when the oil exponentially speeds up to hit the pineal gland, all of our millions or billions of dormant brain cells are activated** and we are now operating at the God brain level from the cerebrum. **This would be activation of your true spiritual self** and you will remember who you are and why you incarnated. The knowledge locked in our brain comes out.

It is safe to say that the video embedded on this post is worth a watch. There are 2 parts. Santos Bonacci has additional related videos about this sacred secret. One final note, **this secret unlocks the secret of the Ark of the Covenant**. In the bible the Ark is built with two cherubim and the two covering angels. This is the cerebrum with it's two hemispheres that cover over the cerebellum and the inner brain.

At the end of the day, we shouldn't expect a third party savior to come and save us. I do believe in divine intervention though. **This science gives us the knowledge required to save our own asses.** This "ancient sacred knowledge" is kept from us and one day in the near future we will be free from oppression.

**Your Body Is The Holy Land: Santos Bonacci: Part 1.**



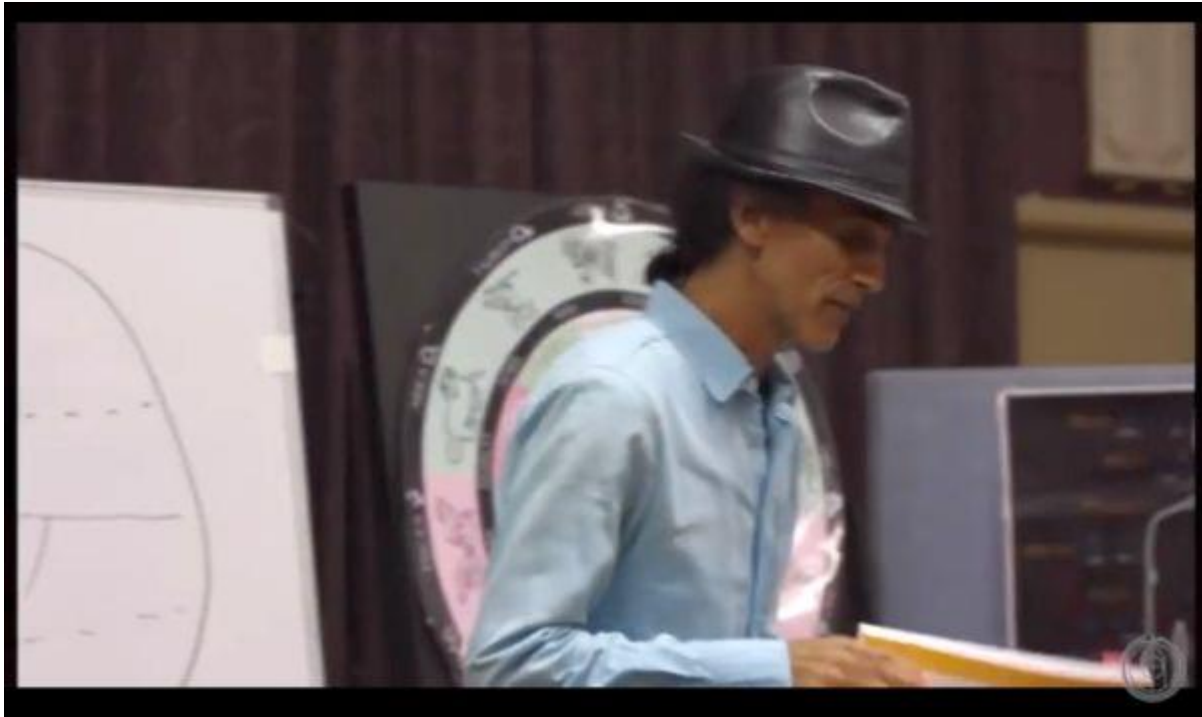


[Video URL](#)

Santos references this book so I found a PDF <http://theglobalelite.org/wp-content/uploads/2014/05/zodiac-and-the-salts-of-salvation-by-george-w-carey-inez-eudora-perry.pdf>

## **Santos Bonacci: Your Body Is The Holy Land: Part 2**





[Video URL](#)

**From Doreen**

I share Santos Bonacci's wisdom for people who want to strengthen and free their physical, mental, emotional, soul, spirit body. Please share so that others may do the same. With thanks.

Hat tip Todd!



## Raising The Chrism

<sup>13</sup>**The Bible** is a manual about physiological regeneration and astrology, written in code (SEE **Gematria**), providing us a *path to enlightenment* (atonement). 99% of the people believe the Bible is a historical book to be taken literally. It's not, it's about you and YOUR path to enlightenment. You are the Protagonist. No one's coming to save you. All of these parables were written about and for you.

### The Tree of Life

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<sup>13</sup><https://universaltruthschool.com/syncretism/raising-the-chrism/>



RAISING THE CHRISM: SANTA CLAUS  
JOSEPH MARY AND THE: CRUCIFICTION

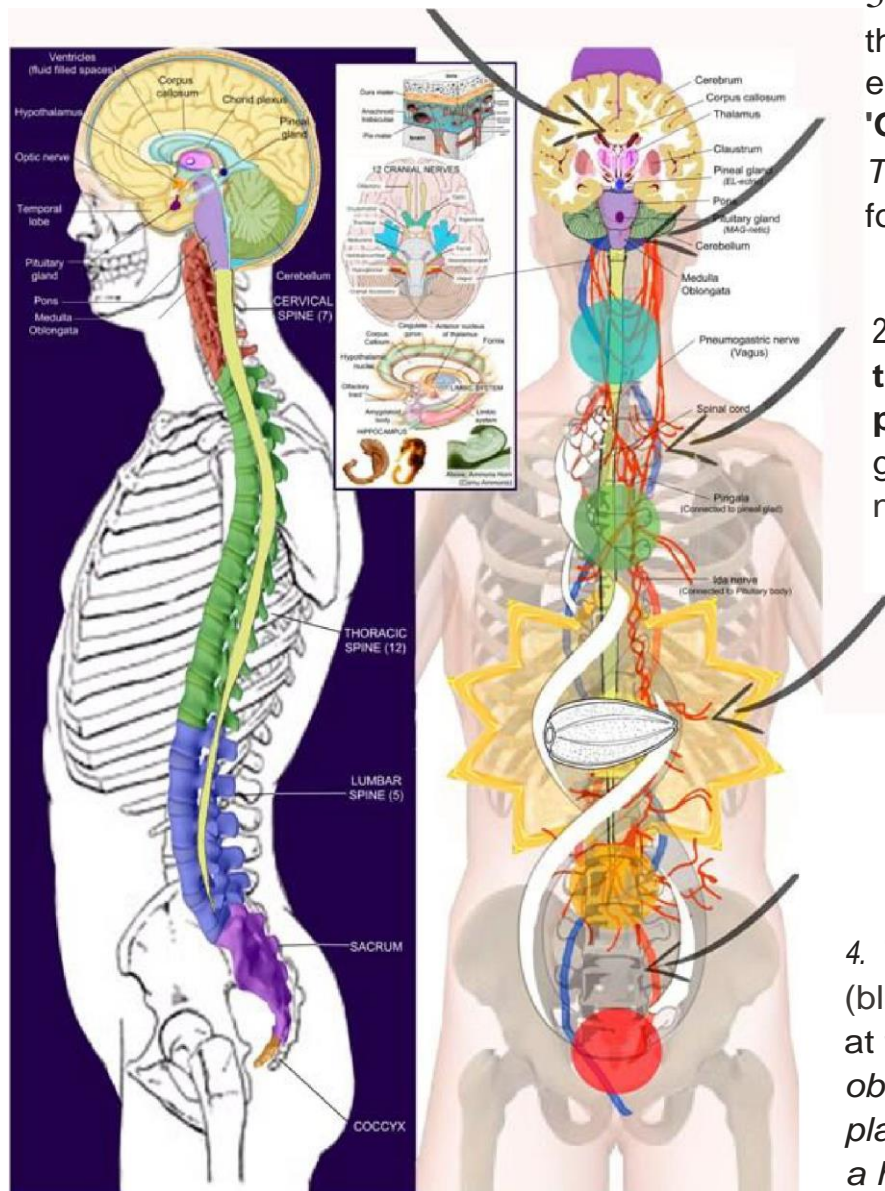
1. **The Pineal Gland 'Joseph' secretes the milk, the Pituitary 'Mary' secretes the honey, both from the same source the Claustrum 'Santa Claus'.**

5. **The sacred oil** returns after the *crossing 'the crucifiction'* it enters the **cerebellum 'Golgotha'** the place of the skull. The fluid 'Christ' is refined 1000 x fold.

2. **The two sacred oils travel down into the solar plexus** via the semi-lunar gangli on Pneumogastric nerve

3. **The Psycho-Physical Germ 'the Fruitt of the Tree of Life' is born in the Solar Plexus 'the Manger'**

4. **The Ida (red), Pingala (blue), two nervw fluids** where at the *crossing of the medulla oblongata the crucifiction takes place* where it rests for 2 and a half days.





The “**Temple of God**” is your body, not a building. Of course, if you believe we evolved from biological sludge 3 billion years ago, this doesn’t make any sense.

Now, we’re never taught this information because the powers that be don’t want you to understand what you are. They like you confused, distracted and deceived which is why “you give them bread and circuses and they will never revolt (Juvenal).” **For the past 500 years**, it was the church’s role to *mislead* the masses. Now the “scientism” and “new age” community has gleefully taken over that role.

I digress, but, regardless of what you believe to be undeniably true, this is pretty interesting to think about, and the ultimate gift if you can assimilate.

“**Seed, word**” and “**God**,” are all synonyms of one and the same thing the wonderful creative substance, the universal esse, from which all things are brought forth, and in which all things are. The Scriptures, or allegories and parables of the Bible, are the only writings that give us information as to what the **Word of God** is. Therefore, in this book, we will quote what is written there in regard to it.

**Seed** is the cause, the nucleus of everything, therefore a seed is “the beginning” In the beginning was the **WORD.**”

The **fluid, oil, or marrow** which flows down the spinal



cord, comes from the upper brain, the **Creator or Father**, the “Most High,” and is known in physiology as ovum, or generative seed that life essence which creates the human form of corruptible flesh. In the Greek, from which the New Testament was translated, this marrow is called **Christ**, which is the Greek word for oil.

When this oil is refined, transmuted, lifted up, raised, it becomes so highly vitalized that it regenerates the body and “overcomes” the last enemy, **death**.”

“PRIMITIVE Christians, the Essenes, fully realized and taught the great truth that Christ was a substance, an oil or ointment contained especially in the Spinal Cord, consequently in all parts of the body, as every nerve in the body is directly or indirectly connected with the wonderful “**River that flows out of Eden** (the upper brain) to water the garden.”

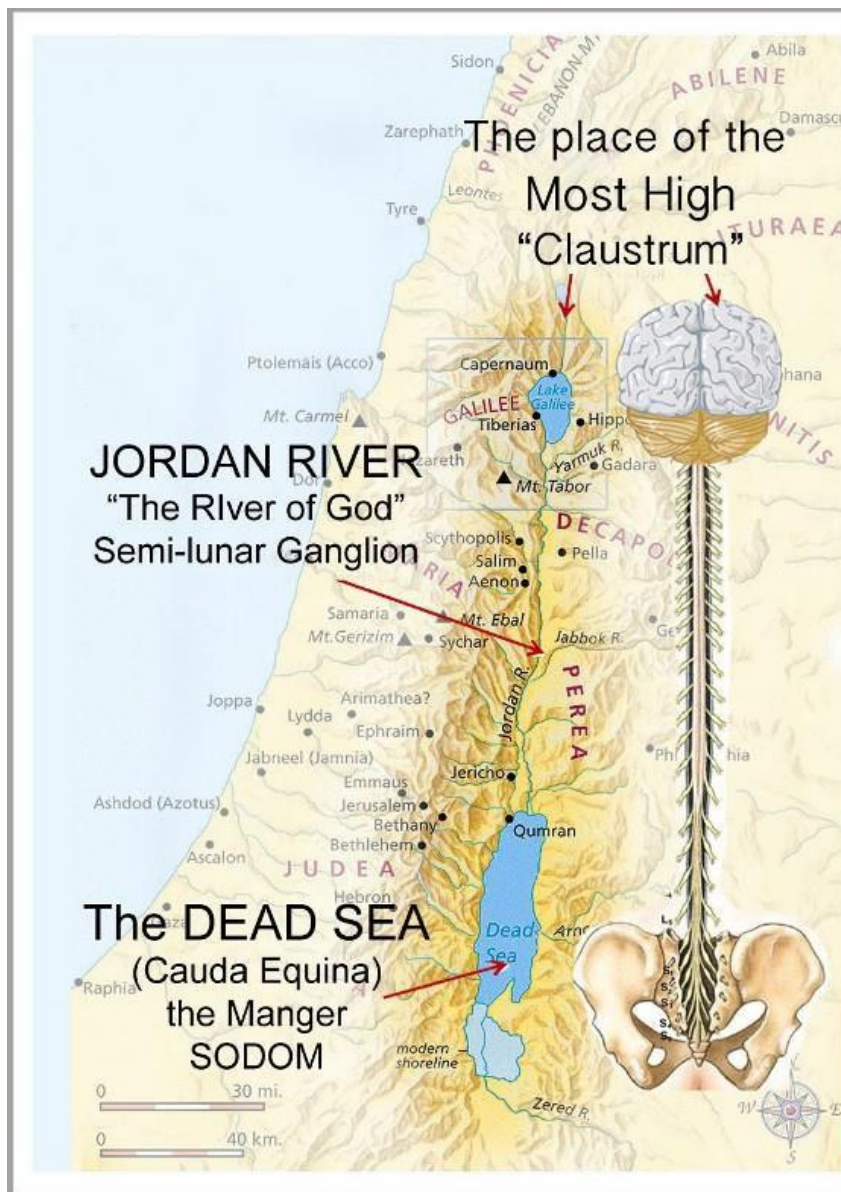
The early Christians knew that the Scriptures, whether written in ancient Hebrew or the Greek, were **allegories, parables or fables** based on the human body, “fearfully and wonderfully made.”

These adepts knew that the secretion (gray matter creative) which issues (secretes), from the cerebrum, was the source and cause of the physical expression called man; and they knew that the “**River of Jordan**” was symbolized in the spinal cord and that the “**Dead Sea**” was used to symbolize the Sacred Plexus at the base of the spinal column where the **Jordan (spinal cord)** ends, typifying the entrance of Jordan into the **Dead Sea**.



## **The Holy Land**





As the Jordan River empties into the Dead Sea, so the spinal cord terminates in the section of anatomy known as 'Sodom' The region in which Josephus referred to as "The lake of Sodom".

Jesus was not a savior until he was 'Christed' (baptised or annointed) 'of' John (not 'by' John). John, or Ioannes, is the 'oil' or 'ointment'.

The sacred fluids from the clastrum one yellow and the other white is the milk and honey referred to in the bible. The children of IS-RA-EL having been given the promise of return to this land flowing with milk and honey.



The thick, oily and salty substance composing the Sacral Plexus, "Cauda Equina" (tail of the horse), may be



likened unto crude Petroleum (Petra, mineral, or salt, and oleum Latin for oil) and the thinner substance, oil or ointment in the spinal cord, may be compared with coal oil ; and when this oil is carried up and crosses the **Ida and Pingala** (*two fluid nerves that end in a cross in medulla oblongata* where it contacts the **cerebellum** (*Golgotha the place of the skull*) this fluid is refined, as coal oil is refined, to produce gasoline a higher rate of motion that causes the ascension of the airship.

When the **oil** (ointment) is crucified (to crucify means to increase in power a thousand fold *not to kill*) it remains two days and a half, (the moon's period in a sign) in the tomb (cerebellum) and on the third day ascends to the **Pineal Gland** that connects the cerebellum with the **Optic Thalmus**, *the Central Eye* in the **Throne of God** that is the chamber overtopped by the hollow (hallowed) caused by the curve of the cerebrum (the "Most High" of the body) which is the "**Temple of the Living God**" the living, vital substance which is a precipitation of the "**Breath of Life**" breathed into man therefore, the "Holy (whole) Ghost" or breath.

The **Pineal Gland** is the "*Pinnacle of the Temple.*" The modus operandi by which the oil of the spinal cord reaches the Pineal Gland is described in what follows.

"There is no name under Heaven whereby ye may be saved except Jesus Christed and then crucified" (correct rendering of the Greek text).

**Every twenty-nine and one-half days**, when the moon is in the sign of the zodiac that the sun was in at the birth of the native, there is a **seed**, or Psycho Physical germ



born in the, or out of, **the Solar Plexus** (*the Manger*) and this seed is taken up by the nerves or branches of the **Pneumo gastric nerve**, and becomes the “**Fruit of the Tree of Life**,” or the “*Tree of good and evil*” viz.: good, if saved and “**cast upon the waters**” (circulation) to reach the **Pineal Gland**; and evil, if eaten or consumed in sexual expression on the physical plane, or by alcoholic drinks, or gluttony that causes ferment acid and even alcohol in intestinal tract thus “No drunkard can inherit the Kingdom of Heaven” for acids and alcohol cut, or chemically split, the oil that unites with the **mineral salts** in the body and thus produces the monthly seed.”

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“ON EITHER side of the **Thalamus**, in the head, is a gland, known in physiology as the **Pineal**, on the posterior, and the **Pituitary** on the anterior side of the **Thalamus**.

The **Pineal** is cone shaped, and secretes a yellow or golden fluid. **The Pituitary Body**, opposite it, is ellipsoid in shape, and contains a whitish secretion, like milk.

The fluids that are found in both these bodies come from the same source, namely, the **Clastrum**, which means “barrier” or “cloister,” and is referred to as cloister for the very good reason that a precious and holy thing is secreted or secluded there. **Saint Claus, or Santa Claus**, is another term for this precious fluid, which is indeed a holy gift in the body of each one of us.

The precious fluid which flows down from the **Clastrum**



separates, part going into the Pineal gland and part to the Pituitary body, and these, being special laboratories of the head, differentiate the fluid from the Claustum, and it takes on the colors above mentioned, and in the Pineal Gland becomes yellow and has electric properties. The Pituitary Body, having the milk-like fluid, has magnetic properties.

These two glands are the male and female, the **Joseph and Mary** of the physical body, and are the par-ents of the spiritual son born in the solar plexus of each human being, commencing about the age of twelve.

This yellow and white material, which is the **milk and honey** referred to in the Bible, the children of Israel having been given the promise of a return to this land flowing with milk and honey, at last reaches the **solar plexus** via semi-lunar ganglia (see chart), the Bethlehem of the physical body. In Hebrew, **Bethlehem** means "house" (Beth) of bread (lehem). "**I am the bread of life,**" said the allegorical Jesus.

In the **solar plexus** is a thimble-shaped depression a CAVE or manger, and in this is deposited the psycho-physical seed, or holy child, born of this **immaculate con-ception**. This psycho-physical seed is also called "**fish,**" as it has the odor of fish and is formed in the midst of the waters, the pure water. "Jesus is a fish in the midst of the waters" St. Augustine. Before birth **the human fetus floats, like a fish,** in the fluids by which it is surrounded. And as it is with the child formed on the generative plane, so it is with the spiritual child born in the solar-plexus the Bethlehem. Joseph and Mary, by furnishing the material for the spiritual child which was to



redeem the child or body formed in generation, paid the symbolical redemption money.”

To read the full text – God-Man: The Word Made Flesh [click here](#).





Secret of Secrets: The Elixir of Life, Hiding in the Bible Part 1

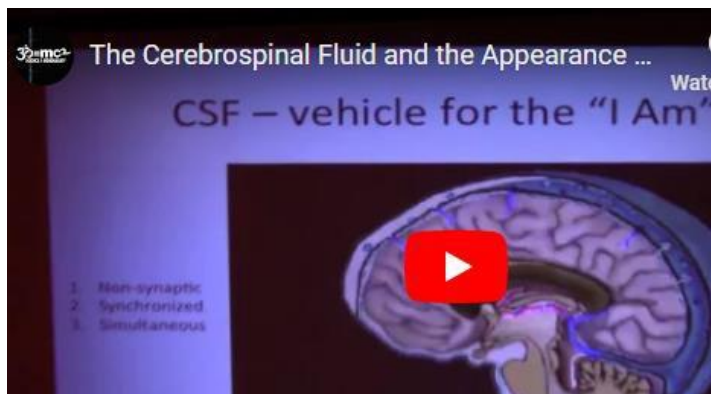


Your Body Is The Holy Land: Santos Bonacci: Part 1

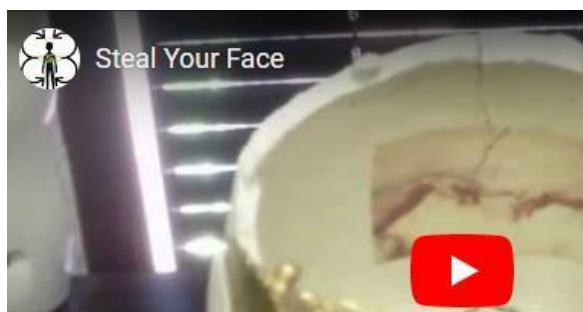


The Cerebrospinal Fluid and the Appearance of "I Am" Mauro Zappaterra





Steal Your Face



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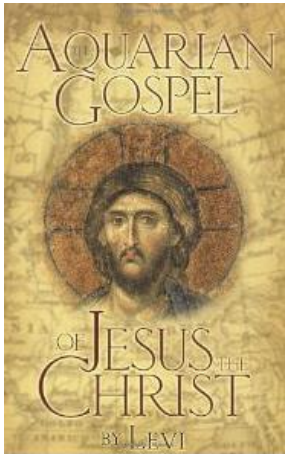






# The Aquarian Gospel of Jesus the Christ/Chapter 89

14



The twelve apostles are at Jesus' home and are consecrated to their work. Jesus instructs them. He goes to the synagogue on the Sabbath and teaches. He casts an unclean spirit out of one obsessed. He heals Peter's mother-in-law.

1. Now, on the day before the Sabbath day, the twelve disciples who had received the call were met with one accord in Jesus' home.
2. And Jesus said to them, This is the day to consecrate yourselves unto the work of God; so let us pray.
3. Turn from the outer to the inner self; close all the doors of the carnal self and wait.
4. The Holy Breath will fill this place, and you will be baptized in Holy Breath.

5. And then they prayed; alight more brilliant than the noonday sun-filled all the room, and tongues of flame from every head rose high in air.

6. The atmosphere of Galilee was set astir; a sound like distant thunder rolled above Capernaum, and men heard songs, as though ten thousand angels joined in full accord.

7. And then the twelve disciples heard a voice, a still, small voice, and just one word was said, a word they dared not speak; it was the Sacred name of God.

8. And Jesus said to them, By this omnific Word you may control the elements, and all the powers of air.

9. And when within your souls you speak this Word, you have the keys of life and death; of things that are; of things that were; of things that are to be.

10. Behold you are the twelve great branches of the Christine vine; the twelve foundation stones; the twelve apostles of the Christ.

11. As lambs I sent you forth among wild beasts; but the omnific Word will be your buckler and your shield.

12. And then again the air was filled with song, and every living creature seemed to say, Praise God! Amen!

13. The next day was the Sabbath day; and Jesus went with his disciples to the synagogue, and there he taught.



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<sup>14</sup> [https://en.wikisource.org/wiki/The\\_Aquarian\\_Gospel\\_of\\_Jesus\\_the\\_Christ/Chapter\\_89](https://en.wikisource.org/wiki/The_Aquarian_Gospel_of_Jesus_the_Christ/Chapter_89)



14. The people said, He teaches not as do the scribes and Pharisees; but as a man who knows, and has authority to speak.
15. As Jesus spoke, a man obsessed came in; the evil spirits that obsessed the man were of the baser sort; they often threw their victim to the ground, or in the fire.
16. And when the spirits saw the Christine master in the synagogue they knew him, and they said,
17. You son of God, why are you here? would you destroy us by the Word before our time? we would have naught to do with you; let us alone.
18. But Jesus said to them, By the omnific Word I speak; Come out; torment this man no more; go to your place.
19. And then the unclean spirits threw the man upon the floor, and, with a fiendish cry, they went away.
20. And Jesus lifted up the man and said to him, If you will keep your mind fully occupied with good, the evil spirits cannot find a place to stay;
21. They only come to empty heads and hearts. Go on your way and sin no more.
22. The people were astonished at the words that Jesus spoke, the work he did. They asked among themselves,
23. Who is this man? From whence comes all this power that even unclean spirits fear, and flee away?
24. The Christine master left the synagogue; with Peter, Andrew, James and John, he went to Peter's house where one, a near of kin, was sick.
25. And Peter's wife came in; it was her mother who was sick.
26. And Jesus touched the woman as she lay upon her couch; he spoke the Word; the fever ceased and she arose and ministered to them.
27. The neighbours heard what had occurred, and then brought their sick, and those obsessed, and Jesus laid his hands on them, and they were healed.





# Metaphysical meaning of water (mbd)

<sup>15</sup>Metaphysical meaning of [water](#) (mbd)  
[water](#).

*Meta.* [Water](#) in its different aspects represents weakness and negativeness, cleansing, [mental](#) potentiality, and in some cases [life](#), or vital [energy](#).

The waters of [Genesis](#) 1:6, 7 represent unexpressed possibilities in [mind](#). There must be a firm starting point established. This point or "[firmament](#)" is [faith](#) moving on the unformed capacities of [Spirit consciousness](#).

In every [mental](#) proposition we have an above and a below. Above the [firmament](#) are the unexpressed capacities (waters) of the [conscious mind](#) resting in [faith](#) in [Divine Mind](#). Below the [firmament](#) are the unexpressed capacities (waters) of the [subconscious mind](#).

The "Seas" of [Genesis](#) 1:10 represent the unformed state of [mind](#). We say that a [man](#) is "at [sea](#)" when he is in [doubt](#) about a [mental](#) process; in other words he has not established his thoughts in line with the [principle](#) involved, he is unstable. The [sea](#) is capable of production, but must come under the [dominion](#) of the formative [power](#) of [mind](#), the [imagination](#).

[Water](#) ("the [sea](#)"), in [Mark](#) 6:47-51, represents [mental](#) potentiality; it can also be understood as [negation](#). The [race](#) thoughts have formed a [sea](#) of [thought](#), and to [walk](#) over it safely requires that one have [faith](#) in oneself. [Faith](#) necessary to accomplish so great a [work](#) comes from understanding--understanding of [God](#) and [man](#) and the [law](#) of [mastery](#) given to [man](#).

[God](#) is [substance](#): *sub*, under; *stare*, to [stand](#). He is the underlying [principle](#) of the [universe](#), upholding all [things](#) by His [word](#) of [power](#), by the omnipresent [energy](#) that permeates all [creation](#). An [understanding](#) of [God](#) in His true [character](#) establishes the [mind](#) firmly in [faith](#) and [causes](#) the [feet](#) to [walk](#) safely over the [sea](#) of the mixed, negative thoughts of the [race](#).



<sup>15</sup><https://www.truthunity.net/mbd/water>



It is not necessary to [walk](#) on material [water](#) to follow [Jesus](#). His walking on the [water](#) is a lesson in [spiritual overcoming](#). When we have found the [spirit](#) of the [law](#) the material expression adjusts itself. We live constantly in a [sea](#) of [thought](#) that is moved on by every [impulse](#) of the [mind](#). There are greater storms on land than on [sea](#), and they are far more destructive because of the many minds reached by the [psychic](#) waves. [Men](#) need every [day](#) the saving call, "Be of [good](#) cheer: it is I; be not afraid."

The majority of [men](#) try to sail the ocean of [life](#) without the sustaining [power](#) of [Spirit](#), but eventually they always go down in a troubled [sea](#). Even those who have been taught of the Master are still filled with doubts and fears when storms arise, and instead of a [reality](#) they see an apparition. But the [Christ mind](#) is not an apparition; it is a mighty [power](#), and when we have [faith](#) in it all the discordant elements of our [life](#) are quieted and we reduce to [harmony](#) and [wholeness](#) everything that our peace-giving thoughts touch.

[Water](#), in one of its phases, represents negativeness. The individual who allows himself to become negative to the [good](#) finds himself uncertain and unstable in his [mind](#), and often his [body](#) becomes so submerged in the waters of [negation](#) that his physical condition is low. Weak sympathy with [error](#) and the results of [error](#) helps to produce this condition. To be positive in the [good](#) it is very necessary that one have [right](#) ideas of [God](#), that one know Him as [good](#). The [mind](#) and the [body](#) are often toned up by one's [thinking](#) of [God](#) as [divine law](#). One's [understanding](#) Him to be [divine law](#) frees the [mind](#) from sentimental ideas of [God](#) solely as [love](#). It is these sentimental ideas that make weak human sympathy.

[God](#) is our [Father](#), and it is His [place](#) to instruct and discipline us in [righteousness](#). Those who will not learn their lessons in easy ways will have to learn them in hard ways, and we should not be sentimentally sympathetic with those who make severe corrections necessary. Weak, teary sympathy is just one of the ways in which we bring floods upon ourselves. [Water](#) often breaks up and dissolves [old error](#) states of [consciousness](#) in the individual, just as the [Flood](#) dissolved and washed away from the [race](#) the [old conditions](#) that the combined [error](#) force of individuals had formed.

[Water](#) is symbolical of weakness, [lack](#) of stability: "Unstable as [water](#), thou shalt not excel" ([Gen. 49:4](#), A. V.). In [Mark 14:13](#) it is stated that the [disciples](#) were to recognize the [man](#) in whose home they were to [eat](#) the [Passover](#) by his carrying a pitcher of [water](#). The meaning is that we should meet the [error thought](#) at the weakest point in [consciousness](#).



The **error thought** to be met in this case was designated as **Judas**, one of the **disciples**, who was possessed of a **devil**. This means that **Jesus** had discovered that He had one point in His **character** that was not yet cleansed and spiritualized by the **power** of the **word**, or the regenerating **thought** given by the **Father**. He said on a former occasion that His **disciples** (**faculties**) were all clean through the **power** of the **word**, save this one. So **Jesus** had to meet in the **Judas faculty** the reaction of an **error thought** that was working there from the **personal** or adverse side of **existence**.

**Water** also represents material cleansing, and **fire** represents **spiritual** cleansing. When **John** the Baptist baptized with **water**, he washed away the sins of an external **character**. He did not enter into the subconsciousness. It takes something more powerful than **water** to purify the **error conditions** accumulated by the **soul** in its many incarnations. The **presence** of **God** through **Christ** is necessary to purify this part of **man**. (See **BAPTISM**.)

**Water** also represents the great mass of thoughts that conform to **environment**. Every **thought** leaves its **form** in the **consciousness**, and all the weak, characterless words and expressions gather in the **subconscious mind** as **water** gathers in holes. When we get discouraged or disappointed and "give up," the undertow of **life** sweeps this **flood** of negative **thought** over us, and we are **conscious** of bodily weakness of some sort. Then, if we get scared, there is **trouble** ahead. When we know the **Truth**, and "brace up," however, the waters are confined to their natural channels again and our **strength** is restored.

It is the **Lord** that responds under the **divine law** to our **thought** and **word**. Those who "believe . . . through their **word**" are the ones that **demonstrate**. When one is so attached to property or to position that its loss takes away **courage** and **ambition**, the functions of the **body** sympathize with the negative **thought** and express in like manner.

"Living water" (**John 4:10**) signifies the **inspiration** of **Spirit**, also **life**. In **Revelation 22:17** we read, "He that will, let him take the water of life freely."

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## THE HEALING OF BODY AND SOUL

Kabbalah and Healing: The Healing of Body and Soul – Part 36 – Liquids of the Torah Correspond to Attributes of the Heart

**T**he two-letter root of the word for "wolf" (*ze'ev*) is *zav*, which means "flow." This is the root of a disease, described explicitly in the Torah: gonorrhea (*ziva*). Though both males and females may be afflicted by this disease, for the female it is more "common," for its symptom (its definition in Jewish law) is experiencing a flow of blood like that of menstruation, but not in its proper time. In any event, this clearly relates the wolf-image and syndrome to sexual disease.

**O**n the positive side, the land of Israel is praised repeatedly in the Torah as being "a land that *flows* (*zavat*) with milk and honey." The land of Israel symbolizes the holy feminine reality of creation.

**T**he Torah speaks of seven liquids: water, wine, dew, milk, blood, olive oil, and honey. In Kabbalah, these correspond to the seven attributes of the heart, from *chesed* to *malchut*, in their above order:

gevurah

might, fear

**wine**

chesed

lovingkindness

**water**

tiferet



beauty,  
mercy

**dew**

hod

netzach

thanksgiving,  
sincerity

victory,  
confidence

**blood**

**milk**

yesod

foundation,  
devotion

**olive oil**

malchut

kingdom,  
humility

**honey**

Let us first note that here, blood is associated with the *sefirah* of *hod*. In our above analysis of the physiological systems, the blood corresponds to the *sefirah* of *binah*, the origin in the mind (whose powers



do not appear here in correspondence to the seven liquids) of the emotion of *hod*, as stated: "*binah* extends until *hod*." We saw above that good health is primarily dependent upon the flow of the blood—in the circulating state referred to as "run and return"—throughout all the limbs of the body. The fact that here the blood corresponds to *hod* reinforces our identification of all disease and cure with *hod*.

In the expression "a land flowing with milk and honey," milk alludes to the endocrine system, that physiological system responsible for growth (the power of mother's milk). It is the right complementary *sefirah* to *hod*. As explained above, the rectification of each of the *sefirot* to the left is its inclusion and union with the respective *sefirah* to the right. In this case, the image of marital union is explicitly related to that of the two *sefirot* *netzach* and *hod* (milk and blood, the endocrine system and the immune system): "[in marital union,] he is in *netzach*; she is in *hod*."

Honey corresponds to *malchut*, the digestive system. The very substance of honey is a product of the digestive system of bees. The proper amount of honey in one's diet (in accordance with one's age) aids man's digestive system.

In Kabbalah, we are taught that the numerical value of the word for "honey" (*dvash*) equals that of the word for "woman" (*isha*, 306), the symbol of *malchut*, who ascends, in marital union, to *hod*. Thus we have completed a cycle: the rectification of blood (*hod*) depends upon its unity with milk (*netzach*); milk combines with honey (*malchut*), which then ascends to purify the blood (*hod*). This rectification



process is an inherent property of the holy land, the land of Israel, which flows (alluding to the flow of the blood) with milk and honey.

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# Explanation of the Inner Alchemy Chart

14 November 2019 /

- [Universal Healing Tao](#)

**This chart was never copied for over a couple of hundred years.**

**There was only the original.**

<sup>16</sup>It was never passed down to the rest of the world because it is so profound and mysterious that an ordinary person would have no way to understand it. It was re discovered in the library at High Pine Tree Mountain in China suspended from the wall. It was carefully drawn and the printing was clear, so it was eventually reprinted at that time. When I first discovered this, I decided to reprint it with a complete explanation using the Universal Tao practices. By practicing the Universal Tao formulas you can start to comprehend the detailed illustrations of this mural connecting with our body and the universe. It is with this understanding that I give you this explanation of Internal Alchemy so beautifully illustrated in this ancient Taoist rendering.

The Tao adept saw human body as a microcosm of the natural world. Its anatomy was a landscape with mountain, river, streams, lake, pool, forest, fire, stars a natural harmoniously landscape. It shows a torso and head with few easily identifiable structures –

## **Master Mantak Chia**

The numbered areas 1 to 5 are a series of nine sacred mountain peaks. These mountain peaks are like the funnels, which are able to draw down universal energy. This energy is



<https://www.mantakchia.com/explanation-of-the-inner-alchemy-chart/><sup>16</sup>



then concentrated in the caves of the mountains. Taoist adepts go to mountain caves for initiation. In the human head there are nine different centers (peaks or points), which are able to extend to the heaven to make the connection to the cosmos. The cavity in the brain, the body and energy centers are like those caves in a mountain which you can concentrate, store and transform energy.

1. **IMMORTAL REALM** is located in the center just in front of the crown. It is this point where our energy is able to ascending to heaven making the connection with the heavens drawing down even more powerful universal energies.
2. **TOP OF THE GIANT PEAK** is located in the back of the head. When we tilt the head and push the Chi back it reaches its highest point. This peak is connected to the North Star and the thymus gland. It is where we receive the descending universal energy.
3. **MUD PILL** is located in the center of the crown (Bai Hui or the hundredth meeting point) and when it is open it feels like soft mud. The crown point is connected to the Big Dipper and the hypothalamus gland. It is at this center that you can project your energy (soul or spirit) up or receive the energy down giving way to a two way street.
4. **HOUSE OF RISING SUN** is the third eye. At the middle of the forehead likely above, this center is able to receive the sun and moon energy, and is used to launch the soul and spirit bodies into space travel.
5. **NINE PEAKS MOUNTAIN** is more directly connected to the mid eyebrow and has a close connection to the pituitary gland. This center is used to received the cosmic force and used for launching the soul and spirit bodies the earthly plan or human plan traveling.



6. **OBSCURE SPIRIT ALTER** is between the Mud Pill and in front of the Giant Peak where the spirit and soul bodies are leaving and entering into horizontal flight.
7. **CAVE OF THE SPIRIT PEAK** is the jade pillow between the 1st cervical and the base of the skull which is known as the God mouth where we can receive universal knowledge.
8. **TRUE JADE UPPER GATE** is a water gate near to throat connecting to the brain.
9. **SOURCE OF RISING LAW** is behind the soft palate which is connected to the pituitary gland.
  - 9a. The two circles representing the sun and the moon within us are the left and right eyes. By learning how to roll the eyes in a circle motion, we can blend these different energies together enabling us to direct the energies with our eyes. When we roll the eyes up looking to the crown, these energies along with the sexual energy will rise up to the crown. When we roll the eyes down looking to the lower Tan Tien, we bring the premixed energies down to our energy centers (reservoirs) storing them there.
  - 9b. The figure of the old white headed man with eyebrows reaching down to the ground is Lao Tze (one of the founders of the Taoism). He is a seated figure with long eyebrows which is connected to the earthly energy.
  - 9c. The blue eyed standing foreign monk holds the heaven in his hands. The standing figure is Bodhidharma, the founder of the Zen Buddhism in China, which is holding up his hands to reach the heavens being more connected to the heavenly energy. These two energies or natures are mixed together to form a new Taoist concept, the practice of the Modern Taoism or the Universal Tao System. It is the blending and the



harmonizing of our heavenly destiny and our earthly nature.

10. **The DRAWBRIDGE** is the tongue and the **POND OF WATER** is the mouth which holds the saliva. In the Taoist practice, when you touch the palate with the tongue (the Source of Rising Law known as the heavenly pool), we connect the circuit forming the link between the governor channel (yang) rising from the perineum up the spine to the head then down to the palate and the conception channel (yin) descending from the root of the lower jaw to the perineum. Once the tongue touches the palate, the Chi is activated. The sexual energy is pumped up to the brain, activating the hypothalamus, pituitary and thymus glands secreting more hormones. The sexual energy, especially the orgasm energy, will help draw in the heaven energy from above and the earth force from below. When you mix these two forces with the sexual energy the hormone secretion is stimulated. This creates an abundance of Chi and fluid. This fluid which flows like a waterfall down through the palate across the upper palate to the back down to the mouth and the throat (Twelve storied pagoda) from where we are able to swallow it down to fill the other two Tan Tiens. This water is also known as the nectar, water of life or the golden elixir.
11. **GOVERNING MERIDIAN** is located from the perineum up the spine to the head then down to the palate
12. **CONCEPTION OR RELEASING MERIDIAN** is located from the root of the lower jaw to the perineum.
13. **TWELVE STORIED PAGODA** or twelve story tower is the throat center, CV-22. When the sexual energy is pumped up to the crown (reversing the flow) due to the Universal Tao practices of Testicle and Ovarian Breathing, Power Lock, and the Big Draw through the spine to fill the Lower Tan Tien (kidney and sexual centers) (lower reservoir), the Middle Tan



Tien (solar plexus and heart center) (middle reservoir), and Upper Tan Tien (brain, and crystal room) (upper reservoir). During its passage through the spine into the brain center the sexual energy is transformed. After the upper reservoir is filled, then the energy flows down the palate through the tongue down the throat into the heart nourishing it.

14. **I TILL MY OWN FIELD** (Tan Tien or Elixir Field). Inside my field is a magical sprout (the immortal fetus or the unborn spirit) that lives 10,000 years. The color of its flowers (opening of the consciousness and the wisdom) resembles gold and they do not wilt. Its seeds are like Jade pebbles. Its fruits are round. To cultivate it, I depend on the earth of the middle palace (the solar plexus). To irrigate it (the sexual energy reverse the flow up to the crown) I depend on the fountain of the upper valley. After much toil, I achieve the Great Tao and stroll freely through the earth becoming an Immortal of Peng Lai Island.
15. **COWHERDER BRIDGE STARS** symbolizes the yang elements of the heart, fire and compassion fire. He looks like a child which we call yang heart. In Taoist Text and the Christian Bible, they refer it as becoming like a child again which is the symbol of spiritual wisdom, innocence and simplicity. Extending out of the cowherder's crown, you find the Big Dipper, which symbolizes the connection of the heart to the heaven seeking harmony with the cosmos. The Taoist regard the Big Dipper as the cosmic timepiece. During the course of the year, the Big Dipper makes a 360 degree rotation pointing to all the stars collecting all the universal power in the Big Dipper's cup. The law of the heaven is called destiny and the law of the earth is called nature. The harmony between the destiny and the nature is the Tao, the great way. Those who follow the Tao fulfill their spiritual destiny and enjoy the fruit of the earthly nature. The Taoist



way of life is to tap into the energies of the heaven and earth while blending and harmonizing them with the human energy in order to cultivate and conserve the vital force in our bodies. Heaven Forces manifest into the celestial energy and its power appears to us as thoughts, consciousness, fate and destiny. Universal Tao is the practice of connecting the heaven (destiny) and the earth (nature) together. Some system or religion separate the heaven and earth into two realm forcing us to choose one.

16. **WITHIN THE 50 REALMS IS CONCEALED THE MYSTERIOUS GATEWAY** is opposite the heart which has a close relation and connection to the heart that generates the Big Aura protecting the heart and the crown.

17.

- **17a. LUNG SPIRIT HWA HAO FROM THE EMPTY IS COMPLETED** is the power and ability of the lung to totally empty so it can received more. Each inhale and exhale of our body is the breath of the universe expanding and contracting.
- **17b. HEART SPIRIT TAN YUAN ALSO CALLED GUARDING SPIRIT** is located in the liver area.
- **17c. GALL BLADDER SPIRIT LUNG AU ALSO CALLED MAJESTIC AND BRIGHT** is located in the middle of the liver.
- **17d. LIVER SPIRIT LUNG YIEN ALSO CALLED CONTAINING WISDOM** represents the liver, the largest organ of the body as a forest. In Taoism we regard the liver as the controller of the Chi flow. Too much Chi in one place can cause stagnation or congestion, and too little causes weakness and depletion. Both conditions are results of a liver imbalance. The weaver maid (kidneys) also receives the water from the sexual energy, but also makes water which helps the wood (liver) to grow while



the liver provides fuel for the heart fire. Each organ is interdependent to each other.

- **17e. SPLEEN SPIRIT CH'ANG TSAI ALSO CALLED SOUL PAVILION** is located in the spleen area.
- **17f. KIDNEY SPIRIT HSUAN MING ALSO CALLED NOURISHING THE SEEDS.** The kidneys store the constitution of inherited energy from our parents.

18. **MIDDLE TAN TIEN** (heart center) is surrounded by the pericardium's ring of fire.

19. **WEAVING MAIDEN CIRCULATES AND TURNS** is yin (kidneys and water element) and the cowherder standing above her is yang. The weaving maid has the ability to store energy, and to go inward to maintain quietness. She weaves silk like garments out of moonlight (Moon Light and the Milky Way energies accumulated and stored in the lower Tan Tien) by using the mind with the gently, soft, long and deep breaths like spinning or pulling silk drawing in the cosmic force and weaving into an internal Chi Web or Network. The Chinese legend says that the cowherder and the weaving maid were lovers once, but they neglect their duties and were change into stars and put at the opposite ends of the sky. One night a year, celebrated as the lover's day about September 15, the birds make a bridge (the milky way) across the sky to join them together. Likewise our heart (spirit, fire, compassion fire, love, and destiny) and the kidneys (earth nature, water, sexual energy, and physical body) are separate since the day we were born and never met again. By reuniting again the heart essence (love and compassion fire) and the kidney essence (sexual energy) we can form the immortal fetus giving birth to it and growing it.

20. **KIDNEY CAVE** (GV-4, Ming Men, or Door of Life) is know as the door of fire which is the gate where the sexual energy will pass and help to transform us.



21. **CORRECT TAN TIEN** (Real Tan Tien) is located in front and below the kidneys just behind the navel closer to the spine.
- **21a. YIN AND YANG TAN TIEN** are the four yin yang symbols represent the Tan Tien area (field of the elixir) located slightly below the navel approximately 3 inches near the sexual center. This area is the first alchemical cauldron. Tai Chi (yin and yang) represents the moving force. By using the mind, eyes and abdominal breathing to move the Chi and accumulate the sexual energy you will start to cook and be transformed it into Chi (steam) flowing through the channels of the entire body to repair and energize the cells.
22. **NORTH SEA WATER FLOWS IN REVERSE** is located the sacral hiatus (GV-2). When the sexual energy is pumped up to the crown (reversing the flow) due to the Universal Tao practices of Testicle and Ovarian Breathing, Power Lock, and the Big Draw through the spine to fill the Lower Tan Tien (kidney and sexual centers) (lower reservoir), the Middle Tan Tien (solar plexus and heart center) (middle reservoir), and Upper Tan Tien (brain, and crystal room) (upper reservoir). During its passage through the spine into the brain center the sexual energy is transformed. After the upper reservoir is filled, then the energy flows down the palate through the tongue down the throat into the heart nourishing, cooling, and irrigating it.
23. **YIN AND YANG MYSTERIOUS WATER WHEEL** is located at the perineum. Sexual energy is the most vital life force that humans inherit from their parents. We need this energy (orgasm force) to run our life each day. In the Human way this sexual energy is like water, which tends always to run down and out. Each day we lose this force through sexual desire, greed, or unnecessary worldly materialism.



We need to reverse this process causing the sexual energy (water and earth nature) to flow inward and upward. The boy and girl represent the testicles and the ovaries connected to the kidneys and eyes working on the water treadmill step by step pumping the water (sexual energy) upward. This is the beginning of the Healing Love practice with the testicle and the ovarian breathing. By starting to roll the eyes like a ball down the front and up the back, we begin to become aware of the testicles and the ovaries feeling them start rolling together with the eyes. Through this process a sea of sexual energy in the lower Tan Tien will transform into a lighter force flowing upward through the spine to the brain, glands, and organs rejuvenating them.

24. **AGAIN AND AGAIN, STEP BY STEP** is the yin and yang mystery (the boy and the girl, the testicle and the ovaries, the mind and the eyes) continuously turning the great pumps (the coccyx and the sacrum) to make the water (arousal and orgasm sexual energy) rise to the East (the crown). Even in a lake of 10,000 fathoms (Hui Yin, where all the yin energy of the body meets at the perineum) we should penetrate to the bottom where a sweet spring flows upward to the top of the south mountains (Trusting Meridian starts from the perineum up to the crown, and spreads out from the crown like a spring fountain).

25. **THE IRON BULL TILLS THE GROUND AND PLANTS THE GOLDEN COIN** is located at the lower Tan Tien around the navel connected to the spleen, ground and the earth connection to the spleen. The spleen center is the seed of the spirit and the life force (Chi). Once we are able to reverse the flow of the sexual energy, we can irrigate the dry land allowing us to till the soil to plant the magical golden sprout producing the golden round fruit



26. **THE GOLD COIN.** Once the land is ready, the seed of long life and wisdom (the immortal fetus or the gold coin) can be planted. All the land and the plants (our soul, spirit, mind, organs and glands) only need sexual energy to grow. The stone carving child strings them together. In one grain of rice the world mystery is hiding as the human form is the microcosm of the universe) and once we learn to understand and control our mind and ourselves, we will understand the mystery of the universe. In a small pot (either the lower, middle, or upper Tan Tien) we can cook all the mountains and rivers forces (natural forces), stars, moon, and sun forces (universal forces) and the primordial forces (cosmic particles) and combine them within ourselves to transform them into the higher force to form the IMMORTAL FETUS.



# Elixir Chi Kung - Universal HEALING TAO® System

Elixir Chi Kung - The Golden Elixir



- Taoist alchemy, the "Chymic Wedding" in ancient China -

<sup>17</sup>In the Taoist tradition, the Elixir Chi Kung as one of the last mysteries was considered that passes on a master before he passed on to his students.

Grandmaster Mantak Chia makes this precious knowledge without restrictions and was publicly criticized for it already.

In summary, one can say humors are energized by alchemical acts with Chi. It transformed his own body juices on a not yet explored in detail, but very effective way.

Body fluids are considered in Chinese medicine as a key indicator for vital health. Functioning of the liquids that speaks for an intact production and a good supply of organs with oxygen and nutrients for a vital sexual energy and for a sufficient combustion of nutrients. Overall, a good hydration of the body provides information on the vitality of a person.

The West knows also similar traditions. The " Chemical Wedding " as the title of one of the basic writings of the Rosicrucians and as an instrument of research- adepts who possessed the keys of hermetic alchemy , Kabbalah, and astrology. In alchemy , the Chemical Wedding is understood as the union of opposites and reveals the stepped path of initiation into the last great mysteries of our existence.

At the masterpiece of the alchemists , the production of a Philosopher's Stone , which produce gold and an immortality elixir is to be gained , one of

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<https://www.universal-tao-germany.de/en/philosophy/elixir-chi-kung-the-golden-elixir/><sup>17</sup>



the necessary actions is the coagulation of matter, the attraction of being non-clotting substances in chymischer wedding.

They referred to in the erotic imagery of alchemy the culmination of the Great Work (opus magnum) when the White Queen (symbol: moon, silver or mercury) : combined with the red king (sun, sulfur or gold icon). However, the union of polar opposites is not only an external process, but also an allegory of the inner, spiritual transformation process of a human being, because of the specific alteration of the man himself was one of the main objectives of alchemy.



The Taoists recognized the saliva as one of the sources of life. Western scientists describe saliva as an extremely complex fluid that includes a huge range of fabrics, which have the potential to influence many aspects of our physical life.

The Golden Elixir, also known as nectar, is the source or the water of life. It is a mixture of saliva, fluids and external hormonal essences. From an alchemical point of view, but it is far more than a merely external, material process; rather is integrated by coagulation Intellectual in the matter and this thereby raised to a higher level of existence. Taoists believe that this elixir is a great transformer for the higher, spiritual work. The Golden Elixir should be able to cure diseases, and even grant immortality. Some Taoist texts recommend swallowing the saliva up to 1,000 times per day for spiritual work and healing. In the case- Master Mantak Chia featured publicly disclosed practice exercises are only recently completed, the wear flowery names, such as "The dragon fixed the pearl", "The spider silk and swing the leg" or "Harvesting Golden Elixir".

The practical applications of alchemical traditions to their own body fluids can be learned and practiced. Grandmaster Mantak Chia teaches these precious, Taoist practices worldwide in workshops in Germany. Elixir Chi



Kung is part of the Cosmic Healing .  
(Wolfgang Heuhsen 2010)



Taoist Links



# Chemical Wedding—What Does It Look Like?

*Anonymous said:*

*Hello! Sorry for my ignorance, but what is a chemical wedding/what are the hallmarks of one?*

\*\*\*\*\*

<sup>18</sup>In the *Dictionary of Alchemical Imagery*, Lyndy Abraham defines chemical wedding as—one of the central images of the opus alchymicum and a crucial operation in the creation of the philosopher's stone. The alchemists were ultimately concerned with the union of substances, **the reconciliation of opposites**. Through the 'marriage' of opposites the goal of the opus, the production of gold and its metaphysical equivalent was obtained. (p. 35)

So that's the role and importance of the chemical wedding. Pretty vague, right? But over the centuries the most common imagery has been a man and woman—often King Sol/Sulphur and Queen Luna/Mercury—1. standing together, 2. conjoined, or 3. combined into a hermaphroditic figure.

Examples:

Standing together (Splendor solis)



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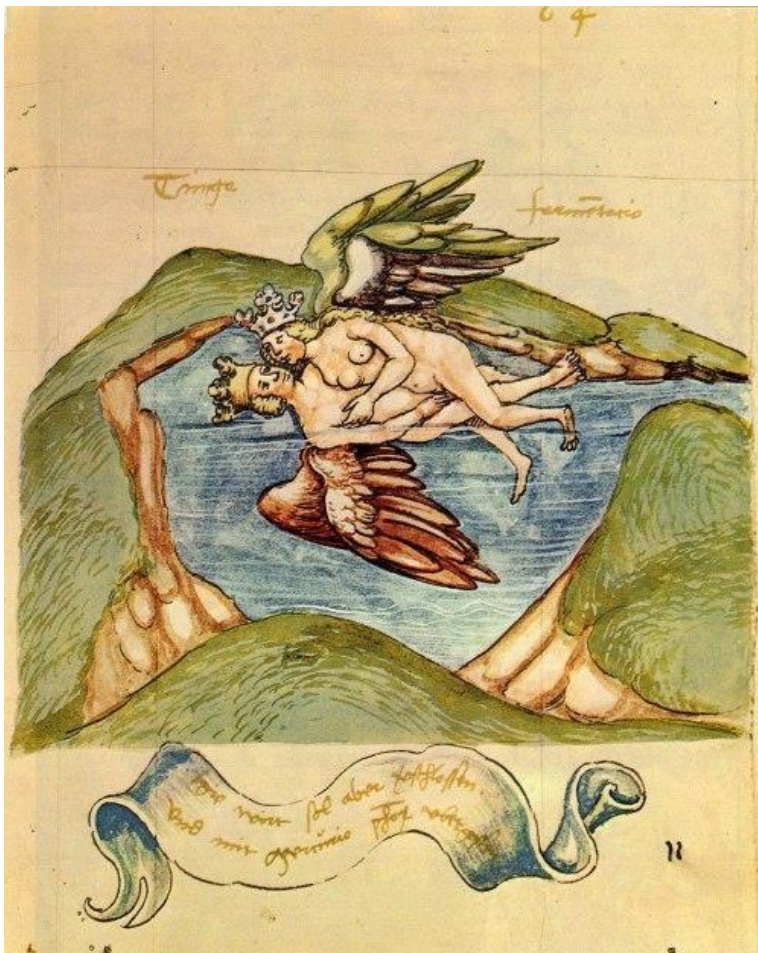
<sup>18</sup><https://www.tor.com/2016/11/29/book-reviews-john-crowley-johann-valentin-andreae-the-chemical-wedding/>





Conjoined (Rosarium philosophorum):





The rebis/androgyn/ hermaphrodite (Buch der heiligen Dreifaltigkeit):





The central **process** of alchemy is dissolution and coagulation—you dissolve (*solve*) and then coagulate (*coagula*) your raw material. So it's pretty common to have your alchemical couple be dissolved somehow—taking a bath, for example—and then coagulated, either by fire or piercing weapons.

A very straightforward chemical wedding is presented in Mozart's opera, *The Magic Flute*, based on Masonic alchemy. The male and female protagonists, Tamino and Pamina, go through trials by **fire and water** together, and are transformed into full members of the Brotherhood. A chemical wedding results in a **transformation** of the couple.





In *A Song of Ice and Fire*, the only final, permanent chemical wedding so far is that between Jaime and Brienne, which I wrote about here.

<https://argentvive.tumblr.com/post/171582701530/jaime-and-brienne-in-the-bath>

I hope this shows you that there are lots of ways for an author to portray a chemical wedding in a work of literature.



# The Alchemy of SciFi: John Crowley's New Telling of *The Chemical Wedding*

Em Nordling

Tue Nov 29, 2016 4:00pm [2 comments](#) [Favorite](#) [This](#)

In 1616, a very odd little book was published in what is today Germany. Its narrator, Christian Rosencreutz, told the tale of his bizarre and otherworldly foray into a secret society. It featured angels, automata, and ancient, arcane wisdom. Some readers viewed it as a religious allegory, some as an alchemical one. Some—in light of two manifestos published in the years preceding it—thought this book a revelation of a true secret society: the Rosicrucian order, a group of hermetic, Christian alchemists that were poised to change the world. Not, perhaps, features we'd associate with modern science fiction.

Author John Crowley, however, is reclaiming *The Chemical Wedding*. Alchemy, he argues in his introduction to Small Beer Press' new edition, "had the same fascination for readers of the [Renaissance] as the scientific possibilities of classic SF did in its last-century heyday." No matter its associations today—with the occult, Nicholas Flamel, or *Fullmetal Alchemist*—alchemy was once a cutting-edge science, one that well-respected men like Isaac Newton and Giordano Bruno thought would heal society's political and religious rifts. Crowley's new edition of the alchemical *Wedding* attempts to resituate it in these terms. Published during the year of the book's 400th anniversary, with Gorey-like illustrations by Theo Fadel, *The Chemical Wedding* is living and breathing yet again, reopening a bizarre and understudied chapter in European history.

The plot of *The Chemical Wedding* is less interesting than its history or its detail. In it, Christian Rosencreutz is invited by a king and queen to a mysterious castle full of magic and wonders, to witness a royal wedding. He and the other invitees undergo a series of trials to prove their purity and righteousness, from being literally weighed by their embodiment of each of the seven deadly sins, to their alchemical prowess and curiosity. The book is divided into seven days (always a telling number), though as Crowley points out, there is in fact an eighth, incomplete day at the end of the book. Perhaps the most fascinating scenes in the book involve Christian sneaking away on his own, exploring the castle's many libraries and oddities (only later does he find out that what he's done is forbidden, and that he'll be punished). The ending, though abrupt, is a happy one. Christian returns



home and, presumably, spreads the good news of the Rosicrucian brotherhood by writing *The Chemical Wedding* (the actual author of the book, it was later revealed, was Lutheran pastor and mystic Johann Valentin Andreae).

Originally released on the eve of the Thirty Years' War, *The Chemical Wedding* is garishly optimistic in hindsight. It promises religious and political harmony, and a rebirth in scientific progress that will rattle society to its very core. Dame Frances Yates, in her groundbreaking history *The Rosicrucian Enlightenment*, even argues that the royal wedding that Christian witnesses is a symbolic retelling of that of Frederick V, Elector Palatine of Bohemia, and Princess Elizabeth Stuart of England. This marriage, when it took place in 1612, was looked upon as a meeting of worlds and a reconciliation of difference; a new Europe was on the horizon. Science (alchemy) and the arts flourished, and the couple was loved very briefly by their people, until war erased the optimism that the union and *The Chemical Wedding* both symbolized.







Illustration by Theo Fadel

John Crowley's ambition in re-configuring Andreae's forgotten book is laudable, and Fadel's whimsical, dark illustrations add still more modern elements to the new edition. Re-imagining the text as science fiction is an exercise that makes outdated science feel alive and relevant, where it's so often presented as stale and superstitious. I quibble, slightly, with the designation of *The Chemical Wedding* as a novel. Its fictional and romantic nature is all but uncontested. However, the fact that so many readers took Andreae's story as true (if not in event, than in allegorical content) says something about its context, its intent, and about the reverence its original audience had towards the written word. Despite its bizarre imagery and symbolism, it bears more resemblance to John Bunyan's *Pilgrim's Progress* than it does to any contemporary novels. Andreae did dismiss his own work later in life, but whether that is due to his youth and inexperience, or the book's whimsical content is unknown and unknowable.

Whether you consider *The Chemical Wedding* a religious text, a morality tale, or a work of science fiction, however, the fact that it remains so rich in interpretations is one of its greatest strengths. It's a read that is simultaneously dry and bizarre, but it's anything but tiresome. Its original uncanniness is only heightened by Crowley's new edition, and the specificity of its historical moment made more familiar.

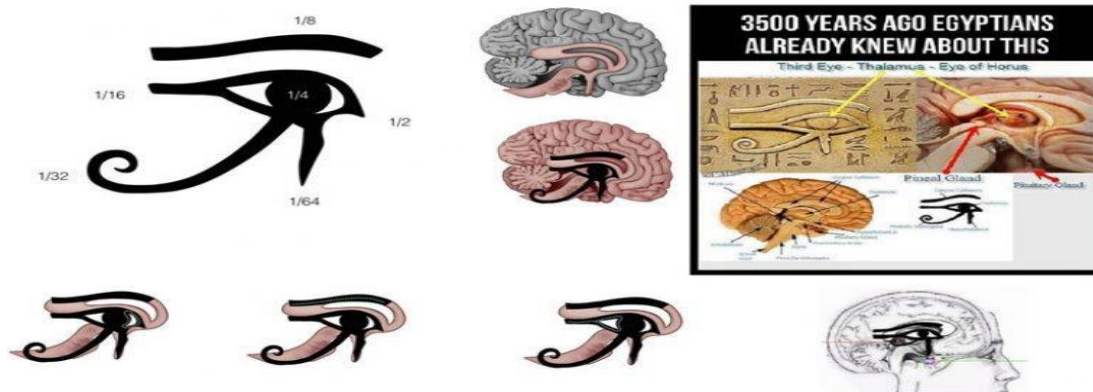
[The Chemical Wedding](#) is available from Small Beer Press.

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# The Pineal Gland & The Eye Of Horus



March 01, 2021

## What is Pineal Gland?

<sup>19</sup>The pineal gland is a tiny endocrine gland found in most vertebrate's brains.

Since Galen, a Greek physician and philosopher, first recorded information on the pineal gland's significance, it has been the focus of extensive research. Colleagues of Galen held the opinion that the pineal controlled the movement of "psychic pneuma," an ethereal substance known as "the first instrument of the soul." Galen, however, disagreed, contending that the pineal was only a gland that controlled blood flow.

René Descartes' study in the pineal led to a rebirth of the supernatural traits connected with it. He insisted that it was "the fundamental seat of the soul" and that it was where all thought originated. Reflex theory, or the involuntary system of acts carried out in the body's function, is mostly credited to Descartes.

In his opinion, the intellect might exist independently of the body and possess the capacity to subdue animal instincts by entering the brain through the pineal gland. Because the pineal does not have a matching pair like most other sensory organs, Descartes thought it was special.

"Impressions must logically combine in some area of the body before being processed by the soul, whether they enter by the two eyes, the two ears, etc. Since this gland is located at the most advantageous location for this function, in the midst of all the concavities, it is now hard to find any other such location in the entire head. [- René Descartes](#)



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<https://ophthalmologybreakingnews.com/ophthalmologynews-the-pineal-gland-the-eye-of-horus><sup>19</sup>



## Hinduism & Third Eye

Shiva and other Hindu deities are often depicted with a literal third eye on their forehead. This eye represents an awakening, or enlightenment, as the ability to see into higher realms of existence and consciousness. Many interpret this third eye as the [pineal gland](#).

Shiva's dreaded hair wrapped in snakes looks strikingly similar to a pinecone, the namesake of the gland itself. Snakes in [Hinduism](#) are thought to be auspicious, most notably seen in imagery surrounding [Kundalini Yoga](#).

The body's chakras are often depicted in Kundalini by a winged staff encircled by two snakes, or a Caduceus as it is known in Greek mythology. The snakes meet at the [Ajna chakra](#), where the pineal and pituitary glands are located. This chakra is known as the source of consciousness, with Ajna translating to command or guidance.

## Ancient Egypt & Third Eye

The ancient Egyptian civilization is well-known for many innovations that led to the development of modern systems and utilities that are used daily in the present world.

Among these innovations are discoveries in human anatomy and medicine that have led to surgical techniques and instruments still commonly used today. The Egyptians documented many of their findings by combining mythology and mysticism with facts.

Ancient Egyptians mastered the integration of anatomical knowledge and mythological stories into artistic symbols and figures. Artistically, the Eye is comprised of six different parts. Mythologically, each part is considered to be an individual symbol.

Anatomically, each part corresponds with the center of a particular human sensorium. For many years, the Eye of Horus was considered as a symbol of prosperity and protection by the ancient Egyptians, and its legacy continued into modern Egypt as well.

However, with a closer look at its artistic design and understanding the epic story behind its creation, the Eye's current perception as a singular mythologic symbol will be transformed into a powerful example of the ancient Egyptians' detailed understanding of human anatomy and physiology.

## Background & Mythology

[The Eye of Horus](#) mythology begins with the story of [Osiris](#). This story is the most recognized mythology in [ancient Egypt](#). It illustrates the eternal fight between the virtuous, the sinful, and the punishment.

[Osiris](#) was the oldest son of the [God of the Earth, Geb](#), and [the Goddess of the Sky, Nut](#), and was known as the God of the Underworld but, more appropriately, as the God of Transition, Resurrection, and Regeneration.

Osiris had three siblings: [Isis](#), [Set](#), and [Nephthys](#). Osiris married his sister, Isis, as was the timely Royal custom, and had a son named Horus. The myth started when Set, Osiris' brother, murdered Osiris to claim the throne, which caused disorder and chaos in ancient Egypt.



Set's brutality did not stop at killing Osiris, and he proceeded to cut Osiris' body into 14 parts that were distributed across ancient Egypt.

According to the ancient Egyptian traditions, in order for a royal's spirit to cross to the underworld, the body needed to be appropriately embalmed and buried in the royal tombs. This proper burial allowed the body to pass through the underworld gates and be judged according to their deeds.

Isis traveled with Horus in search of Osiris's body parts. Isis also recruited the help of her sister, Nephthys, and Nephthys' son, [Anubis](#). Anubis was the son of Nephthys and Osiris, and it is said that Nephthys wickedly assumed the shape of Isis to seduce Osiris and conceive Anubis.

Isis, Nephthys, Anubis, and Horus were able to find 13 parts of Osiris. The spirit of Osiris was then able to pass to [Amenti](#), the underworld, and rule the dead. When Horus killed Set in the large battle near Edfu, he proclaimed his kingdom, restoring the order to Egypt.

The ancient Egyptians used this legendary fight as a metaphor of the battle between good and evil, order and chaos. Afterward, Horus was idolized by the ancient Egyptians in the form of the Eye of Horus, which was considered as a symbol of prosperity and protection.

Ancient Egyptians were pioneers in art and medicine. This is exemplified in the artistic measurements of the [Eye of Horus](#). The Eye of Horus was divided into six different parts called the Heqat fractions, in which each part was considered a symbol itself.

The Heqat is among the oldest Egyptian measuring systems in which the numerical values are perceived as a consequential pattern. Gay Robins and Charles Shute discussed this concept in their explanation of the ancient Egyptian mathematical measures of "The Rhind Mathematical Papyrus", which is considered to be the oldest ancient mathematical script.

In the Rhind Mathematical Papyrus, the Heqat was described as a unit of volume, which is used for measurements of goods, such as grain and flour, and it was approximated as 4.8 liters, just over one gallon.

[The Eye of Horus](#) fragments were organized together to form the whole Eye, similar to the myth, and these fragments were given a series of numerical values with a numerator of one and denominators to the powers of two:  $1/2$ ,  $1/4$ ,  $1/8$ ,  $1/16$ ,  $1/32$ , and  $1/64$ . Some historians suggested that each part of the eye represents one of the six senses: smell, sight, thought, hearing, taste, and touch.

The  $1/2$  accounts for the sense of smell, the  $1/4$  represents sight, the  $1/8$  represents thought, the  $1/16$  represents hearing, the  $1/32$  represents taste, and the  $1/64$  represents touch. Surprisingly, if we superimposed these suggested parts over the mid-sagittal image of the human brain, each component corresponds to portions of human neuroanatomical features.

## **Eye of Horus & Its Significance To Medicine – Neuroanatomy**



The Eye of Horus has been used for many metaphors over the years, i.e., “Eye of the Mind, Third Eye, Eye of the Truth or Insight, the Eye of God Inside the Human Mind.”

The ancient Egyptians, because of their beliefs in the Eye of Horus’ mystic powers, gave all of these names to the Eye of Horus.

#### **Smell: $\frac{1}{2}$**

To show the significance of the Eye of Horus in human neuroanatomy, we go beyond the visual world and explore the hidden mysteries of the human senses, starting with the sense of smell.

On the Eye of Horus, the smell is represented by the triangular shaped object on the right side of the Eye’s pupil, illustrated by the yellow triangle.

On a closer look, this triangular-shaped object was designed in a way to resemble the side view of the human nose as a symbol of smell and was given the  $\frac{1}{2}$  Heqat fraction. The  $\frac{1}{2}$  Heqat fraction is also in the identical location and shape of the olfactory trigone.

#### **Vision: $\frac{1}{4}$**

The human perceives vision when the light hits the retina inside the globe, sending neuronal electrical impulses through the optic pathways to the interthalamic adhesion (massa intermedia) where some of the thalamic fibers that carry the vision, along with other sensations, move towards the midline and then curve laterally to the same thalamus.

The impulses are sent from the thalamus to the optic radiation tracts and then to the visual cortex in the occipital lobes. On the Eye of Horus, the pupil of the Eye represents the sight or vision sensation and was given the  $\frac{1}{4}$  Heqat fraction.

The  $\frac{1}{4}$  Heqat fraction is also in the identical location and shape of the massa intermedia (interthalamic adhesion).

#### **Wisdom: $\frac{1}{8}$**

One of the metaphoric names of the Eye of Horus is the Eye of the Mind, which was named after its reputation as the symbol of wisdom or thought.

Wisdom is represented by the eyebrow of the Eye and given the  $\frac{1}{8}$  Heqat fraction. The eyebrow is often associated with thinking; for example, we move our eyebrows to express various emotions.

From the anatomical perspective, it resembles the corpus callosum. The corpus callosum is the largest collection of the white matter fibers within the brain and facilitates the rapid transmission of neuronal impulses between both hemispheres.

On the Eye of Horus, the eyebrow represents wisdom and was given the  $\frac{1}{8}$  Heqat fraction. The  $\frac{1}{8}$  Heqat fraction exactly resembles the location and shape of the corpus callosum.

#### **Hearing: $\frac{1}{16}$**



On the Eye of Horus, hearing is represented by the triangular-shaped object and the lateral commissure (canthus) on the left side of the Eye's pupil. The  $1/16$  Heqat fraction is aligned to the same location.

#### **Taste: $1/32$**

The taste sensation is carried to the thalamus, then to the primary gustatory area of the cerebral cortex for interpretation.

On the Eye of Horus, taste is represented by the curved tail and was given the  $1/32$  Heqat fraction. The  $1/32$  Heqat fraction of the Eye resembles the taste pathway in the human brain. We think that ancient Egyptians used this fraction as a part of their mystic arts.

#### **Touch: $1/64$**

Touch sensation is carried by the somatosensory pathway, which carries numerous sensations from the body, i.e., light touch, pain, pressure, temperature, joint and muscle position sense (proprioception).

These sensations are divided into three groups, and each group is carried by a different pathway in the spinal cord with a different target in the brain cortex. The first group includes touch, pressure, and vibration perception and allows us to define the shapes and textures of the objects without sight.

These senses are carried by the posterior column-medial lemniscus pathway of the spinal cord. The second group includes pain and temperature senses that are carried by the lateral spinothalamic tract.

The third group includes proprioception, which allows us to sense the relative position of body parts and the strength needed for movement. On the Eye of Horus, the touch sensation is represented by the straight object coming down from the right side of the Eye, and was given the  $1/64$  Heqat fraction. The  $1/64$  Heqat fraction of the Eye resembles the somatosensory pathway.

Although we recognize the liabilities of overinterpreting a symbolic masterpiece like the Eye of Horus, we propose that the anatomical metaphors in the Eye of Horus are not by coincidence and merit discussion.

The ancient Egyptians were leaders in medicine and anatomy. This can be found in documented papyrus, as well as the walls of many temples and tombs.

In the creation of Eye of Horus, ancient Egyptians combined their artistic abilities and knowledge of anatomy with their deep belief in mythology.

More importantly, we argue that there is a clear influence of their interpretation of human senses on the size and shape of the Eye. This is an amazing feat considering the unavailability of radiographic and computational technology in that era.

The significance of our theory of the Eye of Horus is not to be used as an anatomical gold standard but rather to acknowledge and appreciate the genius and foresight of an



ancient civilization in decoding the intricate functions of the human central nervous system.



## The Eye of Horus and Our Brain

Ancient Egyptians gave us the key to reach enlightenment



The Eye of Horus from the Tomb of Sennedjem



<sup>20</sup>The Eye of Horus is an ancient Egyptian symbol known all around the world. It symbolises healing, protection, rejuvenation, rebirth, resurrection and wholeness.

The symbol combined art, anatomy, science and mythology. It is sometimes called the all-seeing eye as a reference to the third eye.

In this article, I will focus on the connection between this spiritual symbol and the brain.

This will help us understand how we can heal or reshape this complex organ. First, it is essential to explain the historical background of the symbol and analyse its shape.

## **The history**

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<https://medium.com/la-biblioth%C3%A8que/the-eye-of-horus-and-our-brain-ce1d7b82a62a> <sup>20</sup>







Statuette of Horus, Osiris and Isis from [louvre.fr](http://louvre.fr)

Horus, the sky God was the son of Isis and Osiris. The latter was killed by Seth, the God of violence and chaos.

Isis was left in agony but was determined to retrieve the 14 body parts of her husband that were cut by Seth.

She managed to do so and asked Thoth, Anubis and Nephthys to help resurrect him. Osiris came back to life but Seth heard of his resurrection and killed him a second time.

Isis, hid her pregnancy from the terrible God and gave birth to Horus who later wanted to avenge his father's death.

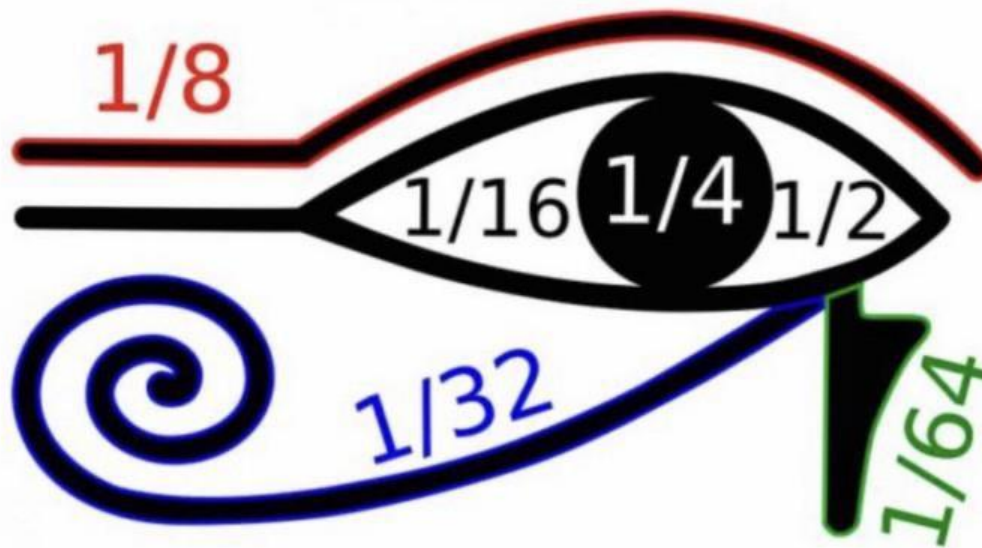
During one of their battles, Seth hurt Horus, took his eye and tore it into six pieces. Thoth, the God of writing and magic with the help of Hathor healed Horus.

The latter defeated Seth in a final battle.

The legend of the Eye of Horus was born.

## **Mathematics and the Eye of Horus**





Document from [ancient-origins.com](http://ancient-origins.com)

As a symbol, the eye contains six parts which were given a series of numerical values with a numerator of 1 and dominators to the power of 2.

They are linked to our five senses except for one part which is associated with thought and wisdom.

- The right side of the eye is  $1/2$  (smell)
- The pupil is  $1/4$  (sight)
- The eyebrow is  $1/8$  (thought and wisdom)
- The left side of the eye is  $1/16$  (hearing)



- The curved tail is  $1/32$  (taste)
- The teardrop is  $1/64$  (touch)

The fraction adds up to  $63/64$ , the missing part is said to represent the magical power of Thoth.

### The limbic brain

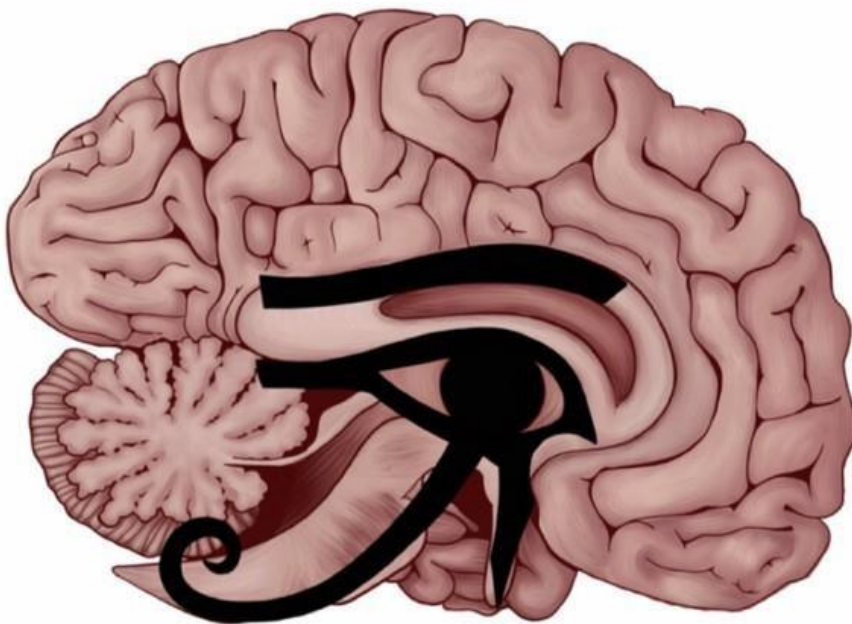


Image from [cureus.com](http://cureus.com)

This part of the brain is linked to emotions and memories. It controls and coordinates everything from the movements of the fingers to the heart rate.



The Eye of Horus depicts the secret areas of the brain that hold the potential for each human to attain enlightenment.

We already mentioned that it is also called the all-seeing eye or the third eye which is represented by the pineal gland located at the centre of the brain.

It stays dormant until the soul reaches a certain spiritual level. Ancient Egyptians believed that it was primordial to nurture our limbic brain so that the third eye would lead us to spiritual awakening.

### **Lessons to be learned from the Eye of Horus**



carving of the Eye of Horus from the Tomb of Horemheb



The symbol shows us what to change in our body to improve our spirit. Understanding how the limbic system works will help us heal or reshape our brain.

This system is composed of the:

- Hypothalamus controls emotions
- Hippocampus relates to memories and helps you understand the environment
- The amygdala helps coordinate response to things in your environment that trigger an emotional response

Damage to this system stems from trauma like enduring or witnessing abuse, neglect or violence which can result in depression, rage, PTSD and anxiety.

Ancient Egyptians concluded that relaxing the limbic system would heal and reshape our brain.

The first step towards change is to look inward and read everything about this system.

## **Conclusion**

The Eye of Horus depicts the secret part of the brain connected with our emotions.



To reach inner peace and live a meaningful life, it is essential to understand the limbic system.



# Six Yogas of Naropa: The Subtle Body, Voidness and Dependent Arising

## CONTENT OVERVIEW

- [Three Divisions of the Complete Stage](#)
- [Alternative Presentation](#)
- [The Crucial Understanding of Voidness](#)
- [The Voidness of the Three Circles](#)
- [The Creative Energy-Drops of the Four Occasions](#)

### Three Divisions of the Complete Stage

<sup>21</sup>After the generation stage, we go on to the complete stage practices. This is explained in three divisions:

- The basis, or basic situation that we are dealing with
- The path to follow
- The result that is manifest.

#### The Basis

The first of these is the basis. This is divided into the discussions of the body, the mind, and the body and mind together.

#### The Body

In terms of the body, there is the rough body, the subtle body, and the subtlest body. The rough body is what is found in our ordinary aggregates, for instance, our form aggregate.

As for the subtle body, we have five types of sensory consciousnesses; the subtle energy-wind associated with each of these sensory consciousnesses is the subtle body. Even subtler than that, there are 80 different types of extremely subtle



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<sup>21</sup> <https://studybuddhism.com/en/advanced-studies/vajrayana/tantra-advanced/introduction-to-the-six-yogas-of-naropa/six-yogas-of-naropa-the-subtle-body-voidness-and-dependent-arising>



indicative conceptual consciousnesses, and the energy-wind associated with these is an even subtler body. An even subtler body than that is when all grosser levels of consciousness have ceased, and the subtlest level of consciousness becomes manifest. The energy-wind associated with that subtlest level of consciousness would be the subtlest body. That type of consciousness associated with that subtlest body, the subtlest energy-wind, would be the subtlest consciousness.

#### Subtle Creative Energy-Drops and the Presentation of the Energy-Winds

As for the presentation of the subtle creative energy-drops (*thig-le*), there is one called the “indestructible creative energy-drop” (*mi-shig-pa'i thig-le*), which we have as long as we are alive.

In the course of a day, we have 21,000 breaths. This can be divided into various periods of the day during which the breath goes primarily through one nostril or the other. This is a very extensive subject that we should study more carefully by receiving teachings on the complete stage. However, there is no time to go into detail now.

There is also a presentation of the energy-winds, with the five major energy-winds and the five branch or secondary energy-winds. The five primary energy-winds are the downward-voiding, the ascending, the fire-accompanying, the life-supporting, and the diffusive energy-winds. Each of these is associated with one of the five Buddha families and, likewise, each has a color associated with it.

For instance, the downward-voiding energy-wind is associated with the Buddha-family of Ratnasambhava. It is yellow in color and controls the retention and excretion of urine, feces, and so forth, through the lower orifices. The ascending energy-wind is associated with the Buddha-family of Amitabha. It is red in color, is associated with the fire element and deals with the functions of swallowing and things coming in and out of the mouth. Again, there isn't time to give a full presentation of all this material, but I will explain one example.

We need to collect these ten energy-winds, the five major and five branch energy-winds, within us and cause them to dissolve. This is done at the navel chakra. This is the way the rest of the text will present the material. The text will talk about methods to make this happen at the navel chakra. Of all the energy-winds, the one that is most difficult to dissolve is the diffusive energy-wind.



The five branch energy-winds are those associated with the sense consciousnesses, such as the eye or the ear consciousness. When we are able to cause the five branch energy-winds to dissolve, we gain the various types of extrasensory perception, such as that of sight, hearing, and so on. This is a result of dissolving the branch energy-winds associated with the senses.

### Alternative Presentation

Another way of presenting this material is in terms of the energy-winds that course around the subtle body, the energy-channels that abide in the subtle body, and bodhichitta, which refers to the creative energy-drops that are caused to move and be led around within the subtle body.

In terms of the energy-winds that course around the subtle body, there is the presentation of the five major and five branch energy-winds. For the energy channels that abide or are situated in the subtle body, there is the presentation of the 72,000 energy-channels of the subtle body.

There are three major energy-channels, *nadi* in Sanskrit and *tsa (rtsa)* in Tibetan: the central channel or *avadhuti, uma (dbu-ma)* in Tibetan, the major right channel or *rasana, roma (ro-ma)* in Tibetan, and the major left channel or *lalana, kyang-ma (rkyang-ma)* in Tibetan. In addition to these three major energy-channels, there is a fourth channel that is parallel to the central one and is slightly behind the spine, called the “parted from demonic forces” channel (*sdud-bral-ma*).

At the time of birth, there are these four major channels: the central, right, left, and the one slightly behind. In addition, in the four directions there are four more channels: the thrice-circling channel (*gsum-skor-ma*) in the east, the desire channel (*'dod-ma*) in the south, the house channel (*khrim-ma*) in the west, and the fiery wench channel (*gtum-mo*) in the north. These four are the channels in the four cardinal directions at the heart. These eight are the eight major energy-channels that first develop at the heart (*snying-gar thog-mar chags-pa'i rtsa-brgyad*).

In addition, there are the eight major energy-channels of the heart. First come the four energy-channels in the four cardinal directions that we mentioned just now. A second energy-channel branches from each of them and goes in the four intermediate directions. These eight energy-channels – four in the cardinal directions and four in the intermediate directions – are known as the “eight major energy-channels of the heart chakra” (*snying-gar rtsa-brgyad*).



There is a difference, then, between the eight energy-channels that first develop at the heart and the eight major energy-channels of the heart. The four energy-channels of the four cardinal directions are included in both lists. The central, right, and left energy-channels, and the one slightly behind the central one are among the eight energy-channels that first develop at the heart; however, they are not among the eight major energy-channels of the heart. The four energy-channels of the intermediate directions are among the eight major energy-channels of the heart but not among the eight energy-channels that first develop at the heart.

Each of the eight major energy-channels of the heart, the four in the cardinal directions and the four intermediate directions, has three branches that come from it, making 24 energy-channels. The three, respectively, are the energy-channels where the energy-winds fall, where the creative energy-drops of white bodhichitta fall, and where the creative energy-drops of red bodhichitta fall. Each of these 24 is divided into three energy-channels – respectively of the body family, speech family, and mind family, making 72. From each of these 72 come 1000 channels and that is how the 72,000 energy-channels are derived. Of these 72,000, there are 120 main ones – namely, the 32 energy-channels at the crown chakra, the 16 at the throat chakra, the 8 at the heart chakra, and the 64 at the navel chakra. This is a little bit of the presentation of the energy-channels in the body.

If we get into the presentation of the energy-winds, then it really gets complicated. There are also the creative energy-drops that are led around the body. Whenever there is a presentation of the basic situation of the subtle body, it involves a presentation of the energy-winds, the energy-channels, and the creative-energy drops. This, then, is the presentation of the rough, subtle, and subtlest body, and of the rough, subtle, and subtlest consciousness.

The body and mind are said to be inseparable, meaning they are two individual items that are always together; they can never be separated. When this statement is made, we should understand “body” as referring to the subtle energy-winds. Wherever the subtle energy-winds are, consciousness is there; and wherever consciousness is, there are the subtle energy-winds. There is no separating the two.

Each of these has a different function, however. It is because each has a different function that we can speak of the difference between them. Otherwise, there is no way of knowing what the difference is. The consciousness has the function of becoming aware of or knowing an object. If we speak of an apple and an eye



consciousness that sees it, the eye consciousness is the conscious factor that is aware of this object, the apple, but it is the energy-wind that actually goes to the object to allow for the conscious experience of the object. The energy-winds themselves are not aware of the object and the consciousness by itself cannot go to the object.

For instance, imagine there are two people. One has good legs and no sight; the other has good sight but no legs. If there is an apple on the other side of the room, the person with the eyes can see it but cannot get over there to get it. As for the person with legs but no eyes, if we told him the apple was over there, he could go there but he would be unable to actually locate the apple. However, if the blind person with the legs carried the legless person with good eyes on his shoulders, then the two of them could go together and get the apple. This is an example to be able to understand how the energy-wind and consciousness are always together. They always come together in one package. This is the meaning of "having the same essential nature (*ngo-bo gcig*)."

### The Crucial Understanding of Voidness

It is necessary to have, in addition to bodhichitta, a correct understanding and realization of voidness. If we do not have this understanding of voidness in addition to bodhichitta, we will be unable to achieve liberation, let alone enlightenment. When we speak of voidness, it is not that we are negating something that did exist at some time; we are negating something that never existed at all. To repeat, we are not saying there is an absence of something that does exist. We are saying that there is an absence of something that never existed at all, but which we believe to truly exist.

When we study and practice to be able to get a correct understanding of voidness, it is necessary to rely on the correct view of Madhyamika, the middle way, as it is explained and taught in the classic texts by Nagarjuna, Aryadeva, and Chandrakirti. The Madhyamika presentation of voidness is extremely essential, and you should study this with the excellent geshes and masters that are with you here and the ones that will come in the future. It is extremely important when studying and practicing these hidden measures of tantra. If we try to do this without the basis of a correct understanding of the Madhyamika view, it does not matter how profound and precious the tantric instructions are, it will be extremely difficult to ever get any realizations or get anywhere without a foundation of the correct understanding of the Madhyamika view.



We need to have certainty of voidness, which will then induce a consciousness that correctly understands voidness and takes on an appearance of a Buddha-figure deity. Therefore, if we do not have this correct understanding, there is no way to proceed properly. We need to understand the presentations of both the conventional, superficial truth and the deepest truths. It is from the point of view of the deepest truth that there is no such thing as truly established, self-established existence. It is within this context that we understand the statement that there is no sight, sound, smell, and so on.

There are so many quotations from Milarepa and others that all come down to the understanding that, on the mundane level, there are conventional things, there is that reality; however, in deepest truth, there is nothing inherently findable. We speak of voidness as a total absence of all impossible ways of existence. The deepest impossible way of existing that is devoid of anything corresponding to it is self-established existence – the existence of something established by something inherent and findable inside it. This is totally impossible and does not correspond to anything.

If we have a good mind, are very intelligent and have a very attractive body and someone came along and were to ask us to sell our body or mind to them, we would grasp to our own mind as being “mine.” We would strongly think, “You can’t have it.” If we are about to fall over the edge of a cliff, we have a state of mind that grasps greatly onto our bodies, thinking, “I’m about to fall.” In such dramatic occasions as these, the idea of a strongly existing “me” comes about. It’s necessary to recognize this conception of a solid “me” that we grasp onto so strongly when it arises in these dramatic situations.

If we want to catch a thief, we have to recognize who the thief is. When we have this strong feeling of a “me,” examine where it is, where we could find it within us. Is the “me” in the head, the hands, or the feet? Is it inside them? Where is it, the “me” we felt so strongly when someone was going to deprive us of our body or mind, or the “me” that was about the fall over the cliff? When we examine in this manner, we discover that we cannot find it anywhere.

#### Refuting the Existence of a “Me” as Being Established by Something Findable on the Side of the Aggregates as Its Basis

On the basis of the five aggregate factors of our experience, there is no such thing as a truly established, self-established, findable “me.” Although such a “me” does not exist, it is under the force of grasping at things as if such a “me” does exist



that disturbing emotions and attitudes arise. On the basis of this, we act compulsively and build up karmic potentials, from which all our problems derive.

For instance, if we are in a dark room, the sun is setting and there is a striped rope on the floor and we see it, we might mistakenly think that it is a snake and become completely frightened. In Tibet, we have the custom of piling rocks on top of a mountain. Sometimes we can look at a pile of rocks on a mountain from a distance and misconceive it to be a person. A snake cannot be established as existing on the basis of the striped rope. The thing to refute would be a truly existent snake being established there. That is the thing to be negated or refuted. Likewise, when we grasp for a self-established “me” to truly exist, what is to be refuted is a self-established “me” that is truly established by something findable on the side of the aggregates.

Grasping for a self-established “me,” self-preoccupation, and ego-grasping are various terms that all refer to grasping for there to be such a self-established “me,” truly established by something findable on the side of the aggregates as its basis. The absence of such a “me,” established as existing by the power of something findable on the side of the aggregates, is what is referred to as the lack of a truly established identity of a person, or the identitylessness or selflessness of the person. If we do not recognize this very well, we will harm our understanding of deepest truth by still imagining and projecting that there is still something findable on the side of the aggregates establishing the existence of “me.”

On the other hand, voidness does not mean that nothing whatsoever exists. It is not refuting everything. It is saying that, as in the example of the rope, there is nothing findable on the side of the rope that establishes it as truly existing as a snake. The rope is merely a basis on which a snake is being projected and falsely mentally labelled as if there were something findable there, on the side of the rope, on which the snake could be validly labelled. Similarly, there is nothing findable on the side of the five aggregates that establishes them as truly existing as a self-established “me.” The aggregates are merely a basis on which a self-established “me” is being projected and falsely mentally labelled as if there were something findable there, on the side of the aggregates, on which a self-established “me” could be validly labelled.

Therefore, when we analyze and try to find a self-established person, “me,” and something findable on the side of the aggregates on which it is being validly labelled, we cannot find such things. However, that does not mean that a person, “me,” does not exist at all. Without there being anything findable either on the



side of me or on the side of the aggregates, a “me” exists as what the concept and word “me,” labelled on an individual continuum of five aggregates, refers to. To deny and refute that would harm our understanding of conventional, superficial truth and we would fall do an extreme of nihilism.

The conventional existence of everything, then, can only be established dependently on mental labelling alone. Therefore, when we understand voidness correctly, the total absence of impossible ways of establishing the existence of anything, we understand dependent arising; and when we understand dependent arising correctly, we understand voidness.

#### Signs of Understanding that Voidness Means Dependent Arising

The Kadampa Geshe Chengawa (*dGe-bshes sPyan-Inga-ba Tshul-khrims 'bar*) had a disciple, Geshe Jayulwa (*dGe-bshes Bya-yul-ba gZhon-nu 'od*), who was completely and wholeheartedly committed to his spiritual master in the exact proper manner. One day, when he was sweeping the room, he almost fell down the stairs. It was at that time he understood the actual manner in which the “me” exists. He understood voidness.

Another account is given of affirming conventional reality. When the great master Tsongkhapa was teaching on voidness, one of his closest disciples, the great master Jetsun Sherab Senge (*rJe-btsun rGyud Shes-rab seng-ge*), was in attendance. When Tsongkhapa said there was no findable, self-established person “me,” Jetsun Sherab Senge grabbed hold of his own collar tightly. Tsongkhapa saw this and was very pleased. He said, “This person in the audience has now reaffirmed the conventional existence of superficial truth.” He had become frightened that he did not exist at all and that was why he grabbed his collar. By doing so, Tsongkhapa said that he had reaffirmed conventional existence.

Another example is at the time of the Buddha when King Bimbisara went to make an offering of a robe to Manjushri. When he went to do this, Manjushri kept shrinking back. In this manner, by seeing that, every time he went to offer the robe, Manjushri kept getting smaller, contracting, he realized voidness.

#### The Voidness of the Three Circles

Whether in connection with the view, meditation or behavior, we need to understand everything we do in terms of the voidness of the three circles involved – ourselves, the object of our activity, and the activity itself. None



of them are self-established. We should practice without viewing the existence of any of the three circles involved as being established by something inherently findable on its own side.

For instance, when doing tantric meditations of deity practices, there are three things involved: the Buddha-figure we are meditating upon, the act of meditating, and the one who is meditating. None of these is self-established by something from its own side making it exist all on its own independently of the other two circles. There cannot be a Buddha-figure deity that is meditated on if there is no meditation, or if there is no meditator. Likewise, there is no one meditating upon a Buddha-figure deity, if there is no deity to meditate upon. However, to most people, it seems as though this is not the case. It seems as though there is some Buddha-figure deity out there, somewhere, existing as some self-established entity that we are now trying to meditate upon.

When we make offerings, we think there are the offerings that exist by themselves, that there is some object out there that we make offerings to, and there is another isolated factor of the action we are doing of making those offerings to that outside object. However, this is not at all the case. An object to which offerings are being made only exists as such relative to the offerings being made to it and someone making the offerings. All of these are interdependent. When we are engaging in our deity practice of meditating on these Buddha-figures, it is absolutely essential that we approach this without our consciousness being aimed at any of the components involved as existing self-established by the power of something findable on its own side. We must understand all three circles of the activity we are engaged in to exist relative to and interdependent upon each other.

### The Creative Energy-Drops of the Four Occasions

To continue our discussion of body and mind, there are two times for practice to be done: during our waking state and during the time when we are asleep. The text also discusses the creative energy-drops of the four occasions – being awake, dreaming, being in deep sleep, and the fourth occasion. This comes from the teachings of Kalachakra, the cycles of time. These creative energy-drops are located at the heart, navel, throat, and mid-forehead chakras.

When we are awake, all the energy-winds of the upper part of the body collect at the drop at the forehead chakra and the energy-winds of the lower part of the body collect at the drop at the navel chakra. When we fall asleep and dream, the upper energy-winds collect at the drop at the throat chakra and the lower winds



collect at the drop at the pubic region chakra. When we are in deep sleep, the upper winds collect at the drop at the heart chakra and the lower winds collect at the chakra at jewel of our organ. At the time of the fourth occasion, the occasion of being in union, the upper energy-winds collect at the navel chakra and the lower winds at the tip of the jewel of our organ.

If I were to go into further detail, it would get extremely complicated. However, in short, a yogi who is trying to master this type of practice is concerned with gaining control of the power of the various energy-winds within the body and gaining the experience of inducing the blisses by making the energies descend and ascend through the channels. In this practice, the main one of these four chakras into which we are trying to penetrate and activate is the center of the navel chakra in order to induce tummo, the inner heat. Literally, tummo means the “fiery wench.”



# What Is Chakrasamvara Practice?

Dr. Alexander Berzin

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## Introduction

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, Tsenshap 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 that's 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 in order to help others. That's very important. And with a realistic attitude toward tantra, then in order to be able to really 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.

[See: [Three Principal Aspects of the Path](#)]

Confidence. This is very important. That means that we not only understand how it works, 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 on the basis of 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 really 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 really 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 an empowerment, the teacher as part of the empowerment ceremony explains the tantra path in order 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, in order 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 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 then 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, voidness of all phenomena, so that we basically 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 bodhichitta behind it – and even if we are able to 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 this 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 totally dependent on a brain. But it’s the most subtle level. It provides the continuity 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 totally 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, from 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 do 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 a 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 the 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, 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 in order 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 exactly 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 afterwards, 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 what usually called dissolving, but "dissolving" gives the wrong idea. And the other method is to work within the central channel of 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. So although that sounds complicated, it can give us a little bit of confidence that it's all mapped out, 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 in a more direct way, 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 the purposes of 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 basically 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, to have 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 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 actually really 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 actually, 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 more and more happy. 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 terribly 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 representing 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 which 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 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 actually 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 dispute whether there are four or five explanatory tantras. Tsongkhapa says there's 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 this 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 Drilbupa), and Krishnacharya (in Tibetan known as Nagpopa). This Drilbupa, 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 Drilbupa, 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 actually 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, 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 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 actually 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 have 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 really 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. It’s really quite brilliant how Malhotra brings this point out.

## Tantra in the Gelug Tradition

### The Six Buddha-Figure Systems

Now, in the Gelug tradition – if that’s the tradition that we’re following – of Tsongkhapa, it’s helpful to know what Tsongkhapa himself practiced. And he practiced six main anuttarayoga Buddha-figure systems:

- Within Guhyasamaja there are various forms of Guhyasamaja, and he practiced the Akshobhya form, which means that the central deity is an Akshobhya variant.
- Then the Chakrasamvara system he followed – his main practice was one of them, the Luipa tradition.
- And within Vajrabhairava, or Yamantaka, he had two main practices – the thirteen-deity practice, which is actually thirteen couples, and the single-figure Vajrabhairava.



- And then Kalachakra.
- And finally the Mahachakra form of Vajrapani, which is the anuttarayoga form of Vajrapani with three faces, six arms. A very nice practice.

### **The Eight Discourse Traditions**

But concerning the complete-stage practice of anuttarayoga tantra, there are eight discourse traditions:

- So within Chakrasamvara, again the Luipa lineage of complete-stage practice
- The Drillbupa, or Ghantapa, body-mandala lineage of Chakrasamvara (so two Chakrasamvara systems)
- And then the six yogas, or six practices, of Naropa
- Kalachakra
- And then two lineages of Guhyasamaja, the so-called Arya or Aryadeva lineage and the Jnanapada lineage
- And then the complete-stage practice of Vajrabhairava
- And the complete stage practice of this Mahachakra form of Vajrapani.

So if we want to follow the Gelugpa tradition, this is what it is.

### **The Combined Practice of Guhyasamaja, Chakrasamvara, and Vajrabhairava**

One of the specialties within the Gelugpa system, particularly of Tsongkhapa, is the combined practice of the three main Gelugpa deities – Guhyasamaja, Chakrasamvara, and Vajrabhairava. So within these three systems, the way that they are practiced, what is emphasized in the monasteries and in the tantric colleges is the Akshobhya form of Guhyasamaja, the Luipa system of Chakrasamvara – remember that's the one with sixty-two deities in the external mandala and sixty-two deities in the body mandala – and the Thirteen-Deity Yamantaka, or Vajrabhairava, practice. So this five-deity Drillbupa tradition that you received is basically a preliminary for the body-mandala practice.

So out of these three systems that are put together, which is very unique and very special in Gelugpa:

- Guhyasamaja is the foundation. So this is the system in which you find these Indian commentaries that explain the theory of the entire tantra system and how you can decode these hidden, or obscure, tantras.



- Then Yamantaka is used in terms of, first of all, the Manjushri practices that are associated with it for developing more discriminating awareness, and it's the context within which all of the protector practices are done in Gelugpa. So if you're doing any protector practice – we're talking about Mahakala, Yamaraja, Palden Lhamo, etc. (these are the three big ones) – then the protectors are invited into the Vajrabhairava mandala, and you as Vajrabhairava in the center are ordering them and have control over them. I mean, there are other protector practices as well. I just mentioned these three as an example. In order to be able to order these protectors, you have to be in a very, very strong form, so Vajrabhairava.
- And then Chakrasamvara is brought in for the *tummo* (*gtum-mo*), the internal heat practices, which are essential for experiencing these different levels of bliss within the central channel that I mentioned.

So to fill in various aspects within the context of the foundation of Guhyasamaja, one practices and studies the Vajrabhairava system and the Chakrasamvara system. So His Holiness explains that these three are the basis. And if you can do other anuttarayoga practices on the side, that's okay. But without the basis of Guhyasamaja, Chakrasamvara, Vajrabhairava, it is not appropriate.

Now, you find some practitioners within the Gelugpa tradition put a great deal of emphasis on Vajrayogini. Vajrayogini is the female partner of the male Chakrasamvara major deity. But now I will quote His Holiness the Dalai Lama concerning that, from this discourse on Tsongkhapa's commentary to the abbreviated Chakrasamvara tantra. His Holiness said, "Of the eighteen volumes of Tsongkhapa's works, five volumes are on Guhyasamaja. That's the largest topic that he wrote about. But he wrote only three pages on Vajrayogini. And in his commentary on this abbreviated Chakrasamvara tantra, there are very few words on Vajrayogini." His Holiness said, "If you have a special connection with the Sakya lineage and Vajrayogini" – the Gelugpa practice of Vajrayogini, by the way, was borrowed into Gelugpa from Sakya centuries after Tsongkhapa – "then it's okay to do that practice. But if you are a Gelugpa practitioner" – mind you, he's speaking to an audience of the monks of Ganden, Sera, Drepung, and the tantric colleges, and Namgyal monastery – "you must do Guhyasamaja, Chakrasamvara, and Yamantaka and follow Tsongkhapa's works."

So he's not calling for the abolition of the Vajrayogini practice within Gelugpa. He says that if it's done privately and to the side, it's beneficial, but it's not to be done as a monastery practice. And so we can extrapolate from that for a Gelugpa center as well: To do it privately, on the side, fine, but not as a practice



that you do together in the center. And His Holiness says this is very important, particularly for the tantric colleges and Namgyal monastery. So this tendency to forsake and forget about the Guhyasamaja practice and just emphasize Vajrayogini in the monasteries, this he was extremely critical of.

Now how you put these three practices together (this is quite special of Tsongkhapa):

- On the generation stage, when we're doing these sadhanas or visualizations, he says you do all three of them. Because in the Chakrasamvara one there will be much more detailed visualizations for these four blisses. In Guhyasamaja you'll have much more detail of the dissolving of the energy winds and the generation of various illusory bodies to help others. And Vajrabhairava, who has Manjushri in his heart, this is especially effective for very special practices for developing the different types of discriminating awareness, or wisdom, and also doing all the protector practices.
- On the complete stage, when we're ready to do that, the basic form that you use of yourself as the practitioner is Vajrabhairava, Yamantaka, because this is the container within which you can put together the wind practices of Guhyasamaja and the bliss practices from Chakrasamvara. So basically what you do on the complete stage, within the context of Vajrabhairava, are the tummo practices from Chakrasamvara – as Vajrabhairava you do the tummo practices of Chakrasamvara, within the context of Vajrabhairava – and then the generation of all the various illusory bodies from the winds according to Guhyasamaja. Vajrabhairava can recite, “Om mani padme hum.” Vajrabhairava can do any type of practice. You shouldn't think that these are contradictory or exclusive of each other.

### **Combining the Three Deities in the *Lama Chopa* Practice**

Then there's a way of combining the three deities in the *Lama Chopa*, the *Guru Puja* practice. When you do the practice, in the very beginning you generate yourself in the form of one of the deities. That would be Yamantaka, Vajrabhairava. And then the central figure in the tree of assembled gurus is Tsongkhapa. In his heart is Buddha Shakyamuni. In Buddha Shakyamuni's heart is Vajradhara. But in addition there's the complete thirty-two deity body mandala of Guhyasamaja within Tsongkhapa's body.

Then when you make the offerings in *Lama Chopa*, you do it extensively, as in Chakrasamvara. That's in addition to the usual offerings that we have in all the various systems. I'm talking about the outer offerings, which are:



- *Argham* – water to drink
- *Padyam* – water to wash the feet.

Right? Imagine that the Buddha came to your house with all his monks, walking barefoot in the dusty dirt in India. So he comes to your house. You first give them something to drink, some water – they're thirsty – that's argham. And padyam – wash off their feet dirty from walking barefoot.

- *Anchamanam* – water to rinse out the mouth
- *Prokshanam* – water for sprinkling. In other words, take a shower. They're very sweaty because it's hot.
- *Pushpe* – a flower garland on his head, in other words around his neck.

And with all these offerings, you do it like Chakrasamvara, which is to generate bliss, happiness. So a very beautiful offering goddess, or whatever, offers it.

- *Dhupe* – incense, presented to his nose to smell, very nice smelling
- *Dipe* – a butter lamp to his eyes.

It would be like sitting down to a meal. So you light a candle, and you'd light some incense.

- *Gandhe* – cologne water: sometimes you have these little towels with cologne water that you can wash your hands with, sprinkle it on, put it on your face before a nice meal
- *Naividya* – nice food to his mouth
- *Shabda* – nice music to his ears while you eat.

You have to think of this within the context of Buddha coming to your house from walking there and you offering him a nice meal. So it's very joyful, and it gives joy to the Buddha. And in various parts of the sadhana – this is also quite unique in Gelugpa – you imagine that offering goddesses give that to you as well. So you enjoy it. It enhances your bliss.

But in Chakrasamvara we have sixteen more offerings which are made. So again this whole emphasis on enhancing this bliss, this happiness. So more forms of music, nice entertainment:

- First the vina, which is a type of Indian stringed instrument
- And then a flute
- Then a front drum, sort of like a tabla



- And then a side drum – this type of drum that has two sides; you hold it horizontally in your lap and you strike both sides. Very popular in South India.

So you imagine very beautiful offering goddesses doing this. If you're a woman and it doesn't turn you on to have offering goddesses give you these things, you can imagine a very handsome offering god doing this. Same, same. It doesn't matter. The point is to generate bliss: you feel very happy; it turns you on.

- And then an offering goddess that smiles, laughs
- And then one that flirts with you
- And then one that comes and sings some beautiful song
- And one that does a very nice dance, not one of these Bollywood things with fifty people, but something very sensual
- And then again flowers, tossing flower petals
- And more incense
- And more butter lamps or candles – they wouldn't have had butter lamps in India, so candles
- And more cologne.
- And then we have a form goddess for the Buddha – so somebody who is really, really beautiful – to really turn you on. How absolutely gorgeous this goddess is.
- And then vajra taste. So they will give you the most delicious delicacy.
- And then vajra touch to sort of go nice and massage you and so on
- And then a beautiful goddess or god, whatever you want to visualize, embracing you, giving a lovely hug.

So in a very extensive way, you do these practices to enhance a very joyful, blissful mind. So that's thrown into the *Lama Chopa*, the *Guru Puja*, from Chakrasamvara, and it is quite strong within the Chakrasamvara practice.

So if one really wants to get into it and not just go “argham, padyam, pushpe, dhupe...” in three seconds and you are finished with the offerings, if you do a little bit more extensively and slowly, it can really build up a very joyful, blissful state of mind, which is the whole point. Right? Of course eventually we need to be able to do things very quickly. As my teacher Serkong Rinpoche always said, “When death comes, it doesn't wait for you to do practices very slowly. You have to be able to do everything instantly.” So don't get too strongly in the habit of doing things slowly, but that's how you start.



## The Triple Purification

But you should be aware that the most common, generic form of Chakrasamvara practice on the beginning stage is not one of these sadhanas, but it's one portion which you find in all the sadhanas of all the different forms of Chakrasamvara, which is known as the Triple Purification. This is what is basically practiced as the first stage of Chakrasamvara practice. Sadhana is the second step. The first step is this portion.

And this triple purification starts with the full Vajrasattva practice with the Heruka variant of the mantra. I mean, of course there's refuge, bodhichitta, the four immeasurables – that goes without saying – as the beginning. And then you have a voidness meditation for purification of the mind. And then you have a generation of yourself as a simple Chakrasamvara couple: one face and two arms. And then for purification of speech, you imagine three rings of the Sanskrit alphabet at the navel, and they emanate three groups of deities to get rid of obstacles. Then you have the praises – the eight verses for Chakrasamvara and the eight verses for Vajrayogini, the female partner. And then all the mantras, and then some dedication prayers.

So this is a very full practice in and of itself and is the normal, standard thing that everybody does. Then, as I said, in the second stage you can add some pieces before, in the middle, and after that, which will fill it out to the full sadhana.

## The Story of Chakrasamvara Subduing Shiva

Now, I prepared some more material here, which we don't really 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, and 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 are 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 exactly 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 in a similar type of way in order to, in a sense, gain the confidence and trust of these deities and the 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 mind, 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 actually 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 sort 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 in order to make them feel more comfortable and then transform it into a way of attaining enlightenment." This is the 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 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 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.

## Questions and Answers

Now, we have run well past time, so although it might be nice for questions, I don't know if that's okay. Questions? No questions? Five minutes? Okay. I'll have to control myself not to give just one answer in five minutes.

## The Clear-Light Mind



**Could you please clarify something about the clear-light mind. In its natural state it's not absorbed in nonconceptual understanding of voidness, and it doesn't experience bliss, so you have to teach it, so to say?**

Right, you have to train that subtlest level of mind to have that understanding of voidness and to generate it as a blissful awareness. And you train it by gaining this blissful awareness and the understanding of voidness on grosser levels of mind first and then, either through wind yoga or bliss yoga, get to that subtlest stage in meditation.

### **Criteria for Classifying Tantras**

**The criteria by which we divide systems into Guhyasamaja side and Chakrasamvara side – is it the same criteria that has to do with yidam and dakini practices, or are those two different classifications?**

Yidam and dakini practices are something quite separate. You don't really speak of that type of division within the Gelug tradition. In the classification system as defined by Tsongkhapa, father tantra, like Guhyasamaja, has the most detail and the main emphasis on illusory-body practice. Illusory body practice is done with the energy winds, so Guhyasamaja has a great detail on that. And mother tantra [like Chakrasamvara] has the most emphasis on the clear-light practices and that's referring specifically to gaining the clear-light practice through these increasing levels of bliss through tummo. Both of those are yidam practices, and there isn't anything specific called a dakini practice in Gelugpa.

### **What's the Point of the Various Yidam Forms?**

**We were talking about how it doesn't really matter whether a deity has four arms or two arms. That's irrelevant. But at the same time, in tantric systems we have deities who have twenty-four arms and several faces, and we have sixty-two deities in the external mandala and sixty two deities in the body mandala. So what's the point behind all this variety? Is it just to overuse our brains?**

No. In each of these systems, whether it's four arms or two arms or six or twenty-four or thirty-four, each of them represents something different in terms of what it purifies, in terms of a different type of attainment, and so on. But when you work with many, many different systems, you soon realize that you can represent method and wisdom and the six paramitas and things in so many different ways. The main point of it is that it's an aid, something that helps us to keep in mind what they represent. The final aim of it is not be able to visualize six or twenty-



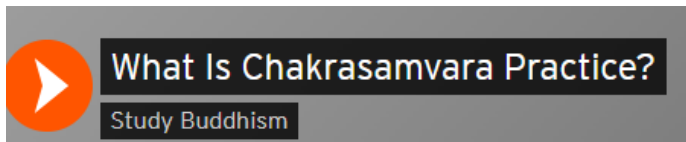
four arms; the aim is to have simultaneously in our awareness the things that they represent.

And in Chakrasamvara the sixty-two deities in the external mandala are in order to be able to control – tame, I should say – the energies externally. And in the body mandala, they are situated at the external end of the various energy channels throughout the body in order to be able to generate a blissful awareness at the external tip of these channels. Because with the five types of energy winds, the type which goes through the skin, in a sense – the all-pervading one – that’s the most difficult to bring into the central channel. So it is a very specific system to help us to bring those winds which are the most difficult ones into the central channel. So the sixty-two are for a very specific purpose and visualized in very specific places on the body.

Okay. We end with a dedication. We think whatever understanding, whatever positive force has come from this, may it go deeper and deeper and act as a cause to reach enlightenment for the benefit of all.

Thank you.

## Original Audio from the Seminar



What is the Cakrasamvara Tantra? Buddhism Explained with ...

YouTube · Tibet House US Menla Online

Nov 20, 2018



## Jain Studies And Science: Universe (Lok)



Author: Dr. Mahavir Raj Gelra

Published:

23.02.2009

Updated: 02.07.2015

22Jains envision the entire universe to be comprised of six entities (we have christened them as **mattereals**)-

1. *Dharm-astikaya* (Medium of movement)
2. *Adharm-astikaya* (Medium of rest)
3. *Akash-astikaya* (space<sup>[19]</sup>)
4. *Pudgal-astikaya* (Sthul-matter & Sukshma-energy)
5. *Jiva-astikaya* (conscience/intelligence)
6. *Kaal*<sup>[14]</sup> (time)

All these six entities (mattereals) co-exist simultaneously to manifest the Universe. Interestingly, science<sup>[18]</sup> even today cannot add or subtract anything from this all



exhaustive list cited above. Jain literatures call the universe as *Lok*. Excluding this finite *Lok* is said to be infinite *Alok*. Jain philosophy<sup>[12]</sup> has laid a logical foundation to the ever enigmatic questions of creation of universe, its extent, its composition and its time factor. Founding postulates of Jains are-

- There is a **finite and tangible *Lok*** situated in the midst of an **infinite void called *Alok***.
- *Alok* is infinite, yet the relative positioning of *Lok* with respect to *Alok* is well defined as the **directions travel in the *Alok* as well**.
- *Lok* has a **well defined and stable geometrical shape**.
- *Lok* has fixed basic constituents which are **finite and maintain a constant sum**.
- Activities within the *Lok* are so spontaneous that **it is not created by anybody**.
- *Lok* possesses **default intelligence and not the designed one**.

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<sup>22</sup> <https://www.herenow4u.net/index.php?id=67824>



- Periods in *Lok* have starts and ends, but **cycles of periods are eternal** - having neither beginning nor end.
- Matter present in the Universe is dynamic by way of transportation and transformation, which is the very basis of LIFE.

Mahapragya<sup>[15]</sup> explains that the Jains could find above universal Laws as they do not believe in the authority of GOD as the creator or perpetuator.

According to him, modern science<sup>[18]</sup> also does not support the idea of universe being created and conducted by any supreme-power.

### **Statements of Einstein<sup>[7]</sup> and Hawking**

**"God is left with nothing to do, as the disciplined Nature is governed by its own laws and principles"** -

how close Einstein<sup>[7]</sup> is to the Jain view point! Bestseller physicist and well known contemporary scientist

Hawking, too, believes that the cosmos is no- beginning no-end phenomenon. A lot of scientific investigations are going on today in the field of astrophysics. Largest of the large and smallest of the small are keenly scrutinised by the modern scientists who are equipped with latest



electronic telescopes and fastest computers to analyse the enormous data. While at one end they are eager to know massive black-holes, on the other hand they are enthusiastic to study the minutest particles like quarks and gluons. It would therefore be relevant to undertake a comparative study of Jain Philosophy<sup>[12]</sup> vis-a-vis Science<sup>[18]</sup>. To start with, we shall first chronologically arrange the history of cosmic studies.

## **History of Universal Exploration by Scientists**

1. Scientific study is presumed to have started with Copernicus in 1514 when he, for the first time, declared the sun as the centre of our planet system contrary to the then prevailing idea of Earth being at the centre as proposed by the Greek philosopher Aristotle<sup>[2]</sup>.
  - **This established the first fact - Orbits of our solar system are sun-centric and not geo-centric.**
2. Unlike our modern times, where a new concept is introduced every year, it took almost 100 years for Galileo to confirm it way back in the year 1609.
3. Around the year 1687, an idea was mooted by Sir Newton<sup>[16]</sup> about having an infinite static universe. But his own theory of gravitation



contradicted it. Owing to the gravitational force, the stars in static universe will fall into one another and the universe would have collapsed.

4. As the Solar system was thoroughly understood and mathematical orbits were established solidly, scientists turned their attention to the outer universe. Arguments



kept on waging about whether the universe had a beginning or is eternal. We shall see later in this chapter, how Jainism[13] solves this dilemma.

5. After another 100 years, in the middle of nineteenth century the idea of eternal universe was discarded by scientific fraternity. It was because of a very simple logic. Had the stars around us were shining since infinite time, rays from all the stars would have reached us by now and the earth would have received so much of energy that it would have been blown up by now. By the same argument all the other cosmic bodies too would be infinitely heated up.
  - **This established the second fact - the Universe had a beginning.**
6. Next milestone in this journey came relatively faster in the year 1929. This only confirmed the fact that the universe had beginning. Edwin Hubble observed that the cosmos is expanding as the galaxies are rocketing away from each other.
  - **This established the third fact - the Universe is expanding.**
7. The immediate conclusion was that these galaxies were near to each other sometime in past. In fact, so near to each other that the universe occupied near zero space[19] and possessed near infinite



density.

- **This established the fourth fact - the Universe started with Big Bang.**
8. However several important questions still remained unanswered. Having consensus on the beginning, question now nagging the scientists was about the end? How long will the universe expand? Will it collapse after the momentum of big bang is reduced and the forces of gravitation take over?
  9. By the turn of twentieth century, the study of universe was fully transferred from philosophers and meta-physicists to the scientists and astronomers.
  10. In twenty-first century, this study is now employing complicated electronics, advance mathematics and latest space<sup>[19]</sup> technology. The concentration<sup>[4]</sup> is on - 'Cosmic Microwave Background' - the ultra high frequency radiations emitting from a hot body<sup>[3]</sup>. Since the universe is presumed to be extremely hot at the time of big-bang, the frequencies emitted then can reveal the correct picture, if detected.
  11. **To sum up - the present cosmological picture painted by scientists is as follows:**
    - Age of the universe is around 14 billion years and it is by and large homogeneous.
    - It is full of lightest elements, like hydrogen, helium and lithium.



- It has abundance of cold dark matter[5] - huge clouds of particles that are detectable by their gravitational effect only. This finding is astonishingly close to Jain philosophy[12].
- Within a fraction of a second, the universe inflated at a tremendously accelerated rate simultaneously releasing burst of radiation.
- Soon after inflation, the regions of high density were acted upon by the cold dark matter[5] to form the galaxies.

12. **What Scientists have failed to explain:**

- Boundary, shape and size of the universe?
- What was before Big Bang and what initiated it?
- As the three space[19] co-ordinates can be drawn by assigning a suitable zero, time-factor too, can be described in terms of elapsed time with respect to some



reference. But when we are talking about universe, we need to know the absolute zero co-ordinates of space[19] and an absolute zero moment of start of time. Both are eluding science[18].

- If it is expanding, how far will it expand? OR will it collapse after the momentum of far off galaxies diminishes?
- If all the matter was together at one point of time (Big Bang), and no matter can travel faster than speed of light (as predicted by quantum mechanics[17] and the general theory of relativity), why stars and galaxies are out of our sight?

## **Answers from Jainism[13]**

### **1. *Dharmastikaya*[6] (dynaons) & *Adharmastikaya*[1] (statons) Duo:**

The description of this duo, comprehensively answers the dilemma of Universe's boundary. According to Jainism[13], the spatial extent of this pair is finite, has a defined shape and outlines the boundary of universe. We shall discuss more about the shape of Lok later in this



book. Continuing the discussion about the six (interestingly, these are divided into three pairs) matterials, the first one is *Dharmastikaya*[6] (dynaons) & *Adharmastikaya*[1] (statons). Both are metaphysical in nature, omni present and static. They cohabitate only as a passive, seamless and continuous media. They are entirely absent in the *Alok*. The other two pairs viz., *Akash-Kaal*[14] and *Jiva-Pudgal* exist only up to the limits earmarked by dynaons-statons. We can understand it with the analogy of a swimmer in water. Water is just a medium. This analogy is crude with the difference that dynaons and statons do not themselves get disturbed due to any material activity.

Scientific fraternity has always wondered as to what exists between the nucleus and the orbiting electrons or between one atom/molecule and the other. At one time the concept of ether[8] was in vogue, but present day scientists deny its existence.

#### **a. Dynaons (*Dharmastikaya*[6])**

Dynaons are omnipresent throughout the universe. They are supposedly cubical particles interleaved in such a manner that they form a continuous, monolithic medium and the *Gati*[9] (dynamism - that is why we have named it 'dynaons') of all the other matterials is attributed to them. They, in other words, are super



highways of energy transportation. Even electromagnetic and light waves traverse in the presence of Dynaons (*Dharmastikaya*[6]). Since they act as a medium, they do not participate or interact nor do they themselves get disturbed. Therefore, the energy travelling through the medium of dynaons remains undiminished until it interacts with other forms of matter.



Mahapragya<sup>[15]</sup> observed that if we listened to a science<sup>[18]</sup> teacher explaining the rules of motions, we felt as if a Jain scholar was giving discourse on Dyanons-statons.

However, it must be noted that the science<sup>[18]</sup>, during the Newton<sup>[16]</sup> era, believed in presence of 'Ether<sup>[8]</sup>' **as a medium of motion**. But later on, Einstein<sup>[7]</sup>, on the basis of Michelson-Morley experiment, ruled out its existence. He argued that since the velocity of light remains a constant to all observers whether dynamic or static, the very presence of ether<sup>[8]</sup> is dispensable. All arguments of ether<sup>[8]</sup> being a metaphysical entity were discarded and Einstein<sup>[7]</sup>'s view prevailed. But, believers of Jainism<sup>[13]</sup> will find it interesting to note that the things have come to the full circle as scientist now need a 'medium' to explain the way gravitational forces act!

#### **b. Statons (*Adharmastikaya*<sup>[1]</sup>)**

An anti-matter to dynaons, these particles co-exist with them and are medium to gravitation (*sthithee*). Their presence actually completes the picture of universe. Scientifically, we all know the matter would collapse



under gravity if the gravitational forces are not counter balanced by forces of velocity. Electrons are orbiting to avoid collapsing into the nucleus. Earth is orbiting so that its centrifugal force is equal to the gravitational force of sun. The solar system, in turn is rotating and so is our galaxy, the Milky Way. Even all the other galaxies, which we know of, are spinning presumably to prevent fall under gravity. Jainism<sup>[13]</sup> states that all forms of matter take **SHAPE** only when the forces of energy are at equilibrium with the forces of gravity. Jainism<sup>[13]</sup> therefore does not believe in Designed Intelligence but proclaims **Default Intelligence**. In the former case, the universe becomes somebody's discretion, whereas in the latter case, it spontaneously exists under certain fundamental rules.

It is amazing that no other religion on this earth has promulgated the presence of all encompassing matterials as is done by Jainism<sup>[13]</sup>. And as we have understood so far, how near the Jain philosophy<sup>[12]</sup> is to the modern science<sup>[18]</sup>! It even can extend helping solutions to some of the enigmas faced by the scientists regarding the boundaries of universe and the extent of time.

### **Conclusions of Science<sup>[18]</sup> (so far):**

Scientific evidences point an explosive start by Big-bang



and extrapolate a catastrophic end of universe by Big-crunch. Though many questions remain unanswered in between



the two. Prominent among them are - what before beginning and what after the end? These questions have compelled scientists to think like philosophers!

According to Einstein<sup>[7]</sup> the moment of beginning is singular and unique, thus laws of physics come into force only after the big-bang. Dr. Hawkins explains that anything which existed before is destroyed by the big-bang and so there is no need to know whatsoever existed before it. Succinctly, anything before big-bang has no consequence in the present universe.

### **Conclusions of Jainism<sup>[13]</sup>:**

Among all extensively followed religions like Hinduism<sup>[10]</sup>, Jews, Christians, Islam<sup>[11]</sup>, the universe is presumed to be created (by GOD). For the first time in the known history, famous philosopher, Aristotle<sup>[2]</sup> put forward the notion of no-beginning-no-end. Mahapragya<sup>[15]</sup> too has written in his earlier literary works that Jainism<sup>[13]</sup> does not support 'beginning' and 'end' theory. He writes that central to entire 'Jain' theme is:

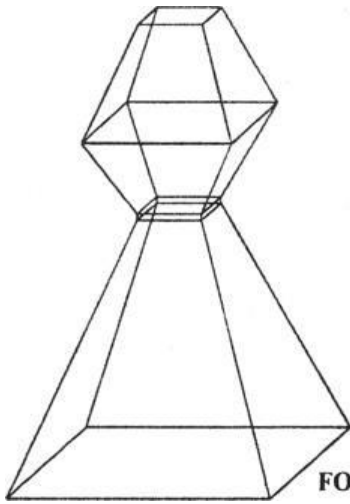


- Everything in the universe is
  - dynamic
  - finite
  - cyclic

Accordingly, the universe neither gets completely destroyed nor is created out of nothing. The following time-energy-matter graph clearly depicts the Jain ideology.

As is manifested above, the matter of universe appears to vanish into pure energy at the end of each era (descend). According to the Jain philosophy[12], it is sixth frame of descending cycle (called *Avasarpani*). It remotely resembles what we know as moment of destruction or big-crunch. From the second frame of ascending cycle (called *Utsarpani*) the creation of matter starts again. This resembles the moment of creation or big-bang. This cycle of ascend and descend is perennial. Jains have designated a period of five *Bharats* and five *Airavats* to each of these cycles. As is clearly depicted, the matter and energy transmute into each other but in totality no destruction or creation takes place. Here, the Jain philosophy[12] explains what science[18] could not - the state of universe before 'the beginning' and after 'the end'.

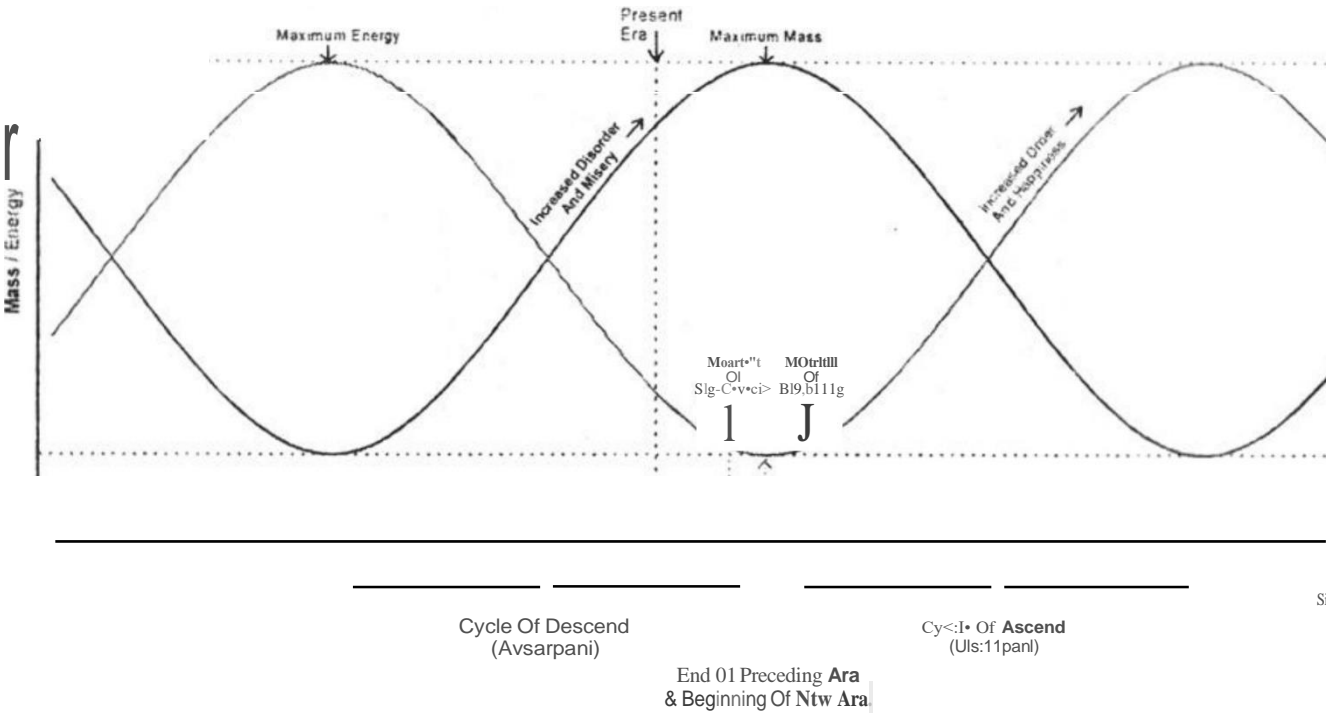




**FOUR SIDED FIGURE OF UNIVERSE**



Sum of mass+ mass equivalent of energy = constant( Y1 + Y2)




beginningfess / Endless Cycles Of Time -



## Moola-Achar Granth Lok Vichaar

इस लोकमें ये जीव अपने कर्मों से उपार्जन किये सुख-दुःख को भोगते हैं और भयंकर इस भवसागरमें जन्म-मरण को बारंबार अनुभव करते हैं ॥715॥ इस संसारमें माता है, वह पुत्री हो जाती है, पुत्री माता हो जाती है। पुरुष स्त्री हो जाता है और स्त्री पुरुष और नपुंसक हो जाती है ॥716॥ प्रताप सुंदरता से अधिक बल वीर्ययुक्त इनसे परिपूर्ण राजा भी कर्मवश अशुचि (मैले) स्थान में लट होता है। इसलिए ऐसे संसारमें रहने को धिक्कार हो ॥717॥ इस प्रकार लोक के स्वभाव को धिक्कार हो जिससे कि देव और महान् ऋद्धिवाले इंद्र अनुपम सुख को भोग कर पश्चात् दुःख भोगनेवाले होते हैं ॥718॥ इस प्रकार लोक को निस्सार (तुच्छ) जानकर तथा उस संसार को अनंत जानकर अनंत सुख का स्थान ऐसे मोक्ष का यत्न से ध्यान कर ॥719॥

In this world, these living beings experience the happiness and sorrow they have earned by their deeds and again and again experience birth and death in this terrible ocean of existence ॥715॥ There is a mother in this world, she becomes a daughter, a daughter becomes a mother. Man becomes woman and woman becomes man ॥716॥ Even a king, who is powerful, hangs in an unclean place due to action. So be ashamed to live in such a world ॥717॥ In this way, the nature of the people should be cursed so that Deva and Indra with the great Riddhis, after enjoying the unparalleled happiness, are the ones to suffer sorrow. ॥718॥ In this way, knowing the world as vain (insignificant) and knowing that world to be infinite, the place of infinite happiness. ॥719॥



Swasti Jain


“

Chodah raaju utang nubh, lok purush santhhan  
tame jeev anadi se, bharmat he bin gyan

Bahrah Bhavana By: Bhudhar Das ji

”

This Universe is 14 Raju in height and resembles the shape of a man, In this Universe, Without Real knowledge, Infinite living beings are wandering from eternity



Swasti Jain

I find it fascinating that the universe is 14. Raju is in height and resembles the shape of a man. In the early '70s, I read an interesting article that I never forgot. This article was on astronomy and the universe. The interviewer asked the question at the very last end of the conversation. He said that breathing insinuates that the universe is alive.

The scientist said exactly. Yes, the universe is breathing.

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Lord Brahma only lives for the duration of one  
breath, and according to our time scale  
4,320,000,000 years constitute only twelve hours of  
Brahma, and Brahma lives one hundred of his years

For the past 50 years, I am absolutely convinced that the universe is alive and conscious. The same breath that we take is the same breath the universe takes. Mind you, one single breath of the universe is an extremely long time.

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

The following is from my friend Amar who told me about this course.

The Jain Tirthankaras taught atomic theory to mankind and this can be found in the Jain scriptures. See the Tattvartha Sutra chapter 5, for example.

The Jains accurately described the nature of atoms, molecules, subatomic particles, and the two forms of fundamental particles, known as Paramanu. The Jains explicated the conditions under which these particles can combine, and the conditions under which they separate.

They also revealed for the first time in history, thousands of years ago, that matter and energy are part of the same continuing, and that the two are inter-convertible. Einstein would state this only many centuries later in the form  $E=mc^2$

1. Jain cosmography appears to accurately describe the proportions of the Milky Way galaxy and our approximate location in it, and even states that all of the stars, planets, and constellations that we see in the sky are actually all rotating about a massive distant center.
2. This ancient philosophy of Jainism also teaches that the world is filled with microorganisms and that these are the agents of decay and disease (at a time when much of the world believed that disease was caused by evil spirits). It's all in the Jain scriptures.

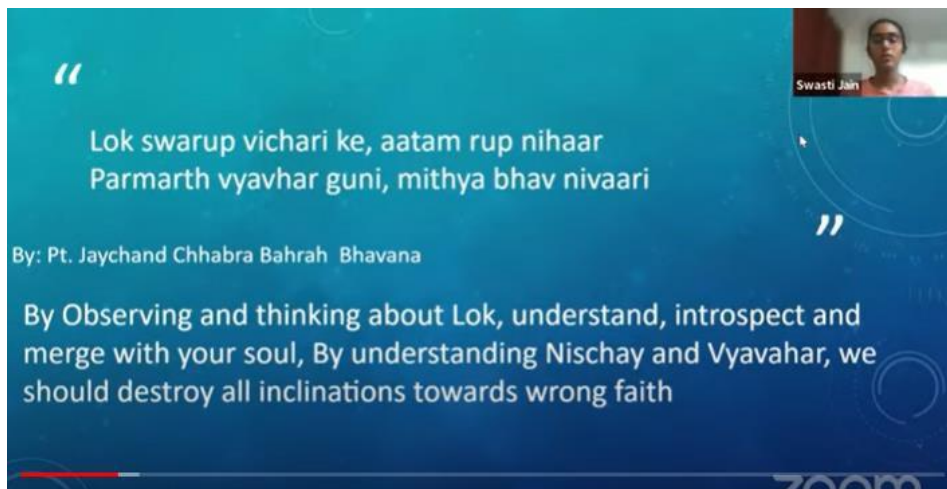


So, remarkably, things that centuries of generations of people had to take on faith in Jainism, are now being verified by science. There are even scientific studies of reincarnation going on. It's all pretty mind-blowing.



<https://iothishi.com/jain-cosmology/>  
[https://en.m.wikipedia.org/wiki/Jain\\_cosmology](https://en.m.wikipedia.org/wiki/Jain_cosmology)





What could be simpler? The more attention you pay to something, the more attention it pays attention to you.

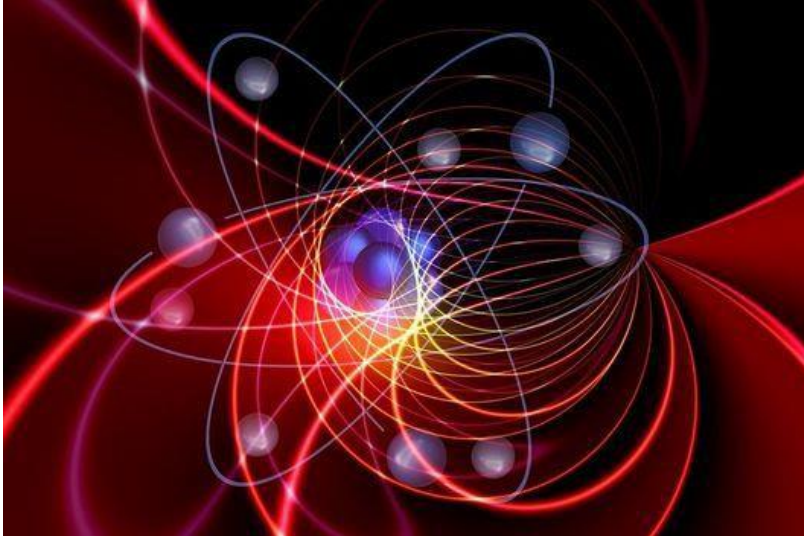
How much attention are you placing in every moment towards your true essence and being? That will determine where you are at this present moment.







## Invisible forces influencing the physical



<sup>23</sup>The term field in quantum physics represents invisible moving forces that influence the physical world. Spirituality represents invisible moving forces that influence the physical world.

Yoga arrived in the West when people were starting to explore quantum physics. Prior to this time, Western people did not have a language to understand the energy and consciousness aspects of yoga.

The yogic science teaches that everything is connected by an unseen force which exist in the universe, the unified field. The supreme revelation of the individual very essence is that «the Self, the Consciousness» reveals itself only to itself. A



constant practice of yoga and meditation reveals the pure awareness of our eternal shining soul, in other words the «Atman». In yoga Atman is also Prana, they come from the same Sanskrit root, which means breath, life force, vital principle. The primordial cosmic breath.

Today's scientist and ancient vedic texts are making the same claim: In every

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<https://www.yogawithperumal.tv/quantum-physics-spirituality><sup>23</sup>



person there exists a mini universe, a microcosmic replica of the macrocosmos.

Albert Einstein said: “The idea that there is separateness is but an illusion, we are all one thing in this universe, and our job is to widen our circles of compassion till it surrounds everything in the universe.”

But if it would not have been for Einstein to say so, most of the Western people would not trust the revelation that self-study, the discovery of thyself is the essence of freeing oneself of fears, the essence of freedom.

In the book *Tao of The Physics*, Fritjof Capra claims to see strong parallels between Hinduism, Buddhism, Taoism, and modern physics—especially quantum mechanics. The word “tao” derives from “way” or “path” and in Chinese philosophy it refers to the underlying organization and unfolding of events in the universe. In Capra’s view, this connection is in “perfect harmony with those of the Eastern mystical traditions which have always regarded consciousness as an integral part of the universe.” Capra said: “When I refer to mysticism, I mean the religious philosophies of Hinduism, Taoism and Buddhism...”, adding that although these three eastern avenues differ and are each open onto a large



number of pathways, “the basic features of the world view are the same”.

The main emphasis is on intuitive knowledge, the direct experience of reality which, in Eastern mysticism, “transcends not only intellectual thinking but also sensory perception” Of course, physicists themselves are concerned with rational knowledge, but Capra shows that both types of knowledge may occur in both fields - science and eastern traditions. Capra illustrates the main features of “Hinduism”, from the old Vedic traditions to the Bhagavad Gita, from the relationship between Brahman and Atman, to the notions of yoga. The idea that all is interconnected. The common congruity of all these traditions, according to Capra, “is the awareness of the unity and mutual interrelation of all things and events, the experience of all phenomena ... as manifestations of a basic oneness”. Duality between subject and object based on quantum physics, shows that separation can not hold. The dual character of light and darkness, yin and yang, the concept of complementarity.



“The dance of Shiva” taken as a metaphor for the dance of continuous transformations of particles and that matter equal energy. Thus Capra concludes that the ancient Eastern and modern Western thought are in harmony in its general philosophy and its specific view of matter.

Nowadays we are capable to see that the brain is flexible and able to change. Throughout a yoga and a meditation practice the brain is receiving more blood flow and can grow thicker and stronger, like muscles do when we train them. Even though the brain is not a muscle, the more often we go to that place where we sit still and quite the more that part of the brain gets receptive. Throughout a heartfelt thought and emotion our heart can grow thicker and stronger. If you are new to yoga or meditation you may think nothing is happening but be confident, yoga and meditation can make this change happen. Do not give up that quickly, convincing yourself you are not good in practising yoga or meditation. Just keep on with the practice and be patient, the results will show, often sooner than you expect.

Through yoga and meditation we go beyond our present identity and personality, and we feel more joyful, refreshed, relaxed, stronger, and whole. We feel that logical connection between the heart and the brain. We balance the energy flow



between our physical, mental and energy bodies. By practicing we get beyond our very own selves and can release present and past pains, worries and fears. The practice of yoga and meditation shows the path where behaviours match intentions, and actions match thoughts. When more energy goes to the brain, we achieve a greater level of awareness and a higher state of consciousness. We make better decisions, we finally think beyond our conditions or environment. Each time we practise we gain new experiences, feel new heartfelt emotions and can create a future where we exist without fear.

Asana (body posture) in its origin meant to sit still in a meditation pose and only at later stage in hatha yoga broadened to approximately 5 million standing, twisting, balancing, reclined, and inverted postures. Through some specific asana and pranayama (breathing) techniques we preserve Bindu (the nectar of life) and achieve health and longevity. I dare to say that the Bindu today also could be



translated in metabolism (maintaining alive the nerve-, muscle-, and gland cells, as well the human microbiome and telomeres). Through yoga and meditation we grow new neurons (nerve cells) which release neurotransmitters (chemical messengers) that transmit a signal from a neuron to another neuron, muscle cell, or gland cell. We create new brain circuits (the path that the electrical or chemical signal follows as it moves from one neuron to the next neuron).

A higher state of consciousness can as well be attained through the practice of bandha and mudra techniques. Bandha are body energy locks and mudra are body, hand, and head gestures which avoid the dissipation of prana into the outer world but redirecting the energy within to body. Both are considered yogangas (an independent branch of yoga) and shall only be taught to the practitioner after a certain proficiency of the asana and pranayama techniques have been attained.

Neuroscientist, Doctor of Chiropractic and researcher Dr Joe Dispenza claims that practicing yoga and meditation on a frequent, almost daily basis, does influence a person's future. He says that even may say that we can provoke a quantum phenomenon. Many people are able to reverse serious health conditions or rare genetic disorders that medical science yet



has not found a solution for. People are upregulating new genes and downregulating genes that have to do with disease or imbalance by changing their inner state. We are not cursed by our genes, but we are our own genetic engineer. Every time a cell divides, about 50-75 times, the telomeres shortens in lengths. Telomeres prevent the DNA double helix from unwinding, an action that would cause the double helix to be degraded by enzymes. The telomeres allow the DNA to be copied without losing genetic information. Stress is causing hormones of stress to accelerate the degeneration of the telomeres. But telomeres can lengthen as well. We understood that they need time to grow. Dr Joe Dispenza as well claims that his researches show that in rare cases people increase the length of telomeres within 4 days by meditating and feeling heartfelt elevated emotions. This is a quantum phenomenon. Energy influencing matter, happening in an instant and it is not time-dependent. When people have highly charged emotional experiences, it begins to change their emotional state, and it changes their brain structure, it changes the mapping of the brain, it selects and instructs new genes to change. A heartfelt elevated emotion creates an experience that neurologically wire and enriches the circuits



in the brain, and it sends a chemical emotional signal to the body, it emotionally and chemically changes the body and a person's state of being. Life is not easy and not linear. Every day learn how to be still and quite, and elevate your emotional state.

In 2006 William J. Cromie writes in the Harvard Gazette: Meditation found to increase brain size. People who meditate grow bigger brains than those who don't. Researchers at Harvard, Yale, and the Massachusetts Institute of Technology have found the first evidence that meditation can alter the physical structure of our brains. Brain scans they conducted reveal that experienced meditators boasted increased thickness in parts of the brain that deal with attention and processing sensory input. "Our data suggest that meditation practice can promote cortical plasticity in adults in areas important for cognitive and emotional processing and well-being," says Sara Lazar, leader of the study and a psychologist at Harvard Medical School. "These findings are consistent with other studies that demonstrated increased thickness of music areas in the brains of musicians, and visual and motor areas in the brains of jugglers. In other words, the structure of an adult brain can change in response to repeated practice." Stem Cell Biologist, PhD, Bruce H. Lipton claims that telomeres are the



fountain of youth.

Death is no ending to our existence. An assessment of our cell membrane's population of protein receptors suggests that a part of us survives after death, an energy that implies the existence of a spiritual realm. Science of genetics for years tried to identify the genes that presumably control aging. But aging is not a genetic character. The ends of a chromosome could not be replicated when the cell divided. A segment of the terminal DNA sequences in a chromosome are lost every time a cell replicates. When the loss of the DNA strand reaches a critical level, the cell can no longer replicate, and it dies. Further research reveals that there are extensions of non-coding DNA at the terminal of the ends of the chromosome. Telomeres, which prevent the DNA double helix from unwinding, an action that would cause the double helix to be degraded by enzymes. The telomeres allow the DNA to be copied without losing genetic information. The DNA copying enzyme DNA polymerase is what duplicates DNA molecules. Physical limitations prevent it from reading and copying a short stretch of the DNA at the



terminal end of the DNA strand. Imagine a DNA molecule as a railroad track. The enzyme DNA polymerase which copies the DNA is an engine moving down the railroad track. As the DNA polymerase moves down the track, it leaves behind in its trail a duplicate copy of the DNA on which the engine was riding. The enzyme cannot copy the DNA piece on which it is sitting, and can not copy it, thus there is a loss of telomere. That means every time you copy the DNA, it gets a little shorter than the original version. So every replication of DNA reduces the length of that DNA molecule. This leads to aging, depression, and disease. Nature allows us to extend the replication time by adding a piece of DNA at the end of the DNA strand that does not code for anything, it is just a piece of DNA track. The DNA is stable as a double helix, but if the DNA starts to unfold, and the helix starts to separate, then the free end of the DNA are opened to digestion by enzymes, and destroy the DNA molecule. The telomeres, the little extensions at the end of the DNA, protect the DNA's double helix from unwinding and being broken down by enzymes and being degraded. Imagine the plastic capsule, the aglet, at the end of a shoelace. If the aglet is missing the shoelace unwinds and the end of the strand flares out and it is difficult to push it through the eyelet in the shoes.



But the primary function of the telomeres turns out that it makes an extension of the DNA that allows the DNA to be shortened every time the DNA is copied without affecting the gene programs. This allows so many divisions before we run out of telomeres. The lifetime of an organism is based on how many times a cell can be divide before it loses those telomeres extension and then cuts into the DNA program.

In 1961 Scientist Leonard Hayflick said that a cell can divide 60 times before losing its telomeres. Putting that information into our biology he accounts that a human can live for approximately 90 years, before the telomeres are lost and then subsequent replications of the DNA interfere with the gene programs. That said we could say that the lifespan as a human is limited.

In 1984, scientist Elizabeth Blackburn, discovered an enzyme, telomerase, that can extend the length of telomeres, which translated means to extend the human



lifespan. Telomerase can be activated or inhibited based on what we are experiencing in our life. Things which will inhibit that enzyme, include things such as bad nutrition, verbal and physical childhood abuse, domestic violence, PTSD, no self-love or loss of love, not seeing the purpose in life.

Things that will activate telomerase are good nutrition, exercise, gratitude and happiness supported by elevated heartfelt emotions, self-love and love, a purpose in life.

In Newtonian terms an individual life is terminated by its death, but the realm of quantum physics suggest that for the realm of energy is neither created nor destroyed. Our potential spirituality is linked to a unique biological identity. No two people are biological the same. We can not just exchange cells, tissue, or organs with one another, as our immune system will distinguish our cells from foreign cells. Our unique identity sits on our cell membrane that the immune system can recognize and distinguish self from not self. It is not in the nuclei of the cells, indeed researches show that a cell even can survive or weeks without the nucleus. Protein receptors, self receptors on the outer surface of the cells membrane's are responsible. Identity is related to the



protein receptors, they function like a group of personal antennas who read a broadcast from the the field (the environment) like a tv set does. This is what the doctors look for if the have to transplant an organ, the self receptors on the donor's and reciepent's organs to find the most possible overlaps of the self receptors, for the immune system of the receipient does not attack the new organ but accept it. The self receptors on a cell read an energy field outside of the cell, the self. So if we die, the identity is still there, the show goes on, the broadcast goes on, we just need to change the tv, another body with the same set of self receptors as we have. Our identity is still a part of that energy field in the environment. We have a perpetual field that identifies us. Bodies come and go. We cannot die, because we are not even in here. We are not the physical entities, that is the mechanism that translates our identity so we can communicate in this physical world. We are a broadcast field, we are broadcast through the environment.



C.I.A. polygraph expert Cleve Baxter (Emotional Intelligence) found, that cells taken from a person and placed in a culture dish, still respond electrochemically to the donor's emotional states, even when the donor is out of the room, out of the building, or out of the state. Same happens to mothers knowing when their child is in danger, even if the child is on the other side of the world, the mother might experience distress. Mothers receive stem cells from the child still in the womb, the child's stem cells migrate in to the maternal system and end up in the nervous system of the mother. The mother is the equivalent of the culture dish.

Our identities come from an energy field, that is connected to the sun the moon and planets. The behaviour of living beings is tight to the gravity of the planet, and the gravity of the planet is altered by the movement and the phases of the moon. An understanding of how extraterrestrial structures can alter life on this planet. We are an energy field, we are part of the unified field, and we are coming all from the same source.

The real scientific foundation for spirituality is related to the nature of quantum physics. Consciousness is influencing the character of our lives, our personality. We are spiritual,



mental entities creating our lives. As long we can replicate our stem cells, replacing the cells that are dying on a daily basis, we can stay alive. The realization of a spiritual identity that transcends life would influence the character of our lives and how we relate to the planet, all living beings and especially to other humans.



## Dr Joe Dispenza



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# TRANSCRIPT - Joe Dispenza Retreat Recap: The Pineal Gland, DMT, & Sunlight Worship W/ Matt Maruca #333

[Luke Storey](#)

Joe Dispenza Retreat Recap: The Pineal Gland, DMT ...



Joe Dispenza Retreat Recap: The Pineal Gland, DMT, &  
Sunlight Worship W/ Matt Maruca #333 - 08:48 - 15:47 - 41:0...

YouTube - Luke Storey - Feb 26, 2021

[February 26, 2021](#)

<sup>24</sup>[00:00:02]**Luke Storey:** Sons of bitches.

Alright. There we go. [00:00:02]**Matt**

**Maruca:** It's fine.

[00:00:04]**Luke Storey:** So, here we are, this was meant to be the final installment of the field report, and I just realized that such a funny double, what do they call it, double?

[00:00:12]**Matt Maruca:**

Entendre. [00:00:13]**Luke**

**Storey:** Entendre.

[00:00:13]**Matt Maruca:** That means

meaning in French. [00:00:15]**Luke**



**Storey:** Oh, it does? Thank you.

[00:00:15]**Matt Maruca:** Yeah.

[00:00:16]**Luke Storey:** We're learning how to be in the field of consciousness, the quantum field with Joe Dispenza this week, but we're also out in the field doing immersive journalism, as I like to do. So, we're here with none other than Matt Maruca. And I didn't even know Matty was coming, ran into him and a couple other friends here, and I thought, oh, Matt's going to fully understand Joe's teachings on the pineal gland, the neurotransmitters, the serotonin, melatonin, dopamine, dimethyltryptamine, all the things that activate one's consciousness and how they relate to light.

[00:00:48] And so, I was like, oh, Matty, take good notes, man, and we'll do a recording. We'll do a basic fundamental breakdown of this. So, that's we're going to

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<https://www.lukestorey.com/transcripts/joe-dispenza-retreat-recap-the-pineal-gland-dmt-sunlight-worship-w/-matt-maruca-333><sup>24</sup>



do. But before we do that, like we don't have too much time, because I got to drive to Miami right now, or after this, but what was the overall experience for you this week, Matt, at the Joe Dispenza weeklong intensive retreat, advance retreat, I guess he calls it?

[00:01:12]**Matt Maruca:** It was amazing. I mean, I came here knowing that there is more on the other side, right? I've done one psychedelics ceremony in my life three years ago, San Pedro in Ecuador. And am I allowed to talk on that on the air?

[00:01:28]**Luke Storey:** Yes, of

course. [00:01:29]**Matt Maruca:**

Of course.

[00:01:30]**Luke Storey:** I've done a lot of them, and they weren't in Ecuador. I just always say in an undisclosed location, if it happens to be technically illegal.

[00:01:36]**Matt Maruca:** Undisclosed

location. [00:01:37]**Luke Storey:** You can

talk about whatever you want.

[00:01:40]**Matt Maruca:** So, that is, I've done



meditation, I've done a lot of things, and just being young, my childhood wasn't that long ago, of course, and it's still occurring when things were all play, right? But I sort of feel like I lost a lot of that youth through the last couple of years of feeling this grind on my business. And being here was sort of like 100% reassuring me of the fact that that other way of existing is real.

[00:02:10] And it doesn't have to be chronic stress or challenges after challenges, there is a way to be living that's so far beyond the physical patterns of the three dimensional world that is so easy to fall into. So, I mean, we were doing day after day, as you know, there is 6:00 AM, the first three days and we're up at 4:00 AM, doing four-and-a-half-hour meditations two days in a row. We're doing teaching, then meditation teaching, then meditation.

[00:02:39] Joe sets up a model on, he's basically subconsciously programming our brains to both logically understand and subconsciously understand the experience he's setting us up for in the meditation. So, he'll explain the energy centers, and then he'll put us through a blessing of the energy centers meditation. He'll explain the pineal gland and he'll put us through a pineal meditation. He'll explain the way that our prana moves through our spinal cord, or really, up this channel and how when we do this certain breath where we suck in our stomach, and squeeze our perineum, and squeeze our core, we pump, we push that fluid up to our brain, and then he'll put us through that breath.



[00:03:23] So, any doubt anyone has from their logical brain about how is the science-based or is this just woo-woo is eliminated because the science, which we're going to talk about here, is so robustly solid that there's literally no ability, you just can't deny it unless you're being unscientific. And the funny thing is in a lot of yogic traditions, they do these things and they just have faith because of the masters who figured it out.

[00:03:50] And that's cool. But sciences is real and it has some good implications like we have these phones and things like these Zoom headsets that occur because of scientific advancements. So, when you can put those two together, it's like modern science is finally proving the stuff that people have known for five, 10, or more thousands of years. And that's what Dr. Joe really is bringing to the world, which for me is like nothing is more interesting to me than that.

[00:04:16]**Luke Storey:** I agree. It's funny you talk about the yogic traditions. I've talked to you about Kundalini yoga, and I don't know, I go through phases with things. That phase was eight or nine years of doing that quite regularly and with much devotion, and did teacher training and things like that. The man who brought, he's quite controversial now because there were all these allegations about his misbehavior, and I've honestly not looked that deep into it.



[00:04:39] I never followed the man. I just follow the teachings and I still maintain that. And for the record, if anyone was harmed by this man, I find that to be very unfortunate, as someone who was also victimized in ways that are much similar to the accusations being made against Mr. Yogi BhaJan. However, the teachings are there. The yoga is there. I was doing it for years. And in those teachings, he would always talk about, in this crucial magnetic field, this big 10-foot magnetic field, and I'm like, really?

[00:05:09] Like how do you know? Like where's the proof? How do you know that? Where is he coming up with this shit? I would always think in class. And I just think, you know what, I'm going to suspend judgment and the analytical mind because that got me to where I am, which was not a great place in some cases, and I'm just going to do the yoga. And after every class, I would be so elated. I would have, sometimes, fractal visions, almost psychedelic experiences doing the Kundalini yoga.

[00:05:34] And much of the practices were very similar to what Joe's doing, the energy centers, and the chakras, and moving the spinal fluid up into your brain. And he would talk about the hypothalamus, the pituitary gland, the pineal gland. And this is all teachings in the yoga. But I'm like, this guy is not a doctor. I don't see any studies. There's no proof. I just know that spiritually, it awakened me.



[00:06:02] Over time, it moved the energy out of my lower chakras of survival, and sexual conquest, and this kind of things that were driving me in many cases when I was younger, and I became much more open in my heart, and capable of intimacy, and on, and on, and on, just so many awakenings as a result of that Kundalini yoga. But still, even though it worked and I kept doing it, I was like, yeah, but where's the proof? Like where's the empirical evidence? And so, with you, I think it's so fascinating what Joe's done, is he's like, cool, here's brain scans. Here's H.V. Here's blood work. Here's this. Here's that. I mean, so many different metrics by which-

[00:06:38]**Matt Maruca:** Oh, this could get interesting. If we want to talk about the COVID research [making sounds] . We'll save that for later.

[00:06:44]**Luke Storey:** I don't think we could say that word, and not opting to be deplat. Everyone's getting censored. This week, I deleted Twitter off my phone. I'm like, I'm out, I'm done with this shit.

[00:06:51]**Matt Maruca:** But this is the first time, this is science. Like there's a lot of the stuff people are saying is nice. But anyway, Kundalini has gotten you huge leaps and bounds.

[00:06:59]**Luke Storey:** Yeah. So, that's that. Point is I



just had faith because the evidence to me was quantified by my subjective experience, and the ways in which I grew and continue to grow spiritually, and the ways that I was able to access consciousness, working with the energy of the human protoplasmic meat suit system, the bioenergetics, the morphogenesis field, everything that makes up the human body as this sort of interpreter of reality right through our senses. We actually create our reality.

[00:07:28] And I started to really learn that in a more esoteric, far out way through the yoga. Now, I'm seeing, oh, my God, actually, this is the blueprint of the entire universe. This is the blueprint of existence that the field creates matter, right? And that has everything to do with light. And so, that's where I want to go with you in this conversation, is really, I mean, this might end up not be a 20-minute segment, but a three-hour podcast. It is what it is.

[00:07:56]**Matt Maruca:** We'll do what we can.

[00:07:57]**Luke Storey:** Alyson's over here going, really? We've got to get to Miami, no three-hour podcast. But we'll sow it up. But I think what I want to cover with you is biochemistry of the brain and how these things affect our mood. And ultimately, our mood creates our reality and our destiny. And then, also, the physics of light, and how light affects the brain, and all of the sciencey stuff that we're learning here that supports these practices in their ability to allow us to self-heal, and



to transform our reality, and also, to not only transform our current reality based on our perception of it, but actually, to draw out of the field the reality in the world of matter that we seek to experience as sentient beings here in this incarnation. And we can probably cover that in about eight minutes.

[00:08:47]**Matt Maruca:** Well, no, but seriously, I would just say as Joe would joke, I'm sure there's a potential in the quantum field that we could have a very robust conversation about all these subjects in under an hour. So, there's a couple of things that come up right off the bat. First of all, I completely agree with you. I want to get into how the field effects matter, and how Einstein said, the field is the sole governing agent of the particle. In other words, like energy always drives matter, whether it's sound energy, vibrational energy.

[00:09:18] When the Big Bang Theory erupted, I was reading about it recently and that's the standing idea of the best concept of how the universe began in Western science. Believe it or not, there were other energies besides even light, like just pure forms of sort of like magnetism, electromagnetism, and different nuclear forces that led to the creation of the first matter before even light was really a thing. And that kind of shocked me because I kind of always thought light was really at the core, but light is an electromagnetic wave, which is a



manifestation of even more fundamental energetic principles in the universe. And so, what I got from that-

[00:10:02]**Luke Storey:** Oh, my God, I'm so sorry. I just thought of the biblical reference, and then there was light, right? And it says, and then, it was like, there's something before light.

[00:10:13]**Matt Maruca:** So, in the ancient eastern traditions, they call it sound. They refer to it as sound, but it's really more like vibration, because sound is a movement of matter. What we call sound is a movement of matter. And the matter came after the light. So, it wasn't really sound, but that's how the easterners could best explain it. But it's just vibration. It's an energy that's more fundamental. It's almost like the prerequisite to electromagnetic energy.

[00:10:36] So, the verses in the beginning. Actually, how does it go? The Genesis one through six, it's in the beginning, God created the heavens, and the earth. And the Earth was without form and darkness was upon the surface of the deep. And God said, let there be light, and there was light. So, the first thing was God spoke, and the speech came. So, that was the vibration in the Old Testament. You know what I'm saying?

[00:11:05]**Luke Storey:** Got it, yeah.



[00:11:05]**Matt Maruca:** So, light came after God spoke, which is the original. So, now, whether we're going to say that the biblical account of creation is exactly accurate or not, that's not what we're trying to do here. But it's just that that represents this concept similarly to the way that the easterners portrayed it and the way that Dr. Dispenza is portraying it, is that there's this single unified field, singularity, source, oneness, all is one. You know what he calls it?

[00:11:32] There's a million names, or God. And from that, manifests down through these some would call the laws of physics, some would call it creation, whatever you want to use, but it manifests down from these sort of, what Joe calls higher frequencies, and it slowly condenses this energy and it becomes matter. So, that's where matter comes from. That's what the point is. All the matter that exists is a result of changes in the energy of the field that governs the matter. Hence, Einstein saying, the field is the sole governing agent of the particle.

[00:12:03] So, this is like, now, supresseic, not esoteric, but not clear exactly to what we're talking about. The reason this is relevant for listeners is because when Dr. Joe is teaching, it's all about changing our field through changing our beliefs, which are electromagnetic waves essentially in the quantum field. And by doing that, by really unwinding beliefs, he believes more effectively than



any psychedelic, any diet, anything like that, we can change our physiology completely by changing the field. And he always says, matter trying to change matter doesn't really work, but energy trying to change matter works.

[00:12:43]**Luke Storey:** For that matter, when you're in the dense energy of matter, when the particle has become separate from the wave or are concentrated in that way, it's not that matter can't affect matter, it just takes a long time. And then, you're in the realm of space and time. So, if I want to get from here over to the beach and I'm only in the world of matter, then there is time and space.

[00:13:03] There's a distance there. But if I'm in the field and I'm within consciousness, this is where remote viewing and these types of consciousness phenomenon take place, is when we center our focus and energy in the sense of who and what we are in the field, then manifestation of matter is much faster because we're then above the speed of light.

[00:13:25]**Matt Maruca:** It's very interesting. So, Joe says, you go from space and time to time and space, is sort of the shift he's explaining. And it kind of makes sense in a way. I'm still trying to wrap my head around it. But if you're in the eternal present moment, you have the thought of the experience of being on the beach. That is a year one point of consciousness in the universe and that's the other point of consciousness in the universe.



[00:13:47] You might say that you're walking to go to the beach, but he argues, based on the way that we perceive the world, and this is 180 view of the world from what I've entirely lived in, what we all live in, is that you don't walk to the beach, you're drawing the beach to you and the eternal present moment in your eternal present moment, you are drawing the beach to you because you have the intention to get there. Yes, you're moving your body and so on, but the way he explains it, it's such that by ideating our future and creating our future in our head, we can literally attune ourselves to what he says frequency at which that future resonates.

[00:14:25] And again, this is still hard for me to really wrap my head around and accept. But essentially, he's saying that in the quantum field, we're actually bringing that future to us if we're living in the eternal present moment, because I'm just this being that's here. Sure, I might move my arms and my legs, but I'm in this eternal present moment, which is me all the time, everywhere in some sense. And these things can only come to you if you really have a clear picture of what it is, and then you hold that picture, whereas if we live in this constant state of the old patterns, the old energetic blockages in our field, then we are energetic patterns.

[00:14:59] We can call them not even just blockages. Then, we will constantly keep drawing in the same experiences.



Like you could have a hard time with your friends in one place because you're maybe not being a kind person. You go somewhere else, and then you just find the same issues there. It's not the places, it's the field that you are carrying and the reality you're attuned to. It's what you're accepting and believing.

[00:15:22]**Luke Storey:** It's like that saying, wherever you go, there you are. [00:15:25]**Matt Maruca:** Exactly. That's exactly it.

[00:15:26]**Luke Storey:** So, if you is the same you, then you know what? I hate this town. I'm moving out of this town. I'm getting a divorce. I'm quitting my job. And then, you recreate that same experience with a different face or a different GPS location, right?

[00:15:38]**Matt Maruca:** So, think about this, you've gone somewhere else, but you're still in the same reality. So, when you put it in that context, Joe's explanation of staying in one place which is the eternal present and drawing your future to you actually can make more sense because it's not so much about physically where we are. It's about the experience we're having in the quantum field.

[00:15:56] It doesn't mean I could sit here all day and just hope that food's going to appear on this table, but if you're living in the eternal present moment, the food will get to this table and it won't feel like it was a really hard process to get up and get it or get the waiter. That's kind of what



I'm taking away from that, is when we're in the



eternal present and this is something I have not lived in for most of my life, I've been living in these emotions of fear.

[00:16:19] And my biggest takeaway was that I've had this sort of just not almost in my first to third centers. Joe calls them energy centers. They're also known as chakras and even mentioned that, but he doesn't use those terms because some people get triggered by terms like that that have certain meanings that people have assigned to them. But I'm aware of that now and I'm not giving it all of my energy anymore, which is a huge shift for me. It's not fully dissolve, but it's on that path.

[00:16:47] And that'll be huge for me. So, there's a couple of things I want to say in regards to what you said about Kundalini earlier on, and then we should just get straight into DMT light melatonin. So, first of all, the magnetic field around the body, anyone who doubts that science should look up heart math because he talks about them a lot. They're actually measuring the magnetic fields created by the heart. When the heart's in coherence, the field is bigger. When it's not, smaller.

[00:17:09] And currently, according to the measuring technology that they have developed or acquired, it's measurable up to 50 feet away, right?

[00:17:20] Yeah, exactly. I heard 22 feet a couple of years



ago, but this is the cool part, is that based on the laws of physics and this is where Joe's work gets really interesting, I really appreciate it, is that fields in the universe never stop. Like every electromagnetic field always continues—every field goes for an infinite distance actually. It's just whether it's detectable or not, you know what I'm saying?

[00:17:46]**Luke Storey:** Okay.

[00:17:47]**Matt Maruca:** So, the light emitted by any star, for example, is it goes forever. It's just so faint after a certain point that you could never even hope to detect it, but it's like the butterfly effect, like one flap of a butterfly's wings can move a little bit of air and it can change everything. Now, that's sort of the opposite effect because that's going from really small to really big, but I'm talking about something like a star's light going from really big to really small. So, the point is there's a guy named Robert O. Becker, who actually, anyone who's listening to this and finds it interesting should go back and listen to the episode we recorded in September of 2017.

[00:18:20]**Luke Storey:** We'll put it in the show notes.

[00:18:21]**Matt Maruca:** Yeah, I was young and very excited and forgive my immaturity at the time, please, if you listen.



[00:18:26]**Luke Storey:** Hey, that was a very popular ep. Was that the one in New York?

[00:18:29]**Matt Maruca:** Yeah. It was the one in New York, and as you said, top download, like high up there.

[00:18:32]**Luke Storey:** That was my number one download for a couple of years after that. Eventually, I think you were taken out by Bruce Lipton. Fair enough. You know what I mean?

[00:18:41]**Matt Maruca:** Yeah, I'll take it, slightly more credible than you. On paper, of course. But yeah, you know what that really proved to me? I'll just digress for a second, was that, and this has really, actually informed the way that I envision and create this podcast is from one school of thought, it's like you need to get the biggest names on your podcast and that gives you credibility or helps you get other big names on your podcast. So, I'm sure it helped that I had had Bruce Lipton on when I reached out to Joe's people to get Joe Dispenza on.

[00:19:10] And there's some truth to that. There's the credibility and having what I call an anchor guest. It's like if you buy a piece of commercial real estate, and you get a Target in there, and you want to open up a nail salon next door, your nail salon is going to do a lot better



because there's an anchor property in there are an anchor business. So, you have an anchor guest. But your episode proved to me that it's more about the quality of the conversation and the energy of the conversation. And you were totally unknown. What were you, 19?

[00:19:35] Yeah, I was 18.

[00:19:35]**Luke Storey:** Eighteen, like no one knew who the hell you were. I didn't know who the hell you were, but I just liked you, and you seem really smart, and you just had such great energy. I was like, I'm going to give this kid a shot, like what the hell?

[00:19:44]**Matt Maruca:** I appreciate it. And you launched the business in doing so.

[00:19:46]**Luke Storey:** What do I have to lose? But now, I use that to inform my guest selection process. And I'm not tooting my own horn, but I get a lot of requests, I mean, daily, just I don't know, sometimes, a dozen emails a day of like, hey, this person wants to be in our podcast from, publicists or the people themselves. And I'm sure the vast majority of them are amazing, and would be great guests, and the show would be fine.



[00:20:13] But my sweet spot is selecting people and I have really loved now having people on that have never, ever been on a podcast before, but they've invented a really cool technology, or they have a teaching, or a point of view, or perspective that's just really unique, and I want to amplify their message, and help put them on the map, and get them more eyes and ears on what they're doing, because I think it could contribute not only to the quality of the show, to their life, but also, to humanity at large, because they've uncracked a code that I want to share. And so, anyway, thank you for being a guest that fit in the category of being unknown, and then the audience responded with, we like this. We don't want to hear the huge author or public speaker necessarily-

[00:20:59]**Matt Maruca:** That's been on 30 podcasts already, for example.

[00:21:00]**Luke Storey:** Yeah, exactly. They're like, oh, who's this interesting person with a very nuanced perspective that Luke found? So, I really, won't say pride myself, but it has become one of my superpowers that I continue to cultivate, is really having an eye for the talent. And with that, I will apologize to anyone who's submitted themselves to be on the show, and you're like, why does he always say no? That's my secret sauce. Like, that's why the show has been successful or one of the reasons is in my ability, and also, my discernment on who exactly I have sit in that seat because you only really have one episode a



week and there's millions of brilliant, talented people out there to have conversations with.

[00:21:37]**Matt Maruca:** And that's the energy. You're listening, as Joe might say, you're feeling the quantum field, what the energy you're getting off a person is in your soul—one might argue that your soul or your field knows before you even read the email, or if you see them, before you even talk to them if it's a good fit. I mean, that's interesting, but it's possible. So, this is why I want to talk about Becker. So, anyone who listens to that first podcast, I believe I talked about a guy named Robert O. Becker, and his protege, Andrew Marino.

[00:22:06] So, Robert O. Becker is very famous. Well, first, to keep this brief, he was a resident in medical school to be an orthopedic surgeon operating on bones during World War II. So, at the biggest hospital in Manhattan. So, if you can imagine what was happening, lots of men are coming back, getting their limbs cut off. And he took an interest in understanding why salamanders can regenerate their bones and why humans can't.

[00:22:31] So, he looked at all the past research, which he documents in his book, *The Body Electric*, and then began doing research himself, finding that the key component present in bone regeneration was electricity, opposing electrical currents occurring in the bone, and the sites of the injury, and so on. And any wound healing, not just bone. And he took this, and researched further, and found it wasn't just



wound healing, it was all cell differentiation. In other words, we started as an embryo with a bunch of stem cells, or blastocyst cells, or primordial cells, these cells all have the same genes.

[00:23:07] Think about that for a second. All the cells in an embryo have the same exact genetic code, they all have the same 23 chromosomes. How does one cell turn into like a kidney and the other turns into a liver. If we're just going off of the genetic code imprinted in this, it's completely impossible, because again, every single cell in the whole body has the same exact set of information. So, how do they know which information to turn on and off, which to express, and which not to express?

[00:23:39]**Luke Storey:** Is that gene expression?

[00:23:40]**Matt Maruca:** Its genetic expression. Do you get what I'm saying, kind of?

[00:23:43]**Luke Storey:** Yeah.

[00:23:44]**Matt Maruca:** So, what he found is it's the field. There's a field that's present that directs the growth of the organism. And the genetics are not so much the guides of the development of the organism so much as a record of the past that's basically setting things in motion to both express the field and to keep track of changes in



the field. So, when we change our environment and we go through like Joe says, evolution, the genes are a record of the changes in the field in the environment.

[00:24:15] And this is a big thing that I learned from Dr. Jack Kruse. And it's a big thing, and even Darwin talked about that more important than what he called natural selection, which is the current theory of evolution, which is very gene-based, not field-based and environment-based, is that the more important thing than the natural selection is what Darwin, who's the father of all of the evolutionary theory, is that the conditions of existence, as he referred to them, were more important than the genes themselves, the natural selection.

[00:24:44] And this is something Dr. Kruse really hammers home a ton in his research. And we both know him pretty well and spoken a lot about his work. And you've interviewed him several times. Very, very smart guy. And so, he basically describes how when these conditions of existence change, which is the environment changing, that's what affects genetic expression. That's what affects it. So, point is in the case of the embryo or a stem cell that turns into whatever it needs to, that's all directed by different fields.



[00:25:12] And Becker found this in his research. So, it just gives a whole new level of meaning for biology beyond just quantum physics, which is where Einstein was, that the field is the sole governing agent of the particle, because even in our cells, the field is what governs the matter. So, when Joe talks about doing this meditation and tapping into our field, we are literally, in Becker's book, there's a picture on the front of *The Body Electric* that shows basically a human body with the field around it.

[00:25:42] And he was one of the first researchers to really document that. So, when we're doing these meditations, we're doing this work with Dr. Joe, we're consciously using our energy and attention to identify and make changes in our field, and then that affects the body. And that's why people can have such crazy, tremendous healings when they really use their energy and focus it enough to overcome certain blockages.

[00:26:06] But the reason I bring up Becker was because in our discussion of heart math in the field, and the fields go on infinitely, he proposed at the end of the book after doing all this research, and interestingly enough, his lab was shut down. He worked at the Veterans Administration in Syracuse, New York, and his lab was shut down, because his protege, Andrew Marino, was studying the health effects of high- voltage transmission power lines on these extremely subtle electromagnetic systems in our



bodies.

[00:26:32] And that started presenting really controversial outcomes that did not look good for the Navy who needed radar to keep going through the Cold War and for the power companies who wanted to deliver power. So, because Becker and Marino were researching together, they closed Becker's lab as a result of the threat to the Navy, and he's at Veterans Administration lab. And so, they shut down his funding after a while, but he got enough research in where it really solidified things.

[00:26:58] But the point is, the end of the book, after all this deep science about how the field governs life, and that the field of study is called bioelectromagnetism. So, electromagnetic energy and biology basically. But he proposed, he said, things that have been previously thought to be absurd, impossible, crazy, such as telepathy, remote learning. There are studies that show that if an animal on one place learns a trait that the whole species didn't know before, but they get one animal to learn it in one place, the other animals on a completely different place on the planet are much quicker to be able to learn that.

[00:27:37]**Luke Storey:** The Hundredth Monkey principle.

[00:27:38]**Matt Maruca:** Exactly. And that is the idea. So, based on this, what I just said earlier, that the fields really do travel to infinity, we might not be able to measure them, but how foolish would it be for us to say that it's impossible that that



could possibly happen when the research is so supportive of that? In other words, that there needs to be more research. So, when Dr. Joe has to sit in the room and do these coherence healings where we all channel our energy on certain points of attention, these pictures of some people who the healees who have some issue, and they're not in the room, they're elsewhere in the world, to say that that couldn't possibly work is just absurd and unscientific.

[00:28:16] So, people would say, oh, that's woo-woo you're talking about. But actually, any perspective that is not open to considering that possibility is unscientific because science is the art of challenging what you think you know, so you build hypotheses and you break them down. And anything that things can become a theory, things that are really, really well-tested could become a law, most things are just theories and hypotheses. So, the whole idea of something scientific is that you have to be able to disprove your hypothesis. In other words, in science, you make a hypothesis and you create experiments to try to disprove it. You don't create experiments to try to prove your hypothesis. That's not what science is.

[00:28:53]**Luke Storey:** Oh, that's interesting.

[00:28:54]**Matt Maruca:** That's how science is supposed to run. So, anyone who comes on, and again, they say, oh, this is woo-woo, Dispenza's woo-woo, you're not



operating on scientific principle if you just write something off as woo-woo because you're being close-minded and inconsistent.

[00:29:06]**Luke Storey:** It's so funny because I'm thinking about the cultural brainwashing meme, trust the science, trust the science, trust the science.

[00:29:14]**Matt Maruca:** And I want to go there next.

[00:29:15]**Luke Storey:** Yeah. I'm always thinking like, really, guy, really, lady? Have you looked at the science? Anyway, another topic altogether.

[00:29:22]**Matt Maruca:** And there's one more thing I want to bring up before we get in the light, melatonin, and DMT. Basically, that is what you said about your subjective experience with Kundalini yoga. First of all, if you feel something and you experience it, that is, as far as I'm concerned, the best firsthand evidence you could possibly obtain. And there are all these people out there who are, in my opinion, intent on us being disconnected from ourselves.

[00:29:48] And so, they'll say something like, well, if it isn't proven by a research study, then it's bullshit, or if there isn't a clinical trial done that only large pharmaceutical companies can afford to do, then it's bullshit. To me, that level of thinking is bullshit. And the cool part, like Dr. Joe talks about again, is that it's not



my intention to change anyone's mind who believes that. It's just to say, dude, you think you're scientific? Literally, that you can't be less scientific if you believe these things we're talking about here. So, that brings me to Becker's protege.

[00:30:19]**Luke Storey:** But hold that thought, because you're really good at holding thoughts when I interject. Okay. When we're talking about the infinite distance with which a field can travel, let's say a magnetic field, what about the power of said field as it diminishes through the inverse square law? Right? So, if my cellphone is one foot from my head, the amount of radiation is however many fold greater than if it's six feet away from my head, right?

[00:30:47] It drops exponentially. And so, it's a logarithmic scale when you talk about the inverse square law. So, I wonder in terms of something like the remote energy healing where we're holding in mind and in feeling, and going into the field, and trying to affect someone who happens to be located in South Africa right now versus someone who's just across Florida 100 miles away.

[00:31:11]**Matt Maruca:** Well, it's interesting you say that, because based on what you're saying, it's like the effects are, just like you said about the phone getting weaker when you even just put it six feet away, at the point



that it would even get to 100 miles away, whatever field we're putting off is so exponentially smaller or weaker than it was when it left our body. But I believe, and this is what Becker proposed at the end of the book, I didn't really do it justice, he said there's something what he calls the biosphere, which is since all these organisms are electromagnetic, he said, we have all these layers of the atmosphere, and then there's the crust of the earth, and we go down.

[00:31:44] But he's saying like, living organisms create fields, electromagnetic fields, so we need to consider adding another layer to the Earth's layers from the core to the mantle to the crust, then to the atmosphere layers, the stratosphere, and the ionosphere, and whatnot. We need to add the biosphere, he said, because living organisms are literally electromagnetic and you have the entire surface of the planet covered in them.

[00:32:04] Don't you think that maybe there's some kind of energetic field that's present created by all these organisms, which if we could tap into it, we could affect it in such a way that even if it's some small impact, it could have a huge change in someone on the other side of the planet? And this goes against something Dr. Kruse talks about a lot, which is non-linear physics, which is basically to say that even with something like sunlight, a small dose of that light can have huge impacts on the body, tremendous impacts on the body.



[00:32:36] And in a similar way, it's possible, doesn't mean it's proven scientifically, but that we could have non-linear effects with this energy. In other words, a tiny change in the field, that intention that goes out and that energy, just a little bit could possibly be enough to heal someone on the other side of the planet, or have that moment of telepathy that many people have claimed to have had, or for people to basically divinate or intuit information from the biosphere, from the field of the universe even.

[00:33:10] Again, I'm not saying I believe that this is all 100% true and factual or science-based, I'm just saying it's possible, and that's for sure. It's very possible and there's even a lot of evidence that we've just gone through that makes it very possible. Doesn't mean it's even probable, it's very, very possible. There's evidence there. So, the last thing is regarding your subjective experience with Kundalini, I think that the subjective experience is very important.

[00:33:36] So, with this guy, Andrew Marino, who is Beckers protege, was studying was the effects of these fields from power lines on the body. Now, that's not something I really want to get into, but the name of his book was called Going Somewhere: Truth About a Life in Science. And the really relevant piece of that book that was so interesting to me was that when he would go to



court to basically be a scientific witness, to defend people who were getting power lines built over their house, and he actually had gone and gotten a JD, a Juris Doctor, which is a doctor of law, and/or teacher of law, or something like that in law school.

[00:34:13] Basically, a law degree. So, he has a PhD and a lawyer. And the reason he got that was because he had some lawsuit in his own personal life that he had to deal with and he didn't want to be able to be taken advantage of by people who knew the law better than he did. So, in doing so, he was able to like present a very strong threat to the telecommunications world. Telecom didn't actually exist, the power industry at the time, in the '70s and '80s, really.

[00:34:38] In other words, when they would go up and grill him as a scientific witness, because he understood the law and how to talk like a lawyer, they couldn't knock him down. So, what they had to do is just basically hire, this is really interesting, we did talk about this on the three-year-ago episode because it's very important to me, but they had to hire, these other companies had to hire as many researchers as they could afford to pay with Yale, and Princeton, and Harvard degrees to say that Marino's science, not that it was wrong, but all they had to say was that it's not generally accepted by the scientific community.

[00:35:11] So, until 1992, I believe, that was the standard for the admission of scientific evidence into a court of law, was that it has to be generally accepted by the scientific community. In other words, if most scientists



believe the earth is flat in



spite of all evidence against it, it's true in a court of law in the United States of America until 1992, which is absurd, just to be clear, but that's basically to say that if enough people agree on something that's true, that's the standard.

[00:35:40] Until 1992 in our country, it's like we're living in the Middle Ages, the Dark Ages. And so, what happened was Marino lost all these court cases because that was the standard that they had. Now, what happened after his sort of—his career wasn't over. He's still been working on this stuff, but he sort of lost the battle, at least. The war has yet to be finished. The war is ongoing about EMFs and you know it's going to get big, but it was an early battle and it lost big time.

[00:36:04] So, cellphones exploded, and microwaves exploded, and a lot of other things exploded. Let me just check how we're doing on time. We're leaving in like 30 minutes, but we're going to the airport together. So, anyway, basically, let's go to Andrew Marino and—we might have to cut this out, but we were at Andrew Marino and the scientific standard, okay, for admitting evidence in a court of law.

[00:36:31] So, after his whole thing was kind of done and he sort of retired from trying to help everyone who didn't want to be helped, basically, instead of just getting shut down, just like Snowden, and Julian Assange, and people



like that who tried to help us, and then we just shoot them down, like the Plato's Allegory of the cave. So, it's like Socrates was this great leader. He was like the first sort of philosopher in Greece.

[00:36:51] And he was teaching people of a way of thinking and living similar to what Dr. Joe is talking about that was able to get them beyond their limited focus. And so, he was killed. They gave him a poison he had to eat for these beliefs in Greece. And then, Plato, who is his student, wrote this thing called the Allegory of the cave, where there's all these people in a cave and they have this experience of what they think the world is.

[00:37:14] They're in a cave, and it's dark, and there's sound, and there's not really any light, and that's it. And then, someone actually gets out, and shows them like, hey, guys, there's actually so much more out here, and then they kill him brutally. So, that's the Allegory of the cave. It's basically saying that the people who try to free us are the ones who we crucify and we put on trial like Snowden and stuff like that or just people like the Dispenzas get all kinds of negative reports in the media.

[00:37:44] So, that is something Marino was trying to do. Anyway, his whole thing was passed. But then, in the '90s, there was a court case, Merrell Dow, which is a pharmaceutical company against a family called Daubert. I don't remember the woman's first name. I would guess it's Elizabeth or Melissa, something like that. But anyhow, she sued Merrell Dow because the drug she was taking for morning sickness



caused her child to have birth defects, whereas EMFs and it was really about the power industry, that wasn't something that the public had much of an eye on because people didn't understand the issue because cellphones didn't exist yet, it was just high voltage transmission lines and that was about it.

[00:38:20] So, when this much more emotionally charged lawsuit came about, the lawyers went to Andrew Marino, who was the expert in environmental law, is kind of what it was called, and sort of the dance between scientific evidence and the courtroom, because he had a PhD. and he had a law degree, and basically, they said, the judges are ready to rule in our favor, the Supreme Court, all the judges want to rule in our favor.

[00:38:46] They know we're right and they know Merrell Dow's drug caused this woman's baby's birth defects. And they just need to know, how do we want to argue the case so that they can make the ruling in such a way that it will allow this issue in the scientific legal system to be fixed. And what the change that occurred was basically that he told them, truth is not a product of people, of something that people believe, it's a product of the method that's used to obtain it, a.k.a. science.

[00:39:17] In other words, something isn't true because people agree on it, it's true because you've proven it, or at



least you've tried to disprove it a hundred times and you haven't been able to. And that was changed to be the standard. So, it used to be, I forget the name of the old standard, the Frye standard, F-R-Y-E, because that was the name of the judge who set it in place in the 1920s, was that it has to be generally accepted.

[00:39:36] And the reason they came up with that was because someone tried to get off a murder charge by using a lie detector box, which is obviously bullshit. They didn't know what else to say other than this isn't accepted by the scientific community in the 1920s or whatever it was, late 1800s, and so this is the standard and that stayed for most of the 1900s. Then, in this case, they said no. Now, the new standard is the Daubert standard, and this is called a precedent in law and the precedent is still being accepted.

[00:40:01] Get this, in almost every court case, the only people campaigning for the precedent to go back to the Frye standard are telecommunications companies. Yes, Because they want to be able to pay as many scientists as they can to make it so that—and that's still happening. There are still ongoing lawsuits since the 2000s about telecom and they're campaigning for the Frye standard. So, the Daubert standard is in place and it's mostly used in these court cases.

[00:40:24] So, that's the deal with what Andrew Marino found. The reason I say this is regarding your experience with Kundalini, people are so closeminded about how



the world really works and how science really works to think that just because you have a little flag in your front yard that says science is science, and this is that, and this is that, that's complete bullshit. Science is not science. Most scientists and most research is completely driven by the agenda of the money that's funding it.

[00:40:51] So, when people say science is real or science is science, it's like saying, I don't know, anyone who's teaching anything is right because they're a teacher. It's a complete BS. Science is just a process to try to obtain truth, you still have to use your brain as an individual to discern what's true or not. So, you get what I'm saying? It's like this limited focus. And this is so relevant for Joe's work, and the stuff that many people call woo-woo, and the stuff even you talk about that I like to talk about a lot of the time, even though you might dabble more in the woo, as some would call it, than I would or than I do, but I love it all.

[00:41:24] But it's just people, we're close minded and that needs to stop because science isn't science. Science is just a method to get stuff and it has to be done properly. And people have to each exert their own cognitive rationality and not just accept something because some PhD says it's true. So, that's really the point I want to get across and that's relevant for this subject. So, now, let's get into light melatonin and DMT.



[00:41:48]**Luke Storey:** That's so good. This is so fun. I always love talking to you. I mean, I'm glad we had the idea to turn on microphones. I'm just like checking the battery. Yeah, because we would sit and have this conversation, but probably not to the extent because there's people around and we're doing stuff. Let's go eat. Let's go here. Let's go there. So, when you're plugged into a microphone, it sort of forces you to dive a little bit deeper. So, super fun. We've got, I don't know, what, 20 minutes left before we both have to scram.

[00:41:59]**Matt Maruca:** Yeah, it's like, yeah, 20.

[00:42:19]**Luke Storey:** Okay. So, let's dive into exactly what you just indicated, which to me is almost the most fascinating part of this because I've had so many mystical experiences using just my body, and breath, and intention, and prayer, and mantra, and all the things, and also had very similar experiences, albeit quite a bit deeper and intense with exogenous helpers like the DMT toad, psilocybin, ayahuasca, whatever, right? Ketamine.

[00:42:57]**Matt Maruca:** I did a podcast with Ben Greenfield. He meant to do like a squirter of hape up his nose, two squirts of hape to clear up, he actually did intranasal ketamine. He talks about it. He was totally tripping balls on the beginning of that. I was at his house, and we were recording and he talks about it on the interview, so



there is the Light Diet podcast for anyone's who's interested in interviewing Ben Greenfield.

[00:43:17]**Luke Storey:** That's funny. I would not like to accidentally take ketamine. In fact, the first couple of times I did it, I didn't realise how important it was to be laying down when you administer it. So, I had a couple of times, I was like, oh, yeah, I'm going to go have a meditation. I actually do Joe's, or I haven't done a long time, but I do a microdose of ketamine and do a really long Dispenza meditation. A couple of times, I did a couple of sprays of the oxytocin ketamine in the nose, and then it's like, oh, I got to go do something.

[00:43:40] And then, I'm fiddling around in the house and I would be walking out to my hyperbaric chamber where I usually do these sessions and I'm halfway up the stairs going, oh, my God, I feel like the worst parts of alcohol, like [making sounds] just kind of nauseous, and groggy, can't walk straight, and I learned my lesson. It's kind of like MDMA. If you have to take it, like be laying down ready to have your journey or sleep before you administer it. Anyway, I digress. Break it down for us.

[00:44:05]**Matt Maruca:** Alright. So, what do you want to really focus on? Let's talk it. Send me the agenda and I got you.



[00:44:09]**Luke Storey:** Okay. The agenda would be-

[00:44:12]**Matt Maruca:** O, what do you really want the audience to come away with or what do you really want to understand better about how this system works?

[00:44:17]**Luke Storey:** First part is the synovial spinal fluid pushing up into your brain.

[00:44:25]**Matt Maruca:** Yeah, cerebrospinal fluid. CSF, cerebrospinal.

[00:44:26]**Luke Storey:** Cerebrospinal fluid, pushing that up, smashing the pineal gland, the shit that happens with the crystals, the magnetic field, and then the release of those.

[00:44:36]**Matt Maruca:** Yeah, I love this. This is so much fun. So, I get goosebumps just like thinking about this, because this is my passion. Like this is what I'm so interested in. There's this energetic field that Becker described, right? And wouldn't it make sense that if all these cells and organs are going to structure, I mean, think about this, too, how does this part of your body know to be there, and this part of your body know to be there, and this part of your body know to be there?



[00:45:03] Not only is the field governing which genes are turned off and what, but where they're going. And that field starts the moment the sperm and the egg meet. The field of each of those cells, half cells really meets, and that field unwinds as the proteins start to unwind, and as it develops as a baby, it unwinds, and it's being governed by—as the proteins, and genes, and everything unwind in the water, and the light, and the energy, that is a field, that is creating a field.

[00:45:29] And then, the field is governing the changes in the gene. So, it's like stimulus response, stimulus response, stimulus response. And the organism unwinds literally. From that set of DNA, it unwinds. It takes 26 years for full development, and then we start aging more. I mean, we're aging anyway, so I got five more years of this brain developing. So, it's, again, stimulus response, stimulus response. And that's how the field really is unwinding.

[00:45:51] So, it would make sense then as a more developed human besides just an embryo, but even in the more formative phases of a life form that you would be able to see certain maybe energy centers that sort of direct the different functions in the different places, right? If you think about what we're talking about, Becker found this field, and studied it, and measured it. He didn't go so far as to measure each of the energy centers necessarily. His work



was cut off by the Navy.

[00:46:18] So, it makes sense that there would be some of these potentially centers that govern what's where, because otherwise, everything would just be everywhere. It wouldn't really work. The organism can be structured. So, sure enough, the Indians found 5,000 years ago or more that we have what they refer to as eight centers from the perineum, which is the core, the base center, which is our sex organs, basically, our sexual energy, and that's down there.

[00:46:46] Then, we have our second center, which is our digestive system. Basically, our gut. Third center is our solar plexus. And I forget exactly which organ this actually correlates to, the third center. I'm not sure if it's the—I believe it's the adrenal glands because that gives us our energy, and our power, and push their back behind, so it makes sense. And our kidneys, I believe, are also related to the third center. I believe they're both in the same spot.

[00:47:11] The adrenals are tucked down to the kidneys, if I'm not mistaken. But I'm not an anatomy expert. But anyhow, so going up, we have the heart, the center chakra, which is the fourth center or the fourth chakra, is right in the center. I don't know the Sanskrit names, but anyone who's watching this could list all the Sanskrit name, some woman did last night. So, that's the heart center.

[00:47:29] And then, that's the gateway, as Joe says, between the three lower centers, which are more primitive



survival and the higher faculties of the human being,  
which



are the throat, which is the fifth center or chakra. And then, the sixth, which is the pineal gland, which is located sort of like in between the eyes, and then back towards the back of the brain, or Joe describes it as the between the back of the throat and the top or, I should say, the back of the head.

[00:47:53] So, it's kind of like in there, right in the middle, really, and then we have the seventh center, which is the fontanelle or like the crown of the head, the crown chakra. And then, we have the eighth center, which is about 16 inches above the top of the head. And the energy, the cool part about it is as frequency and energy goes, each of these has a correlating light wavelength. So, it's red, orange, yellow, green, blue, indigo, violet, and white is the crown.

[00:48:21] And so, it's like as you go up, like the humans, we're sort of just like an increasing frequency system of energy. So, anyway, now, your question was about this flaming sword of consciousness, as someone's described it to me as. This energy is sort of related to the cerebrospinal fluid moving up the spine. So, when Joe has us doing these breaths, we're literally squeezing our parent. We're taking a breath in while we pull the energy up along these centers using our breath, which you can do with your breath.



[00:48:53] You can try it. You squeeze the perineum. You squeeze in the stomach as if you're taking a breath in or like pretending you're basically like a starving child. It's kind of a weird way to put it, but if you're like sucking your ribs and all the way while squeezing your perineum, which is your sex organs, and then squeezing your core at the same time, that's really what that motion is like. And then, you basically have your breath, and you have to relax your neck and your shoulders completely, and extend your spine for the best effect, and then you pump.

[00:49:17] And you can actually move the energy up. Now, I personally am not an expert master in that breath. You've been doing Kundalini a lot longer than I have, so I don't feel it quite as much as I think I will as I practice, but a lot of people do. And this is an ancient yogic breath as well. But it makes sense based on the evidence that Joe presents, and why I understand, that when we squeeze, we are pumping that fluid up. And I think it cycles every couple of hours, the whole cerebrospinal fluid, which bathes.

[00:49:48] It goes from the bottom of our spinal cord. It bathes our entire spinal cord. It's basically, there's the spine, the bone, then there's cerebrospinal fluid, which is sort of like a cushy fluid that cushions the spinal cord, which is the core of the nervous system, which is like, one could argue, the center point of this energy centers that go up through our body. But really, it's just one physical manifestation of the energy centers because the energy centers are just energy.



[00:50:09] They're not matter. So, this is representative of that flaming sword of consciousness, which I believe is represented in some depictions as literally like two serpents or two flames that are spiraling like serpents around a sword. There's other depictions of it in different ways, but that's the idea. This is where life really exists in us. And so, when we do that squeeze, we push that cerebrospinal fluid up. And the cerebrospinal fluid doesn't just bathe the spinal cord, the entire brain is bathed in cerebrospinal fluid, including the pineal gland or pineal.

[00:50:40] Some people call it different things. Dr. Joe says pineal, pineal. I call it pineal. But basically, when you get a concussion, it's because you hit your head so hard that the cerebrospinal fluid wasn't enough to stop it, and so it banged against the side of the skull, and you got a bruise on your brain, essentially, as far as I understand. And this is interesting side note, based on the work of people like Dr.

Kruse, there is a potential that when we're getting more sunlight, we're drinking more structured, high-quality water, our cerebrospinal fluid could be more viscous, and more strong and protective, and we'd be less prone.

[00:51:13] Therefore, to maybe concussions or back spinal cord injury versus people who are not getting any sun, the water is not as structured, and therefore, they might be more prone for issues like that damage and so on. But



anyhow, so that fluid is bathing the pineal gland as well. So, what happens, as Dr. Joe's describing it, is literally, as we pump, it is basically rolling around the pineal gland. And first of all, he talks about these little hairs on the pineal gland, and it's sort of stimulating them, and basically activating the pineal gland.

[00:51:46] But the key thing he's saying is as the fluid moves around, we're kind of compressing the pineal gland just a little bit. And there's these crystals in the pineal gland which have been scientifically studied, found, imaged, and so on, that basically detect energy from the environment. That's just the best way to put it. And then, you start to step a little bit further into the domain of not woo-woo and unscientific, but just less studied. But basically, when you make these crystals compress because they're what he was calling piezoelectric or piezoelectric.

[00:52:19] And this is an effect that I read about in who but Dr. Robert O. Becker's books five or six years ago when I was reading that stuff for the first time, and he described that bone as piezoelectric, too. And most of the body is. So, for example, compress your bone really hard, you push it in, and because it's an electromagnetic network of appetite, and collagen is what makes up bone, and then there's copper inside of there as to help it conduct energy better, but when you compress it in a certain way, the compression of those proteins basically causes a bit of a ripple in the field.



[00:52:56] In other words, if you bend something one way and it wants to bend back, that's sort of what happens. You bend it, and so the field around those proteins, because they all have a field around them from their electromagnetic energy, changes and that changed field stimulates further growth. That's why, for example, if I punch your arm a thousand times over, you would start having thicker growth in the bone of that arm, if you kept bruising it, and hurting it over, and over, and over again.

[00:53:21] So, that's piezoelectric. So, a lot of the body is piezoelectric in its nature. So, the whole idea Dr. Joe is presenting here is that when we actually compress those crystals in the pineal gland by doing this breath and squeezing that cerebrospinal fluid, it's compressing the crystals and creating because they're piezoelectric in nature as well, creating a field. And if we do it enough, it's really increasing the sensitivity and basically activating what he calls the radio receiver in our brain.

[00:53:49] Now, ideally, if our pineal glands weren't calcified from drinking fluoridated water, and that kind of thing, and other things that we do that harm ourselves, we would not necessarily have to do some really strong squeezing breath. We would just be able to just have it sort of active, as it's designed to be all the time for the even the things that the Native Americans and like different world wars were hired by the US Army because they had



these phenomenal abilities to detect certain things, this could very likely be related to their increased function of the pineal gland.

[00:54:22] So, that's sort of the core, and the yogis have been doing this additionally for thousands of years because they know that it can activate higher states of consciousness. So, that's sort of the core of how this pineal breathworks, the Kundalini type of breathworks, and I don't need to really convince anyone here. It seems like I'm almost talking as if I do, but it isn't some unscientific woo-woo concept. There's actually a lot of supporting evidence based on what we're talking about here with the field, the cerebrospinal fluid, the field that that creates as it flows through the body because it's full of charged particles.

[00:54:58] And so, by doing the movement of that cerebrospinal fluid, we're increasing the strength of our field. It could even be that it has less to do with the pineal, although I can't say for sure whether that's the case or not, and maybe more with just the flow getting that cerebrospinal fluid flowing because our field is related to that. In other words, even though the field governs the particles like we're talking about in the development of a child, the particles can also govern the field or affect the field if we use them in certain ways and move them in certain ways.

[00:55:29]**Luke Storey:** The other trippy thing about that activating of the pineal gland and moving those crystals is that it, and correct me if I got this wrong—and for the sake of this, and I probably have said this in the intro, this is



just our interpretation of Joe's, we are not official Joe  
Dispenza's work teachers. We're trying



to hash it out so that we understand it. I just want to make that clear. But also, I remember him talking about that there is a polarity, a negative charge and a positive charge that's created within the space of that pineal gland, essentially turning it into a battery, right?

[00:56:02]**Matt Maruca:** Magnet.

[00:56:02]**Luke Storey:** I'm sorry, a magnet. A magnet that is then somehow facilitating our perception of consciousness or higher states of consciousness. So, it goes back to that kind of the antenna receiver part of the brain, where you're able to go, oh, there is more here than meets the eye. In the interest of time—

[00:56:23]**Matt Maruca:** Let's get into light and DMT.

[00:56:24]**Luke Storey:** We might have to hop on a Zoom call the last 30 minutes.

[00:56:29]**Matt Maruca:** When you compress the magnet, because it's piezoelectric, its field gets stronger and larger. That's the idea. So, by doing that compression with that breath, that field of that particular gland get stronger. But let's talk about melatonin, and DMT, and stuff.

[00:56:41]**Luke Storey:** Yeah, because this is really wild. Because I as I was telling you, I had a DMT ceremony two



weeks ago now in Austin, and it just primed to the pump in such a major way that Joe's work now is like so deep, so easy, and I'm just like [making sounds] that space. And so, I don't know what that has to do with it other than just, wow, what's changed for me with the work that we're doing here, because like it's so much easier and I go to such a deeper place. But I think that some of the plant medicines, and psychedelics, and Joe's work, and all this, they're really taking us to the same peak of the mountain, they're just a different trail to get there or a different window into the mansion, right?

[00:57:21]**Matt Maruca:** Yeah.

[00:57:21]**Luke Storey:** So, I just find it so fascinating that regular people that would never be open to or where those experience wouldn't be appropriate can do this work, and trip balls, and elevate their consciousness and understanding of all of life. It's just incredible. So, tell us about the biochemistry as you understand this.

[00:57:40]**Matt Maruca:** Yes. So, first of all, I want to say that there's a guy in the health world who started one of the really big health product companies out there. And he actually told me that in his opinion, taking something like psychodelic, it'll get you to the top of the mountain. It's like, for like skiing, you take it to the top of the mountain, and then you can ride all the way down, and you're going to get a



really strong ride when you take a psychedelic, whereas like meditation, he compared it more like surfing where you're going to go out, you might not catch a huge wave every time, but sometimes, you'll catch the greatest wave of your life.

[00:58:13] It's just a different approach. But I like Dr. Joe's work, because I think in a similar sense, if you take psychedelics, there's a lot of people, I feel, who take psychedelics a lot and are still not quite getting the type of changes they want in their life necessarily, because they get a sight of where they could be, but they're not putting in the work to get there necessarily. Although, again, some might very rightfully argue that using psychedelics, and again, I don't have a lot of experience with them, so this is not the most educated statement, but some would argue that that is what psychedelics do because it forces you to face a lot of the trauma and stuff. So, that might be, in reality, the case.

[00:58:51]**Luke Storey:** I think in my  
experience, both are true. [00:58:52]**Matt**

**Maruca:** Yeah.

[00:58:53]**Luke Storey:** Having a psychological framework and understanding, and having tools to



integrate the lessons that you learn in those experiences or in a meditation, I think, is really important. I was thinking about this, this morning. I thought, what would be the point of just getting the gateway into different realms of reality if you're not able to bring that back with you and have a model or a framework by which to effect change in your life and in your character? Otherwise, you're just a traumatized asshole that had a beautiful experience and you come back to being who you are, right?

[00:59:25]**Matt Maruca:** Or who you have become, because that's really not who they are, right?

[00:59:28]**Luke Storey:** Yeah, exactly. Exactly. But anyway, carry on.

[00:59:31]**Matt Maruca:** So, yeah. So, speaking about DMT, so I'm actually going to pull up the slide. I had taken notes on the slide of Dr. Joe's about what happens with serotonin and melatonin. But first of all, I want to note that melatonin has all these benefits that Dr. Joe is talking about. And I've talked about a lot of these because my product, blue-blocking glasses from Ra Optics, people who wear these have higher levels of melatonin and get all of these benefits. So, I was loving the lecture. I know we were both stoked at the same time, listening like, oh, like I'm stoked, Luke and Alyson, I'm listening to this, and I'm stoked he's listening to this, and it's great.



[01:00:04]**Luke Storey:** I was thinking about it the whole time. I can't wait until break comes so I could talk to Matty about this.

[01:00:05]**Matt Maruca:** Yeah, it was so great. So, melatonin basically stops stress in studies. These are all the clinically studied things about melatonin. So, it lowers stress, stops stress, and improves carbohydrate metabolism, which, in other words, it makes our body better at using certain fuel sources, and therefore it lowers our triglycerides in the blood so that people aren't putting on as much fat, and inhibits in these studies gluconeogenesis—or I should say, atherosclerosis, pardon me, which is where the hardening of the stuff in the arteries that causes people to have heart disease.

[01:00:44] It heightens our immune response, very relevant at this present time in the world for those who are interested, decreases tumors, increases lifespan, reduces body weight, helps people lose weight. It's neuroprotective. It increases REM sleep, which is like our dreaming, lucid state, in which some would argue, we're sort of like creating our reality or tapping into different layers of consciousness.

[01:01:05] It scavenges free radicals, which is huge and largely responsible for a lot of the other benefits here in our mitochondria and it promotes DNA repair. So, those are the things that Dr. Joe listed about melatonin. The other



one that wasn't on there really is it helps repair our mitochondria by scavenging these free radicals and repairing DNA, but very specifically, mitochondrial DNA, as well as nuclear DNA to some extent. So, melatonin is this amazing thing, but what Dr. Joe's real interest is, is how it gets upgraded.

[01:01:35] So, before we get deeper into those upgrades, talking about the way melatonin is first created, there's a bit of a chart of, it goes from tryptophan. It goes through basically a couple of things, become serotonin, then it becomes melatonin. And one of the cool things about the research of Dr. Alexander Wunsch you interviewed a while back, and that's an amazing episode. I recommend people check out as well.

[01:01:55] He told me how when we're getting sunlight, basically, and this is something he studied and his predecessors have researched, when we get light from the sun, especially UVA light, it activates the eye and the optic nerve in the brain in such a way that our body is stimulated to produce, take serotonin—or I should say tryptophan, the precursor amino acid, and turn it into serotonin, which can then be converted into melatonin.

[01:02:20] And this is an interesting thing about tryptophan is that it's an aromatic amino acid, which means that it has these structure in it that's called a benzene ring that specifically absorbs ultraviolet light. So, every biological molecule in the body,



we're beings of light, every single cell, every single molecule, every single thing we use as organisms, enzymes, everything, has specific absorption wavelengths of light.

[01:02:43] In other words, the way we're able to be so complex just to cut straight to the chase on this one is because we utilize every single possible frequency of light in the sun or as many as we can to develop different systems. In other words, different proteins, different biomolecules are all tuned to different frequencies of light. So, when people say, oh, get sun, like get vitamin D. I'm like, yeah, get vitamin D and a million other things, hundreds of which are researched, and then probably thousands of which, we don't even know. Does that kind of makes sense?

[01:03:13]**Luke Storey:** Yeah, totally.

[01:03:14]**Matt Maruca:** Because the sun is a continuous spectrum. We need these wavelengths of different energies of the sun to do a lot of different things beyond just vitamin D production, although that's very important.

[01:03:22]**Luke Storey:** What's interesting about that, too, is within the visible light spectrum, you have the colors of the rainbow, which also coincide, as you were indicating earlier, with these energy centers in the body. That's



what's really interesting to imagine. I don't even know what the connection is there, but the sun is activating something within those centers as well.

[01:03:40]**Matt Maruca:** Absolutely. And I would have to take some time to think about that, but yeah, certainly.

[01:03:44]**Luke Storey:** Maybe for the part two, but yeah, the coherence of that information, which light carries information.

[01:03:50]**Matt Maruca:** Think

about this. [01:03:54]**Luke Storey:**

It's wild.

[01:03:54]**Matt Maruca:** So, this is a great way to put it, is the most dominant amount of light in the sun that hits the earth is red and infrared. So, our most fundamental functions, this is really interesting right now, whoa, it's like a download, our most fundamental energy system is our survival and reproduction. That's red. That's the majority of sunlight energy. As you go up the centers, there's less and less of that light present in the sun, that particular component, so one might argue, which I always have for the last three years, people should listen to this podcast, that UV light, people say is bad for us, UV light is not bad for us.



[01:04:26] UV light is the highest energy, ultraviolet, so this is beyond violet, and that's the white light over the top of the head. But it's the least present in the sun, but that is what—again, people say it causes skin cancer because they're completely disillusioned and lacking in scientific understanding of what the sun does to our body. But as we grow, or I should say, basically, my theory now based on our conversation, and this is just a hypothesis, this is not proven in any sense, but is that our ability to become a more complex organism is dependent on greater amounts of sunlight present. In other words, higher frequencies of sunlight present.

[01:05:09] So, first of all, saying ultraviolet light causes skin cancer, I always respond to people, no, ultraviolet light is what allowed us to become complex organisms because our atmosphere allowed just a little bit more light from the sun of a higher wavelength to come through so that we're able to be just a little bit more like the sun, in a sense, a little bit more like that energy.

[01:05:29] So, it makes sense that a large part of our energy is centered in that base, and then there's a little bit less, I might be incorrect about this, but I believe this is accurate, there's a little bit less orange in the sun than there is red. There's a little bit less yellow in the sun than there is orange. There's a little bit less green in the sun than there is yellow and so on. Blue less than green. And



then, indigo and violet less than blue. And then, ultraviolet less than visible violet.

[01:05:55] And so, it would make sense that the development of the human coincides with the proportion of the sun present or the light frequencies present in the sun. And I would go as far as saying, which I always have for the last couple of years, is that in order for us to have this high level of this high-functioning brain that allows us to have such a strong, powerful field and be sort of the apex predator in a very intellectual, high-level being is the power of the sun, the ultraviolet light that we take in from the sun.

[01:06:21] And this is why, again, people like Dr. Kruse—well, I can't say this is why he argues it, but he makes a very great point, that humans lost our hair in order to become solar panels and assimilate light. So, yeah, we got to roll it in there. So, basically, long story short, just to sum this up, melatonin is essential for health. Cool, like five minutes, we're good. Yeah. So, sound editor, you might want to cut that out.

[01:06:47] So, basically, to sum this all up, and we will have to follow up at some point, but basically, then from creating melatonin, which happens, melatonin's creation happens when we have tryptophan in our diet, we have sunlight, and then we have absence of light in the evening, which allows us to take serotonin, and really basically convert it into melatonin, and really secrete and release our melatonin, as both the light in the morning helps with that creation, and the secretion, the release of it occurs in darkness or at least absence of blue light, because blue



light is the



particular wavelength that the receptors in the eye that communicate with the hypothalamus and the pineal gland absorb to know whether it's day or night.

[01:07:28] It's not all the colors, it's just blue. That's why the glasses we make block just blue light particularly, and green at night because the system is a little bit sensitive to green, but not nearly as much as it is to blue. So, anyway, what happens, though, when serotonin becomes melatonin, it actually turns into a bunch of different things. These include hallucinogenic effects, so like DMT. That's very interesting that that occurs.

[01:07:52] They convert into more potent forms of antioxidants than melatonin. It converts into sedatives like benzodiazepine that can be converted into these bioluminescent molecules. It can also be converted into something that allows us to hibernate, which is methoxytryptamine, which is similar to DMT. They're all very similar to one another. So, it's almost like melatonin. And this is what.

[01:08:16] Dr. Jack Kruse has taught, I don't want to misrepresent the way he describes these things, so what I'm saying isn't an exact representation of anything Dr. Kruse teaches, but as I've learned a lot of the stuff from him, he's always said, as I understand it, that melatonin is sort of like a carrier of light to do certain physiological



things in the body. In other words, it isn't melatonin. Melatonin is just the messenger for the light information. Does it make sense?

[01:08:40]**Luke Storey:** Oh, wow.

[01:08:41]**Matt Maruca:** So, it makes sense, and melatonin is one of the most important molecules that our body has evolved using things like ultraviolet light. So, think of melatonin as a physical correlate to changes in the energy field. So, the sun changes our energy field. That affects melatonin and melatonin then is that representative for the sun to do certain things in our consciousness, in our body.

[01:09:03] So, since melatonin is one of the most evolved molecules in our body that was actually developed a long time ago when oxygen became abundant in our environment and was needed as a very potent antioxidant to combat the oxidative effects of oxygen so that we could use it as a fuel source. Because oxygen is very volatile, but we use it fine, because we have melatonin to help us scavenge the oxidative effects of it. But anyway, it would make sense then that if you're able to just go a little bit higher frequency than this already super duper advanced biomolecule that's a good representative for really important stuff happening in the body, why couldn't it go a little further?

[01:09:41] Why couldn't it go to the next level, become a more potent antioxidant, become a giver of visions to see and understand the environment in ways that we're



typically not aware of? So, I don't think of it like on the chart Dr. Dispenza had on the screen, it was going down from serotonin, the melatonin, all these other things, personally, for my ideal representation, would be working up, because it's almost like these molecules are pinnacles representing higher levels of energy in our field and consciousness.

[01:10:09] And so, that pumping, based on the movement of the electromagnetic field, as far as I understand, can help us to convert that melatonin into the DMT. But I believe that living the light diet with the skin and a sunrise, sunset, daily light exposure throughout the day, good. Those are the first three steps of the light diet, avoiding on fluoridated water—or avoiding fluoridated water, I should say, because you calcify the pineal gland.

[01:10:33]**Luke Storey:** Which I want to add, in most of your bottled drinks, they're going to be made with tap water and you don't know what the filtration method was. And the molecule of fluoride is so hard to get out of water that you really want to make sure the bottle drinks you're drinking on a regular basis, in my opinion, are without fluoride, which would have to take a reverse osmosis or some really hardcore filtration medium to get it out.

[01:10:58]**Matt Maruca:** Yeah. So, that's the deal. So,



basically, we've covered pretty much everything we possibly could for the time we have.

[01:11:04]**Luke Storey:** Yeah. It's never enough with you, dude. Any time we sit down, we got to just got a three-hour block, but no, you've got to get to the airport. I think we tied a nice bow, and I hear, the moral of the story is this, that within our human biological system, whether it's biochemical, anatomical, whatever the case may be, if we're able to learn, and harness, and practice these methods and methods like this as a way of life, we can, in fact, increase our capacity for higher states of awareness, and consciousness, and the ability to heal our body, to heal emotional trauma, to become fully whole and integrated. And we don't need anything else except our intention, and an open mind, and a little bit of discipline, and exertion to learn the practices and to apply them, and the rest is done by source, God.

[01:11:56]**Matt Maruca:** Exactly. I agree. And there's one other thing, I think, that's just a download that just came in for me is that these molecules, organisms are always evolving, right? How does that happen? Does it happen super slowly over generations or could it happen really quickly? And based on the model that I've learned about of epigenetics and all this stuff, evolution can happen very rapidly within an individual organism, and then that changes the function, a.k.a. the consciousness of the entire rest of the species.



[01:12:23] So, in other words, evolution isn't slow and stagnant. It's fast and reactive to changing environmental circumstances. So, we'll just tie it up in a bow with this. Is it possible that maybe as melatonin, it was a solution to a changing environment a long, long time ago that allowed us to sort of elevate our function, consciousness, as you could describe it, function of the organism in one way is consciousness, is it possible that DMT is sort of, and these other derivatives of melatonin, as I'm putting them up on a pedestal like the pinnacle of human evolution, if you saw my hands, I'm putting them up, that these are the molecules that are signaling the next stage of human evolution into a greater level of consciousness, that those are the next, and that DMT could become the next melatonin? In other words, it's just a normal way that we live as multidimensional, energetic beings at a higher level of consciousness and awareness. I don't know.

[01:13:18]**Luke Storey:** I love you, dude.

[01:13:18]**Matt Maruca:** Love you, too. That

was pretty fun. [01:13:21]**Luke Storey:** Get to

the airport.

[01:13:22]**Matt Maruca:** Yeah. I got to go. So, you're a champion, dude. Thank you so much.



[01:13:25]**Luke Storey:** Alright. I'm going to unpack this conversation and we'll continue at another time.

[01:13:29]**Matt Maruca:** Yeah.

[01:13:29]**Luke Storey:** Yeah. Come to

Austin, hang out. [01:13:31]**Matt Maruca:**

I'm stoked. I'm going to. [01:13:35]**Luke**

**Storey:** Hang out with the crew there.

[01:13:36]**Matt Maruca:** I'm going to give you a hug before I go, but thanks, team.

Tagged: [Transcription](#), [Light Worship](#), [sunlight](#), [sunlight worship](#), [sun worship](#), [DMT](#), [joe dispenza](#), [dr. joe dispenza](#)

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# A Practical Guide to Chasing the Mystical

*Dr. Joe Dispenza / 01 February 2019*





25 There are four states of consciousness: wakefulness, sleeping, dreaming, and the transcendental. The transcendental state of consciousness is a state of awareness that is often associated with mystical experiences, and it's the mystical that allows us to experience another aspect of the self. To say this another way, this means we have to *transcend* the known self to experience some other aspect of our *potential* unknown self. To get beyond the known self is what begins to fill in the mystery of the self, and that moment awakens us to our journey back to source. In other words, there is more to you than meets the eye.

In the case of the mystical, the experience comes not from an external world; it comes from an internal one. When you have a mystical, transcendental experience, it is as if your senses heighten to such a degree that the internal experience causes you to become more aware, more awake, and more conscious than any



experience you have in your everyday, waking, 3D reality—but it's not the 3D world that you are awakening to. It's another entire world beyond the senses. It is as if you are having a full-on sensory experience without your senses.

You may have previously heard me say that the stronger the emotion you feel—that is, the stronger the change in your internal state—the more you begin to pay attention to whatever is causing it in your outer world. This is how we create long term memories. In a mystical experience, it's an increase in energy that makes us feel more like frequency and energy, and less like matter and chemistry. As a result of the increase in energy in the form of an elevated emotion, due to the internal experience, vivid, lucid images capture the brain's full attention, and it's the energy directing your awareness that begins to neurologically reshape the brain.

The elevated emotion or energy you experience from the internal event is what begins to

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condition the body to a new mind. In other words, it's what moves the body out of the past



and more into the present moment—and the stronger you feel that ecstasy, energy, love, bliss, or whatever you want to call

<sup>25</sup><https://drjoedispenza.com/blogs/dr-joes-blog/a-practical-guide-to-chasing-the-mystical>



it, the more you want to experience the present moment. This is how the body begins to move out of the past. This is also why so many people heal in this work.

For the past ten years, at our workshops around the world we've been teaching our students how to do this. At the same time, we've been conducting the research to back up the results, as well as further developing and refining the methodology that produces these powerful outcomes. What all of this comes down to is that we are teaching our students how to get beyond themselves so they can enter the elegant present moment—the doorway to the mystical.

With that said, standing on the shoulders of *Dreamtime III*, the recent Advanced Follow-up workshop in Berlin, Germany, let's go over some simple steps you can take in order to have a mystical experience. This is going to require you to align certain choices to perform certain



functions.

Get up early in the morning.

If you want to have a mystical experience, you have to get up early (ideally between 1am to 4am). Why? Because this is when our brain chemistry is ripe for the mystical, meaning, this is when our melatonin levels are at their height. It's also when our brainwaves are at their best. For example, when you get up in the early morning hours, our brainwaves tend to be in a slower frequency like alpha and theta. As a result, you don't have to work as hard to get the body in a relaxed situation and into that particular brainwave state. If you don't want to get up early—if you don't want to be awakened in the middle of the night or disturb your sleep habit—then more than likely you're going to miss the opportunity.

Sit up in your meditation longer than you normally would.



When you do the pineal gland meditation to induce the mystical moment, sit up longer than you normally would. This is important because if you sit up past the point where your body wants to lie down, your body is going to surrender more deeply when you finally do lie down. It's in this state of relaxation and satisfaction when the door to the mystical opens. This is essential because if you want to operate in that realm between wakefulness and sleep, your body has to *feel* like it's asleep, while at the same time your mind has to be awake. As you pass through that little doorway, through that portal, it causes you to again enter another world. You become very conscious in your subconscious mind.

It's also important to add here that if you really want to have a great mystical experience, do your meditation somewhere other than your bed so you're not as likely to immediately fall asleep.

When you do lie down, it helps if you put a pillow



or a bolster under your knees so that you feel relaxed and comfortable, but it doesn't *feel* like you are in bed.

Set an alarm to wake up and record your dreams.

Every now and then, set an alarm to wake up in the middle of the laying down portion of your meditation to write down your dreams in a journal—or at least the last thing you remembered from your dreams. If you can recall the dream, you are literally learning how to stay conscious in the subconscious realm. Once you do that, the next step is to review the dream. As you get good at it, the dream becomes animate again, and now you're back in the dream world consciously. When you're conscious in your dream, this is when lucid dreaming starts to occur.

Do the breaths.

- Do the breath to pull the mind out of the body (pre-meditation breath)  
The purpose of this pre-meditation breath is to pull the mind out of the body



so as to draw the energy of the body's first three energy centers back up to



the brain. The application of this breath couples a slow, steady inhalation as you contract your intrinsic muscles at the same time. Meanwhile, follow your breath all the way to the pineal gland. When your awareness reaches your sixth center, hold your breath and further squeeze those intrinsic muscles again. As you push cerebral spinal fluid up against the crystals of the pineal gland, it activates latent systems that cause the pineal gland (the gland that's responsible for the transcendental experience) to become electrically stimulated. This electrical current causes the crystals in the pineal gland to begin to shimmer, and it's the vibration of the crystals that allows them to pick up frequencies beyond the senses. The pineal gland then transduces the frequencies into profound imageries. As we pull the mind out of the body and back into the brain, the brain can go into heightened brainwave states of gamma.



(I describe this in detail in Chapter 5 of [Becoming Supernatural: How Common People Are Doing the Uncommon](#). Page 140 – 142)

- Do the laying down breath to oxygenate the brain (post-meditation breath)  
If you want to linger in the doorway to the subconscious longer, there's a breath we teach at our Advance Workshops where you inhale deeply through your nose and push the air out of your mouth. The rapid, passionate repetition of this breath in cycles of 7 – 10 times (or however many times you like) oxygenates the brain, causing you to feel slightly lightheaded and euphoric. The purpose of this breath is to keep you a little longer in the alpha and theta brainwave state so you slowly descend the ladder of consciousness into delta brainwave states. This is when your body falls asleep but your mind stays awake.

If you are really interested—*and committed*—to having a mystical experience, it will most likely take you a couple of weeks to train yourself into the proper habits to have one. As you do this, it will also require you to change the beliefs you're tied to, such as you'll be too tired during the day



and/or that you'll be in



a bad mood as a result of not having what you previously considered to be enough sleep.

Once the door to the mystical opens to you, because you have been knocking on the door every morning, you will say what every person says when their moment comes: *"That was so worth it."* When the mystery of the unknown self is revealed to you, you will never be the same person again. Why? Because you will know too much. You will finally understand that the only way to get to the mystical is to leave behind everything known to you—so much so that you will want to get beyond your known self every day.

To be selfless then is to lose yourself to the unknown every day. Once you know the formula of how to get there, I can't think of a better way to experience life.



# Indian Mystics

## Brahmanand



rahmanand Swami

Brahmanand Swami (Ladudan) was born to Gadhavi Shambhudanji Barot Aashiya and Laluba Charan in Khan village, at the foot of Mount Abu, in sirohi district of Rajasthan in 1772.

At a young age in the royal court, he sang poems in Gujarati. The Rana of sirohi, impressed with him, directed that he be taught Pingal (the science of constructing poetry) at the cost of the state.

Hence Ladudan was well educated and later became a part of King of Udaipurs court. Ladudan learned pingal and Sanskrit scriptures from Ladhaji Rajput of Dhamadka, becoming a scholar in Pingal, poetry, and scriptures.

Ladudan earned fame and wealth by visiting stately courts of Jaipur, Jodhpthers, which were impressed by his poetry.[3]

### Initiation as Sadhu

Ladudan was in Bhuj where he had heard about Swaminarayan and went to meet him. Swaminarayan was addressing a gathering in Bhuj. Ladunan was attracted to him. Swaminarayan returned to Gadhada with the poet Ladudan.

Ladudan lived a majestic and royal life as befitting a courtier. He was always clad in the most precious attire, adorned with jewelry fit for royalty. Swaminarayan did



not like such a luxurious lifestyle but instead of preaching directly he gradually persuaded Ladudan who became an ascetic. On the way from Gadhpur to



Siddhapur, at a small village named Gerita, Swaminarayan stopped and administered Bhagwati Deeksha (initiation as sadhu) to Ladudan by giving sainthood name 'Shrirangdasji.' After some time, he renamed him as Brahmanand Swami.[3] <sup>26</sup>

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<sup>26</sup> <http://hrdaipress.com/products/brah.html>

<sup>27</sup> <http://hrdaipress.com/products/brah.html>



## 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.



<sup>28</sup> [http://www.prem-rawat-bio.org/library/hj2000/sh\\_brahmanand.html](http://www.prem-rawat-bio.org/library/hj2000/sh_brahmanand.html)





## The Miracle

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

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

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

without a foundation  
there is a palace standing  
glowing from inside  
a blind man saw everything



and described it in detail

a living man died

and came back alive

without food he is strong and healthy

only a rare person

can understand my vision





## Your Creation

beloved

what you have created

fills me with such wonder

I cannot even begin

to fathom your mind

from a drop

you created this body

and to it you gave

the beauty of male and female

you gave humans their hands and legs

and a capable body and mind

and to each one

you gave the gift of breath

within you hid

a heart that can feel



and the most beautiful feeling



that can be felt

you filled the forests  
with flowers and trees  
and you gave the ocean  
its strength

you created the sun and moon  
for light both night and day  
you make the stars twinkle  
and send breezes everywhere

even sages and poets  
cannot describe your greatness

Master  
amazing and endless is the beauty  
you taught me to see  
when you opened my eyes



## Prepare Yourself



sweet friend  
listen to me  
prepare yourself  
to meet your beloved

we are in this world  
for a short time only  
then we have to leave  
don't create attachments

wash away the dirt of ego  
groom yourself with care  
weed your garden daily  
fine-tune yourself

you have been blessed  
with great beauty



offer it to your beloved humbly



don't get caught in vanity

without your beloved

you will never be happy

don't waste this life

separated

Brahmanand says

enjoy that unique union



# Kabir



Kabir Das

Kabir Das was a 15th-century Indian mystic poet and saint, whose writings influenced Hinduism's Bhakti movement and his verses are found in Sikhism's scripture Guru Granth Sahib. His early life was in a Muslim family, but he was strongly influenced by his teacher, the Hindu bhakti leader Ramananda. Wikipedia

Born: Varanasi, India

Died: Maghar, India

Movies: Seers and Clowns, Yes We Can

Parents: Neeru, Neema

Children: Kamaali, Kamaal

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<sup>29</sup> <https://www.poemhunter.com/kabir/>

<sup>30</sup> <https://allpoetry.com/Kabir>



<sup>31</sup> <https://www.poemhunter.com/kabir/poems/>



## Thirsty Fish



It makes me laugh to think  
That a fish in the water  
Thirsts for a drink.

From forest to forest he sadly roams  
In search of a jewel  
Lying at home.

It makes me laugh to think  
A musk-deer is seeking  
The very fragrance  
Which emanates from him.

Without knowledge of the Self  
What use O pilgrim,  
At Mathura or Kasi  
To go looking for him?







## Oh, Companion, That Abode Is Unmatched



Oh, Companion, That Abode Is Unmatched,  
Where My Complete Beloved Is.

In that Place, There Is No Happiness or Unhappiness,  
No Truth or Untruth  
Neither Sin Nor Virtue.  
There Is No Day or Night, No Moon or Sun,  
There Is Radiance Without Light.

There Is No Knowledge or Meditation  
No Repetition of Mantra or Austerities,  
Neither Speech Coming From Vedas or Books.  
Doing, Not-Doing, Holding, Leaving  
All These Are All Lost Too In This Place.

No Home, No Homeless, Neither Outside or Inside,  
Micro and Macrocosm Are Non-Existent.  
Five Elemental Constituents and the Trinity Are Both Not There



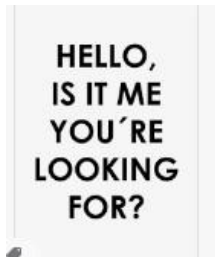
Witnessing Un-struck Shabad Sound is Also Not There.

No Root or Flower, Neither Branch or Seed,  
Without a Tree Fruits are Adorning,  
Primordial Om Sound, Breath-Synchronized Soham,  
This and That - All Are Absent, The Breath Too Unknown

Where the Beloved Is There is Utterly Nothing  
Says Kabir I Have Come To Realize.  
Whoever Sees My Indicative Sign  
Will Accomplish the Goal of Liberation.



## Are you looking for me



"Are you looking for me?"

I am in the next seat.

My shoulder is against yours.

you will not find me in the stupas,

not in Indian shrine rooms,

nor in synagogues,

nor in cathedrals:

not in masses,

nor kirtans,

not in legs winding around your own neck,

nor in eating nothing but vegetables.

When you really look for me,

you will see me instantly —

you will find me in the tiniest house of time.

Kabir says: Student, tell me, what is God?

He is the breath inside the breath."



# Illusion and Reality



What is seen is not the Truth

What is cannot be said

Trust comes not without seeing

Nor understanding without words

The wise comprehends with knowledge

To the ignorant, it is but a wonder

Some worship the formless God

Some worship His various forms

In what way He is beyond these attributes

Only the Knower knows

That music cannot be written

How can then be the notes?

Says Kabir, awareness alone will overcome illusion



## Where do you search me



Where do you search me?

I am with you

Not in pilgrimage, nor in icons

Neither in solitudes

Not in temples, nor in mosques

Neither in Kaba nor in Kailash

I am with you O man

I am with you

Not in prayers, nor in meditation

Neither in fasting

Not in yogic exercises

Neither in renunciation

Neither in the vital force nor in the body

Not even in the ethereal space

Neither in the womb of Nature

Not in the breath of the breath

Seek earnestly and discover

In but a moment of search



Says Kabir, listen with care

Where your faith is, I am there.



## Looking at the grinding stones



Looking at the grinding stones, Kabir laments  
In the duel of wheels, nothing stays intact.

searching for the wicked, met not a single one  
When searched myself, 'I' found the wicked one

Tomorrows work do today, today's work anon  
if the moment is lost, when will the work be done

Speak such words, sans ego's ploy  
Body remains composed, giving the listener joy

Slowly slowly O mind, everything in own pace happens  
Gardner may water a hundred buckets, fruit arrives only in its season

Give so much O God, suffice to envelop my clan  
I should not suffer cravings, nor the visitor goes unfed

In vain is the eminence, just like a date tree



No shade for travelers, fruit is hard to reach

Like seed contains the oil, fire in flintstone

Your heart seats the Divine, realize if you can

Kabira in the market place, wishes welfare of all

Neither friendship nor enmity with anyone at all

Reading books everyone died, none became any wise

One who reads the words of Love, only becomes wise

In anguish everyone prays to Him, in joy does none

To One who prays in happiness, how sorrow can come



## I Said To The Wanting-Creature Inside Me



I said to the wanting-creature inside me:

What is this river you want to cross?

There are no travelers on the river-road, and no road.

Do you see anyone moving about on that bank, or resting?

There is no river at all, and no boat, and no boatman.

There is no tow rope either, and no one to pull it.

There is no ground, no sky, no time, no bank, no ford!

And there is nobody, and no mind!

Do you believe there is someplace that will make the  
soul less thirsty?

In that great absence, you will find nothing.

Be strong then, and enter into your own body;

there you have a solid place for your feet.

Think about it carefully!



Don't go off somewhere else!

Kabir says this: just throw away all thoughts of  
imaginary things,  
and stand firm in that which you are.



## The moon shines in my body



THE moon shines in my body, but my blind eyes cannot see it:

The moon is within me, and so is the sun.

The unstruck drum of Eternity is sounded within me, but my deaf ears cannot hear it.

So long as man clamors for the I and the Mine, his works are as naught:

When all love of the I and the Mine is dead, then the work of the Lord is done.

For work has no other aim than the getting of knowledge:

When that comes, then work is put away.

The flower blooms for the fruit: when the fruit comes, the flower withers.

The musk is in the deer, but it seeks it not within itself: it wanders in quest of grass.







## Raindrop



I went looking for Him  
And lost myself;  
The drop merged with the Sea -  
Who can find it now?

Looking and looking for Him  
I lost myself;  
The Sea merged with the drop -  
Who can find it now?



# Knowing nothing shuts the iron gates



Knowing nothing shuts the iron gates;  
the new love opens them.

The sound of the gates opening wakes  
the beautiful woman asleep.

Kabir says: Fantastic!

Don't let a chance like this go by!



## The Word



Find the word, understand the word,  
Depend on the word;  
The word is heaven and space, the word the earth,  
The word the universe.  
The word is in our ears, the word is on our tongues,  
The word the idol.  
The word is the holy book, the word is harmony,  
The word is music.  
The word is magic, the word the Guru.  
The word is the body, the word is the spirit, the word is being,  
The word Not-being.  
The word is man, the word is woman,  
The Worshipped Great.  
The word is the seen and unseen, the word is the existent  
And the non-existent.  
Know the word, says Kabir,  
The word is All-powerful.



## WITHIN this earthen vessel



WITHIN this earthen vessel are bowers and groves,  
and within it is the Creator:

Within this vessel are the seven oceans  
and the unnumbered stars.

The touchstone and the jewel-appraiser are within;  
and within this vessel the Eternal soundeth,  
and the spring wells up.

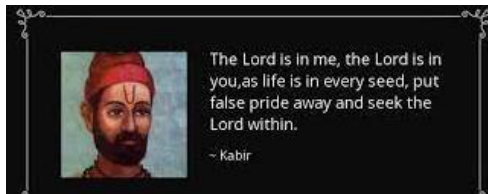
Kabîr says:

'Listen to me, my Friend!

My beloved Lord is within.'



## The Lord is in me



The Lord is in me, and the Lord is in you,  
As life is hidden in every seed.  
So rubble your pride, my friend,  
And look for Him within you.

When I sit in the heart of His world  
A million suns blaze with light,  
A burning blue sea spreads across the sky,  
Life's turmoil falls quiet,  
All the stains of suffering wash away.

Listen to the unstruck bells and drums!  
Love is here; plunge into its rapture!  
Rains pour down without water;  
Rivers are streams of light.

How could I ever express  
How blessed I feel  
To revel in such vast ecstasy



In my own body?

This is the music

Of soul and soul meeting,

Of the forgetting of all grief.

This is the music

That transcends all coming and going



## My swan, let us fly to that land



My swan, let us fly to that land  
Where your Beloved lives forever.

That land has an up-ended well  
Whose mouth, narrow as a thread,  
The married soul draws water from  
Without a rope or pitcher.

My swan, let us fly to that land  
Where your Beloved lives forever.

Clouds never cluster there,  
Yet it goes on and on raining.  
Don't keep squatting outside in the yard –  
Come in! Get drenched without a body!

My swan, let us fly to that land  
Where your Beloved lives forever.

That land is always soaked in moonlight;  
Darkness can never come near it.  
It is flooded always with the dazzle  
Of not one, but a million suns.

My swan, let us fly to that land  
Where your Beloved lives forever.



O Slave, liberate yourself.



Where are you, and where's your home,  
find it in your lifetime, man.

If you fail to wake up now,  
you'll be helpless when the end comes.

Says Kabir, listen, O wise one,  
the siege of Death is hard to withstand.



## The Bride-Soul



When will that day dawn, Mother;  
When the One I took birth for  
Holds me to His heart with deathless love?  
I long for the bliss of divine union.  
I long to lose my body, mind, and soul  
And become one with my husband.  
When will that day dawn, Mother?  
Husband, fulfill now the longing I have had  
Since before the universe was made.  
Enter me completely and release me.  
In terrible lonely years without You  
I yearn and yearn for You.  
I spend sleepless nights hunting for You,  
Gazing into darkness after You,  
With unblinking hopeless eyes.  
When will that day dawn, Mother?  
When will my Lord hold me to His heart?  
My empty bed, like a hungry tigress,



It devours me whenever I try to sleep.

Listen to your slave's prayer -

Come and put out this blaze of agony

That consumes my soul and body.

When will He hold me to His heart?

When will that day dawn, Mother?

Kabir sings, "If I ever meet You, my Beloved,

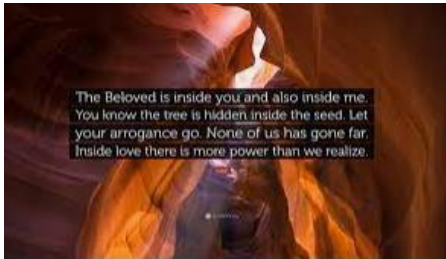
I'll cling to you so fiercely You melt into me;

I'll sing from inside You songs of union,

World-dissolving songs of Eternal Bliss."



## The Guest is inside you, and also inside me



The Guest is inside you, and also inside me;  
you know the sprout is hidden inside the seed.  
We are all struggling; none of us has gone far.  
Let your arrogance go, and look around inside.

The blue sky opens out further and farther,  
the daily sense of failure goes away,  
the damage I have done to myself fades,  
a million suns come forward with light,  
when I sit firmly in that world.

I hear bells ringing that no one has shaken,  
inside 'love' there is more joy than we know of,  
rain pours down, although the sky is clear of clouds,  
there are whole rivers of light.  
The universe is shot through in all parts by a single sort of love.  
How hard it is to feel that joy in all our four bodies!



Those who hope to be reasonable about it fail.  
The arrogance of reason has separated us from that love.  
With the word 'reason' you already feel miles away.

How lucky Kabir is, that surrounded by all this joy  
he sings inside his own little boat.  
His poems amount to one soul meeting another.  
These songs are about forgetting dying and loss.  
They rise above both coming in and going out



# When I Found The Boundless Knowledge

Kabir:

My mind was soothed

When I found the boundless knowledge,

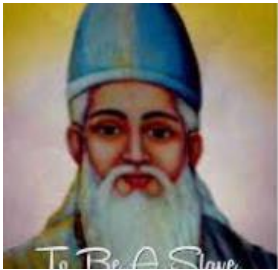
And the fires

that scorch the world

To me are water cool.



## To Be A Slave Of Intensity



Friend, hope for the guest while you are alive.

Jump into experience while you are alive!

Think...and think...while you are alive.

What you call 'salvation' belongs to the time before death.

If you don't break your ropes while you're alive,  
do you think  
ghosts will do it after?

The idea that the soul will join with the ecstatic  
Just because the body is rotten -  
that is all fantasy.

What is found now is found then.

If you find nothing now,  
you will simply end up with an apartment in the City of Death.

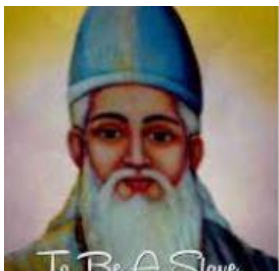
If you make love with the divine now, in the next life you will have the face of  
satisfied desire.



So plunge into the truth, find out who the Teacher is,  
Believe in the Great Sound!

Kabir says this: When the guest is being searched for, it is the intensity of the longing for the Guest that does all the work.

Look at me, and you will see a slave of that intensity



O servant, where dost thou seek Me?

O servant, where dost thou seek Me?

Lo! I am beside thee.

I am neither in temple nor in a mosque:

I am neither in Kaaba nor in Kailash:

Neither am I in rites and ceremonies,

nor in Yoga and renunciation.

If thou art a true seeker, thou shalt at once see Me:

thou shalt meet Me in a moment of time.



Kabir says, ' O Sadhu! God is the breath of all breath.'



# The Impossible Pass



The pundits have taken  
A highway that takes them  
away,  
and they're gone.  
Kabir has climbed to  
The impossible pass  
of Ram  
and stayed.



## Plucking your eyebrows



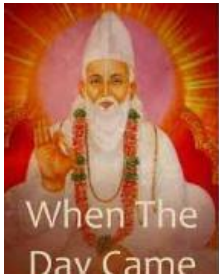
Plucking your eyebrows,  
Putting on mascara,  
But will that help you  
To see things anew?

The one who sees  
Is changed into  
The one who's seen  
Only if one is

Salt and the other  
Water. But you, says Kabir,  
Are a dead  
Lump of quartz.



## When the Day came



When the Day came -

The Day I had lived and died for -

The Day that is not in any calendar -

Clouds heavy with love

Showered me with wild abundance.

Inside me, my soul was drenched.

Around me, even the desert grew green.



## The self forgets itself



The self forgets itself  
as a frantic dog in a glass temple  
barks himself to death;  
as a lion, seeing a form in the well,  
leaps on the image;  
as a rutting elephant sticks his tusk  
in a crystal boulder.  
The monkey has his fistful of sweets  
and won't let go. So  
from house to house,  
he gibbers.  
Kabir says, parrot-on-a-pole:  
who has caught you?





## Many hoped

Many hoped

but no one found

Hari's heart.

Where do the senses rest?

Where do the Ram-chanters go?

Where do the bright ones go?

Corpses: all gone

to the same place.

Drunk on the juice

of Ram's bliss,

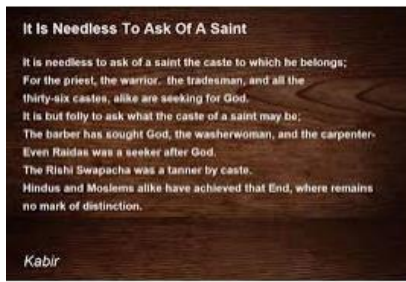
Kabir says,

I've said and I've said,

I'm tired of saying.



## It is needless to ask of a saint



It is needless to ask of a saint the caste to which he belongs;

For the priest, the warrior, the tradesman, and all the  
thirty-six castes, alike are seeking for God.

It is but folly to ask what the caste of a saint may be;

The barber has sought God, the washerwoman, and the carpenter-  
Even Raidas was a seeker after God.

The Rishi Swapacha was a tanner by caste.

Hindus and Moslems alike have achieved that End, where remains no mark of  
distinction.



## Lamps burn in every house



Lamps burn in every house,  
O blind one! and you cannot see them.  
One day your eyes shall suddenly be opened,  
and you shall see: and the fetters of death will fall from you.  
There is nothing to say or to hear,  
there is nothing to do:  
it is he who is living, yet dead, who shall never die again.

Because he lives in solitude,  
therefore the Yogi says that his home is far away.

Your Lord is near: yet you are climbing the palm-tree to seek Him.

The Brahman priest goes from house to house  
and initiates people into faith:  
Alas! the true fountain of life is beside you,  
and you have set up a stone to worship.



Kabîr says: 'I may never express how sweet my Lord is.

Yoga and the telling of beads,

virtue and vice-these are naught to Him.'



## Lift the veil

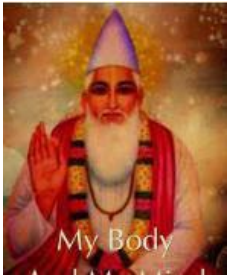


Lift the veil  
that obscures  
the heart

and there  
you will find  
what you are  
looking for



## My body and my mind



My body and my mind...

My body and my mind are in depression because  
You are not with me.

How much I love you and want you in my house!  
When I hear people describe me as your bride I look sideways ashamed,  
because I know that far inside us we have never met.

Then what is this love of mine?

I don't really care about food, I don't really care about sleep,  
I am restless indoors and outdoors.  
The bride wants her lover as much as a thirsty man wants water.

And how will I find someone who will take a message  
to the Guest from me?  
How restless Kabir is all the time!  
How much he wants to see the Guest!



# O, friend! hope for Him whilst you live



O, friend! hope for Him whilst you live  
O, friend! hope for Him whilst you live,  
know whilst you live, understand whilst you live:  
for in life deliverance abides.

If your bonds be not broken whilst living,  
what hope of deliverance in death?

It is but an empty dream, that the soul shall have union with Him  
because it has passed from the body:

If He is found now, He is found then,  
If not, we do but go to dwell in the City of Death.

If you have union now, you shall have it hereafter.

Bathe in the truth, know the true Guru,  
have faith in the true Name!

Kabir says: 'It is the spirit of the quest which helps;  
I am the slave of this Spirit of the quest.'

O How may I ever express that secret word?  
O How may I ever express that secret word?



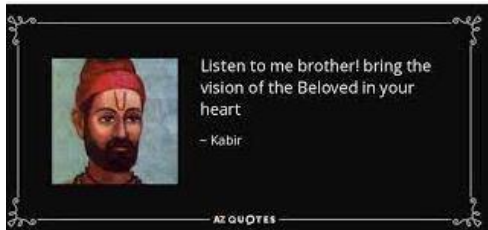
O How may I ever express that secret word?



O How may I ever express that secret word?  
O how can I say He is not like this, and He is like that?  
If I say that He is within me, the universe is ashamed:  
If I say that He is without me, it is falsehood.  
He makes the inner and the outer worlds to be indivisibly one;  
The conscious and the unconscious, both are His footstools.  
He is neither manifest nor hidden,  
He is neither revealed nor unrevealed:  
There are no words to tell that which He is.



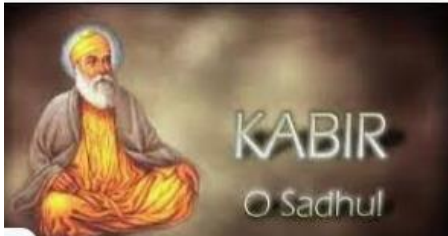
## Tell me, Brother



Tell me, Brother, how can I renounce Maya?  
When I gave up the tying of ribbons, still I tied my garment about me:  
When I gave up tying my garment, still I covered my body in its folds.  
So, when I give up passion, I see that anger remains;  
And when I renounce anger, greed is with me still;  
And when greed is vanquished, pride and vainglory remain;  
When the mind is detached and casts Maya away, still it clings to the letter.  
Kabîr says, 'Listen to me, dear Sadhu! the true path is rarely found.'



## Oh Sadhu



Oh, Sadhu, This is the Village of the Dead

The Saints Have Died, The God-Messengers Die  
The Life-Filled Yogis Die Too |  
The Kings Die, The Subjects Die  
The Healers and the Sick Die Too ||

The Moon Dies, The Sun Dies  
The Earth and Sky Die Too |  
Even the Caretakers of the Fourteen Worlds Die  
Why Hope For Any of These ||

The Nine Die, The Ten Die  
The Eighty-Eight Die Easily Too |  
The Thirty-Three Crore Devatas Die  
It's a Big Game of Time ||

The Un-Named Naam Lives Without Any End  
There is No Other Truth ||  
Says Kabir Listen Oh Sadhu  
Don't Get Lost and Die || Oh Sadhu This is the Village of the Dead



## THE light of the sun



THE light of the sun, the moon,  
and the stars shine bright:  
The melody of love swells forth,  
and the rhythm of love's detachment beats the time.

Day and night, the chorus of music fills the heavens;  
and Kabîr says 'My Beloved One gleams like the lightning flash in the sky.'

Do you know how the moments perform their adoration?  
Waving its row of lamps,  
the universe sings in worship day and night,  
There are the hidden banner and the secret canopy:  
There the sound of the unseen bells is heard.

Kabîr says: 'There adoration never ceases;  
there the Lord of the Universe sitteth on His throne.'

The whole world does its works and commits its errors:  
but few are the lovers who know the Beloved.

The devout seeker is he who mingles in his heart  
the double currents of love and detachment,  
like the mingling of the streams of Ganges and Jumna;  
In his heart the sacred water flows day and night;



and thus the round of births and deaths is brought to an end.



Behold what wonderful rest is in the Supreme Spirit!  
and he enjoys it, who makes himself meet for it.

Held by the cords of love,  
the swing of the Ocean of Joy sways to and fro;  
and a mighty sound breaks forth in song.

See what a lotus blooms there without water!  
and Kabîr says 'My heart's bee drinks its nectar.'

What a wonderful lotus it is,  
that blooms at the heart of the spinning wheel of the universe!  
Only a few pure souls know of its true delight.  
Music is all around it,  
and there the heart partakes of the joy of the Infinite Sea.

Kabîr says: 'Dive thou into that Ocean of sweetness:  
thus let all errors of life and of death flee away.'

Behold how the thirst of the five senses is quenched there!  
and the three forms of misery are no more!

Kabîr says: 'It is the sport of the Unattainable One:  
look within, and behold how the moon-beams  
of that Hidden One shine in you.'

There falls the rhythmic beat of life and death:  
Rapture wells forth, and all space is radiant with light.  
There the Unstruck Music is sounded;  
it is the music of the love of the three worlds.

Their millions of lamps of sun and of moon are burning;  
There the drum beats, and the lover swings in play.  
There love-songs resound, and light rains in showers;



and the worshipper is entranced in the taste of the heavenly nectar.  
Look upon life and death; there is no separation between them,  
The right hand and the left hand are one and the same.  
Kabîr says: 'There the wise man is speechless;  
for this truth may never be found in Vadas or in books.'

I have had my Seat on the Self-poised One,  
I have drunk of the Cup of the Ineffable,  
I have found the Key of the Mystery,  
I have reached the Root of Union.  
Traveling by no track,  
I have come to the Sorrowless Land:  
very easily has the mercy of the great Lord come upon me.

They have sung of Him as infinite and unattainable:  
but I in my meditations have seen Him without sight.  
That is indeed the sorrowless land,  
and none know the path that leads there:  
Only he who is on that path has surely transcended all sorrow.

Wonderful is that land of rest,  
to which no merit can win;  
It is the wise who has seen it,  
it is the wise who has sung of it.  
This is the Ultimate Word:  
but can any express its marvelous savor?  
He who has savored it once,  
he knows what joy it can give.

Kabîr says: 'Knowing it,  
the ignorant man becomes wise,  
and the wise man becomes speechless and silent,  
The worshipper is utterly inebriated,  
His wisdom and his detachment are made perfect;  
He drinks from the cup of the inbreathings and the outbreathings of love.'



There the whole sky is filled with sound,  
and there that music is made without fingers and without strings;  
There the game of pleasure and pain does not cease.  
Kabîr says: 'If you merge your life in the Ocean of Life,  
you will find your life in the Supreme Land of Bliss.'

What a frenzy of ecstasy there is in every hour!  
and the worshipper is pressing out and drinking the essence of the hours:  
he lives in the life of Brahma.

I speak truth, for I have accepted truth in life;  
I am now attached to truth,  
I have swept all tinsel away.

Kabîr says: 'Thus is the worshipper set free from fear;  
thus have all errors of life and of death left him.'

There the sky is filled with music:  
There it rains nectar:  
There the harp-strings jingle,  
and there the drums beat.  
What a secret splendor is there,  
in the mansion of the sky!  
There no mention is made of the rising and the setting of the sun;

In the ocean of manifestation,  
which is the light of love,  
day and night are felt to be one.

Joy forever, no sorrow,-no struggle!  
There have I seen joy filled to the brim, perfection of joy;  
No place for error is there.  
Kabîr says: 'There have I witnessed the sport of One Bliss! '



I have known in my body the sport of the universe:  
I have escaped from the error of this world.  
The inward and the outward have become as one sky,  
the Infinite and the finite are united:  
I am drunken with the sight of this All!  
This Light of Thine fulfills the universe:  
the lamp of love that burns on the salver of knowledge.  
Kabîr says: 'There error cannot enter,  
and the conflict of life and death is felt no more.'



## The middle region of the sky



The middle region of the sky,  
wherein the spirit dwelleth,  
is radiant with the music of light;

There, where the pure and white music blossoms,  
my Lord takes His delight.

In the wondrous effulgence of each hair of His body, the brightness of millions of  
suns and of moons is lost.

On that shore, there is a city,  
where the rain of nectar pours and pours,  
and never ceases.

Kabîr says: 'Come, O Dharmadas!  
and see my great Lord's Durbar.'



## The river and its waves are one



The river and its waves are one  
surf: where is the difference between the river and its waves?

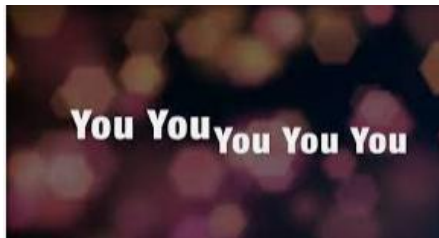
When the wave rises,  
it is the water;  
and when it falls,  
it is the same water again.

Tell me, Sir, where is the distinction?  
Because it has been named as wave,  
shall it no longer be considered as water?

Within the Supreme Brahma,  
the worlds are being told like beads:  
Look upon that rosary with the eyes of wisdom.



## To what shore would you cross



To what shore would you cross,  
O my heart?  
there is no traveler before you,  
there is no road:  
Where is the movement,  
where is the rest,  
on that shore?

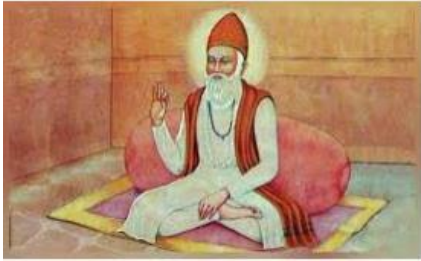
There is no water; no boat, no boatman, is there;

There is not so much as a rope to tow the boat, nor a man to draw it.  
No earth, no sky, no time, nothing, is there: no shore, no ford!

There, there is neither body nor mind:  
and where is the place that shall still the thirst of the soul?  
You shall find naught in that emptiness.  
Be strong, and enter into your own body:  
for there your foothold is firm.  
Consider it well,  
O my heart!  
go not elsewhere,  
Kabîr says: 'Put all imaginations away,  
and stand fast in that which you are.'



## What kind of God would He be



What kind of God would He be  
if He did not hear the  
bangles ring on  
an ant's  
wrist

as they move the earth  
in their sweet  
dance?

And what kind of God would He be  
if a leaf's prayer was not as precious to creation  
as the prayer His own son sang  
from the glorious depth  
of his soul –  
for us.

And what kind of God would He be  
if the vote of millions in this world could sway Him  
to change the divine  
law of  
love



that speaks so clearly with compassion's elegant tongue,  
saying, eternally saying:

all are forgiven – moreover, dears,  
no one has ever been  
guilty.

What  
kind of God would He be  
if He did not count the blinks  
of your  
eyes

and is in absolute awe of their movements?

What a God - what a God we  
have.



## When He Himself Reveals Himself



When he himself reveals himself,  
Brahma brings into manifestation  
That which can never be seen.

As the seed is in the plant,  
as the shade is in the tree,  
as the void is in the sky,  
as infinite forms are in the void-

So from beyond the Infinite,  
the Infinite comes;  
and from the Infinite the finite extends.

The creature is in Brahma,  
and Brahma is in the creature:  
they are ever distinct,  
yet ever united.

He Himself is the tree, the seed, and the germ.  
He Himself is the flower, the fruit, and the shade.  
He Himself is the sun, the light, and the lighted.  
He Himself is Brahma, creature, and Maya.  
He Himself is the manifold form, the infinite space;  
He is the breath, the word, and the meaning.

He Himself is the limit and the limitless:  
and beyond both the limited and the limitless is He,  
the Pure Being.

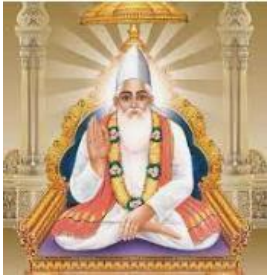


He is the Immanent Mind in Brahma and in the creature.

The Supreme Soul is seen within the soul,  
The Point is seen within the Supreme Soul,  
And within the Point, the reflection is seen again.  
Kabîr is blest because he has this supreme vision!



## When you were born in this world



When you were born in this world  
Everyone laughed while you cried  
Conduct NOT yourself in manner such  
That they laugh when you are gone

Kabir's mind got cleansed like the holy Ganges water  
Now everyone follows, saying, Kabir Kabir

Guru the washerman, disciple is the cloth  
The name of God likens to the soap  
Wash the mind on foundation firm  
To realize the glow of Truth

Alive one sees, alive one knows  
Thus crave for salvation when full of life  
Alive you did not cut the noose of binding actions  
Hoping liberation with death!



Inexpressible is the story of Love  
It cannot be revealed by words  
Like the dumb eating sweet-meat  
Only smiles, the sweetness he cannot tell

Worry is the bandit that eats into one's heart  
What the doctor can do, what remedy to impart?



## Where Spring, the lord of the seasons



Where Spring, the lord of the seasons, reigneth,  
there the Unstruck Music sounds of itself,  
There the streams of light flow in all directions;  
Few are the men who can cross to that shore!

There, where millions of Krishnas stand with hands folded,  
Where millions of Vishnus bow their heads,  
Where millions of Brahmas are reading the Vedas,  
Where millions of Shivas are lost in contemplation,  
Where millions of Indras dwell in the sky,  
Where the demi-gods and the munis are unnumbered,  
Where millions of Saraswati, Goddess of Music, play on the veena  
There is my Lord self-revealed:  
and the scent of sandal and flowers dwells in those deeps.



## 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.



# It's Been There All The Time

It's been there all the time.

What are you talking about?

What's been there all the time?

You are the universe.

You just don't know it.

There are about 7,000,000,000,000,000,000,000,000 (7 octillion) atoms in

your body.

All our billions of years old.

At the deepest level, you are the universe in human form.

Wow!!!

Isn't that incredible.

On top of that, you are hardwired to discover your true nature.

The signpost of God is all around you and inside of you.

Yet we are talking on our phone while driving down the freeway of life.

The greatest miracle of life is keeping you alive.

You are magnificent.



Every single cell of your body is custom-designed by God.

You are infinite.

Your body will someday die yet your true essence will go on forever.

You have the opportunity to discover your true nature.

Behind your breath lies the answer.

What is keeping you alive?

All the great masters have said to be aware of the essence of your breath.

Behind your breath lies your true nature.

Infinite kindness, love, and compassion.

This is the water that will put out the bonfires of anger and hatred upon this land.

The sun is appearing on the horizon.

Mankind is waking up from his slumber.

We are going from darkness to light.

Darkness has nowhere to hide.

Discover your true nature.

It's been there all the time.

Ponder this over.



It's been there all the time.

The greatest game is being played right between your eyes.







# The Esoteric Breath

I find it fascinating that the greatest miracle is happening to us in every moment yet we are oblivious to it. We were never taught this in our schools. That is the power behind your breath.

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

Most people take it for granted until they have taken their last breath. By then there isn't anything you can do about it. Just think the power that is keeping you alive is the same power that is keeping the entire universe alive. In all mystical traditions, they try to be aware of the power of the breath in every moment. This includes the sleep and dreaming state.

This human body is wired for this. The operating system, hardware, and software are in place. Yet many people, aren't aware of this. We are so busy texting on the freeway of life.

This isn't just a modern problem. For thousands of years, we have only focused our lives externally. The power of love is keeping us alive. Unfortunately, we try to grasp happiness and love only externally.

We hold on to our happiness for dear life. This is where the problem lies. Everything external comes and goes. Nothing is constant. Everything morphs and changes.

The mind is like a tuning fork. Whatever it touches it vibrates at that frequency. A problem comes your way and your focus is on the problem. Consequently, the more you focus on it the more unhappy you will be.

The more problems you have and concentrate on the more chaotic your life will be. Curveballs will always be thrown your way. That's called life. Nobody gets a free ride. A wise man is in tune with the power behind the breath.

In that state, the mind is not agitated. It's living in the center of the hurricane. When your life is chaotic one lives in the hurricane-force winds of the mind. Mind



you your mind is either your best friend, worst enemy, or somewhere in between. A wise man makes friends with the mind.

The Buddhist talk about a clear mind and a clear body. This is your natural state. The sun is always shining. Clouds of obstacles are in your inner sky. Nobody can solve this riddle for you. For some reason, many people just brush this off and think it's a fairy tale.

In the latest twenty years, tons of research has been done on the power of meditation. Many breakthroughs have been discovered. The world of the mystic and science is coming together.

Science is proving that the great mystics understood what they were talking about. It's an exciting time for humanity. My advice is to consciously learn how to play with your inner chemistry set. You are your master chemist.

Let's go back to the definition of esoteric. The definition of esoteric is as follows. Intended for or likely to be understood by only a small number of people with a piece of specialized knowledge or interest.

Here it is we breathe all our lives but the majority of humans never understand and experience the power behind the breath. We breathe unconsciously and miss the greatest gift in the universe.



# Playing With Your Chemistry Kit

We are all playing with our chemistry kits.

Unfortunately, we aren't aware of it.

Many people blow themselves up without realizing it.

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

Mankind is spinning out of control.

We are drinking our poison.

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

In the meantime, we drink our angry poison.

We then wonder why illness arrives on our doorsteps.

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

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

One tap into the infinite ocean of love and compassion.

This is our true home.

My advice is to learn how to change your chemistry.

Remember you are the master chemist.

Only you are playing with your chemistry kit.

Ponder this over.

This could make your life so much easier.



# 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 a huge side effect.

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

I'm saying maybe there is a better way.

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

You don't pay when you are sick.

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

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

In our culture everything is fragmented.

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

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

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

Here's an example of being out of balance.

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

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

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

I was miserable.



Why because I missed the ocean.

Now that is out of balance.

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

Currently, man has divorced himself from our precious earth.

We pride ourselves on the technology that we have.

Yet we are totally emotionally immature with the earth.

Where am I going with this?

Imagine if man was in absolute harmony with the earth.

Can you imagine the wisdom that it has?

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

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

Currently, most of America is totally out of balance.

Look at all the problems today.

I used to work for the USDA.

I saw my friends taking up vaping.

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

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

No wonder there is such an epidemic.

Imagine drugs are existing inside of you that are dormant.

To receive them you must be in balance and harmony.

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

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

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



Your body has the intelligence to produce these for you.

How many people listen to their bodies?

How many people monitor their thoughts?

How many people dive into silence?

How many people monitor their actions?

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

When we are unconscious chaos exists.

Look at the world around you.

Does it seem to be in balance and harmony?

The question is do you want to change?

Are you content with the current conditions?

This isn't just Richard on a soapbox.

I'm asking real questions.

What do you think?

You are your savior.

Nobody is going to save you except yourself.

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

This human body is hardwired to find God within.

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

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

These are exciting times.

Millions of people are waking up.



# 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.



# Is This From A Mystic Or A Scientist?

Is this from a mystic or a scientist?

Kabir a mystic from the 15 century said the following.

All know that the drop merges into the ocean, but few know that the ocean  
merges into the drop.

Now that is profound.

A modern-day Einstein might have said that today.

The entire universe exists inside of us.

We are a part of the universe.

Is this a paradox?

We are beyond time and space.

There are billions of universes.

Inside of our DNA is a part that is not material.

It is spiritual.

No instrument known to man can detect this yet.

Yet the mystics have said all along.

You are hard-wired for this experience.

Ponder this message.

The divine words from Kabir are alive today.







# Breath By Breath

The key to unity is in every breath.

You are the universe.

You just don't know it.

The east says Sat Chit Ananda.

Truth is the consciousness of bliss.

This is your true state of being.

All external highs will take you up and then come crashing down on the sand of life.

That is the nature of the external world.

Everything changes.

Nothing is constant.

We hold on for dear life.

Family and friends slowly fade away into the night never to come back again.

Yet behind your breath lies the key to the other rooms in the great mansion.

One can experience your loved ones on the other side.

You are never alone.

You just think you are.

Mystics have been talking about this for time immemorial.

Yes, it takes patience and practice.

Tell me anything that doesn't.

A great surfer spends years practicing his craft.

We have the opportunity to do this in each breath.

Nobody knows when they will take their last breath.

Life is a grand mystery.



# 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 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 following 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.



## 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 internal 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.



# Breathe

Many moons ago I read in a magazine something which I haven't forgotten.

The magazine was interviewing a scientist.

They were talking about the expansion and contraction of the universe.

The interviewer said so it's just like breathing.

The scientist said "absolutely".

As you can see I never forgot this.

This was around 1972.

I have been fascinated by the power of breath most of my life.

Before I first started to learn how to meditate I knew there was an incredible experience inside.

I knew there was a power behind my breath keeping me alive.

Yet I didn't know how to sync with it.

It was a total mystery.

Most of us just breathe unconsciously.

We never think about it or pay attention to it.

Unfortunately, we don't experience the direct source inside of us.

Whenever I tell people that the most simple technique in meditation is the following.

Just watch your breath go up and down.

Follow your breath.

At this point, you can see their eyes roll up.

Yeah.

Don't feed me that crap.



That's too simple.

Yet it is simple.

The truth is so simple and obvious that we overlook it.

We expect some complicated techniques that only a powerful Guru can give to you.

Yet the truth is simple.

The Buddhists have a doctrine called "Crystal Clear".

This book was introduced to the West only decades ago.

They released this secret doctrine because they knew, unfortunately, westerners wouldn't believe it.

It was all about the breath.

Why is it in the East they have studied the breath for thousands of years?

They have mapped out the various stages of enlightenment through the breath.

Yet in the West, we just roll our eyes.

Doesn't that make you ponder for a moment?

Have you ever stopped for a moment and pondered "what is keeping you alive".

Imagine when you are born and you take your first breath you become alive.

Now imagine when you take your last breath you die.

What exactly left your body?

Your body is dead.

Some incredible life source left your body.

Now imagine that day by day you focus on your breath.

In the beginning, it takes time and effort.

You meditate on the source.

Over time you begin to realize that the source meditates on you.



What once took hours to connect to, now when you close your eyes the  
experience is there.

Words cannot describe this experience.

Christ said the “kingdom of heaven lies within.

Only you can take this advice.

Only you can solve this mystery.

The entire universe exists inside of you.

You just don’t know it.



# Fixity

Fixity is a state of being unchanging or permanent.

Everything changes in the external world.

We buy a brand new car and it gets old.

I remember when I first moved to Kansas City eight years ago.

A friend of mine bought a BMW for 65,000 dollars.

He sold it just recently for 10 grand.

What brought so much pleasure initially over time led to dissatisfaction?

This is the nature of the external world.

Everything changes.

You can't hold on to anything outside of you.

Even your human body will someday disappear before you.

What can we fix that is permanent and unchanging?

The mystics of the past used fixity to concentrate on the power behind the  
breath.

We all breathe in each moment.

Yet we take it for granted.

To be honest most people are oblivious of their breath.

When the great mystics say the entire universe is breathing most people just  
chuckle.

You got to be kidding me.

What have you been smoking?

The doors to perception have always been there.

The signpost is there.



Your human body is wired for this experience.  
Yet we think that the mysteries of life can't be found by being aware of our  
breath.  
That's too easy.  
Occam's razor is a principle from philosophy.  
Suppose there exist two explanations for an occurrence.  
Another way of saying it is that the more assumptions you have to make, the  
more unlikely an explanation.  
Fixity on your breath is as simple as you can get to find God.  
It's so simple.  
Yet we don't believe it.  
The path must be complicated.  
If you think the path is complicated then the path is complicated.  
Mystics have said this path is super easy.  
Just watch your breath.  
That's how easy it is.  
This has been known for thousands of years.  
Today it's still unknown in our society.  
The present-day man's mind is fixated upon the external.  
When a society does this chaos is all around.  
Need I say more?



# Recalibrate

Recalibrate to determine, check, or rectify the graduation of (any instrument giving quantitative measurements)

I used to work for an observatory in Maui for six years.

For the observatory to run properly, our instruments had to be recalibrated.

If just one instrument didn't get recalibrated it could cause results that weren't right.

Many moons ago I realized that we have the hardware and the software to discover our true nature.

Yet many of these instruments are offline.

You may ask why.

Well, it's doing to the fact we aren't even aware of them.

You can only perceive something if you are conscious and aware.

We play the same tapes over and over again.

Consequently, we can only play the tapes from the past.

Mind you this is not taught in your schools.

Imagine your true nature is like a mirror.

Currently, dust is covering it.

Why?

Because you don't look inward.

It's as easy as that.

Once you look inward you see the mirror needs cleaning.

This is not just once that you do it.

Recalibration is moment by moment.

You are a master chemist.

Each time you focus on the power behind your breath you are recalibrating.



Every thought you have has an effect on you and the world around you.

We are lethargic.

This means we are so lazy and don't have the necessary energy to truly consider this.

Help is on the way.

It will take time.

Yet the sun is rising in the sky.

Mankind will soon wake up.

Millions of people around the world are waking up from their slumber.



# The Esoteric Body

Why is common sense so uncommon? When I was young I was floating around in my mind that this is the only human body you get.

At least for this go around. You can't trade your body in for a new one while you are alive. You have to die then you can change your clothes into a newborn baby.

With that in mind, it made common sense to take care of this precious human body. Mind you this wasn't a spiritual thing but a practical thing.

A person who consciously learns how to properly take care of the mind, body, and soul will live much more in harmony with the earth.

One will have a healthy life. Granted the body will eventually break down. That is taken for granted.

Yet there are basic laws of nature if followed one can live a healthy and optimum life. We are created to live much longer than what we are told.

When the world at large lives lifestyles that go against basic natural laws chaos ensues. Look at the world today.

The medical establishment doesn't even promote a healthy lifestyle for our current situation. Here are some ideas to help future generations.

Teach children at a very young age to meditate. Remember the more you pay attention to something the more attention it pays to you. The younger a child is, the less garbage exists inside of them.

Teach them to daily weed their gardens. Teach them to plant the seeds within and water them every day. Give them practical examples of what happens when a society doesn't do this.

Note this is where history and current events come in. Learn how to overcome our chaotic lives which lead to malfunctions in all areas of society.

The mind is your friend, not your foe. As one trains your favorite dog the mind must be trained. An untrained mind, and one who has lost true discrimination are extremely harmful to the world at large. When truth becomes fiction and when



fiction becomes truth, are warnings that your system is on the verge of collapsing. See this in our politics today.

We should teach our youth that the hardware, software, and operating system are installed inside of you even before you were born.

We must teach them to activate the computer otherwise it will bring society to the state we are in today. Children must learn that they are master chemists.

They are responsible for creating their emotional state of being. As a child society taught me to stuff my emotions. Society never taught us how to deal with them and to transform our subconscious minds.

Over ninety-five percent of our actions come from our subconscious minds. Only around five percent are conscious. Children must learn how to reprogram their subconscious every day. There are incredible tools out there.

We must teach children the relationship between the mind and body. Your state of mind dictates the state of your body. An unhealthy mind will have an unhealthy body. Children should learn about proper nutrition.

They should have practical experience eating junk food and experience within the effects of them. The same goes for nutritional foods. They should have first-hand experiences of how they affect the mind and body.

The problem today is around ninety-nine percent of society has lost inner intuition. Only through silence can one breakthrough. The body and mind will tell you what it needs.

This leads to preventive medicine. We put full trust in our pharmaceutical drugs to heal us. We don't want to take any responsibility on our own. The pharmaceutical drug industry knows this and takes advantage of this.

They don't want to cure you. That would hurt their bottom line of making profits. They even have the gall to say this. About a year ago I saw an interview with a large drug company.

The CEO said we are not in the business of curing people. We are in the business of making money for our shareholders. That about sums it up. Every drug on the market has serious side effects. Listen to the sweet commercials and they will tell



you each drug what they are. Yes, even death is included on the list. Humanity is playing Russian roulette when taking these drugs.

Remember they are only masking the symptoms not curing the problem. Each member of society should take responsibility for their mind and body. Tools must be provided in all stages of life for everybody.

We are constantly learning and growing. What was said ten years ago might be obsolete today.

Society must allow those who think and invent outside of the box to be an integral part of society.

The medical system must include them in everyday living. Currently, they will do anything possible to stop them. They threaten them to the core. Not all great discoveries threaten present-day societies.

Ask dear old Galileo. He dared to say our earth revolves around the sun. The Catholic Church loved him so much that he was put on house arrest for the rest of his life.

Energetic medicine is the wave of the future. All diseases first start on the energetic level and then slowly manifest in the material, the human body.

In the future, one will be able to walk into a booth and a device will scan the body and find areas that need to get fixed. The proper energy frequency will be dispensed.

The person will be healed. Mind you once healed one must take practical measures to make sure it doesn't happen again. Remember only through your will and actions can you heal yourself.

If one abuses this and goes back to present-day thinking that I don't have to do anything at some point this treatment won't work. Your will is the driving force in all this.

That's why God gave you free will. You can use it in any way you like. Mind you a will that is not in alignment with the universe will soon backfire. You can't break natural laws and think you can get away with them.



Take a look today in society, especially during this pandemic, and you will see what I mean.



# Holy Mole Chakras

I have been in this rabbit hole for fifty years.

I first heard about chakras while I was in India.

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

It was way beyond my league.

Since then my understanding and experience have been leaps and bounds.

In my eyes, charkas are from the quantum field.

They are energy centers that sustain the human body.

The endocrine system is deeply tied to the chakras.

Our state of mind and body is directly reflected by the chakras.

As above so below is the mantra.

The disease will first manifest in the chakras and then in the human body.

We are heading towards energetic medicine where we will use quantum energy  
to heal our mind, body, and soul.

Because we only focus externally our entire system is running on survivor mode.

This means we are running on empty.

We are like leaves blowing in the wind.

The great wise men of the past were in complete harmony with the universe.

For one who is in harmony with the universe all the engines are online.

There is only one universal mind yet we think ours is separate.

This separation causes much pain and suffering.

The art and science of using this precious system have been around for thousands  
of years.

In the west people laugh and chuckle and think it's a new age thing.



Look at the current movies today.  
They make a person an idiot for thinking such a thing.  
We have everything put in place when we were born.  
Our social conditioning has closed the inner garage and dust has settled  
everywhere.  
Yet every night when you go to sleep one goes back home.  
The problem is one is not aware of it.  
Signposts are all around us.  
We just don't see them.  
We see only one percent of the light spectrum.  
Unfortunately, we think we have a clear vision.  
Only you can solve this riddle.



# You Are Your Doctor

When I was young I realized something profound.

It was the following.

You are your doctor.

Many people go to the doctor and expect the doctor to fix them.

They don't want to take any responsibility.

Hey, doc I'm sick. Fix me.

Sadly this is the reference point for our health care today.

I recently got a job offer that helps hospitals save money on health procedures.

We had a great conversation.

I mentioned that for many moons I believe in preventive medicine.

I said we must make lifestyle changes to be healthy.

The man said it couldn't be done.

People don't want to take responsibility.

No wonder our health system is in shams.

Thousands of people a year die from the drugs given by their doctors.

What about the side effect?

This drug could cause cancer or even death.

You want me to take this.

Every person needs to take responsibility for our health.

This is the only body you get at least for this go-around.







# 5-12-2017

Does the universe stop and pay attention to us or do we stop and pay attention to the universe? Does the universe help us on our journey of life? Can the universe be our coach in teaching us about the mysteries of life?

Is it true that the more you pay attention to the universe you will see signposts everywhere? Is the universe gently showing us the way? Look over in this direction.

Is life like a video game where you go from one level to another level? Does life throw curveballs so you can ultimately hit a home run out of the park? When we strike out do we think we failed or do we see the opportunity to learn and grow?

Recently when I meditate I have a sense of being coached. For the past month when I dream I'm at a point where all of a sudden I get pulled from the dream and back into the light. I feel the universe is saying everything comes from light.

I read the autobiography of a yogi many moons ago. One of my favorite passages is when he describes going to a movie theater. The entire audience is captivated by the movie. It becomes real. Yet how many people turn around and realize that a projector is streaming light upon the screen? The wise masters have been talking about this for eons.

How do we fine-tune the guitar of life? Has the entire universe always been inside of us and we haven't been aware? Does the perfect wave exist inside of us?

These are exciting times for us. Amid Trump and politics, the universe is beckoning us to discover our true nature.



We are the universe and just don't know it. Our civilization is quite young. Probably less than 200,000 years. Most scientists say probably less than 34,000 years. I'll tack on a few years.

Yet imagine there are probably civilizations that are over 5 billion years old. Imagine they reached a point in evolution where they had a choice to blow themselves up or evolve to a state where they became the universe. War becomes obsolete.

The universe is kind. The universe is supreme love. The universe is compassionate. The universe is aware. Is the human body hard-wired for the experience? Are we created in God's image?

Quite frankly I believe the universe is always evolving. Can you imagine the joy of the universe when an entire civilization becomes the universe? Granted it takes a long time. Some say a million years but if you are never created nor ever destroyed what is a million years? A blink of an eye.

Are we here on earth as individuals to grow and evolve? Have the great teachers in the past been representatives of the universe to show us the way? They can coach us on the sidelines but remember only you can play the game.

What will cause humankind to wake up from our slumber and discover we are the universe?







## 4-8-2017

The definition of a mystic is the following. A person who seeks by contemplation and self-surrender to obtain unity with or absorption into the Deity or the absolute, or who believes in the spiritual apprehension of truths that are beyond the intellect.

Many moons ago I heard about the world of a mystic or Yogi. I was quite fascinated by it. What were they experiencing? How did they tap into this experience? Is this for a privileged few? How come everyone doesn't know about this? Do you have to give up your life and move to an ashram? I like my life. Can I become a mystic and still carry on with my life?

These are the questions I asked myself. Fast forward 46 years. Wow-what an adventure life is. I learned that anyone can learn to go inside and discover their true essence. It's not for a privileged few. We are hard-wired for this experience.

We were designed for this experience. Somehow along the way we have forgotten. No, you don't have to give up anything in your life except for a few things. You must learn to give up anger, greed, war, intolerance, lack of patience, gossip, and all your negative emotions.

Don't you think it's wise to take out the trash every once in a while? We have tons of internal housekeeping to do. At times it's difficult and painful for a human being to change. We tend to hold on for dear life yet we are carrying a huge bolder on our back. Maybe the great mystics were right.

Maybe their path was to demonstrate or show that we can throw away our garbage. We don't have to change or walk away from our lives. In a matter of fact, we need to embrace life. The universe is kind. We need to cultivate kindness in our life. We need to plant the seeds of kindness and water them every day. A farmer tills the soil and takes out the weeds. We need to do the same thing. We need to be aware of our actions.

Humanity needs to plant the seeds of love, compassion, tolerance, patience and so much more. Follow the steps of planting the seeds of kindness. Guess what over time you will become a mystic.

Every day watch your breath moment by moment. Pay attention to it. Focus on it. Try to do this 24 hours a day. It will take time. At first, it will be extremely difficult. Just relax. When you are driving turn off the music, put down the cell



phone, pay attention to the road and follow your breath. It's that easy. Over time you will experience that there is something behind your breath that is keeping you alive. A sense of peace, compassion, love, and bliss will arise.

Learn to love to close your eyes and watch your breath go up and down. Learn to be relaxed and focused at the same time. With too much relaxation you will fall asleep. Too much focus is like trying to break down a door. The door will open on its own time and terms. Just love the opportunity to sit there and discover your true nature. This is not a race. Be patient with yourself.

Over time this world will merge into yours. You can simply close your eyes and you will be filled with love and compassion. Still every day we take baby steps. We will never truly say I have learned everything about our true nature. We will always be infants.

Even if you meditate for over a billion years we will still be infants. Remember we are never born and we never die.

So this life is quite the adventure. What we learn from inside we take the experience outside.

We learn to be kind in midst of anger. We learn to be compassionate on Facebook. We learn to have patience and tolerance toward others.

We can see the thread of love tying us all together. This life that we are given is to truly become the best that we can be in all areas of life. This practice enables us to see beyond the box. We can be open to so much more than our limited beliefs and ideas.

The universe wants you to discover who you truly are. The universe wants you to reach for the stars.

This is the life of a mystic. This is your true nature. Discover who you truly are.



## 3/10/2018 Universe

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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



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

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

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

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

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

We are all in the same boat together. We either sink or swim. We need to be more tolerant, kind, and respectful of each other. Mankind needs to be a kind man.

That's the most difficult thing in life. Look at all the conflicts and wars around the world. It's so easy to flare up with anger. It's so easy to put gasoline on the fire. Yet to act with kindness in the face of adversity is the most difficult thing to do. You are a piece of the puzzle in life.



## 2/03/2017 Life's mystery

When I was young I was fascinated by the mystery of life. I knew there was more than a 9 to 5 existence. When I was around 5 years old my Uncle Bill took my brother and me to Bob's Big Boy for a shake.

At that time they have these paper placemats with a Martian saying take me to your leader. My brother and I placed these masks over our faces and started to laugh and laugh. We knew that we were from the stars. My Uncle had no idea why we were laughing.

How did we know that we came from the stars? Most people would say it was your childhood imagination. Yet you can't really explain it. How do you explain the power of love? Where does it come from? Does our DNA contain parts of us that are eternal?

Does our DNA contain the essence of God? Scientists say that 95% of our DNA is junk DNA. Does God create junk? I don't think so. According to Kyron, he says junk DNA is multi-dimensional DNA. In other words, our DNA is part of the physical and spiritual. We don't have any instruments on earth to prove this.

Yet Bruce Lipton from Stanford says that thru his research that they have discovered the following. Your DNA may have the propensity for a certain disease. Yet with lifestyle changes and the mind being in a state of being that is spiritual you can overcome your propensity to get the disease. You can in essence program yourself out of this problem.

Can you imagine if a part of your DNA contains your higher self that means you are hard-wired to discover God inside of you? A part of you exists in the cosmic soup of God and a part of you exists on this planet. For ages, the great masters have said that the kingdom of heaven lies within. Maybe we have all the tools inside of us. We have been looking in all the wrong places.

For example, imagine only a short time ago we thought that the world was flat. We thought that by sailing deep into the ocean there would be a point where the ship would fall off the face of the earth. This was only about 600 years ago. Yet Christopher Columbus sailed to America and debunked that theory.

Now imagine the Mayans and other ingenious cultures. They developed several calendars the calendar cycle was around 24,000 years. They had around 10



different calendars that they used to calculate different cycles of time. They have from one day to 64 million years. How did they get this information? The Mayans had this knowledge around the 5<sup>th</sup> century BC. This is around a thousand years before Christopher Columbus discovered America.

How did they get this knowledge? They didn't have computers or modern-day telescopes. Could their knowledge come from within? I certainly think so. The universe within is a microcosm of the universe outside of us. They could tap into the source.

You are the universe. They understood that principle and had a direct relaxation of that. They knew about entanglement and the Universal Field. Scientists are just beginning to focus on and understand these laws. Yet they had this knowledge 2500 years ago.

Many indigenous people all around the world had this knowledge. They knew they came from the stars. Westerners would laugh at them and say how cute that is. Imagine if a scientist would discover their true nature and work with his scientific nature. Imagine how far we could go.

We have satellites that go around 16,000 miles per hour. Imagine even if we could go 186 thousand miles per second it would take around two years to reach the closest star. What if a man could go within and use the field and go anywhere in the universe in less than a second?

Imagine if a civilization has been around for 16 billion years. How advanced do you think they would be? Imagine that they had the same problems that we had. War, poverty, crime, etc. they learned over time to advance themselves physically, mentally, and spiritually. They reached a point where the entire civilization became the universe. At this point in evolution, they decided to help another planet achieve the same.

The cycle would occur over and over again. Sometimes it would not work out. The people might have a great war and destroy the planet. When the planet was mature enough they would then go to another planet and start anew. This sounds like science fiction. Yet you are eternal.

You were never created and you will never die. Your body will. So think this over. Maybe our planet was created as a great experiment. Maybe our DNA came from



the stars. We are stardust as Carl Sagan once said. Let's put it this way Life is a great mystery.



## 2-4-2017

Many people think that living a spiritual life must be boring. You just sit around and meditate. What a boring thing to do. Yet a spiritual life is exquisite. I've been all around the world. I've surfed waves as high as a two-story building. I hitchhiked from France to India with my surfboard. I hitched from Kenya to South Africa. Been to South America and the Galapagos Islands.

You see a spiritual life is practical. It is a life that truly is meant to bring you secrets of the universe while you are alive. Before you came to earth you were the universe. When you die you become the universe. Wouldn't you like to know that you aren't alone when you are alive? Wouldn't you like to know that there is a family out there?

The kingdom inside is your true home. It will transform your character. It will over time make you kind, patient, and full of tolerance, love, and compassion. This is your true nature. You will transform from darkness into light. It takes work but what rewards come your way? You can be in the center of the hurricane. The whirlwind of the mind may be there but calmness resides inside.

Over time a spiritual person loves every moment. You love going to work. You put your heart and soul into your actions. Nobody knows your beliefs. You just blend in. You have nothing to prove. You are stable in your emotions. A person learns to stop look and listen instead of reacting automatically. The universe slowly begins to train you in its ways.

The universe is kind. The universe is love. The universe is patient. The universe is compassionate. The universe is alive. A human being has the opportunity to become these traits. All the great masters have said this. The kingdom of heaven lies within.

Remember you are eternal. You were never born and you will never die. The game of life is to discover your true nature while you are alive. We search for God outside our entire life. He has been hidden inside the entire time.

The most obvious place a person should look a person looks outside for the answer. Isn't that fascinating? Maybe the whole universe is a game. It was created so we could find God within ourselves. What an elaborate setup it is. The entire



universe is a stage and we are actors on the stage. We come down to earth to discover our true nature.

So for many, we are oblivious to this. We live our lives. Now I'm not trying to convert you. I'm not trying to convince you. I'm just telling my side of the story. The truth needs no convincing. When you die you will see that God doesn't judge.

This life is a learning experience. Imagine a raindrop with its journey of returning to the ocean. In the same manner, we are traveling back to the ocean of life. Enjoy this journey. Spend time with your kids. Spend time with your family and friends. Call them on the phone. Find out what truly has meaning in your life. Most of all you are never alone. The universe is watching over you.







## 04-21-2019 What A Magnificent Drop You Are

Kabir a mystic from the 15 century said the following.

All know that the drop merges into the ocean, but few know that the ocean merges  
into the drop.

Now that is profound.

A modern-day Einstein might have said that today.

The entire universe exists inside of us.

We are a part of the universe.

Is this a paradox?

We are beyond time and space.

There are billions of universes.

Inside our, DNA is a part that is not material.

It is spiritual.

No instrument known to man can detect this yet.

Yet the mystics have said all along.

You are hard-wired for this experience.

Ponder this message.

The divine words from Kabir are alive.



## 02-06-2019 The Video Game Of Life

Last month I finished my book, Family & Friends. It will always be a work in progress. After I posted this book I was fascinated by the fact that many of my friends I wouldn't see for decades of sudden would pop up in my life.

I give the analogy many times that life is a video game. Each one of us is playing the game whether we knew it or not. It's called the journey of life. Each one of us has a unique and different journey to walk on.

Each curveball that is thrown at us seems to be custom designed and tailored for us. Just like in real video games a player doesn't want to get stuck on one level. The goal is to advance in the level of life.

Maybe we are alive on the earth to learn how to overcome our negative emotions and embrace our true nature. Well, what exactly is that?

Well, look into the eyes of a newborn child. That should sum it up. There is no judgment there. Nothing but pure love and compassion. What if the video game is all about the opportunity to discover your true nature?

What if you are the universe and you just don't know it? I say this a lot yet talk to a modern-day scientist. Imagine quantum energy is beyond time and space. We are a part of this. Maybe just maybe the human body is wired up to connect to this.

This video game of life is an incredible web. Imagine on the human level mankind which means kind man is also involved in this video game. At a human level, we are going from darkness to light.

Man has been fighting for thousands of years. Many people think this is normal and man could never advance to a higher level in this video game.

Many great masters have come and instructed humanity how to advance to higher levels in this game. They have left great instruction manuals for humanity to read. Many people's hopes are focused on the second coming. They are waiting for this to occur.

Now imagine that they never left us. Their body has died yet their essence is the universe. What if every one of us holds a unique piece of the puzzle? The puzzle couldn't be complete without you. As each one of us discovers our true nature it



has a ripple effect on the video game of humanity. It's like a wave that sends ripples beyond time and space. It even affects the universe.

It doesn't matter if you believe in God or not. Every one of us has seen incredible photos from the Hubble telescope. They are beyond words.

What I like about this game is it doesn't judge us or critique us. We all have free will.

Ponder this over. What do you think? I would love to hear what you think.



## 02-27-2019 Think Outside Of The Box

Ever since I was a kid I loved to think outside of the box. I'm sure that at times it alienated me from my friends. Why do you think like that? Well to be honest I'm working on trying to solve the riddle of life.

It's an incredible riddle trying to solve it. In the last fifty years, science and religion are getting so close to each other. In the field of quantum energy, scientists are getting their minds blown. Imagine the energy that is beyond time and space.

We are a part of that energy. It exists inside of us. In school, we were never taught how to connect to our true nature.

Now imagine this pure consciousness pure light, love, compassion, patience, and tolerance. The universe does not judge us only man judges one another. What if this is truly a hide-and-seek game? What if there is a jewel that exists inside each one of us? Let's get down to earth. Let's ignore the spiritual side of things.

Can you imagine that you are a part of the universe? No. I'm just this human body. That's it I'm nothing else. Can you imagine that around a hundred years ago dear old Albert Einstein proved the existence of quantum energy?

Imagine a part of you is contained throughout the entire universe. What if I told you that when you die you return to the source of all? What if I told you that the human body is hardwired to discover your true nature?

Imagine living your incredible life and realizing that you are a part of the universe. Your true nature is kindness. Imagine that you can laugh at the craziness of this world and know that human beings are waking up from their slumber.

Quite frankly I think most humans are tired of the anger and bickering in life. We are tired of politics. We are tired of all the drama. It seems that life in the US is a soap opera on steroids or opioids.

What if I told you that all the answers to these problems lie within? We were never taught that. We were never taught that we are a piece of the puzzle of life. Let's get practical again.



Can you imagine that someday you could truly see through the eyes of others? How would that change your world? Wouldn't that stop many conflicts around the world? How could you fight with yourself?

Currently, we think we are separate. We fight with one another. In politics, we are divided. We don't even know how to compromise. Yet the practical solution lies inside of us.

I believe it's probably the most practical thing that a human can do. Yet we don't learn it in schools. Quite frankly you don't need a teacher but wellness to be open to a way to perceive life in a new way.

Imagine your true self is kindness. This is your true nature. How would you like to increase kindness day by day in your life? You can. Whatever you focus on you become. I know some people who moan and complain their entire life. Well to be truthful whatever you focus on you become.

How about focusing on your true nature? How about day by day focusing on kindness, love, and compassion? How about making a little effort day by to discover your true nature?

My theory is that we can't change this world without changing ourselves. That's the only way to change the world's problems.

We can't change our politics until we can reach a point where we are civil with each other. We can't continue to see our political foes as enemies. How childish is that? I think that most politicians are emotionally immature. To change this world we must let go of our old ways of thinking and being.

We have been angry and at war for thousands of years. Many people think that man can't change. I disagree. I think that we have this incredible car that just sits in our inner garage.

True it is dusty. Well, dust off the car. Open your inner garage door and take your car for a spin. Then tell me about your incredible ride on the freeway of life.

All it takes is a flip of the switch to turn your life around. Granted every day we make decisions and actions that affect where we are going and where the world is going.



## 02-28-2019 The Body Only Dies

I'm getting to the age where my family and friends are slowly passing away. I remember when I was young I was petrified of death. I was told that when you did you no longer exist.

This was many moons ago mind you. I have spent my life dwelling on this issue. Meditation has shown me that this is a myth. Modern-day science has shown this is a myth.

You see both religion and science are talking about the same thing. They have different terms to describe the oneness of life.

Imagine quantum energy is beyond time and space. It exists everywhere. Mind you it even exists inside of you.

How would the world change if we all spent time connecting to the source inside? Presently we get extremely sad and have funerals when someone dies. What if we had the understanding that only the body dies? The soul just goes back to the source. This source is pure light, love, and compassion.

The person you loved simply changed form and resides inside of you and the universe.

It's like ice gets converted to water and water goes into a cloud where someday a raindrop will come down from the sky.

I've been saying for a while now that spiritual life is the most practical. We all miss our loved ones when they die. Nothing can replace this. Yet if we truly understood the cycle of life and realize that our essence can never die. Therefore we can connect to our loved ones.

Granted it's not the same. But we can connect to their true essence which is love, compassion, kindness, patience, and tolerance. Wouldn't that brighten up our days? How would you like to be aware of your family and friends that have passed?

Every step you take they would be with you. True not in a physical manner yet their true essence is there. Wouldn't that take the sting out of death?



Maybe we should think outside of the box and ask ourselves this question. Take a look at the modern views on quantum energy. Maybe they are in perfect synch with your religion. They are describing the oneness with modern day words.

What if I told you that the human body is wired up to discover our true nature? Unfortunately, we were never told this. Ponder this over. I'm trying to give practical advice to help us on this journey of life.

We are all in the same boat in life. We can help and assist each other on this journey. Like I said in my book Family & Friends I saw the incredible web of life that ties us all together. We all help and assist each other on this journey.



## 04-14-2019 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 each and 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 totally 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.



## 04-16-2019 God Won't Drive Your Car For You

God won't drive your car for you.  
You have free will which will never be taken away.  
God is your co-pilot.  
He is sitting in your passenger seat.  
Mind you the car is sitting in your inner garage.  
It may be gathering dust.  
Only you can open the garage door within.  
You have the remote control.  
It's by your will alone you open the inner door within.  
It's only your will alone that you back out the car and take it for a spin.  
All it takes is to focus on your breath constantly.  
This is the secret to life.  
Unfortunately, you never learned this in school.  
The highest university lies inside of you.  
You have been playing hooky for ever so long.  
The mind plays tricks on us.  
Why would God hide inside of me?  
I'm a nobody.  
Yet you are the universe.  
You just don't know it.  
This is the grand illusion of life.  
We think the outside world is the real deal.  
Yet only moments ago you checked into the motel.  
You will sleep overnight and then you will leave this world.  
You won't be able to take anything material with you.  
Death is knocking on your door.  
Yet the wise man just laughs.  
He knows he is eternal by practical experience.  
Day by day one discovers his true nature.  
You are magnificent.  
You are eternal.  
You are the universe.  
Ponder this over.  
Open the garage door within.  
Dust off your car and take it for a divine spin.  
Your world will never be the same again.



Remember only by your will can you discover your true nature.  
God is simply sitting in your passenger seat.



## 07-06-2019 The Mind Of God

I was meditating a few days ago. I got this message about the mind of God. Humanity has been playing the same tapes for thousands of years. The tapes of anger and intolerance towards others lead to wars throughout the lands.

Humanity has been living in the survival mode of existence. Our mind and body are not in harmony with the universe. We have lost touch with the mind, body, and soul connection.

How does the mind of God relate to humans? Can humans just take one grain of sand from the quantum field and transform our thinking?

Did you know only you can change how you think? Nobody can do it for you. Just think you can have incredible out-of-this-world meditations and yet your mind and thoughts haven't progressed on this journey in life.

If we truly want to transform let's take a look at a few attributes of the mind of God.

First God does not judge us. Many people think that he does. God gave us free will so why would he judge us? Humans judge each other. How would the world be if we didn't judge one another? Most of the world's problems would go away. If we could just remove judging others we would be one step closer to uniting a small fragment of the mind of God into our minds.

Second God is not angry. There is not a jealous God. Humans are angry. Humans get jealous of one another. Just think if you could eliminate anger and jealousy in your life. The world around you would be much more peaceful for you and others. You would be much closer to having an internal relationship with the Divine.

God does not hate. Humans hate. God does not take sides. Can we eliminate our negative way of thinking and our negative emotions? Yes, we can. Yes, it does take time and effort. This is the journey we are on.

In the last 30 years, so many discoveries have taken place in the mind-body connection. Scientists have discovered you can't separate the mind and body. They are directly correlated with each other. One must begin to understand ways to create harmony with each other.



Just think most of us never stop and reflect on how we can change our state of mind. We don't think we can or we are too busy living our lives without being aware of our thoughts.

The world can't change if we live in our current mindset. Peace on earth can never manifest if we continue with our current state of thinking. The United States is deeply divided. Every day gasoline is put on the fire and both sides flame each other. We are immature children. We are throwing mud pies at each other. We need to refine the way we think and act.

At times I wonder if we like all this chaos. It's exciting. Never a dull moment. But being in harmony with the universe is not a dull event. Imagine being part of a star being born. How incredible is that?

We have no idea how incredible this world would be if we all lived in harmony. How would you like to see and experience that when you looked at others you see a reflection of yourself? In that state, there is no separation. If all of us would experience this at a constant moment this world would truly transform.

It's kind of funny. We came from the mind of God. When we die we return to the mind of God. It's only a flicker in time. Yet when we are alive we forget our true existence. It's like we have total amnesia.

Our true state of mind is united with God. A part of us never left this state. Yet we have forgotten.

Ponder over these words. How much do you want to change? Help is all around you. You are never alone. Signposts are all around you. Remember it's only by your free will can you understand this message.



## 07-07-2019 The Mind Of God 2

Let's continue with the mind of God. I got some great feedback from two of my friends. They each had a different point of view on this. I responded with a link to a chapter in my new book Dragon Tales 2.

<https://johnfranklinfletcher.com/track/1742644/where-did-they-go>

I think the entire universe is evolving including man. Some wise masters have seen it might take millions of years for a civilization to evolve where they go from me to we. We have a long ways to go. Yet the seeds have been planted. I have great hopes for mankind even despite the chaos all around. Remember what good is adventure without overcoming obstacles along the way?

Humanity is learning. Two steps forward one step backward. We learn from our mistakes. Science and mystics are both talking about the same thing. Many new technologies are being invented. Just thing in the seventies a biofeedback machine cost thousands of dollars. Today you can buy Muse 2 for 240.00.

Personally when humanity can see the direct correlation between the mind and body and see the results on their mobile devices exciting times are here. The time of living in the Newtonian model is over. We are about ready to embrace the quantum model which scientists embraced in the early 1900s.

When society learns they can change their thoughts and actions for the better the world will slowly start to transform.

This is a practical path that we walk on. We can't look at the past for guidance. Mankind has been playing the same tapes for thousands of years. War, war, and war. Many of my friends think that mankind can't change. I beg to differ on this one. Millions of people are waking up from their slumber. Remember each one of us is a piece of the puzzle.

Commented [RF1]:

I'm truly optimistic about man's future. So many people are thinking outside of the box. In the United States, so many people are disgusted by the medical system. Drugs have skyrocketed. Serious side effects can happen including death. We are all looking for a practical solution.

My way of thinking is there is a solution to every problem that man created. Because of our negative state of mind, we can't think outside of the box. We only listen to our tapes from the past. We look at the past and see that mankind hasn't



changed much in thousands of years. We then project it to the future. Many people think that this is a total hocus pock because they can't see what the quantum. Many people say if I can't see it I can't believe it. Can you see love? Yet it exists.

So for many people, the future looks bleak. I just see exciting times are here. We are going on a journey from darkness to light. The sun is appearing on the horizon. It's going to be a glorious day.



## 07-14-2019 Your Body Is Your Drug Store

I loved my Grandma Josie. As a kid, she would always tell my brother John and me that God loves us. We would always giggle in delight. Even when we got older we would always giggle when she said this.

Usually whenever we saw her. Her Mother knew Mary Betty Eddy the founder of Christian Science. I learned at a young age many of them didn't go to doctors.

They believed that only God heals. Yes, that is quite controversial even by today's standards. To be honest I didn't study Christian Science yet somehow I hooked on some of these principles.

For example, when I was young I believed in preventive medicine at around 10 years old. My thought process was this is the only body you get so you better take care of it. Where did I get this thinking at such a young age?

During this time my Dad gave my brother and me a series of yoga postures. I remember it was in a brown folder with a string attached. He drew each yoga posture. We did these for years. He said that he learned these from his Air Force days. I discovered later that these were classical yoga postures.

Right before he died he told me that these postures came from a Yoga teacher. In the early sixties, he went to USC and found a Yoga teacher. To be honest I wished back then my Dad told me the truth. I would have been more amazed at the fact that these exercises came from a Yogic path. I was searching for this in my life at ten years old. Anyway, that was water under the bridge.

In high school we had a series of classes we could take and one was a Yoga class. Well from that moment on I was hooked.

I got involved in the world of meditation at 18 years old. Let's fast forward to the mid-seventies. My dear friend Joe Lopez told me about the Science of Mind developed by Ernest Holmes. I was fascinated by it but I still didn't have the emotional development to understand this. I barely understood the theory. Both Christian Science and Science of Mind were on the same wavelength.

It's more than halfway through 2019. From 1971 to the present I've been to the doctor only a few times. When I got the job as a software engineer for the Miami



Beach Police department in 1982 I had to get a checkup. The Doctor told me I don't know what you are doing but keep it up.

Why am I writing this? I've been meditating for 48 years. Yet in the last few years, I have finally connected the dots between Christian Science, Science of Mind, and modern-day science. Ok here goes my understanding.

Science has discovered that each thought that you think has a corresponding series of chemicals that get secreted into the body. Our western society is living in extreme stress conditions. Imagine a negative thought that makes you angry. Over 1500 stress chemicals are released into your body. Buddha called it drinking your own poison. To be honest I wasn't truly aware of the consequences. It didn't truly sink in until I researched the matter.

Yet get this 95% of our actions are governed by our subconscious mind. We are playing the same tapes over and over again. Our bodies are constantly being flooded with stress hormones. Not only is that but our heart is not in harmony with the mind.

They are fighting with one another. This is called heart incoherence. When the heart waves are in disharmony the telemeters in our cells get shorter. When the cells divide they do an exact copy. Over some time they get shorter and shorter. When they no longer exist death is slowly approaching. Your cells don't carry the proper information anymore.

Yet get this one can learn to have heart coherence. The human body can regrow the lengths of the telemeters. Think that one over. If you can increase the size of the telemeters then how long can you live? That is a great question.

So what can we get with this present-day knowledge? Your body is your drug store. You are constantly taking drugs whether you know it or not. Your thoughts that you think lead you to disease or a healthy body. We never learned this in school.

Did you know that all diseases are caused by our thoughts? Did you know that you can reprogram your thoughts? You have the capability just like a computer programmer to reprogram your subconscious.

You can monitor your thoughts at each and every moment. Granted it takes time and effort yet in the end the outcome is nothing but miraculous. Just ask the



student from Joe Dispenza seminars. They have healed themselves of all sorts of deadly diseases.

We were never taught this in school. It wasn't even till five years ago did this information was leaked.

When I came back from India in the early seventies I went to see our family doctor. My Mom wanted me to go for a checkup. I told him I was a vegetarian. As he was smoking his cigar he told me that I was going to die within one year because I was a vegetarian. I told him that there are around a billion vegetarians in India. Indian has been vegetarian for over 5,000 years. My doctor died within the year.

Look I'm not telling you don't see a doctor. I'm saying with the latest science demonstrated that in every thought you have around 1500 positive or stress chemicals get released into your body. You are your own pharmacy. There is no getting around this. The next time you are flaming someone, think of the consequences. Like the Buddha said you are drinking your own poison. Modern-day science has clearly proved this.

I now can take the teaching of Christian Science and Science of Mind and have a much clearer understanding of the mind-body connection. Science for me has been a bridge to bring a more and complete understanding of the mind-body connection. As you can hopefully see each and every day I'm learning more on this journey in life. I like that.



## 07-21-2019 How To Use The Quantum Field

Let's look at this common scenario. It's Monday morning. Your alarm clock didn't go off. You're late for work. You stumble out of bed and take a quick shower. You don't have time to go to Starbucks for your morning coffee.

You are totally stressed out. You are in a huge traffic jam. You missed a very important meeting. Once again you get stressed out. Things don't go quite as planned. Without your morning coffee, you are on edge. You don't think properly. You are in a funky mood.

Imagine how many Americans this happens to every Monday morning. Did you know that the majority of heart attacks occur on Monday morning? Did you know that the majority of Americans hate their jobs?

Let's take a look at the biological aspects of what is occurring. From the moment you wake up to the moment you go to sleep you are running the same tapes over and over again.

Did you know that your subconscious is running the show? Scientists say that 95% of our actions are driven by our subconscious. Only 5 percent is conscious. Imagine your body and mind are fused. Scientists say they are almost one and the same. You can't separate one from the other.

We are playing old tapes. A day like today is not uncommon for most Americans. When you wake up and realize you're late for work your mind-body connection is stressed. You think "oh my God I'm late for work. My boss is going to get pissed off".

Just the mere thought of being late over 1500 stress chemicals are being released into your body. This is how you set your day. Automatically you can't think properly and you are in a negative emotional state. This state carries you throughout the day.

You came back from work and your lovely wife says something to you. You snap back automatically and a huge argument occurs. Mind you it doesn't have anything to do with your wife. You can't control your state of mind and emotions.



Multiply this by 300 million Americans and this our current state of awareness in our country today.



You see we were never taught about in school the mind-body connection. We were never taught that all thoughts will either make us sick or make us healthy. We have no idea that our way of thinking leads to our diseases today.

Did you know that the majority of diseases aren't caused by your genetic make-up? Most people think they are. Yet scientists say only 2 percent of diseases are caused by your genetics. The rest is caused by your environment. It's caused by stress. It's living day by day in a life of stress.

Imagine you may be super athletic and try to take care of your body. You do everything external to the tee. Yet if you aren't aware of your thoughts and change them your life is still under constant stress. I wrote an article called your body is a drug store. Read that to get a better understanding of this.

Imagine we have thousands of consultants who will give you advice on how to improve your life yet how many of them go back to the mind-body connection of how your thoughts trigger powerful chemicals? As I said these chemicals will ultimately lead to disease. Not only that but your emotional state is being driven by your thoughts. It's a classic circle of running the same tapes over and over again.

The whole world is living in this state. We have been living like this for thousands of years. We are reactive beings. We react in every situation either positively or negatively.

What is the solution to this? We will discuss this next.



## 07-27-2019 How To Use The Quantum Field 2

What is the solution? In my last talk, I wrote about our current conditions. For the average person, it might seem normal. What is the solution? This is the current state of affairs. I can't do anything about it. We are saying yes you can.

What is the future of humanity? Did you know that disease can't live in the quantum field? Did you know that man will evolve into a creature filled with light and have a physical body? Imagine the universe's vast storehouse of chemicals exists inside. They can't be released until one starts changing their thoughts and actions.

Negative emotions are obsolete. They have not served us in any way. We have fought for thousands of years. We continue to fight. Without genuine kindness for all, the world will continue in this downward spiral.

Your mind and body are one. As you know that for every negative thought you have over 1500 different chemicals get released into your bloodstream. Did you know that for every positive thought you have over 1500 positive chemicals get released into your bloodstream?

By being aware of the quantum field in your daily life one begins to transform and change. We are on the cutting edge of transforming.

Did you know the human body is wired to live for 900 years? You may scoff at that and say that is ridiculous. Yet some trees live to be around three thousand years. The majority of humanity is living under intense stress. The majority die way before what they are wired for.

I have a friend who said I will die when I'm 88 years old. He will die when he is 88 years old. Imagine we have no idea of the power of the mind. We think we are helpless and diseases just manifest out of the blue. Yet we create our disease through our lifestyles, thoughts, and actions.

We are oblivious to playing the same tapes over and over. Baby steps are needed. Two steps forward and one step backward. This is how humanity and the universe learn. This is a learning process. The entire universe takes baby steps. Yes, certain events seem to occur in seconds. Look at a volcano blowing. It seems like it just



explodes. But it might have been simmering for hundreds of years.



What has this got to do with me? Everything. Imagine you are hardwired for this experience. The car is sitting in your garage gathering dust. It was meant for you to drive down the freeway of life. Yet the majority of people don't even know that the car exists inside.

We have been raised to only focus on the external. Society says only the artist, musicians and mystics dive deep into their hearts. They were born that way. Yet we all have that capability.

We are skimming the surface of the ocean of life and think that is reality. The mystics have said there is an infinite ocean that lies inside of you. They didn't have the name quantum field during their

Yes, you may laugh. Imagine some civilizations went through the same path of going from darkness to light. No civilizations get a free ride. Yet they truly transformed. They went from war to a state of living in the quantum field.

This is our destiny. Look it's not going to happen overnight. Many people say it takes over a million years. Fortunately, millions of people are waking up from their slumber.

Our life is about to change in ways that we can't even conceive. Many incredible scientific discoveries will come along the way. The more the world embraces the quantum world there are an infinite amount of discoveries to come.

You see humanity is like a tuning fork. It vibrates at the frequency of human consciousness. We have been in a state of darkness and chaos for thousands of years. That is about to change. Personal empowerment is gaining momentum.

When people understand the principles that they can change and then science helps humanity to take practical steps to change.

For example, I truly didn't know those thoughts produced chemicals directly into the bloodstream.

Just this one discovery alone changed my life. Mind you I've been meditating for many moons. I didn't pay attention to my thoughts. Yet now I try to monitor my thoughts which leads to monitoring my emotions, which leads to monitoring my actions. This is quite different from people who tweet what comes to their minds.



Here are some simple steps which have helped me.

Try to meditate every day. Even if it is five minutes. Just follow your breath. I know it sounds too simple.

Focus on your breath doing your daily activities. Why? Just do it for a year and then you tell me?

Monitor the words that you speak. If it is not kind don't say it.

Pay attention to your heart. Have gratitude that you are alive. The heart contains the incredible emotions of love, kindness, mercy, and compassion. This is your true state. I could go on for a long time about the heart. Look at the various research on heart coherence. Just this alone blows my mind.

Learn how to be aware of the negative emotions that are stored in your body. There are many different techniques out there. Find one which matches your needs. You can learn how to reprogram your old tapes.

Read the latest fusion between science and Mystics. It will bring you to the understanding this is a practical path.

Learn to be in harmony with nature. Look at the four seasons for an example. Nature can truly teach us if we ask.

Your ancestors are always there. They have never left you. As I read about a week ago they just moved into the next room into the mansion of life. As we get older you might understand how this would help us grieve healthily. We might even learn how to knock on their door. You see the quantum field contains all.

Get enough sleep. Your body truly needs sleep to repair itself. Scientists have found that athletes who get extra sleep recover much quicker and are less prone to injuries. The less sleep you get the more prone to injuries. This even goes with us, everyday folks.

Your body and mind are your friends. Treat it that way. Many of the world's diseases could have been prevented.



Mankind lives mostly from old tapes. Learn to reprogram yourself. I have been a software engineer for over 35 years. I have learned to reprogram myself for many years.

Health is your greatest wealth. If you are a billionaire and you are sick you can't quite enjoy it. Take care of yourself. Take care of your mind, body, and soul.

Remember God is your co-pilot. He will not drive your car for you. It's only by your will yet God is there to help you on this journey in life. Only you can open the inner car door.

Be kind to yourself. Laugh at life. We all make daily mistakes. Learn from them. Some mistakes may take thousands of tries. Just laugh if you fall to the ground. Dust yourself and stand up and continue along on your journey. Life will always throw us curveballs. Someday we will be able to hit the ball out of the park. We then proceed to the next video game level. You see we are always in a state of evolving.

Be kind to the world around you. Smile and be considerate of others. Listen from your heart to those who are in pain. I mean truly listen. Don't think about what I'm going to say next. When you pray to God does he think what am I going to say or does he truly listen?

Learn how to cultivate to become the mind of God. Mind you in this present moment that might sound outlandish. Yet try to think like God. Monitor your thoughts to be in alignment with God. God thinks totally outside of the box.

Learn how to cultivate to become the heart of God. Same thing this sounds outlandish. Even if you gathered one drop from the heart of God your life would transform. Remember what you pay attention to you become.

This is a totally practical path. You don't have to renounce anything. Well maybe. You just let go of the garbage that is weighing you down.

So take these ideas. Some may work for you while some won't. The goal is for you to take practical steps on this journey of life. Be aware of the actions you take. The world will enjoy being around you.



## 07-28-2019 Basic Human Decency

Yesterday I found this incredible post on Facebook. The caption said the following.

You know what I would like to see go viral.  
Basic Human Decency

I got to thinking about that. Human decency is desperately needed in the world today. So many people are flaming each other. Our nation is divided. One group hates the other group. One group thinks the other group is pure evil. We call each other names.

We mock each other. This is so common in the world today. We think over time this is our true nature. We think it's impossible to change this. So we just continue our old ways. We don't see the harmful effects it has on human consciousness.

We don't see and feel the collective human consciousness so it's not our problem. Yet it is. The world can't change without you.

I hope someday this phrase will go viral. I hope that someday we all make this a mission in our life. The world would transform if every one of us took this truth to heart.



## 01-01-2020 Gathered Wisdom

Happy New Year. Today is a brand new year and decade. What an incredible year this has been. I have learned so much this past year.

Here are some of the highlights.

The signposts of God are all around us. The more we pay attention to them the clearer we see them in our life. Even inside the human body, these signpost exists.

This past year I spent a considerable amount of time concentrating on my chakras or energy centers. This has opened up a part of me that I have never known. I first learned about the chakra systems when I was 18 years old. It was very esoteric for me. Fast forward 48 years and they are a part of my life.

We are indeed hardwired to discover our true nature. We are born with the hardware and software to discover the quantum field.

When I was 18 years old I took my first Yoga class. I learned a simple technique to relax the entire body. At that time I didn't see the significance of doing this.

This past year I have been focusing on the mind and body connection. There is no demarcation point between the two. You can't separate the two. Learning how to release the muscles helps to weed out our precious garden. We have rocks, boulders, and weeds that must be removed from our subconscious.



I'm learning how to reprogram my subconscious. Over 95% of our actions are dictated by the subconscious. We are reactive beings. Mind you this isn't our true state. Yet by the time, we are seven years old our mental foundation is set up.

All the good, bad, and ugly are formed in our subconsciousness. Currently, millions of people are learning how to tend their inner gardens. They are taking responsibility for themselves and the collective unconscious of mankind. Note by doing this we change the collective unconscious from darkness to light.

The more people wake up the faster this will change. Darkness is the absence of light. When a person discovers the light within the darkness slowly disappears. We are at a point in history where darkness knows it's a losing battle. It has no place to hide. Just look at the chaos in this world today. Need I say more? This is the greatest true science fiction movie. Yet it's real.

Mystics and science are finally seeing eye to eye. Science has mapped out the various states of brain wave frequency. They know the effects of positive and negative thoughts. Each thought has a corresponding chemical. A negative thought produces over 1500 different chemicals in the bloodstream. As Buddha said by being angry you are drinking your own poison.

Science is learning that disease can't live in the light. Slowly humanity is learning this. We have all the necessary chemicals inside to heal diseases. It's by our thoughts alone and our consciousness can we learn to be our own chemists.

Presently we are oblivious to our thoughts and actions. We live our lives being reactive. We haven't learned how to live in the center of a hurricane.



I'm learning how to perceive that when I see faults in others they exist inside of me. You can't change anybody but you can change yourself. Mind you this is like peeling an onion.

There are so many layers so be kind to yourself. Don't beat yourself up. This is the video game of life and it's real. We will always learn on this journey in life. There is no final destination. The universe is constantly learning and growing.

I'm learning how to ask questions and ask for help in my life. We are never alone yet we think we are. Our ancestors live inside of us. The entire universe exists inside. For me the more I pay attention to this fact the more help and advice I received.

Remember it's your own will that is keeping you from discovering your true nature. Your will can be conscious or subconscious. It's up to you. The quantum field does not judge you yet you judge yourself. It's only when you start asking questions and want to change for the better.

Mind you this is the most practical thing you can do. It involves every moment of your life. When a person plays this video game with the same determination as a teenager playing his game you are on his or her way to self-discovery.

These are just a few things I learned. Every day we have the opportunity to learn and grow. We are always fine-tuning ourselves.



## 01-04-2020 Tricks Of the Trade

A person who loves video games puts his whole mind, body, and soul into playing the game. He is concentrated on playing the game. You could say he has extended awareness.

In this video game of life, we need to play this game with the same extended awareness. We must live in the present moment. A wise man focuses on the power behind the breath moment by moment.

Mind you it could take your entire life to master this. Note that just one second of doing this could help you throughout the day. Behind your breath lies the universe. The same force that is keeping you alive is the same force keeping the universe alive.

Just like a video game, one must monitor one's thoughts, emotions, and actions. When we have negative thoughts and emotions we are living our life in the past. We are living our lives in a reactive mode. We are drinking our own poison.

Buddha was correct when he said this over 2,5000 years ago. Modern-day scientist has had hundreds of experiments proving this. Modern-day man lives in constant stress. Stress is responsible for all diseases. The disease occurs when the mind and body are not at ease.

I believe that common sense is uncommon. We don't see the thread of love tying us all together. Consequently, we are divided in so many ways. Just look at our politics today. Both sides are angry and don't know how to compromise. True wisdom comes from the quantum field. As I said hundreds of times signposts are all around. Yet the majority of humanity is oblivious to them.



Meditation is the key to opening the door within. I think whatever meditation you use will work for you. The goal is to close your eyes and go within. By closing your eyes you are shutting down your analytical brain. Your awareness is going from the external to the internal.

When one learns how to do this one begins to see how powerful this is. One begins to train himself to live in the center of the hurricane. Most of humanity lives in the swirling winds of the hurricane. We are like leaves blowing in the wind.

This path is extremely practical. You might say it's not even a path. The quantum field exists beyond time and space. It's a paradox it exists everywhere yet it is hidden from us. This is why I call it a video game. One goes from darkness to light. At each level, we learn and grow along the way.

If our subconsciousness is responsible for 95% of our actions and only 5% is consciousness that's a grim picture. No wonder we constantly live in the past. We are playing the same tapes over and over again.

Yet we go on wearing blinders and thinking everything is all right. My advice is to learn how to reprogram your subconscious. In the last 25 years, numerous tools have been provided to assist in this manner. Do some research.

One piece of advice is to learn about how to focus on the energy centers within. As I said we are hardwired and have the software to discover our true nature. To be honest we are oblivious to these energy centers. When one begins to focus on them all sorts of incredible things start to happen.

The entire human body and mind are an expression of these energy centers. You wouldn't be alive today if these energy centers shut down. When these energy centers shut down death is only a breath away.



We were born to have a direct connection to the universe. Does that excite you or is this some boring topic? Nobody is trying to twist your arms. Only you can discover the jewel within you.



## 02-01-2020 The Wonderous Human Body

Did you know that we are all master chemists? Just thinking through our thoughts and emotions we create our current state of awareness. Most of the time we play the same tapes over and over again. Yet we are oblivious to that fact. We only see around one percent of the light spectrum.

Can you imagine the ancient ones who have talked about the chakras system for thousands of years? Recently in 20 years or so many new scientific devices have been invented where we can see these energy fields. Did you know that your chakras display signs of disease before they manifest in the human body? I find that quite interesting.

The more you pay attention to something the more it pays attention to you. For the past few months, I've been paying attention to my chakras. There is not one function in the human body that is not affected by the charka system. By scanning and paying attention one develops over time a communication system between the mind, body, and soul. It's beyond words but intuition might be the correct word.

Quite frankly intuition was never taught in schools. I find it is one of the keys to life. My brother John posted this on Facebook recently. Mind you this is not his quote. If you don't pick a day to relax your body will pick it for you.

How true that is? I've been fortunate that I have since I was young listened to my body. For example yesterday I felt like I was coming down with a major cold. My body was giving me signals. So I went to bed three hours earlier.

I woke up just fine. The body speaks to us yet we are oblivious. We pay so much attention to performing external actions that we never realize that we are human beings. I emphasize beings.

This is the main theme in almost everything I write. We are missing out on so much of what life has to offer us. We live our lives in such a mundane existence. The entire universe lies inside of you. What can be grander than that?



## 02-08-2020 Heavy Boulders

We all carry heavy boulders in our life. Every single one of us does. Our subconscious contains the good, the bad, and the ugly from the time we are born to around 7 years old. This is where it gets formed. Nobody gets a free ride. Yet for thousands of years, the man stuffs his emotions. We don't talk about it.

When Michael Phelps opened up about his fight with depression it left many of us grateful he spoke up. You see in our society it's almost taboo to talk about mental health. Nobody wants to hear it. You are weak if you do. In my eyes talking about mental health issues is the greatest thing we can do to help our world. It affects every one of us.

Scientists know that we play the same tapes over and over again. Our subconscious is running the show. 95% of our actions come from the subconscious and only 5% comes from our conscious mind.

Just think to change one must rewire the brain and body with new software and hardware. We must learn how to consciously cut the wiring from the past and rewire it with the new. I'm putting this in simple terms.

We need to be aware of every moment. The masters of the far east have said for thousands of years the following. The hardest thing to master in the universe is your mind. Yet humanity doesn't seem to be aware of this. We fight with each other. Yell at each other. We are angry with each other. We call names to each other. We have fought wars for thousands of years.

I don't call that a healthy state of mind. Even if your life is incredible there is always room for growth. Millions of people are waking up from their slumber. They are doing inner housecleaning. We all have an inner house that we need to clean. Most of us simply text on the freeway of life and ignore it. We don't place any importance on it. We just skim the surface. Maybe we just don't want to know.

Imagine every day we take our showers or baths. We don't get freaked out. Most of us love it. I love to feel the warmth of the water. It soothes the mind and body. In the same way diving into the silence balances the mind, body, and soul. We learn how to let go of our inner boulders. At times it's painful. At times it's super easy. Remember this is a journey. The journey has its ups and downs.



Yet by daily focusing on the silence, we are conscious of moving through levels in the video game of life. We are taking responsibility for our own inner game. This, in essence, helps in putting together our piece of the puzzle. Everyone is a piece of the puzzle. Yes, even your so-called enemy. In reality, we all are the same.

There are billions of problems to be solved on our precious planet. Each one of us holds the key. We must learn how to overcome all the negative emotions we have. We must learn how to be kind again. Currently, in our society, we are so off the mark. It seems like learning the truth and evidence doesn't seem to matter anymore.

I have so much hope for the future. Granted it's going to take time. The universe is cheering us on. We are not alone.

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



## 02-23-2020 Dance With Me

I love afternoon naps. I remember as a child my Grandparents would take afternoon naps. As a kid, I couldn't relate at all but now I relate. Did you know that the universe talks to you during your sleep? Not with words but in a way we can't comprehend. Imagine as a soul you were never created nor were you ever destroyed. You are eternal yet we are texting and are completely oblivious to the miracles of life.

Did you know that the universe has a sense of humor? Where do you think humor comes from? During my nap, the universe came and talked to me. Let's do the waltz together. Come and dance with me.

Imagine the entire universe dancing in spiraling delight. It is conscious and aware. This is our true nature. Words can't describe the magnificent.

Do you know the more you pay attention to something the more it pays attention to you? When I first started to meditate it took hours just to break through. Over the years it has got so much easier. It seems like now the universe is meditating on me. Even saying this I still have a lot of baggage to let go of.

One has to be humble on this journey. When I first started to meditate I did it for myself. I wasn't spiritually mature. How could you when starting this conscious spiritual journey? Yet through the years, one gathers wisdom that one meditate to help humanity. It's as simple as that. We are all in the same boat. We either sink or swim.

I said many times before that we are hardwired to discover our true essence. We have the software installed many moons ago. We are our master chemists. Unfortunately, our subconscious is running the show. We play the same tapes over and over again. Some are good and some are quite ugly. We are reactive beings.

We were never taught the following in school. You are your master chemist. You can control your thoughts and emotions. Yes, it takes time and effort. Remember you are on a journey. You are here to discover your true nature. You are a piece of the puzzle.

Why are we living in the pits? I saw this slogan on a wall at Buffalo University over forty years ago. If life is a bowl of cherries why are we living in the pits? I say a lot that signposts of God are all around us. Yet do we have the eyes to see?



To see, you must use your will and take simple actions. We have free will. The universe doesn't judge us or criticize us. We are great as humans to do that to each other. Yet we have free will. What you place your attention on you become. Imagine that the signposts are staring at you both inward and outward yet our attention is somewhere else.

Maybe we should use our will to be aware of the mysteries of life. Do we ever just spend time being and doing nothing? Many people hate silence. I work out every day. This one trainer came up to me and we had a conversation.

Somehow he told me that he hates to slow down and be silent. I have many friends who have the same state of being. We are so stressed out that our chemistry is totally out of balance. Did you know that living in survivor mode you can never tap into your true nature?

Modern-day scientist has proven this. How can you go within and discover the joy inside when the facet of adrenalin is constantly flowing?

This is a common state for people today. That is why we are stressed out. In this fight of flight condition, the immune system stops working. All systems shut down. You are in survival mode.

Tomorrow you are going to visit your in-laws and your mind and emotions are already freaking out. Mind you this isn't tomorrow but the mind doesn't know the difference in time. You are freaking out just thinking about it.

If you want to see the signposts you must become aware. You must learn how to reprogram yourself otherwise you will play the same tapes over and over again until you die.



## 02-29-2020 Observer

Yesterday I wrote about being an observer. Here's the link.

<https://johnfranklinfletcher.com/track/2254598/observer>

My dear friend Chris Parker gave this comment on Facebook.

The thing that gets me is that thought can't be self-reflective in its action. I.e. we can't think about ourselves thinking... AS we are thinking! It can't truly serve as a conscious mirror of the moment. We reflect on whatever has gone by or is yet to come. It lives in the past and the future. It is born of the parents of observation and meaning and comes hand in hand with a twin sister of emotion. Living with such, art is to make peace in the house. Not easy when both of the twins are so demanding! Between the inside and the outside, where exactly does meditation lie? Is it connected to nothing or.... everything? Why should peace and perception only be found in silence?

Here's my response.

Everything you say is true. Thought can't be self-reflective in its action. I.e. we can't think about ourselves thinking. Yes, we play the same mental and emotional tapes over and over again. They are part of our neural networks. Each time we play them we enhance the network. That is quite the predicament. Yes, we have two demanding twins. One is thought and the other is emotion.

We have quite a dilemma. We are only 5% conscious while our 95% subconscious is running the show. Before I started to meditate, to be honest, I didn't have any insight at all. We have both been meditating for many years. I'm in no way an expert. Every day I learn how to fine-tune the guitar of life. I'm trying to use being an observer in my life. At this stage, I'm stumbling more than succeeding. Yet I continue.

When I was young my parents gave my brother and me our first bicycles. My brother John took off and rode down the block. It took me over a month. My parents wondered if I would ever learn how to ride a bike.

I learned that with patience I can learn anything. Today my wife says you are so lucky that you learn things so easily. I just smile.



To discover our true nature is the most difficult thing to do. I can see why in the east they have the expression to conquer your mind is the most difficult thing to do.

Presently the odds are stacked against us. You and I have been on this conscious path for many years. I have never had so much hope. I'm learning that trying to be in a state of meditation no matter what I'm doing is key. What does this do for you? It allows me to observe my thoughts and emotions. That is a major key. If someone says something to me that makes me angry and I play the same tapes from the past I have two choices. One is to express my anger. I put gasoline on the fire.

Two I realize that life is a video game. A wise man will simply smile. He has nothing to prove. When a person does this slow person is cutting up the old tapes. We go from being reactive to a state of being a Co-Creator in our lives. I prefer to live in the center of the hurricane instead of the mighty winds of the mind.

It's not easy. Life throws us curveballs. We learn from our mistakes. In baseball, a hitter is considered great if he has a 333 percentage at-bat. That's 1 out of every three times he gets on base. Mind you he great paid quite handsomely for doing this.

Everyday life throws us curveballs. Many times I hit the ball out of the park. Many times I strikeout. Both of us are learning and growing along the way. Just think about when we first started to learn how to do meditate and do yoga. I was considered an outcast by many of my friends. Years later my Mom and her friend took the same Yoga class from the same teacher. Yoga is now everywhere.

Today humanity is waking up. New tools are being discovered. We are learning how to tune this guitar of life. I'm excited for the future of mankind. Maybe we will become a kind men.

I think there is no one way. We are all wired up differently. What works for me maybe won't work for you. I'm glad that we can share information and sort out what is good for us.

Thanks for the comments. They are simple for me and at the same time quite profound that we can solve this riddle of life.



Your last question.

Why should peace and perception only be found in silence?

Silence contains all the mysteries of life. It is as simple as that.



## 04-19-2020 Different Kinds Of Cloths

Recently I'm posting on Facebook two incredible journeys. One is a year-long Kaballah class I took in 2001. The other is my recent fascination with the Tao.

A few months ago I was going through my boxes and I stumbled upon the diaries that I did for the Kabbalah class. It was quite extensive. To be honest I forgot the depth of the Tree of Life. I got this brainstorm idea to put it into an audiobook.

Mind you it needs a lot of editing. Google has a voice-to-text which I used. It's probably about 80% accurate. It has some funky replacement of words. At times it replaces a word with another word. Anyway, I got the project up and running and one by one I'm placing it on Facebook. I have around 286 different diary entries.

During this global shutdown, I just finished my audiobook on the Tao Te Ching. You may think that they have nothing in common yet they have so much in common. They are two different clothes yet there is a thread of love tying them together.

I have been a long-time student of Prem Rawat for almost fifty years. His teachings are also in total alignment with the Kaballah and the Tao.

Here's the common denominator that I see.

- Silence is the key. Behind your breath lies the universe. You are the universe. You just don't know it.
- There is a huge difference between a state of being and a state of constantly doing. Currently, the majority of mankind is human doers. We are on a treadmill and not going anywhere. We have lost touch with our true nature. By being in a state of beingness one starts to realize his true nature.
- Proactive versus reactive. Currently, Mother Nature has sent us all to our rooms. There is a worldwide shutdown. Are you going to live in the center of the hurricane or the powerful winds of the mind? A reactive being is like leaves blowing in the wind. A Proactive being lives in total calm no matter



the outside situation. You can't control external events but you can control how you react to them.

- Strive for harmony. A wise man continually fine-tunes the guitar of life. One takes actions moment by moment to be in harmony with the mind, body, and soul. We must be conscious and aware of our actions.
- Boredom is a state of mind. How are you doing in isolation? If you are bored ask yourself why? Your mindset for almost your entire life is based on being busy. You have the opportunity to discover your true nature. Your mindset has to change to do so.
- Peace lies inside of you. The door is open. Some of my dear friends say there is no door. You just have to focus within. Peace lies inside of you. External events do not bring peace. I can guarantee you that when this shutdown is over if you don't have peace now you won't have it when it's over.
- Be responsible. Take your life under control. You can create heaven or hell in your life. It's your choice.

I could go on and on. The main thing is you are in your room. What are you going to do about it? Mother Nature wants us to learn some valuable lessons otherwise she wouldn't have a shutdown in the first place. We can make this world to be an incredible place to live. It's our choice. Mother Nature is saying to stop throwing garbage in the living room. I don't need you but you need me.



## 09-22-2022 Karma

This was an absolutely incredible session on karma. It was probably the most simplest and practical solution that I have ever heard. She was amazing in her presentation.

Karma has always been somewhat of a mystery to me. I never knew exactly what it was and the mechanics of how it operated.

Yes, I know the theory for every action. there is an opposite and equal reaction.

I know about good karma and bad karma.

But the process to stop karma in its tracks and eliminate karma is another subject altogether. Mind you I have been studying this for over 50 years now. This presentation gave me more incredible insight into karma and how it works.

The teacher gave a great analogy. Suppose you have a ball that you are bouncing. Imagine every action you take you are bouncing the ball. You take an action and you bounce the ball automatically whether you like it or not. The ball will bounce back.

That statement alone is incredible that you are responsible for the bouncing of the ball. Nobody else bounces your ball.

She goes on and says that the bouncing of the ball has been occurring for thousands of years. We are on a treadmill that isn't going anywhere.

To stop this she simply said stop bouncing the ball. When one stops bouncing the ball, the ball doesn't react. When you stop bouncing the ball it will take a very short time for the ball just to sit on the ground and do nothing.

I also like the fact that she said karma is not conscious and aware. If it was we would be in serious trouble because we would have a God that judges us for every action we take.

Fortunately, karma the ball is not aware and it's just simply a force of the universe that can be overcome in one's life.



The goal is to stop bouncing the ball and at the same time be in a state of self-realization within. I give the analogy of being in the center of a hurricane. Humanity is living like leaves blowing in the wind.

Karma is chains that bind us. It doesn't matter if the chains are made of gold or some simple metal material. Either way, the chain will bind us.

The more one stops bouncing the ball the greater the realizations will be. One will live in the center of the hurricane and understand the great mysteries of life. When one learns to live in the soul, one truly becomes a human being.

We were never taught this in our schools. maybe the Jains have, but we most definitely didn't learn that.

This course has made me more subtle in my practice. It truly is fine-tuning the guitar of life. With every action we take karma is taking place and yet we are oblivious to it.

We strive for happiness in our life. We think a great job, a mansion, and a yacht are the secrets to a good life. We never realize that even by acquiring these, we still have golden chains bound to our souls. Ultimately, that will never make us happy.

I'm quite impressed by the Jains who discovered this thousand of years ago. Can you imagine coming up with such a great realization and then putting it into such sublime words?

Future generations could use the road map for their own liberation. I find that extremely daunting and incredible to see.

We can learn from the wise men of the past. Unfortunately, we are so blinded that we truly can't believe something like this even exists.

Every day we moan and groan about the circumstances in our life. We don't realize that we are responsible for what comes our way. Curve balls will be thrown at you. That is a fact of life. Everything morphs and changes. I mean everything.



When one understands that life is like a merry-go-round. It goes round and round and round. When a person gets tired of this ride he wants to get off the ride.

The only way to get off this ride is to press the red button inside of you and stop the merry-go-round inside of you.

When one leaves the merry-go-round one lives in his true essence.

You are the universe and you just don't know it. We live our lives thinking this is the ultimate reality. We are merely skimming the surface of the ocean of life.

This may seem like an esoteric subject, which it isn't. This is the basic foundation of your life. We are talking about you and how you can understand your true nature.

The wise men of old have studied this for thousands of years. They have great instruction manuals for you to read and implement in your life

What good is a driver's manual if you never drive your car?

You have a car that has been sitting in your inner garage. The garage door is closed. The car is full of cobwebs and spider webs.

One may have faint glimpses that the car exists inside. The goal of human life is to take that car out for a spin on the freeway of life.

You were meant to drive that precious car. That car is your true existence. That freedom that you seek. That happiness that you seek. That joy that you seek. It all lies inside of you.

That car is who you truly are. One has become so identified externally that we have forgotten our true nature.

I would highly advise if you want to have a happy life to try this in your life

Maybe the next time some instances come your way and you could get angry. about the situation, just hesitate and don't react at all. Practice that over and over again. You will see that situation no longer bothers you at all.



In fact, by not responding at all, you remain calm. Calmness is your true nature. Getting flustered and angry is not your true nature.

Even if something good comes your way. Do the same thing. You will see that you are been driven by your emotions and mind.

When you experience positive emotions, life is good. When you experience negative emotions, life is a drag and a burden.

We live our entire life this way. We blame others for our mistakes. We think that we have done something wrong. We think other people's lives are better than ours. We have all these different feelings bout how life is treating us.

We can get off this bandwagon and experience life as it truly is. Life is absolutely incredible. Life is full of joy. , love and creativity.

We should be like a surfer taking off on the wave of a lifetime. One is in the zone. One is not thinking about making the wave or wiping out.

A surfer is in the flow of the wave of life and becomes one with it. He knows he doesn't have to do fancy tricks or try to outmaneuver the wave. He doesn't get into the contest of life and see who's the better surfer. I lost this heat by less than one point. He doesn't get into the competition side of surfing

Surfing is an art and it allows one to be in harmony with the universe and nature.

We are all surfers. That wave exists inside of you. You can learn how to surf the wave and be in clarity every moment in your life

One who learns how not to react to any given situation is truly a wise man. A wise man simply smiles at life. He has nothing to say or prove.

Unfortunately, we have plenty to say and prove. If someone doesn't think the way we do well let them have it. We will tell them they are wrong and I am right.

My religion is better than your religion. My ideas are better than your ideas. Wars have been started this way.



When one lives in the scattered winds of the mental chaos occurs. We have seen this going on for thousands of years with no end in sight.

To make this world a better place, you must make your inner world a better place. For peace on earth to occur, you must establish peace inside of you.

There is a battle going on inside of you. The mind is constantly biting you. It's like a mosquito bite that gets agitated over and over again. At times the mosquito bites seem to go away and then for some unknown reason they start biting you again. You itch and can't quite find out how to stop the itching.

I remember for around 20 years even when I first started meditating my stomach was never truly settled. It always had a tinge of anxiousness to it. Meditation makes one aware of your inner feelings.

Yet one day I woke up and it never came back again. Meditation and contemplation is the way to remove issues that have been hiding inside of us.

Each one of us has different issues to deal with. Each one of us has different karma that affects us.

For your own mental happiness, I hope maybe you might take this to heart. You might see that externally if I pay focus only to that that I will not change for the better. I will continue to go on this. merry-go-round.

Granted you may obtain all the goals that you want externally. You may have all the money in the world. You may be able to travel wherever you want whenever you want and for as long as you want. But tell me does that make you truly satisfied?

Only a wise man who has conquered his mind was truly satisfied. The only one who discovers how to live in the center of the hurricane is satisfied.

You can own the entire world, yet you're still living like leaves blowing in the wind.



Alexander the Great conquered much of the world yet he was completely unsatisfied. He even said I come into this world empty-handed and I leave on my deathbed empty-handed.

I say the spiritual path is the most practical path. One must have his feet on the ground and his head in heaven.

We can go on forever bouncing the ball of karma. We have been doing this for eons as it is. We have the opportunity for this message to truly sink in and at the same time to go in one ear and out the other.

The mind can say you don't want this. You like life as it is and you don't want to change at all. Well, that's okay. We're not here to change you. You must change yourself.

All we are doing is saying there is a road that you can travel inside of you. You are born a traveler.

Currently, you are a wanderer. A wanderer doesn't even know that he has a true home. We wander in this world. We are searching for something externally when all we have to do is look inside for the answer. It's as simple as that.

Somehow we think the spiritual life is for those who have high intelligence. My intelligence is average. I couldn't even answer one single question. during this Jains lecture series.

But did that stop me? No, it didn't. I knew the next day when I got up. If I went over the material and wrote what I discovered, I would understand what they were talking about.

This path is a path meant to be pondered over. One must contemplate and ponder over life to understand life.

The chains have been on us for thousands of years. Even in my early days of meditation, I didn't understand the true meaning of pondering. I didn't understand the importance of why one should ponder.

I see these young incredible kids presenting short introductions to each class. Some are only 10 years old and already have such great wisdom.



You are the company that you keep. These kids have incredible mentors like their parents and grandparents. They have their aunts and uncles and friends.

When I was in India I heard many stories in which they said you are the company that you keep[.If you keep company with a band of people that love to steal items from others, then you will become a thief.

We emulate our external surroundings. I grew up in Newport Beach, California, and the culture around me was high-class and refined.

The people there are great and I loved growing up. I still have many of my friends today yet somehow I knew that I had something inside of me that I could not tap into externally.

I must admit I'm not conventional at all. At times I am an outcast. I bucked the system. I knew that no matter how incredible my life was up to that point, there is something inside that was so much more than I can ever imagine.

I knew that there were five senses. We live that way our entire lives. Yet I knew we had five internal senses. These are doorways to the soul.

Going back to the bouncing ball. The deeper one understands his true nature the easier it will be to stop bouncing the ball.

Even if one doesn't have a great meditation practice. one can learn to consciously stop the urge to react.

Yes, this will take practice. Rome was not built in a day. It must go from your conscious to your subconscious. Currently, 95% of your subconscious is running the show. Yet you can overcome this by your will.

They say a wise man s sets his mind in motion by his will, not the other way around.

We live our lives with the mind commanding us what to do. We are not in command of our minds. That is a major difference.



The Jains are incredible psychologists and we are barely skimming the surface. The majority of our minds are unclear and experience so much internal stress and chaos.

We have not been trained on how to have a healthy mind?

Yet unfortunately, we think there's nothing wrong with me. I love my lifestyle and what I can do with it. Look at my life. No matter how much glamor and glitter one has one must understand that the jewel exists inside of you.

There is a video game going on. You are a part of this game. They're an infinite amount of levels to go through. For thousands of years, we have just been on level 0. This is the most basic level where mankind fights with one another. We have slogans like the '80s where wall street would say greed is good.

We have mass shootings at schools.

We refuse to have gun laws because it takes away our freedom. I can go on and on and on.

We are responsible for the world externally. We can make this world a better place.

A wise man understands that he can stop karma in his tracks. By doing so, he fulfills his peace of the puzzle in life.

You can do this if you like. Our world would be in a better place if we all simply did this in every moment of our lives.

Our lives would be so much richer and grander than our current state of existence.

We can truly solve all the world's problems. Can you imagine if you discovered your true secret, the universe could provide answers to all our problems in life?

We would not have the junk food industry which is causing disaster in our bodies all around the world. I find it amusing that they know their food



makes people addicted and yet they still do it because it makes them great wealth.

No wonder they call this the age of darkness. Common sense is uncommon.

Going back to karma again. I would like to thank the teacher for presenting such an awesome subject in a way that I truly understood. She made it so practical and at the same time, I could understand what I can do practically to stop karma in its tracks.

I apologize to anyone if I have said anything that may continue misinformation.



# Closing

There has been an incredible amount of wisdom presented in this book.

Quite frankly, the wisdom is still virtually unknown upon society today.

We are in charge of our own chemistry set. Unfortunately we don't even know we have one yet. Every single day we get stressed out by life.

We think happiness can be attained in this world. There are many people think that happiness exist only on the weekend.

When 6:00 Monday morning comes they have a hard time getting out of bed. Many heart attacks occur at 6:00 in the morning.

This life is a grand adventure. These are tricks of the trade that have been presented to you.

Nobody can convince you..

Nobody is trying to convert you.

You are the universe and you just don't know it. Ask any quantum scientist and they will tell you the same.