

Contents

Intro.....	7
We Say We Are Intelligent But Are We?.....	11
Life's mystery.....	12
Indigenous People.....	15
Indigenous People 2.....	16
Indigenous People 3.....	17
Gaia.....	18
Gaia Intro.....	18
Message 1.....	20
Message 2.....	23
Message 3.....	25
Message 4.....	27
Message 5.....	29
Message 6.....	31
Message 7.....	34
Message 8.....	36
Message 9.....	38
Message 10.....	41
Message 11.....	43
Message 12.....	45
From Me to We.....	47
From Me to We Intro.....	47
Chapter 1.....	50
Chapter 2.....	53
Chapter 3.....	56
Chapter 4.....	59
Chapter 5.....	61
Chapter 6.....	65
Chapter 7.....	69
Sit down meditation.....	69
Chapter 8.....	72
Chapter 9.....	75
Chapter 10.....	78
Chapter 11.....	81
Fellow Friends on this journey.....	83
Monroe Institute.....	83
Notes from the New Land (pg 40).....	105

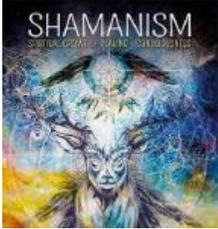
35 years later.....	106
John Baier.....	109
David Schweizer.....	116
Harry Bartz.....	120
Paul McClain.....	127
Mark McClellan.....	133
Linda Ronstadt.....	133
"You're No Good" Live 1976.....	134
The Rolling Stones <u>Sticky Fingers</u> Full Album 1971.....	134
Gerry & The Pacemakers - Ferry Cross The Mersey (1965).....	135
Cookie Monster.....	136
John Roberts.....	138
Tom Kuzma and Alani Galbraith.....	141
Lothar and Ricardo Delgado.....	142
Jeff Bernard.....	145
Top of mountain.....	145
Smiling at top of the mountain.....	146
I made it this far.....	147
Look what's behind me.....	148
How's this for a canyon?.....	149
Nothing like a beautiful meadow.....	150
This is called God painting the sky.....	151
Flying Toys.....	152
Nick Roth.....	155
Nick's Moms paintings.....	158
Nick ripping.....	160
Nick story moving from Anaheim to Newport Beach.....	163
Twins John and I.....	165
My twin brother John.....	165
Childhood (House Of The Future).....	167
Jokesters.....	188
Take Me To Your Leader.....	189
I Split Second Got It Driving Car.....	192
Kundalini Snake Experience.....	193
Initiation.....	197
Mediation Ganges.....	205

Asokananda Incident	211
First Time Meeting Zoran.....	212
Space Ride –Zoran.....	215
Infinite Ocean Of Blue Meanies	219
Sai Baba Dream	221
Meeting Barbara	223
Richard Grossman	228
Toltecs.....	232
Carlos Castaneda	232
Quotes 1	234
Quotes 2.....	235
don Jose Ruiz.....	237
Greenland.....	239
Angaangaq Angakkorsuaq.....	239
Aboriginal Dreamtime	242
Druid	244
Kristoffer Hughes.....	244
Dying – by Kris Hughes	246
Mayan	251
Grandmother Flordemayo	251
Quotes	253
West African	255
Luisah Teish.....	255
Eastern.....	257
Nepalese Shaman.....	257
Bhola Nath Banstola	257
Taoist-Chinese	258
Jain.....	260
Jain Meditation New School.....	269
Scientific Mapping of Prekṣā-Dhyāna.....	270
Relaxation	272
Internal Journey	273
Modern-day version.....	275
Modern-day version meditation	279
SOHUM	281
SOHUM Thesis	281
Om Meditation.....	284
Perception of Breathing New	285

Fine Tune Your Radio Station	290
Monitoring Your Thoughts And Emotions	304
Mind Movies.....	309
Arugga Bohi Labham	316
11-28-2020 40 Days 40 Nights.....	316
Teachers Pramilaji and Priyaji.....	322
Asanas	323
Prānāyāma.....	325
Aruna Bohi Labham Meditation	328
Arugga Bohi Labham Chakras	329
Arugga Bohi Acupressure	331
David The Dragon.....	332
Arugga Bohi Mantras	336
Arugga Bohi Human Anatomy	337
Arugga Bohi Seed Therapy	338
Arugga Bohi Mudra Healing.....	339
Arugga Bohi Detox Diet and others.....	340
Arugga Bohi Rog Anusar Yoga.....	344
Arugga Bohi Rog Saptu Dhatu 7 tissues.....	346
SAPTADHATU THE SEVEN BODY TISSUES	346
Arugga Bohi Rog Ritu Charya Seasonings	348
Buddhist.....	351
6 Yogas Of Naropa	352
Tummo and Tantra	353
Illusory Body	359
Clear Light.....	361
Dream Yoga.....	363
Bardo Yoga.....	366
The 8 Stages of Dissolution	369
Going Home	371
Phowa	372
Phowa 2	374
Indian	377
Vandana Shiva	377
Amazon and Andes	379
Alberto Villoldo	379

don Oscar Miro-Quesada	383
.....	383
Jeffrey Wium	385
The Wiwa	386
Who are the Wiwa?	386
What's the Wiwa community like?	387
Why the Sierra Nevada?	388
What role does the coca leaf play?	389
The importance of the Poporo (Danburro).....	391
Native	396
Kahontakwas Diane Longboat.....	396
Hawaiian	398
Middle East	398
Banafsheh	398
Deepak Chopra	398
Amy Barker-Wilson	399
Tools	402
Fine Tune Your Radio Station.....	402
Concentrate On Positive Emotions.....	404
Sitting Down Meditation.....	405
Phase 1.....	407
Phase 2.....	409
Phase 3.....	412
Phase 3 Meditation	416
Walking Meditation	418
Sleeping Meditation	420
Monitoring Your Thoughts And Emotions	423
How EFT Tapping Works - Gary Craig	426
The Most Inspirational EFT Video With Founder Gary Craig (Emotional Freedom Technique).....	426
EFT: The Basic Recipe by Founder Gary Craig	426
Mind Movies.....	427

Intro



Welcome to the world of shamanism. Shamanism is a religious practice that involves a practitioner, a shaman, who is believed to interact with a spirit world through altered states of consciousness, such as trance.

The goal of this is usually to direct these spirits or spiritual energies into the physical world, for healing or some other purpose. This is the most given definition. Yet I take a different spin on it.

I'm taking the modern-day approach. Everyone alive on earth is a shaman. The jewel exists inside of us. The quantum field exists everywhere. It's existing beyond time and space. It exists in the seen and unseen worlds. It exists in all dimensions and universes.

The shamans of all traditions know this. They know the interconnections of all creation. Mother earth and man are interconnected with each other. You don't see ingenious people throwing garbage in the living room of the earth. They don't put up fences. Nobody owns the land. The land is scared.

It seems to me that western man is still living in conquering the Wild West. We still have the mindset that life must be conquered. Mind you we annihilated millions of Indians along the way. Yet we still don't have any remorse for doing so. You would think that we might change our ways.

Yet this is embedded into our consciousness. We feel conquering is the only way. Whether it's war, politics, sports, or business. There are winners and losers. We even fight with Mother Earth. We take and steal precious resources without any sense of morals or ethics.

The following is from CNN. Prince Charles made these statements.

Only a revolution in the way the global economy and financial markets work can save the planet from the climate crisis and secure future prosperity, Prince Charles warned on Wednesday.

"We can't go on like this, with every month another record in temperatures being broken," he told CNN in an exclusive interview at the World Economic Forum in

Davos, Switzerland. "If we leave it too long, and we have done, just growing things is going to become difficult.

"

The heir to the British throne and lifelong environmentalist was speaking to CNN after he threw down a challenge to the global business and finance elites in Davos to lead a "paradigm shift, one that inspires action at revolutionary levels and pace" to avert the approaching catastrophe.

"Do we want to go down in history as the people who did nothing to bring the world back from the brink in time to restore the balance when we could have done? I don't want to," he told the audience at the WEF's 50th annual meeting.

We must change our awareness and consciousness. We are nonchalantly sawing the branch we are sitting on. Every human on earth holds a particular piece of the puzzle.

I firmly believe that the further a society is distant from Mother Earth the more insanity occurs in civilization. Common sense is uncommon. We lose the wisdom of the earth and the universe.

Society no longer is in synch with nature. We develop the Wild West mentality. This gets carried away in all phases of life.

Currently, the US is in a major meltdown due to the silent virus. Yet our President wants to open up schools next month. Yesterday in Florida over 16,500 people were reported positive. That's just in one day. There is still a furious debate on whether to wear a mask or not.

When a society loses connection to planet earth all hell breaks out. We think we are smarter than nature. Man's ego gets so large that he thinks he is in charge of everything.

Mother Nature sent us all to our rooms and to think things over. Yet we get bored and complain the whole time. For many people, they got nothing constructive out of it.

The following is from ABC news.

"I think I made a mistake. I thought this was a hoax, but it's not."

Those were the final words of a 30-year-old patient who died at Methodist Hospital in San Antonio this week after attending a so-called "COVID party," according to the hospital.

Dr. Jane Appleby, chief medical officer for Methodist Hospital and Methodist Children's Hospital, said in a recorded statement that the unidentified patient told nurses about the party, which she said is hosted by someone diagnosed with coronavirus.

"The thought is people get together to see if the virus is real and if anyone gets infected," Appleby said.

Appleby said she shared the story not to scare people, but to make sure they understand that the virus can affect anyone.

The practice of a shaman is to learn how to be in harmony with the universe and mother earth. In the silence lies all the answers to life.

This book will take you into the world of shamans. This is your natural state. As I said many times before you are the universe. You just don't know it. Shamans have known this fact for thousands of years. To save humanity, we must discover our true nature.

[The serpents of Wisdom](#)

The Serpent of Wisdom | Leeuwarden, the Netherlands. This film covers the opening ceremony of Psy-Fi 2018 presented by Earth awareness and five wisdom keepers from different corners of the world.

An old native tradition on a modern-day dance festival. A call to remember our native roots, our connection with our ancestors, and to create our own ceremonies once again. In this film: Angaangaq Angakkorsuaq, Toroa Aperahama, Don Santos Lopez, Robin Youngblood, Jeffrey Wium, and Mark & Maja.

Quotes

Angaangaq Angakkorsuaq Greenland
Peace can never be made by the government. Peace must be born inside.

Robin Texwellus Youngblood Native American

We are all torn apart in modern culture. All cultures are oppressed, depressed, and repressed. We must remember ourselves as the children of the earth. We are all indigenous to this planet.

We know that we are raping the earth yet we aren't doing anything about it. Everybody knows that.

Mother Nature doesn't need us. We need Mother Nature.

We Say We Are Intelligent But Are We?

We say we are intelligent but are we?

We are babysitters of the creatures of this world yet we treat them with no respect.

We would be sued in the court of our father for our neglect.

We talk about criminals but what is the worst crime destroying this planet.

Where will our resources be when there are no trees?

Hungry we will be. Orphans upon this land.

Man can be the true custodians of this land.

Let's open up our hearts before it's too late.

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 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 by 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 that 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 5th 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.

Indigenous People

One of my pet peeves is how we as Westerners think about indigenous people.

We tend to think we are so superior.

Yet let's take our calendar.

Augustus wanted more power than Julio so he created an extra day.

Our calendar is more of a political calendar.

The Mayans created a series of calendars that represented the universe.

In fact, one of their calendars ended in 2012.

This was after a 24,000-year cycle.

Many people thought this was the end times.

The Mayans simply smiled and said turn the page.

A New Year has begun.

Their calendars are incredibly accurate.

Where did they get this knowledge?

There didn't have computers or telescopes during those days.

Just think during our dark ages we thought the world was flat.

There were mapping the universe.

Who is truly the smart one?

Ponder over the meaning of these words.

Indigenous People 2

Let's carry on with this discussion on the Indigenous people.
In the western world, we have the concept the world was created in 7 days.
There are Adam, Eve, and the serpent.
Most of the indigenous people have a similar theme.
All of them will point to the sky and say this is where we came from.
We came from the stars.
We are stardust.
It took billions of years for the earth to become alive.
Modern man had great assistance from the universe.
The indigenous people knew this.
There is a reason why we call this planet Mother Earth.
Without Mother Earth, you wouldn't be alive.
The indigenous people cared for and loved Mother Earth.
As westerners, we are divorced from our true nature.
We may have the technology but our heart is empty.
We can learn greatly from the indigenous people all around the world.

Indigenous People 3

Imagine the time of Columbus we thought the world was flat.
We thought that a ship could sail off into the distance and fall off the earth.

This wasn't too long ago.

At the same time, the indigenous people were mapping out the universe.

They were creating universal calendars.

How did they do that?

Is there something to the notion the entire universe lies inside of you?

Is this how they got their knowledge?

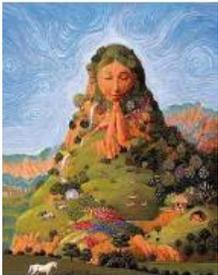
All the great masters would say "YES".

Can you imagine if we took technology and the art of going inside and merge them
together?

Now that would take us to another level altogether.

Gaia

Gaia Intro



You know me but you don't know me. I have many names. Some call me Gaia. Some call me Mother Nature. Some call me Pachamama. You have forgotten your connection with me. There was a time when you were in harmony with me. Nowadays you have forgotten who you are and the connection you have with me.

I am the mother of all on this earth. Many of the indigenous people around the world still have a connection with me. You call them primitive yet they are highly advanced.

You may have advanced technology yet your spiritual and emotional growth is stunted.

For thousands of years, you have been fighting wars with one another. You are sawing the branch that you sit on. Look at how you treat me. You have no respect. I'm not judging you. I just call a spade a spade.

You are in midst of one of the greatest transformations anywhere in the universe. It is happening right before you. Millions of people are waking up from their slumber. You are beginning to realize who you truly are. We are in the game together. You and I are one.

I have been around for billions of years and so has you. Yet today you are still sleeping and are totally focused on getting by in life. Your ways are backward. They don't work. Your mirror is cloudy. Every step you take you are walking with me yet you are oblivious to this.

Your entire society is presently beating a drum that is out of tune. You think everything is well yet you have forgotten our connection. You have forgotten your true essence.

Anger is so pervasive today in your world. Everyone is angry with each other. It seems like in America people are polarized. They don't listen to each other. In fact, many people have a tremendous amount of hate towards each other. I have a love for all. That is my nature. I am patient and tolerant. I am kind. This is my nature.

You have forgotten your true essence. Presently you are a mixture of light and dark. You are going from darkness to light. I am trying to remind you how incredible you truly are. What if you had an earth Mother who has been here since the dawning of time? I hold you in my arms yet you don't realize it. You think you are alone.

Because of this and your free choice, you have at times tremendous pain. It's hard to be truly happy when your happiness is external. You are like leaves blowing in the wind. You are happy and then you are sad. You get angry when you're in a traffic jam. The wise man would see a traffic jam as an opportunity to meditate and be aware with the eyes open. One would feel gratitude and remember our divine connection.

You see without being connected to your true nature you will have a hard time navigating in this world. You really won't be in harmony with me and the universe. Need I say more. Take a look at the world around you. Is it in harmony with nature? You have a President who is going backward in time undoing all the environmental goods He is totally out of synch with me.

You see a strong ego can be quite damaging. A man must develop kindness and humility to gain true wisdom. True wisdom comes from within. You know when to smile in the face of adversity. You have nothing to prove.

I am what I am. I do not judge. I will give sincere and honest opinions. You may not agree with me. That is your choice. But I am your Mother. Remember there were probably times when you didn't listen to your worldly Mothers advice. At some point in time, you did something and you thought I wish I would have listened to my Mothers advice. I wouldn't be in this certain situation.

Well, life is a series of beautiful lessons to learn. We will never stop learning. Listen to the various message I have for you. I'm speaking directly to you. You are on the verge of waking up from your slumber.

Message 1



If I was to give you any advice I would say be kind to each other. If you truly did the world around you would change for the better. The state of his world presently is in chaos.

Kindness exists yet so much darkness is on the land. Presently you have a President who is a bully. As your Mother, I'm not a

Republican or a Democrat. The world's strife is due to your anger with each other.

You have forgotten the golden rule. Do unto others as you would want others to do unto you. This golden rule exists throughout the universe.

Be kind to your environment. You are sawing the branch you are sitting on. You can destroy yourselves and the earth will go on without you. Don't be so arrogant.

Change your ways. Currently, your economic system is causing great harm to this planet. You can change for the better. Without kindness for all, you won't be able to solve these massive problems.

When you are kind you can think outside of the box. I have great wisdom. Lean on me. Be in harmony with me.

Day by day learn how to connect with your Mother. I'm always with you yet you are oblivious of it. You are driving down the freeway of life with your cell phone in your hand.

You think everything is all right in your life. You are just skimming the surface of the ocean of life. You only concentrate on the external and have forgotten your true nature. You have disconnected yourself from me.

Many people are waking up from their slumber. By doing so they will become in harmony with me. As more and more people get in harmony the human consciousness will change for the better.

War is unnecessary. War is obsolete. There will be a time in the future when you will see that you have been living in the dark ages.

When you can clearly see the light within your problems will disappear. You will have practical solutions to solve your problems. When you can see through the eyes of others your awareness will change for the better.

Be kind to all animals. You are the crown of creation yet presently you are extremely arrogant and have lost your sense of duty. Your actions clearly come from your ego and your selfish way of life.

There are millions of people on this planet who deeply care for the welfare of all animals but your political and business systems are much to be desired. They care only for profits.

If an animal can be eliminated due to being in the way of material profits so be it. Quite frankly many of your powerful business leaders and political leaders are bullies.

Vote them out of office. Look for people who are running for offices that are kind. If they aren't kind and run dark ads toward their opponents don't vote for them. Don't vote for your party line. Vote for kind people. This is a practical way for your political system to change.

Get rid of the bullies by voting. This is truly the way to change your political system. As your Mother I'm not a politician yet I do know human nature. Your negative and dark ways never help humanity. So many people in power only are concerned for themselves and not for the people they represent.

Kindness will go a long way in all areas of your life. Be kind you will learn how to truly balance your life. You won't be a workaholic. You will spend more time with your family.

Your job will dictate that you be balanced in all areas of life. Consequently when you are working your mental and physical states will be at their highest. You can get more done and be more productive. Presently most people hate their jobs and are burned out due to stress.

Be kind towards your land. You are killing it. Stop your food supply of GMOs and use pesticides. You are causing a slow death to all. Cancer is rampant all around the world. Think about this. Before the 1900s, cancer was unknown. It existed yet it was not prevalent. Today it is rampant in your society.

Look at all areas in life. Where there is a sense of being a bully replace it with kindness. One by one changes your actions to be kind. By doing so you will see that I have always been there. The world will see harmony in life. The world will see through new eyes.

Kindness will go a long way. People of all religions will respect one another. Everyone will see the thread of love tying us all together. Kindness is the way to transform your world. Act and be kind.

Message 2



I am very patient. God is patient. The universe is patient. Unfortunately, in the present moment in time, you are not. You explode when things don't go according to plan.

There is a master plan which has its timing, not yours. Because of your lack of awareness you are not in harmony. Consequently, you lack patience. Look at how patient nature

and the universe is.

Your earth was created billions of years before you even came into existence. Do you think I ever got bored in the process? What's taking so long? When you came along do you think I lacked patience and said wow these humans are slow to learn?

They said patience is a virtue yet many humans don't like that saying. In your world, it's not a compliment. When you get upset due to being impatient the other person will say "patience is a virtue. Most likely this will put more gasoline on the fire.

A patient person will be kind. A patient person will be tolerant of others. A patient person will express love and compassion for all. A patient person will live in the present, not the past or future.

You can cultivate patience. You can plant the seed and take care of it day by day. It takes time to develop and grow.

Every day you can weed your garden. Every day you can monitor your actions and train yourself to be patient. You won't succeed all at once.

You will fall many times. Remember when you learned how to walk? You learned from your mistakes. You had a goal to learn how to walk. Over time you achieved your goal.

Learn how to meditate. This will put you in touch with your true nature. The goal is to be aware. The goal is to let go of all your stress. You create stress. Nobody created it for you.

You reacted to a situation and got stressed out. That my friends are of your own doing.

Look the more we become friends and family the better your life will be and the world at large. Imagine you are walking with blindfolds covering your eyes so you can't see.

Yet this has been going on for thousands of years. So you think this is my true state? We are telling you to take off the blindfold and see your true nature. If the entire human race did this your world would truly transform. That would be peace on earth.

How do you think I feel at times? You are my creation and yet you are too busy texting while driving. You are walking on me yet totally oblivious to it. You call the indigenous people uncivilized yet they spent each waking moment in tune with me.

You are the uncivilized one. War has been going on for thousands of years. You have polluted me. Look I'm not judging you yet is that the way you treat your Mother?

You have lost your ways. Fortunately, millions of people are waking up from their slumber. A new dawning is occurring. Be patient in all areas of your life. Pay more attention to me. Pay more attention to your true essence. Shift your awareness from outward to inward.

Spend more time in nature. Take a walk in the woods. Enjoy the fresh air. Walk on the beach and rejoice in the sounding of the waves. We are singing to you. Nature is alive and talking to you. Enjoy the birds flying in the sky. They are telling you a story. You were meant to fly inside.

Get up in the morning with happiness that I'm alive. Be grateful and enjoy every moment. You are truly blessed.

You are never alone. By waking up you will be astonished that something so much greater is going on. We are just wearing blindfolds and can't see reality.

Exciting times are coming to earth and for mankind.

Message 3



They say love is what makes the world go around. Your true essence is love. A Mother loves her child. It is built-in. I love all my children. It is the essence of life.

You have free will. At the present moment in time, most humans have forgotten our divine connection. Isn't it kind of sad that I'm here and you're there walking upon me in each moment of your life?

Unfortunately, you have forgotten your divine connection to me. Many people are waking up from their slumber. Most indigenous people still maintain that connection. They have not forgotten how precious our relationship is.

Most humans are so busy in their life that they never question why am I alive. Is the earth aware? Am I missing a divine connection in life? You have a free choice.

You can go as deep as you can to solve this puzzle or you can simply never open the door inside of you. It's your decision. I don't judge you. I love all of my creations.

These messages are hoping to inspire you to discover your true nature inside of you. By doing so you will discover me. I have always been a part of you. As I said before you are walking around with blinders and you are thinking I can see clearly.

Love is desperately needed in the world today. The lack of love is what is being expressed in so much of the turmoil of the world. People are divided and express hate and anger towards others.

Once again the world can only change when you change for the better. This is a moment-by-moment conscious effort. You can't just think I'll spend an hour on Sunday and that's my commitment.

If you want a connection to me you must make a sincere and constant effort. You are rebuilding your mind and body to discover your true nature. In the process, you will once again discover me.

You have all the incredible glimpses of me. You have heard my singing among the tree in the forest. You have ridden the ocean waves. You have to walk barefooted on the sand. You had so much fun building sandcastles.

All of you have special animals that you love. You may have a dog or a cat that you truly love. Now is the time when you can truly discover your inner connection to me and all of life.

Your sense of love towards all can truly expand. When you can see through the eyes of all and have a love for all is the true beginning of your journey. This journey will go on forever. It will never end.

You and I are eternal. You can never truly die. Your body someday will dissolve back into me. Yet your soul will return to God.

We have such a special relationship. I am connected to all life because I am the Divine Mother. A mother is connected to their children no matter what happens.

The choice is yours. Ponder this over. I am always with you.

Message 4



There has never been a point in your history where you have the opportunity to discover your true nature as now.

The world seems to be chaotic which it is yet millions of people are waking up from their slumber. It seems the stars are in alignment with your transformation which

they are.

Since 2012 everything has changed. Humanity has passed the marker. Most humans thought we would have blown up the world by now. That didn't happen.

Mankind is at a point in a hundred years you won't even recognize your past. The entire human race is on the verge of discovering its true nature. Your entire galaxy is focusing on what is happening on planet earth.

I am so happy to see the progress that is going on. You may not see it yet but the light is about to shine on your land. We are going from darkness to light. The golden age is near.

The more you use your free choice to discover your true nature the faster light will appear. You see you hold the keys to heaven. They have always been there.

During your fighting, the keys to peace have always been there. With your free will and a free choice open up the world within.

Your entire world will change when you do. Every facet of your everyday life will change. Change is all around. Focus on kindness instead of hate and anger. Drop the old energies.

They have been a part of you for thousands of years and never solved anything.

Embrace kindness, love, compassion, tolerance, and patience. Day by day let your inner garden grow. Pull your weeds. Water your garden daily. Meditate and pray. Before you say anything monitor what you are going to say. Hesitate. Ask yourself am I going to put gasoline on the fire or will these words be kind?

Many people think kindness is weak but kindness is the most difficult thing to do in the universe. Anyone can react with anger. You have been doing this for thousands of years. What has it gotten you? Nothing but war and misery.

Humanity has been carrying around boulders for ever so long. The weight of depression has been making you depressed.

Drop the boulders within. Ask for internal help. We can guide you but you must take the necessary steps. I am your Mother yet as a Mother only you can take responsibility for your life.

Nobody can do it for you. You must learn how to grow into your true human potential. Enjoy your life. Be happy. Be kind. Love every moment. You are alive. Try to spend time in nature. Try to connect with me. I am always there but you aren't.

Start to see through the eyes of others. When you can your actions will be kind. We are all united but due to your lack of awareness, you can't see it. Therefore you treat others who are different than you with disrespect.

Take care of your body. It's the only body you get. Remember food is medicine. Try to change your diet and drop eating junk food. The food you put into your body directly affects your brain and emotions.

Be open to new ways of doing things and new ways of thinking. There is a brand new way to look and operate in this world. Be excited. Be motivated. This life is an incredible journey.

Take baby steps. Don't get bored with life. Make small changes day by day. That way you won't get overwhelmed.

This journey will at times give you curveballs. Relax and enjoy the ride. When a curve ball comes your way laugh at it. Humor is the best medicine. Humor will help you overcome any obstacle.

I have a great sense of humor. I have seen it all. I have seen the good, bad, and ugly. Humor is the power to see through whatever comes your way.

Ponder this over. These are a few practical steps you can take to open the door within.

Message 5



When Charles Darwin came up with his theory of evolution his predominant theme was cooperation with nature. He mentioned only a few times the survival of the fittest.

Yet all around the world today the world has embraced survival of the fittest instead of Cooperation. You see this everywhere. There is a winner and there is a loser. This is how you look at things.

People lie and cheat to win. Winning is all-encompassing. It doesn't matter how you win but the goal is to win at all costs. Many Olympians use illegal drugs to give them a better advantage. Your politicians will run negative campaigns to win office.

Only the best will get high-paying jobs. It seems like your entire world is built on stress. It is built on competing. Only the strongest will survive.

There are around thirty companies that control the economy of the entire world. They hold power over billions of people. These people can make or break nations.

Yet Darwin discovered that nature cooperates. For example, nature provides you oxygen and you provide carbon dioxide. If nature cuts off your oxygen then you won't be alive.

There are forests today whose trees have roots where they are all united together. They don't fight and bicker with one another. They are in harmony. Nature is cooperating.

If you want peace on earth one must learn how to cooperate. By discovering your true nature you will over time learn how. Your emotional mindset must change from the survival of the fittest to Cooperation.

You see it first begins in your mind. Your mind has been trained in the other direction. Even young children need to learn this. They have a toy and hold on to it for dear life. The parents teach the child to share the toy. Some eventually get it while others never learn that basic lesson.

You see when you are out of harmony the basic true human emotions are lost. You have fleeting glimpses of your true nature.

It comes and goes. You are true to building a foundation of ethics without understanding your true nature. I'm amazed at what the majority of people have developed on your planet.

Without a foundation, the majority of people try to lead good and decent lives. They love one another and cooperate.

These are exciting times. We can do great things together when you and I cooperate. We can solve any problems on earth when we talk and synch with each other.

You must learn to listen to your heart. You must learn and listen to your intuition. Your intellect will never comprehend me but your heart can. Learn how to merge your intellect and your heart. By doing so you will be able to be in harmony with me.

You have been so distant for ever so long. How many times a day do you ever think about me? How many times a year? Have you ever thought about me?

This is one reason why you have so much chaos in the world. If you aren't in harmony with nature then your actions won't be in harmony. This will create a snowball effect. Multiply that by billions of people on your planet and you get what I mean.

Your mind is cloudy. Dust is on your inner mirror. You think everything is all right. Humanity is skimming the surface of the ocean of life. Your goal is to drive deep into the ocean of life and discover your true nature.

The entire universe cooperates. There is harmony among us. You have the opportunity to be in synch with me and the entire universe. Ponder this over. Cooperation is the foundation of all life.

Message 6



Did anyone tell you that you are magnificent? You are loved by God. God will never judge you. I will never judge you. You have free will and free choice, therefore, no matter what you choose we love you.

These messages are meant for you to ponder over. We wish that you think about what we are saying. We are saying that you are a part of God. You are eternal. You were never born nor while you ever die.

You existed before the dawning of the universe. You witnessed the birth of the galaxies and the stars. You were there when your sun was created. You were there when I was born. What can be more magnificent than that?

Isn't it a paradox that you have forgotten your true nature? You struggle with life and think you are alone. You have forgotten how to be in harmony with the universe.

You have free will and free choice. You can choose to reach for the stars or live in total darkness.

Life is like a video game. Which level are you playing in? You can always learn and advance in the video game of life. You can solve this precious puzzle. Maybe the purpose of free choice is to see where you take your life.

There are two ways to live. One is in darkness and the other way is towards the light.

It's easy to live in darkness. Just look at your past. Wars have been fought for thousands of years. They haven't solved anything.

Now striving for light takes effort and free choice. To control your mind is probably the most difficult thing to do in the universe. Yet you can do it. The time

is right. Never before have you had this grand opportunity. Even the earth is aligned with the stars to enhance your journey in life.

People are slowly waking up all around the world. How would you like to live in kindness, love, and compassion? How would you like to live in patience, tolerance, and have a divine sense of humor?

Life will still throw you curveballs. Yet you will slowly learn to hit the ball out of the park. Even if you don't do this you will be able to get on base. You will learn not to strike out or get frustrated when a curve ball comes your way.

How would you like to know that I'm always holding you in my arms? You can look at nature and see me everywhere. You will rejoice at seeing the ducks and geese flying in the sky.

You will rejoice at seeing them fly in formation in the sky. You will get intoxicated and listen to their honking. Many of you don't see the majesty and considered them a nuisance when their dropping drop on your car. At that moment a curveball is thrown and you can simply smile.

How would you like to wake up in the morning and be truly grateful? You are alive. You can be kind and compassionate towards all. You love to take care of your body. You love to eat good food and exercise. You realize this is the only body you have while you are alive. You love to pray and meditate.

There is so much incredible learning on this journey of life. You love to work in your inner garden. Daily you love to pull your inner weeds and water. You love to tend to your garden.

The mysteries of the universe are being revealed to you. You love your fellow man. You love the diversity of all of the different paths people take. You can see the thread of love trying us all together.

You begin to rejoice in the diversity of life and experience how incredible it is. Your workplace becomes a playground. Yes, still issues will come up yet you can handle them. Everyone will slowly realize that all work support us all. As humanity, we are reaching for the stars.

Mankind will slowly solve many problems that have existed for thousands of years. Slowly anger and hate will disappear into the night where they will never

appear again. You see you are about to go to a higher level in the video game of life. Light dispels the dark. This is how anger and hate get dissolved. When you embrace the light your negative emotions will disappear.

Ponder this over. This may seem like a grand fairy tale which it is. You are majestic. You are beloved by God. I love you.

Message 7



Are you still young at heart? Can you play like two puppies chasing each other? Can you play like young kittens playing with a ball of string? Can you play like two dolphins chasing each other in the ocean?

Can you play like polar bear cubs rolling in the snow? Can you play like young birds chasing each other in the sky? Can you play like young children stomping in puddles of water when it's raining and feeling so much delight?

Where is your playfulness? Did it disappear long ago? The entire universe is playing. The entire universe is rejoicing. The entire universe has a great sense of humor. The entire universe is laughing. Can you laugh at yourself and others? Are you so serious that you have lost touch with your true nature?

Have you lost yourself in the politics of today and feared the future? Do you flame others late into the night? Do you have trouble sleeping because of the world around you? Do you take life so seriously? Bugs Bunny once said don't take life so seriously because you will never get out of it alive.

The part of our problem is to discover me and for you to discover your true nature you must have the innocence of a child. You see your intellect can never understand me.

By being serious and intellectual you have distinguished yourself from me and your creator. You don't need suffering and pain to discover me. You don't need intense hardship to discover me.

You don't need to sacrifice your life to discover me. All you need is the laughter of the child. All you need is a smile on your face. All you need is to wake up each morning and rejoice that today is an incredible day. I'm alive and grateful.

Heaven is a state of mind. Unfortunately, as we become adults we lose our sense of humor. We can't laugh at ourselves and the world at large. We become mature adults. Well not quite mature.

A truly mature person is kind, loving, and compassionate. A true mature adult laughs easily. A true mature adult has patience and tolerance for all. A true mature adult is wise and monitors his words and actions. A true mature adult is consciously paying attention within.

The entire universe is young at heart. It may be eternal but it is never boring. Many people as they age get bored with life. How many people die when they get older because they are bored?

They can't wait to die. This is the situation for so many people on this planet. Imagine I am always there watching over you and you think you are alone. Nature is all around you to remind you of the beauty and majesty of being alive.

Yet you are bored. From that boredom, mankind creates so many unnecessary and harmful addictions. Just look at so many Catholic priests molesting so many young boys. Look at so many famous people using their power to sexually assault innocent young.

Unfortunately, mankind is a mixture of light and darkness. Darkness has been prevalent for thousands of years. What you think is correct is wrong. There is an expression that says what you think you want you don't need. What you need you don't want.

So many people have heard these messages and think I don't need this. I'm satisfied with my life. Why do I need to pursue this? It will take too much time and energy.

Message 8



Let's look a million years in the future. Where are we going? Did you know that humanity and Gaia become united? Humanity reaches a level where its awareness becomes a part of the universe.

Earth has graduated. Earth has evolved to a point where the entire universe is dancing in joy. Free will and free choice lead man to go from darkness to light. It was quite an adventure. There were times when we thought you wouldn't make it. 2012 was a turning point and humanity never looked back.

At times it seemed like darkness was in total control. After 2012 it seemed like where ever you looked darkness reared its ugly head. What was happening was that the light was beginning to shine and darkness had no place to hide.

Well, it took a million years for man to transform. Humanity reached a level where they became one with the sun, moon, and stars. There was a unified state of consciousness on earth.

What was the next step in evolution? What if I told you that your earth was seeded from another galactic civilization? This has been going on for trillions of years. Imagine this is an incredible video game.

You start from darkness and work your way up to the level of light. You don't know if you are going to make it to the next level.

It's a free choice and free will. Imagine your DNA contained the blueprints of God. Imagine there was an advanced civilization whose prime directive was to plant the seeds on earth. Humans were given these blueprints of God. It was in their DNA. The journey begins.

Before 2012 life was a constant struggle. War was the only constant thing in your world. Anger ruled the land. People lost touch with their true nature. Well since 2012 mankind advanced through the video game of life.

Slowly humanity united and solved all the problems which came their way. They began to live in harmony and their awareness was transformed. It's hard to put in words because it is out of the box in how we live today.

You see we live in a linear world yet they found out to transform and live in a multi-dimensional world of the quantum world. Scientists today would marvel at this way of living.

Imagine that the entire earth became one and was aware of it. There was a unified field of consciousness.

Humankind reached a level of awareness to help bring another world to go through the same transformation that we did. You see we went through the stages of going from A to Z and beyond.

We went through the video game of life. We went through the struggles of free choice and made it. Many earth-like bodies don't. Many destroy themselves.

So it was a big deal. We were going to be parents and help another earth-like planet discover the video game of life. We would plant the DNA seeds for another world.

You see this has been going on for eternity. This is an incredible game of God. You are eternal. You will never die.

Mankind and Gaia graduated and are on another incredible mission. This time they help another earth-like planet go from darkness to light. It is a glorious day in the neighborhood. The universe is rejoicing.

Message 9



Come home. Come home. Come home. I am always whispering to you to come home. You are out in the freezing rain and have forgotten the fire in your true home.

You walk upon me daily yet you are only aware of the cell phone you are carrying. It seems to me a cell phone is one more

layer of abstraction that keeps you from knowing me.

Yes, it is an incredible tool to have yet billions of people place their entire world around the phone. Is there any message that is truly going to help you discover your true nature? Yet you get lost along the way.

How many lifetimes will it take for you to recognize me? Look I'm not judging you. I'm calling a spade a spade. I see the suffering you are in.

Don't you want to be in the arms of your Mother? I'm always with you. Your ingenious people on this scared earth are aware of me. They try to live in harmony with me and have a sacred connection.

It seems like the song 'you paved paradise and put up a parking lot' is almost the norm today. Quite frankly you could do better than that. Because you have forgotten your divine connection to me you have wreaked havoc on my creation.

You are throwing garbage into your living room. Once again I'm not judging you but it's true.

You have a President who has concerns more about making profits and is going backward when it comes to the environment. Many people are cheering him along the way. Yes, the light will indeed dispel darkness. You can see chaos all around you. My frank advice is to vote for people who are kind and decent. Get rid of the old negative energies of power over others. Kindness is the key. If a person is kind they will make laws that are beneficial to all.

Stop spending trillions of dollars on your defense. Spend that money on cleaning up your environment. Spend it on education. Spend it on creating a better infrastructure.

Spread your wealth around. You can solve the poverty issue. Make sure everyone can have a decent meal to eat. There is more than enough food on this planet.

You see the more you are in alignment with me and your true self the world will be better place. It's as easy as that. When the world can truly drop anger and hatred toward all is the starting point of a mature society.

Your present society has much to be desired. Darkness has been around for thousands of years. Look you are still fighting. You have been in Afghanistan for over 17 years and no end in sight.

How many trillions of dollars have been wasted? You will never win this war until you make peace with the other side. You can collaborate between the two sides and work together to rebuild the country.

Look I have been around for a long time. I have direct experience with your past. I held your ancestors in my arms when they died. I know what I'm talking about.

War is not the answer. Your politicians do and are proud of it. You think it is an honor to send young people to fight a battle that could have been prevented. It's so easy to send them to battle when you don't have the common sense to come up with a practical solution.

War is obsolete. It's time to remove that barbaric process from your mind. Vote all politicians out of office who still hold that concept and will start another war.

These are practical things that humanity can take. This will only happen with you strive to be a truly mature being.

Your maturity level currently is less than a kindergarten. Look at the bickering in your congress today. Most young kids are more mature. You don't see chaos on the playgrounds that you see in Congress today. A least on the playground when some kids get upset and hit another person there is a timeout. Eventually, both kids will solve this issue and continue to play.

It seems your Congress can't do that. They are so angry and polarized towards each other. I'm saying that the politicians represent your state of awareness. You voted them in.

When you become more mature and act like a human being with kindness the entire process will begin to change.

Ponder this over. You hold the piece of the puzzle. The world and I need you.

Message 10



You are the crown of creation. Yet at this present moment, you have not lived up to this. You are my custodians of keeping care of all my creatures. Do you remember that?

What have you done? You would be sued by your creator for your neglect. Except you have free will and free choice. God and I don't judge you. We may give hints and pointers along the way.

We have only pure love for humanity. This pure love resides inside of you. We think it's crazy that there are poachers in this world. Killing animals for money. How dark can you get?

When a person is oblivious to the dark his actions can be insane. That's why it's called a black market. It seems like everything can be killed for or bartered for when it comes to my creation.

As I said in my last message you are dumping trash into your living room. How crazy is that? Yet you are oblivious to that. You are unconscious. Yet humanity is sawing off the branch it is sitting on.

The only way to clean up the mess you created is to discover your true nature. You must once again discover me. We must walk hand in hand together. It's your choice. It's your free will.

You see darkness can only go so far. The light is beginning to shine. The sun is rising on your planet. The faster you embrace the light the faster peace will come unto the earth.

Only you can change. I can not do the work for you. That's why its called free choice. You are at the level in the video game where you are tired of the darkness. You don't like the craziness of the world. You are tired of war. You are tired of the bickering and fighting for thousands of years.

This is the point where you start to wake up and advance to another level. This is the point where you become more mature. This is the point where you can learn from your past mistakes.

When a human being realizes that he has an internal garden he begins to start to take responsibility for it. Day by day he pulls the weeds and takes care of the garden. He waters his garden with love, patience, and kindness. He begins to be aware of his direct connection to me and God.

He begins to realize that we have always been there. You have just been asleep. When one begins to experience the divinity within on a moment-by-moment basis his life will turn around. This is why we say you are the piece of the puzzle. Your piece is needed in the puzzle of life.

Mankind made a conscious decision to go to the next level. Many people thought you were going to blow this planet up. This is not the case.

You see you might not be aware that human consciousness decided to embrace the light. Since 2012 you have seen so many dark events. When the light comes into the picture darkness has no place to hide. You see this in all areas of life.

These are exciting times for this planet. In a short time maybe a million years you will stop and realize that 2012 was a major marker for humanity.

You are about to be morphed and changed into something so incredible. You are like a butterfly. Presently you are the worm who is building a cocoon.

Someday humans and I will be one. We will be aware of the entire universe. That will be the day.

Presently this is only a dream yet this will happen. You are reaching for the stars. Enjoy the next levels of the video game of life. Remember this video game will go on forever.

Ponder this over. Can you laugh at life? Where is your inner child?

Message 11



Never give up. The majority of people have been incredible human beings for thousands of years. Unfortunately, there have been a few bad apples that have been in control on this planet.

You see they like to control you and manipulate you. They love darkness and can't stand the light. Yet the light eventually will shine on this planet. Darkness will someday disappear into the night.

No matter what happens to you never give up. There is a divine order to things. Life is meant to give you some curveballs along the way. This is how you learn. I am your Mother and can give you Motherly advice.

The more you pay attention and focus within the better the connection will be with me. Try to connect to me in your daily life. Just like your Mother may have died some time ago you can still connect to her by your sweet memories. Your Mother is a part of you.

Your light will never disappear. Hold on to it and make it brighter day by day. You are magnificent. You are glorious. Words truly can't describe the true essence of your soul. Exciting times are for your future.

Never give up. You are just about there. You may think that life is a hard journey. Take a few more steps and you will get a second wind. The finish line is just over your horizon. You are about to discover who you truly are.

Mankind has gone through all sorts of adventures for thousands of years. Darkness prevailed for thousands of years. They won many battles but did not win the war. Light is beginning to shine on your world. The sun is arising. Realize all your dreams of peace on earth are coming.

Never give up. You are always supported. Ask for eternal help. Ask to be aware of our presence. Make a constant effort. Remember the more you use free choice and free will the better the connection will be.

You see only by free choice and free will can you grow. The change will only happen when you use your free will. It's as simple as that.

I'm your Mother and personal coach on this journey of life. My help is always there. Yet you have to be spiritually mature enough to listen to me.

What I'm saying is by discovering your true nature inside of you can we be reconnected. You have only focused externally and by doing that you have forgotten your true nature. At times you may get fleeting glimpses but it disappears.

You have not been listening to the radio within. The song of love is constantly playing. This is the most beautiful song in the universe. Yet your mind is not tuned in. Your mind is distracted by this world.

Your mind is in survival mode. You can learn how to tune your mind constantly with the radio within. The universe is broadcasting within. Listen to the station KGOD. Become one with it.

Your life will truly change for the better. Millions of people are listening to this channel. Their lives are being transformed. You see you are the universe. You just don't know it. Discover your true nature.

Ponder this over. You are a piece of this incredible puzzle.

Message 12



This is the last message of this book. I love you more than you realize. I hold you in my arms forever. For I am your earthly Mother. As a Mother, I adore my creation. I think it is quite significant.

Rejoice in the world around you. Pay attention to nature. It is speaking to you in all its glory.

As I said humanity is skimming the surface of the ocean of life. My advice is to get wet and discover your true nature. This is an ocean of love. What have you got to lose? Your anger and pain will go away. The ocean of life is all around you. You were meant to discover your true nature inside of you.

I have held a dream forever so long that humanity will once again come back home. This dream has been carried on for thousands of years. Darkness and separation have been the consciousness of man.

Yet in this present moment, the sun is about to rise. Millions of people are beginning to wake up. It is a glorious day.

I hope you take these messages to heart. They are simple, not complicated. Oneness is simple. Kindness is simple. Patience is simple. Just look at a newborn child. The child just smiles. It has nothing to prove.

A wise man just smiles. He has nothing to lose. I'm your Mother. Our love is simple and will always be. I have nothing to prove. My love is unconditional. I do not judge you. You have free will and free choice.

Only you can choose peace on earth. Only you can change yourself. Only you can discover the diamond within. Only you can once again experience me in your daily life. We can walk side by side. I always hold you in my arms. You can choose to be aware of it.

You are the universe. You just don't know it. This is not a cliché. This is the truth. You are magnificent. You are not born a sinner. You came from God and you will return to God. God lives inside of you.

This is not a cruel joke but a reality. You have been looking for peace outside of yourself. Peace lives inside of you. All your great teachers have told you the same thing.

Humanity is waking up. It up to you. You hold the peace of the puzzle. The humanity movie of life is coming to a climax. This movie has so much drama. Yet here's the catch you can change the ending to what you truly want.

Mans's dream has been peace on earth. You are the main character in this movie. The ending is dependent on what role you take. It is a simple yet powerful role. You see with free will and free choice you decide the outcome of your movie of life.

Ponder this over. I love you and support you. I'm always with you.

From Me to We

From Me to We Intro



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

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

years. They constantly repeat themselves.

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

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

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

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

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

You see our mentality is us versus them. We have been this way for thousands of years. Emotionally man has been stagnant for ever so long. Yet we have progressed in technology. Thousands of people have tried to make this world a better place. The spark of the universe lies inside.

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

Man Thinks That His Conscious Only Exists In His Brain

Man thinks that his consciousness only exists in his brain.

He has created himself distant from life itself.

According to Einstein $E=MC^2$.

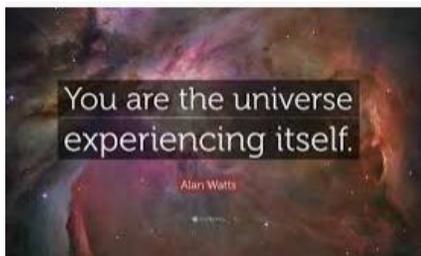
Show me then where consciousness does not exist.

Inside of a flower or a car.

The whole universe is alive.

Man just thinks he is alone.

Chapter 1



The wise men have said that you are the universe. You just don't know it. Your true nature is kind. You are loving and compassionate. You are tolerant and patient. You do not judge. You aren't a bully.

You are not full of anger and resentment.

Unfortunately, we have lost touch with our true nature. Consequently, we feel separate from each other. We have forgotten our true nature.

As I said in the intro the problem is me, me, me. We have lived in this manner for thousands of years.

Recently science and religion are almost talking about the same thing. In the quantum field, time and space do not exist yet it exists everywhere. We all come from the quantum. Did you know that this field is alive and conscious? This is who you truly are.

Imagine you have a body and a soul. A part of your soul lives in this quantum energy known as God. A part of you never left. Imagine there are probably around 6 billion people on this planet. Each one of these precious human beings has a part of them connected to God. Each one of them has a higher self.

The quantum field is like a vast cosmic soup where the entire universe is comprised. You and I all united into this soup. You can't separate us because we are one. This is the creative source known as God. All creation comes from this source. It's beyond time and space.

We are linear yet the source is beyond our comprehension. Yet we all come from it.

We have a spark of this inside of us. We are never alone. We may think we are. We are created in the image of our father. Our true essence comes from God.

If this is true why don't we have peace on earth right now? Good question. We have free will. We have free choice. You choose what you want. There is no judgment.

I see that life is like a video game. At each level, you learn and gather wisdom. At a certain point, you advance to the next level. Imagine we are playing this game yet we aren't aware of it.

We don't even know there is a video game that we can play. Many human beings are like this. We complain and moan about life. We are like leaves blowing in the wind. Our outside circumstances dictate our state of mind. We hold grudges and resentments. We are polarized with people who don't think the same way as we do.

Look at our political system today. Neither side can talk to one other. Yet a wise man knows that there is a video game of life. He slowly understands how to play the game. In every moment he tries to monitor his thoughts and action.

Yes, he will stumble and fall much like a baby does when she learns how to walk. Eventually, the baby learns how to walk and run with the wind.

In the same way, we can learn how to control how we react to the world around us. We discover the world within. We discover our piece of the puzzle which ultimately helps in bringing peace to this planet.

Our goal is to take care of our inner garden. We need to pull the weeds and toil the soil and water daily. Our world would change for the better if we all did this.

There is a point in the video game where we experience the oneness of all life. You see we are all one. We are not separate. We just think so. We are living in old energy for thousands of years.

Consequently, we have wars with each other and can't see eye to eye. So how do I play this video game of life? The first step is free will and free choice. You must make a conscious decision to learn how to play the game of life.

You see most of our life is a habit. Our subconscious is in control. We speak what comes to our mind.

We mostly have the same daily routine. Get up and brush your teeth. Eat breakfast. We have our daily commute to work or school. Our daily habits are ingrained in our bodies.

We are walking around not being aware of our true nature. When one realizes that there is another way to live one begins to learn how to change moment by moment. One becomes to see that no one can walk this path for you.

None is going to save you. You are responsible for changing and discovering your true nature. Now help is always there. You are never alone. You can do this. It just takes one small baby step after another.

I don't have words to say about how incredible this game of life is. Every moment we can change for the better. We can reach for the stars. This is our true nature.

When mankind discovers this and practices this peace will be on earth. You see you and I are one.

Chapter 2



The Golden Rule. "Do not impose on others what you do not wish for yourself." This was one of the guiding principles of life that Confucius taught his followers, five centuries before Jesus taught the Golden Rule with similar words.

In Matthew 7:12 Christ says, therefore, all things whatsoever ye would that men should do to you: do ye even so to them: for this is the law and the prophets

This living principle has been known for eternity. Yet in our day-to-day affairs, we miss the boat. I believe most people try to live with the golden rule in mind. Most people try to be kind and considerate of others.

Unfortunately, we see so much drama in our world. We are still fighting with each other. Emotionally we are still babes in the woods. Yet man is waking up from his slumber.

The golden rule expresses the unity of all. It expresses the oneness of all life. We are all created by God. We all came from the same place regardless of our race, color, or creed. We are a beautiful family.

Can you imagine if the entire world just lived by this simple principle? There would be peace on earth. Today in our politics you win elections with a huge amount of money.

You try to slander your opponent as much as you can. You make up stories that the other person tries to defend. We elect people whose only concern is to stay in power. They lack morals and ethics.

We have Christians who overlook their values and embrace our current president. Imagine if the other side did just one of the current President's antics they would be impeached.

How do we as a world live by the golden rule? We must change our ways. We must discover our true nature. We must learn how to be kind in diversity. We must cultivate love and compassion.

This must be in every moment a conscious decision. We must think before we speak. We must monitor what we say. If it's putting gasoline on the fire don't say it.

Monitor your actions. Once you do an action you can't take it back. The other person may forgive you but they won't forget what you did. Our current President must learn this. How many people has he mocked and he doesn't care? Yet he is in office.

If we as a people would do this our world would truly change. Our political system would change for the better. Imagine voting for a person who has the highest amount of kindness and compassion towards their fellow man instead of our current system. Nobody would vote for a power monger or one who doesn't want to represent the people.

Over time we would have a kind government. A government for the people and by the people. We would truly take care of our people. Instead of spending trillions of dollars on a war that money would be spent on improving the lives of all war would be obsolete.

We would use our wisdom to solve the problems of today. We would look back in the future and see how barbaric we once were.

You see this will happen. Humanity is evolving. Doom and gloom are not our true nature.

These are not just words. You can at any given moment change for the better. Kindness is your true nature. Love and compassion for all are your true nature. Your mirror is cloudy so you can't see your true reflection.

You can clear your mirror. All the great masters in the past told you so. Lo and behold the kingdom of heaven exists inside of you. All the great teachings have said the same thing using different words. The essence is the same.

These are exciting times. I love to see the compassion people have for one another. People are helping each other all around the world. The news gives us a very small fraction of the good people have.

In my eyes, the news should be reversed. We should show the good things humanity is doing and maybe have a small segment on the negative. Today our news is delivered to provide shock and awe for ratings. The almighty buck wins.

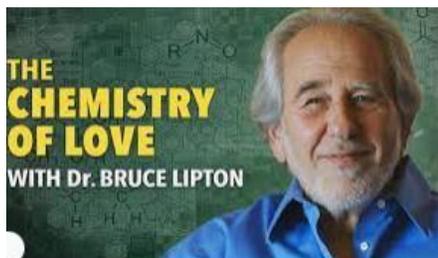
You see just like in voting your vote counts. You have a piece of the puzzle. The puzzle can't be complete if you don't discover your true nature. What do you have to lose? Do you truly like the current state of affairs?

How would you like that in every moment the world would be kind to you and your family? How insane that we have children who go to school and have to pass through metal detectors. How can you learn in that environment?

1 out of every 5 children in the US doesn't have enough food to live on. That's a sad situation. You see once humanity embraces the golden rule these problems will go away. We can truly care and have love and compassion for all.

We can truly see and experience that we are all one. This is called the golden age for mankind. Ponder this over. You can make a difference in this world. You are not separate from the universe. You are the universe. You just don't know it.

Chapter 3



We are all custom-designed by God. Yesterday I heard an interesting interview with Bruce Lipton. He is a scientist and has a fascinating story to tell.

He wasn't interested in God, religion, or anything spiritual. His passion was science and biology.

He was studying the structures of cells. One day he discovered that our cells have antennas embedded on the surface of the cells. We have trillions of cells and each cell had an antenna. He thought to himself.

Mind you I'm paraphrasing what he said. He asked himself what these antennas are for. For what purpose do we have for them? In the real world, he thought of a TV set.

You have an antenna that receives signals from a broadcast. You can change the channel and a different TV program will appear on the screen.

At this point, it gets extremely interesting. Somehow he has an epiphany that our awareness and consciousness are being broadcasted from God or the quantum field.

Each one of us has a unique signature. He realized that the body will die yet our essence is always the same. We can never die. Our essence is eternal.

To his amazement, he discovered that God exists inside of us. The treasures exist inside. We are hardwired to discover the universe within.

Imagine all this took place within five minutes. From that point on his goal was to discover his true essence. The clues are there in plain sight. Bruce then as a scientist begins to use the lab within to discover his true nature.

In the interview, Bruce said that some Jesuits said gave me a child for seven years and I will tell you how the child will grow up. For the first seven years, a child will pick up the good bad, and ugly.

A child's brain wave is theta in which everything external gets sucked in from 0 to 7 years old. This goes directly into our subconscious. Now imagine that we live our lives 98% of the time from our subconscious. Our subconscious drives our life.

This means that our lives are being driven from our early childhood. Without pursuing ourselves and discovering our true nature we live most of our lives driven by our subconscious. We react like leaves blowing in the wind.

Our body is so entwined with our subconscious that we react automatically without being aware.

Imagine our subconscious is like a hard drive. It has tons of data stored for the ages of 0 to 7. When an event occurs the subconscious will go instantly to the hard drive and it knows how to react.

Notice we are oblivious to what's going on. This is mankind to a tee.

We have been fighting forever. The world is on fire. People flame each other on Facebook. We have a President who tweets whatever comes to his mind.

Humanity is on the verge of a breakthrough. The signs that we were built to discover are all around us. We have all the instruments inside of us to discover our true nature.

We are about to go from me to we which is the title of this book. Imagine every single person on earth is hardwired to discover we all came from the same place. We are all family regardless of race, color, or creed.

Our true nature is kindness. Our true nature is love and compassion. We are all a spark of the divine. We are the universe. We just don't know it. These are exciting times. You hold a piece of the puzzle of life inside of you.

You can change and discover your true nature. Millions of people are waking up. Recently science and religion are talking about the same thing. Discoveries that Bruce saw are major scientific breakthroughs for all of us.

Bruce saw in a flash of light that we are being broadcasted from the quantum field. We have our name that God knows and the universe knows. Every human life is special.

With our free choice and free will, we can moment by moment be on a conscious journey to discover our true essence. Ponder this over.

Chapter 4



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

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

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

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

Now recently many people think that in our DNA we have multidimensional DNA which contains the blueprint of God. Now imagine in this blueprint contains the entire essence of the universe and the essence of your soul journey in the universe.

You are eternal. You can never die. Your body will. Many people are discovering this concept and are learning how to mine the Akashic record for themselves.

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

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

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

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

As you can see the car is sitting in the garage gathering dust. The car is meant to be driven on the freeway of life. Moment by moment we can drive our car and gather a greater understanding of why we are alive.

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

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

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

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

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

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

These are exciting times. We as humanity are going from me to we. For thousands of years because of thinking it's all about me we have fought countless wars.

We are living in an era where this is changing right before our eyes. Ponder this over. You are hardwired to discover God. You contain within your DNA the blueprint of God.

Chapter 5



For over five thousand years the Indians have discovered flower petal-shaped vortexes of energy lying across seven different areas on our spinal column.

These chakras are directly connected to the endocrine system of glands.

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

I won't go through the specifics of each chakra. Here's a general overview of each one. The following information came from color-meanings.com

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

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

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

The Sacral Chakra –The chakra color associated with the sacral chakra is orange. This chakra relates to the water element in the human body.

The chakra colors are orange which impacts sexuality, reproductive function, joy, desire and even creativity, and compassion for others.

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

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

Thus the solar plexus chakra is the personal power chakra that is responsible for one's personal and professional success.

The chakra colors yellow of this energy vortex are associated with fire, energy, charge, etc.

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

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

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

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

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

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

The ethereal element of the Throat Chakra, when balanced, allows an individual to have a pleasant voice, artistic abilities, expressive ways, and also the ability to be in a higher place spiritually.

Individuals with a balanced throat chakra can meditate well and use their energy efficiently and artistically.

The Third Eye Chakra – The Ajna Chakra translates to the “center of knowing or monitoring”.

This chakra is associated with chakra colors Indigo and is connected to the Pineal or pituitary gland. Those with a well-balanced brow chakra can have telepathic

abilities, and charismatic personalities and they often do not have any fear of death.

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

The Crown Chakra – This chakra is known as Sahasrara chakra in Sanskrit and is associated with the chakra colors of violet or purple.

The crown chakra is associated with the pituitary gland, nervous system, and the brain and head region with its element of light.

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

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

Here's the definition of the Sushumna from Wikipedia.

Sushumna (सुषुम्णा, suṣumṇā "very gracious", "kind" [3]) runs along the spinal cord in the center, through the seven chakras.

Under the correct conditions, the energy of kundalini is said to uncoil and enter Sushumna through the brahma dwara or gate of Brahma at the base of the spine.

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

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

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

This is our true state of existence. We are all one huge gigantic family. Each one is responsible for discovering our true nature.

The world will be in a better place if we all did this. Ponder this over. So do you think that you are hard-wired to find God? Maybe it's time to use your inner key to start the engine.

Chapter 6

The Tao that can be told is not the eternal Tao;
The name that can be named is not the eternal name.
The nameless is the beginning of heaven and earth.
The named is the mother of ten thousand things.
Ever desireless, one can see the mystery.
Ever desiring, one can see the manifestations.
These two spring from the same source but differ in name;
this appears as darkness.
Darkness within darkness.
The gate to all mystery.



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

You see I take care of myself. Where I come from the British Isles the dragons didn't have any common sense. You could say common sense is uncommon.

Where I came from the dragons didn't exercise or eat good foods. They partied throughout the night. To be frank they had no clue about universal laws. They were only interested in acquiring stolen treasure and fighting. Boy, what kind of existence is that!

When we flew from the west to the east our entire lifestyle changed for the better. We started to take a look at how to make a better life for the dragons. As you see only young dragons came with us.

They were stuck in their old ways. Quite frankly they had no desire to change. They liked misery.

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

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

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

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

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

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

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

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

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

A wise person begins to listen within and change accordingly. This person realizes that proper rest is the key. In the west sleep and rest is sort of a nuance. They don't have an understanding of how important it is. For the body to heal and repair it needs rest. Period.

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

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

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

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

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

Our herbs are giving out our organic and have no side effects. They are extremely beneficial in helping the body balance. Your western medicine has extreme side effects and can cause death. Listen to the commercials today and you will hear a lovely voice telling all the side effects the drugs have.

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

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

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

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

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

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

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

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

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

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

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

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

You can be the fruit that can change this world.

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

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

Chapter 7



Wow, we are directly hard-wired to find God yet we are so dense at this present moment. How can the world at large discover its true nature?

Did you know that the same power that is keeping you alive is keeping the universe alive? Behind your breath lies

the secret of life. The universe is keeping you alive. The mystics have known this for thousands of years.

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.

We are breathing yet most of the time we aren't aware of our breath. By focusing on the breath moment by moment one begins to dive deep into the infinite ocean of life.

Here are some simple and easy yet powerful meditations you can do.

[Sit down meditation](#)



For me, this is the foundation for life. Without this practice, I don't think a person will travel far on this path. You see by closing your eyes and concentration on your breath you are closing the doors to the external world and opening the doors within.

Each time you do this on a day-to-day basis your understanding and experience grow. As I said, in the beginning, you meditate upon the universe. After some point in time, the universe starts to meditate on you.

There is a melding of energy. The mind is like a tuning fork. Whatever it focus on it vibrates at that frequency. When your mind concentrates on your breath it vibrates to love and compassion.

Mind you this is a slow journey. Rome was not built in a day. The earth took billions of years before humans came upon the scene.

You see we are hardwired to discover God. Enjoy the journey of meditation. In the beginning, you will probably meditate just for yourself. At some point, a person gets more spiritually mature and you will meditate for all sentient beings.

Did you know that concentrating on your breath is the foundation for many of the world's meditation practices? It is as old as time. I have been meditating for around 47 years and every day I am grateful to do so.

My advice put your heart and soul into this practice. Many people don't like to meditate. They say it is boring. Well, your mind is boring. Meditation is not boring.

The universe is not boring. You are bored. The mind is bored. Change your mindset. You are playing the video game of life.

As in our video games, they are supposed to be challenging. This is the most challenging game you will ever play. It's also the most rewarding. You will change every aspect of your life.

You will see that the keys to the universe exist inside of you. You will over time learn how to be in harmony with the universe.

Words can't truly describe that experience. Imagine there will never be a point in time where you can clap your hands and say "I've learned all that can be learned". Learning and growing are a part of life and the universe. You will never stop learning. You are eternal.

I was a surfer for many years. Presently I live in Kansas. Yet I love it here. Meditation and the practice of life is my hobby. I love to discover my true nature and the universe. It's my hobby.

I've been doing this for many years now. I have gone through so many incredible levels in this video game. I hope I can help you in your playing the game.

Even if you don't think there is a video game you are playing the video game whether you know it or not. You see 98% of your actions come from your subconscious mind. You aren't even aware of it.

Your subconscious mind got developed when you were from 0 to seven years old. You are playing the same tapes from your early beginnings in life.

No wonder we are like leaves blowing in the wind. We react to every situation that comes our way from these early memories in life. We have learned how to be reactive beings and are quite good at it.

Many of us react when we read this. Don't tell me what to do. We aren't. You have free will and free choice. Personally, if there is a cliff and you are about to walk off the cliff we want to tell you hey there is a cliff in front of you.

Many people say it's too hard. Yes, it's hard yet at the same time is super easy. You can learn to change your attitude. Your thoughts either positive or negative are the building blocks of your life.

I prefer to build love, patience, kindness, compassion, and tolerance in my life. Inside of you contains all the wondrous qualities of the universe. This is your true nature.

By closing your eyes daily you will slowly discover your true nature. Learn how to love to meditate. It's probably the most significant thing a human being can do.

Chapter 8



When you concentrate on your breath you are constantly bringing the mind back towards your center point. The mind loves to wonder.

Mystics have said to control your mind is the most difficult thing to do in the universe. I bet you for the last 47 years I have brought my mind back to the center point probably around a billion

times. Yet if I look back from where I started and where I am today is a difference between night and day.

In the beginning, my mind was out of control. It still is yet my mind is my friend. The mind's natural state is to wonder. The more I drench myself in the ocean of silence my mind is getting cleansed.

Learn how to become friends with your mind. Don't make it an enemy. It is like training a puppy. You can do it. Every time your mind wanders bring it back.

In the beginning, it took a while to sink into the silence. It was like struggling in the water. Yet at a certain point silence would fill you up. It's hard to describe.

Over the years it has gotten so much easier. Now I close my eyes and I'm there. As I said before, in the beginning, you meditate on the universe. At a certain point, the universe meditates on you.

Even in this state, one must make conscious decisions to express love, patience, tolerance, and compassion for all. We must also reprogram our subconscious minds to reflect our true nature. That will be talked about in some other chapter.

Once you can begin to experience the silence and feel love and compassion while you close your eyes you can begin to do the next step.

In this step, you will slowly learn to concentrate on your breath while you are awake. It's a standing meditation. Imagine you are breathing 24 hours a day yet you are unaware of your breath.

Try this next time you are driving. Turn off the radio. When you are driving focus on the road and pay attention to your breath. The more you do this the less you

will be in a hurry. I won't say that you will drive like a Granny yet your state of mind will be peaceful.

You will not have a care in the world. You can be in a traffic jam and you won't have a care in the world. I have a personal theory. The more agitated the mind is the more reckless and impatient a driver will be.

Sometimes you can almost see a fire of anger from a driver. You can see their hands flaring in a state of anger and being impatient.

I'm sure they are completely oblivious to their condition. They are just responding automatically without any self-control.

Try this every time you drive. Once you begin to feel this wondrous effect while driving slowly begin to consciously meditate during other activities in your day.

For example, do this while someone is talking. Listen truly to what the other person is saying and at the same time follow your breath. At some point, you will fill the stillness and at the same time, you will truly listen to what the other person is saying.

This leads to incredible communication skills. The other person will know that you are truly listening to them. Most people don't truly listen and are thinking about what to say next while the other person is speaking. This leads to broken communication.

Need I saw our political environment is like that today. Nobody truly listens yet they only speak without truly thinking. It's more like an automatic response. Our current President does this on Twitter.

He tweets nonsense without going through true filters. Emotionally he is like a child and never grew up. Otherwise, he would never mock someone and call them names. That's for another topic. Need I say more?

The more you do this over time you will be filled with joy and happiness. The more in harmony you are with the universe the better your life will be. You will truly see and understand that happiness exists inside and nobody can take it

away. Your worldly desires will slowly fade away. Most important of all you will let go of all negative emotions. They don't serve you at all. They harm your mind and body.

You may be angry at some person who wrongs you 20 years ago. They have forgotten the incident. Yet you still hold on to it for dear life. Mediation and the power to forgive will dissipate this anger.

These are just a few things to ponder over and try. Mystics have talked about this for thousands of years. Now is the time for you to simply slowly embrace a new way of looking at life.

When I practiced Yoga in the seventies Yoga was almost unknown in America. You were out there if you practiced it. Today Yoga is truly practiced all over America. It has been mainstream for many years.

In the same way, the world is waking up from its slumber. What I'm saying will be mainstream someday soon. Millions of people are talking about the same thing and are changing their life for the better.

Chapter 9



Have you gotten yourself into a pattern where you wake up around 1:00 in the morning and can't go back to sleep? You are wide awake and restless.

Well, this is a perfect time to close your eyes and concentrate on your breath. Just relax and watch the sweetness of breath.

Don't struggle just watch and feel the love flowing through you. You may go back to sleep and then wake up again. Continue watching your breath. The more you do this over time the easier it gets.

When you begin to experience love inside of you try the following. Focus on your breath. Then spend time and focus on each chakra. See chapter 11. Start from the root chakra and work your way to the crown chakra. Take your time. Don't rush.

Imagine this system is always been there and yet we are oblivious to it. Our mentality is if I can't see it I don't believe it. Well, you can see the air or see love but it does exist.

This chakra system is a part of our being. It's as real as your physical body. You just can't see it.

You are hardwired to see God. By being aware of these chakras and paying attention to them you are consciously becoming aware of the mind, body, and soul connection.

You can heal yourself over time. You can let go of your emotional baggage. You can slowly change and become in harmony with the universe.

You can become more aware. You can learn how to take charge of your life and learn how to be a pro-active human being.

Most of us live our lives like leaves blowing in the wind. We react to each circumstance without being aware. Our subconscious is running the show.

Many people think that sleep is a drag. They wish that they didn't have to sleep. They are oblivious not in synch with nature and the universe. Sleep is a time when the body can get rid of toxins from the day.

The scientist has discovered between 8:00 and 12:00 is the best time for the body to repair itself. Unfortunately, most of us are oblivious to this. Every night while we sleep we tap into the source of life.

This is how we recharge ourselves. It's like we have a battery inside that needs to be recharged every night. Much like our cell phones need to be recharged.

When we wake up from our dreams and can't fall asleep try this. If you don't want to do this then spend time forgiving all those people who have wronged you. Forgive yourself.

While you are doing this try to feel what part of the body this energy is stored in. You see your negative thoughts and emotions are stored in your human body. We all are carrying boulders inside and we all feel the weight in ourselves. Forgiveness is the key to dropping our emotional baggage.

By concentrating on your chakras over time you release emotional baggage from the specific chakra you are focusing on.

This path is meant to be fun and full of adventures. As Bugs Bunny once said don't take life so seriously because you will never get out of it alive.

These are all tools that you can use daily. There are hundreds of tools that you can use to change for the better. Most people don't like to change. We have been taught since birth that change is not good. We have been taught to fear change. We don't want to upset the apple cart.

Even when we live our lives in misery we don't want to change for the better. Our world has made us complacent and feel numb. Take a look at our media. It only projects the negative not the positive.

That is slowly beginning to change. Most broadcast news channels now present a small positive segment at the end of the newscast. Some have it every day while others might have it on a Friday.

If you just spent a little time each day and used these tools your life will change for the better. You are the company that you keep. If you just blow this off and say I don't need to change. I'm fine with your free will and free choice. Nobody is going to judge you.

All I'm saying is that you are hardwired to discover your true nature. You are the universe. You just don't know it.

Chapter 10



Imagine that for most of our lives we have been driven in a car with automatic transmission.

This means that the majority of the time our subconscious is driving the car. Our subconscious was developed between the ages of 0 to 7.

During that period all the good, bad, and ugly was directly going into our subconscious mind.

We are like leaves blowing in the wind. Whatever circumstances come our way we react accordingly. We have developed good habits and bad habits. Our body is so entwined with our subconscious that we react without thinking. 98% of our actions are dictated by our subconscious.

The goal is to slowly reprogram ourselves. I have been a software engineer for thirty-five-plus years. During this time I realized that our lives have been programmed. I

learned that if I don't like some portion of my life I can go to the source code and change it for the better. I then can recompile the program and test it out. Over time the bugs I see in life are fixed and I can see more clearly. This is an ever-going process.

We are constantly changing and morphing into discovering our true nature. We can't rest on our laurels. I remember once upon a time working at the Observatory in Maui. I built a dome automation program.

I was extremely proud of that fact. When it was done it was a Friday I thought they might give me a few days off. It was a huge success. Well, Monday came along and it was business as usual. I got another project to work on.

In the same way every day we have lessons to learn. These lessons will never stop. The change will always occur. The entire universe changes for the better. Change

is constant. Yet change leads to a greater understanding of ourselves and the universe.

We are all divine farmers. As farmers, we have internal weeds that need to be pulled on a moment-to-moment basis. The more we clear out the weeds the greater the understanding is that we are all one.

Consciously we are going from me to we. This is an exciting time to be alive. Never before in our entire history do we have such a grand opportunity for the world to transform. Granted the world may seem messed up.

It just looks that way. But imagine this the light of God is shining upon this land. It has been dark for ever so long. War has been around since the dawning of man. Yet the Sun is rising in the sky. Soon it will be noon and the darkness will not exist. You see darkness is the absence of light.

Currently light is shining and the darkness has no place to hide. Look at our world today. So many things that have been swept under the carpet are being revealed today. Look at the scandals in the Catholic church and the sexual harassment case being revealed.

The more we discover our true nature and take care of our inner garden the faster peace on earth will occur. Humanity once again will discover our true nature. We are all tied together through the thread of love. Darkness has been around forever for so long.

We can do this. The ones in control don't want us to change. Yet humanity wants to live in love, peace, and compassion. We have been fighting for thousands of years and we have had enough of it.

Millions of people are waking up. Each one of us is custom-built and has a particular way to go within.

We are learning how to be tolerant of each other. Every culture has a unique way to discover God within. My way is my way. Your way is your way. Love is the thread that binds us together.

By removing our weeds we can see more clearly. We remove our mask of judgment toward others and can see the unity of all.

When this happens a huge celebration will occur throughout the universe. Man has gone from darkness to light. Man has gone from man to a truly divine human.

Man means mind human means divine mind. We have transcended all our negativity and left them behind for good. A new dawning has occurred. The kingdom of heaven will be upon the earth.

Mark these words. It will take time yet the change is occurring. Millions of people are waking up from their slumber.

Chapter 11



Humanity is slowly learning how to go from darkness to light. We are learning how to go from me mentality to we mentality.

Millions of people are waking up from their slumber. Human nature is about to change quite dramatically.

We will look at this present era someday in the future and say what a dark age it was. Where was humanity coming from? Well, it was a mixture of dark and light. It was predominantly dark.

People flame each other. The world is in disarray. I could go on for hours, Yet still, people are waking up from their slumber. A new dawning is occurring. Can you imagine the changes that will occur when we transform from me to we.

It means that bullies will no longer exist. It means that politicians will be elected by their state of kindness, love, and compassion.

A person who tries to run a negative campaign will no longer be elected. We will probably still have a two parties system but they will truly work together and get things done. We will pass laws that are beneficial for all not just the rich.

People will learn how to compromise with each other. When you can see through the eyes of the other person you can see both sides of the issue. Our whole society will change for the better.

Granted changes will be slow but all beneficial changes are slow. Yet over time, we will see incredible changes that have occurred. We will be most pleased with where the world is heading.

We will finally take care of the poor and homeless. New ideas will come out that the world will be properly fed. Finally, people will learn how to solve any problems. The solutions are there and we have to think outside of the box.

With man connecting directly to the source, the answers to many unsolvable problems in the past can now be solved.

Many incredible inventions will come out. With the dangers of war now obsolete inventions from the quantum world may come to fruition. These inventions could never occur presently due to the warring nature of man.

Humanity will live to a grand old age. The disease will be a thing of the past. Humanity will learn how to be in harmony with nature. Most of the diseases will soon perish from the earth.

You see disease can't live in a being who is full of light. The disease occurs in a being whose body and mind are unhealthy. This will take time and many adjustments must occur but this is where humanity is heading.

Never before in our history have we seen such an incredible human shift in awareness. Consequently, with this new awareness, this kind of change will occur on this planet.

Our daily news will be focused on all the discoveries and positive changes that are occurring around the world. Every day something new and incredible is happening.

The world will be in constant amazement. Society will be amazed how quickly so many of the world's problems will disappear into the night.

Religious groups will honor and love each other. Many people will go and visit other religions and enjoy the meal by seeing different new food of thought being presented.

They will see how barbaric it was in the past that religions caused so many wars. Unity and tolerance will prevail throughout the land.

This is where humanity is heading towards. Many new ways of thought will occur that we don't have the vision to see or even think about. A huge global transformation will occur.

We are on the verge of becoming something so grand and magnificent. It would be a fairytale-like event yet it would be real.

Ponder this over. We are living in exciting times.

Fellow Friends on this journey

Monroe Institute



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

One day as he was sleeping he felt himself drifting outside of his body. He thought he was

dying. He had this experience recurring every month or so. Finally, he went to the doctor.

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

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

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

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

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



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

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

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



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

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

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

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

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



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

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

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

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

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

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

Intro.

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



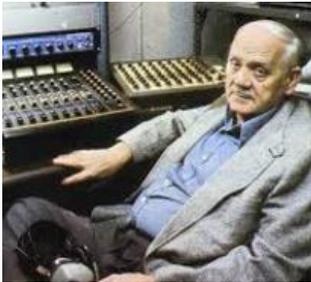
Energy-bar tool

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

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

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

Freeform 10



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

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

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

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

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

Liftoff

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

I was putting together the kinesiology of actual lifting off.

Introduction to Focus 12



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

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

and enjoy the experience just like a child.

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

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

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

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

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

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

Problem Solving



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

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

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

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

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



Free flow 12

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

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

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

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

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

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

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

Free Movement



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

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

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

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

Five Questions



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

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

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

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

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

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

Non-Verbal Communication



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

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

Lord Jesus on it.

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

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

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

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

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

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

Introduction to Focus 15



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

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

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

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

Free flow 15



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

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

daughter was there.

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

No tape experience.



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

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

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

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

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

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

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

Communication point 15



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

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

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



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

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

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

No name tape



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

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

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

Relation Galaxy



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

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

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

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

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

5 Messages



The name of this experience was 5 messages.

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

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

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

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

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

Vibe Flow



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

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

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

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

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

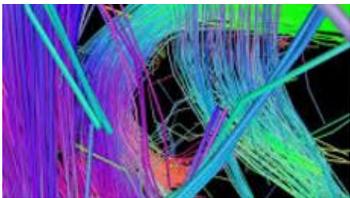
There was laughter in the background. The rest of the people were discussing their experiences.

Side Two



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

I had an NVC experience of going into a dream and coming out and realizing that it was an NVC experience. I just want to go back inside for a few more minutes. I could very easily just leave and never come back. (Long Pause) 15 to 20



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

It will take me time to know what this experience means. Slowly I will begin to understand all of this. (Long Pause) Music is playing in the background.

One one patterning



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

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

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

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

Freeform 21



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

All of my guides and teachers were there.

(Once again I forgot to turn off the tape)

Freeform 15



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

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

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

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

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

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

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

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

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

Introduction to Focus 21



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

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

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

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

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

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

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

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

Freeform 21



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

PDF



Books 2022- Monroe Institute

Fletcher Soul Traveler
Updated today



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

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

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

35 years later

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

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

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

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

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

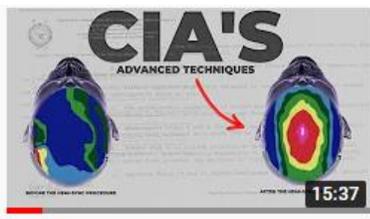
After meditating for over 50 years and listening to these videos I saw the brilliance of Robert Monroe. Not too many people knew of him. His voice was mesmerizing. I don't think I have ever heard a voice so brilliantly before. In each of the tapes, we listen to during our retreat he would be leading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

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

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

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

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



CIA'S
ADVANCED TECHNIQUES

15:37

Brain Enhancement Techniques Listed In a CIA Document

Video Advice 936K views

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



KEPT HIDDEN
FROM HUMANITY

15:42

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

Video Advice 166K views

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



DEEP BREAKFAST RAY LYNCH

40:23

Ray Lynch – Deep Breakfast (1984)

302K views · 2 years ago

Terminal Passage

00:00 - 04:42 01 Celestial Soda Pop 04:42 - 10:05 02 The Oh of Pleasure 10:05 - 12:52 03 Falling in the Garden...

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



THE GATEWAY TAPES (C.I.A
DECLASSIFIED)

John Baier



John and I have been friends for 40 years. Wow. Time sure flies. We first met in New York City around 1977.

He was living in England with his wife and move back to New York. We became instant friends.

During the eighties, both of us landed in Miami Beach and we

were exercise partners.

We ran usually at night along the beach and then dive into the ocean. We loved to try different things. One day I saw an article in Omni magazine about the Monroe institute and decided to check it out.

I went as you read about my adventures. John went a few weeks later. He became good friends of the institute including Robert Monroe.

John introduced me to Mafu. He went to a seminar in California during the summer of 87. He came back with some tapes. I was intrigued. Paul McClain in one of my channeling sessions talked about Mafu before Mafu was introduced to the public.

John has been a practitioner of Rolfing for many years.

This is from his website.



John first experienced Rolfing in 1973 amazed at its results. "I sought out every person who Dr. Rolf had personally instructed, and particularly those she choose as her first teachers, and received many hundreds of sessions of Structural Integration.

I am currently honored to have the esteemed Emmett Hutchins as my primary mentor, who promised Ida on her death bed to carry her work forward in its purest form, as long as he lived. After training in Hellerwork, and at the Rolf Institute,

I graduated from the Guild for Structural Integration in Boulder, CO, and have practiced in the Zuma Terrace building in Malibu since 1997.

Dr. Rolf was a genius whose understandings of the body are the reason her method is uniquely effective. Whether seeking relaxation, or the deepest manipulation of an injury or athlete may require Dr. Rolf's method can be tailored for you. I deliver results!"

Here is a great recommendation from Greg Louganis the famous Olympic Diver.

I have worked with John for over ten years, and have done Dr. Ida Rolf's full "ten series" with John several times. This progressive and powerful method of sequentially freeing up the fascial layers in the body truly creates results every session and genuine lasting change over time.

Dr. Ida Rolf once said that her work is something that two people do together. It is hard to understand till you have had Rolf's manual therapy, the active role the receiver has.

I have come to this awareness with John's Structural Integration bodywork: John is a facilitator in my health, and I am an equally integral part of in charge of my healing process. As an adult living with HIV, John keeps me



deeply in tune with the state of body, mind, and spirit that I require, and aspire to. Being HIV positive, and now in my 50s, I intend to always maintain the same very active lifestyle I always have had. John has, and continues to aid me in that goal through his work. John's bodywork is the best gift you can give yourself. John is terrific, dedicated, and unique in his approach. Thank you, John, as a friend and teacher. Namaste.

-Greg Louganis, Olympic Diver

Throughout the years we remain in contact with each other. We are on this incredible journey of life. We are still discovering new things along this journey of life.

Yesterday I talked to John. I discovered the first channeling sessions we ever did together. I stumbled upon them when I was looking for something else.

John was amazed that I had them. It was our first time so we were real rusty. Remember it took me a month just to ride the darn bicycle. My brother just jumped on the bike and rode away. Anyway, I'm proud that we dove in.

John and I will be friends for life. I haven't seen him in years but the connection is still there.



The Rolling Stones - Gimme Shelter - the best version ever.

14M views · 12 years ago



The Rolling Stones, THE BEST Rock Band of all time!!!!!!! This is the best version of gimme Shelter, EVER! (This is my opinion) ...



Toto - Africa (Live)

32M views · 5 years ago



Toto were formed in LA in the late 70's by a group of friends who were all much in demand session musicians. They went on to



Tina Turner - What's Love Got To Do With It (Official Music Video)

168M views · 13 years ago



The official music video for Tina Turner – What's Love Got To Do With It. Taken from Tina Turner's album Private Dancer from



Every Breath You Take

40M views



Provided to YouTube by Legacy Recordings Every Breath You Take · The Police Stranger Things (Soundtrack from the Netflix ...



Eye Of The Tiger - Survivor (Lyrics)

8.8M views · 2 years ago



Survivor - Eye Of The Tiger (Lyrics) Listen to Survivor: <https://Survivor.Ink.to/listenYD> Subscribe to the official Survivor You



Duran Duran - Hungry like the Wolf (Official Music Video)

18M views · 4 years ago



The official Duran Duran video for 'Hungry like the Wolf' from 1982's RIO. Directed by Russell Mulchay. Stream Duran Du



R.E.M. - Losing My Religion (Official Music Video)

988M views · 11 years ago



The GRAMMY Award-winning "Losing My Religion" from R.E.M.'s critically-acclaimed, 199 album, Out of Time. To learn more ...



Men At Work - Down Under (Official HD Video)

309M views · 9 years ago



Men At Work's official HD music video for "Down Under" As featured on Contraband: The Best



Queen - Bohemian Rhapsody (Official Video Remastered)

1.5B views · 14 years ago



REMASTERED IN HD TO CELEBRATE ONE BILLION VIEWS! Taken from A Night At The Opera, 1975. Click here to buy the DVD ...

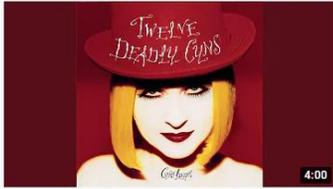


Madonna - American Pie

94K views · 7 years ago



Madonna American Pie Taken from the single 'American Pie' (2000) ...



Time After Time

11M views

Cyndi Lauper

Provided to YouTube by Epic Time After Time - Cyndi Lauper Twelve Deadly Cyns... And Then Some © 1983 Epic Record

4:00



Eurythmics, Annie Lennox, Dave Stewart - Sweet Dreams (Are Made Of This) (Official Video)

709M views · 12 years ago

Eurythmics

#Eurythmics#SweetDreams #SweetDreamsAreMadeOfThis#EurythmicsMusic#SweetDreamsOfficialAudio ...

3:35



Prince & The Revolution - When Doves Cry (Official Music Video)

75M views · 5 years ago

Prince

Purple Rain remains one of history's most important, indisputable, and influential albums, but you've never heard it like this before

3:45



The Cars - Drive (Official Music Video)

146M views · 9 years ago

RHINO

Who's gonna tell you things Aren't so great? You can't go on Thinking nothing's wrong, oh no Who's gonna drive you home ...

CC

3:59



Rick James - Super Freak (Official Music Video)

115M views · 12 years ago

Rick James

Rick James' official music video for "Super Freak" from the album 'Street Songs' (1981). REMASTERED IN HD! Read a

CC

3:23



Foreigner - I Want To Know What Love Is (Official Music Video)

192M views · 2 years ago

RHINO

You're watching the official music video for Foreigner - "I Want to Know What Love Is" from the album 'Agent Provocateur' (1984).

CC

5:01



Bonnie Tyler - Total Eclipse of the Heart (Official Lyric Video)

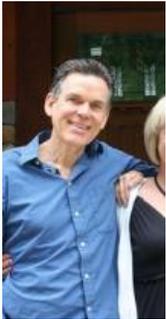
1.5M views · 2 years ago



#BonnieTyler #TotalEclipseOfTheHeart #Superbowl #RoboDog #LyricVideo #HoldingOutForAHero #BonnieTylerOfficial ...

CC

David Schweizer



I just got up. It's 4:04: in the morning. I'm writing early because throughout the night my mind was going over what to say about David Schweizer.

We have been friends for over 40 years. Well, I log in to my computer and there is a message from David. What a synchronicity?

I've known David when I lived in New York City. He lived in Hartford Connecticut. During the eighties, we both moved to South Miami.

At some point, he starts making pyramid kits. Around the same time, my wife starts building pyramid kits. They didn't know each other.

Both of them at the time were studying with Ramtha. They were the only two individuals building these kits.

Now David and my wife Barbara had a mutual friend in Castle Rock Arizona. Barbara went to visit Jim about 3 times. Each time Jim Maheu would say you just missed David and David Husson (another friend of mine).



Now David Schweizer, John Baier, and Harry Bartz introduced me to Mafu's tapes. My dear friend Catherine who I met at the Monroe Institute got a job working for Shirley MacLaine.

Shirley was going on a nationwide tour and giving seminars. Well, they needed a computer programmer and I get the job.

I take a plane from Miami to Los Angeles. Then I got a ride to the office. I spent the day working and after work, they said we are going to a Mafu event.

Do you want to come? The rest is history. Isn't it amazing that in my channeling readings I was told that I would meet Mafu before Manu was on the scene?

Now David was visiting California for some time. He went to several events. I moved to the Pacific Palisades and we would take walks in the hills.

Now there was a pyramid project that David Schweizer was going to work on. Mafu called David "Hermes". Hermes was the main Architect in Egypt for building the Pyramids.

Now I'm not saying David was Hermes. Yet why did David start building pyramid kits? Does our DNA contain blueprints of who we were in the past?

We are all stardust. We are the universe. We just think we are these funky human beings.

Well, David invites me to join this project. The project is located in Sedona Arizona. Wow, what an incredible place. I take a plane from LAX to Phoenix. David and David are there.

They said we are going to see Zoran tonight and would you like to come. So now David has introduced me to both Mafu and Zoran. Is there synchronicity going on? Anyway, I move to Sedona and we all share a house. Eventually, I move to this incredible trailer

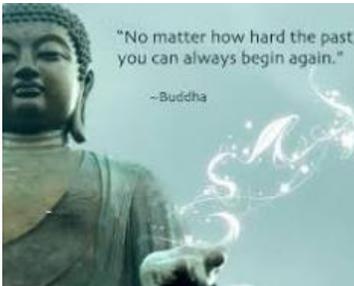


where my backyard is the creek. I have more details in this book but I met my future wife. She is going to rent my trailer for a while.

Both David and David met Barbara for the first time.

There finally could put the pieces of the puzzle together. Who is this David? Who is the Barbara?

Personally, David has a heart of gold. I think his IQ is off the chart. He is one of those who can do anything. There are several jobs he has worked on where you needed the training. Yet without the training, David comes in and performs.



David has had an active acupuncture practice in Miami for many years. He has been using lasers quite successfully in his practice. David studied for a while Zen Buddhism.

I think meditation helps in our daily life. Both my wife and I see David as a great

example who brings heaven to earth. Frankly, I think that is the goal in life. If we all did that there would be heaven on earth. Meditation is not hocus pocus.



Tunhuang Kitaro (1985 - Full Album)

393K views · 8 years ago

 Jeffrey Walston

0:00 Lord of Wind 4:00 Fata Margana 7:46 Sacred Journey I 11:37 Lord of the Sand 17:0...



Lord of Wind | Fata Margana | Sacred Journey I | Lord of... 9 chapters ▾

Harry Bartz



It's 2:13 in the morning. I've been sleeping and meditating for an hour. I was thinking and contemplating the web of life with Harry Bartz.

I first met Harry in LA in 1976 over 40 years ago. It wasn't until the late seventies did we come in contact with each other again.

We both moved to South Florida in the late seventies. We were both involved with the same teacher.

At that time Harry was running a tree cutting business. It was a great business. There was always plenty of work. Harry hired me and we became good friends.



At that time windsurfing took off in America. Harry took up windsurfing.

He invited me to his house and in his backyard, I learned how to windsurf. I bought a board and it was love at first sight. John Baier and I were windsurfing buddies.

During certain seasons the wind would howl and you would have the time of your life.

I didn't see Harry for a while. One day I bumped into him and he told me he finished a year's course at the Computer Science Institute. He took Basic, FORTRAN, and COBOL. I always knew I was going to be involved with Computers. Even at a young age, I

```
type(json_value, json_value)
// Force the conditions to be stored (potentially
// faster on JSON, the order of the operations below
// is significant to avoid the recursive field-walking)
sequence
// For the linked list
type(json_value, pointer) :> previous -> null()
type(json_value, pointer) :> next -> null()
type(json_value, pointer) :> parent -> null()
type(json_value, pointer) :> children -> null()
type(json_value, pointer) :> tail -> null()
// Variable name
character(kind=Ck, len=1), allocatable :: name
// Methods for this variable
method(allocatable) :: dbl_value
method(allocatable) :: log_value
character(kind=Ck, len=1), allocatable :: str_value
integer(4), allocatable :: int_value
integer(4) :: var_type = json_unknown // variable type
integer(4), private :: n_children = 0 // number of children
```

knew that. To make a long story short I'm still involved 35 years later.

So Harry was a catalyst. Here's the definition.

In chemistry, a substance that causes a chemical reaction to occur but is not itself involved in the reaction. Note: The term **catalyst** is often used to

refer to the prime agent of any change: "She was the **catalyst** for the reorganization."

I find it fascinating that life's events help you to be at the right place and right time. Synchronicity was there. Harry gave me the impulse to enroll and start an incredible career.

Yet it doesn't stop there. Harry was one of the ones who told me about Mafu.



Fast forward a few years. Barbara and I moved into a house with Linda Graham. Linda's ex-boyfriend was Donn Rochlin who in the future (25



years later) provided the music for my first poetry/music CD. It's featured on this site.

Yet guess who is living next door. Harry Bartz. Harry made a ton of money selling computers and moved to Sedona.



This was in 1987. In 1991 my family and I moved to Hawaii for 6 glorious years.

I got a software engineering job at the Maui Space Surveillance Site. My wife and daughter went to Maui and I went to Portland Oregon for a few weeks. I had a contracting job I was going to work on.

In Portland, I get a call from Harry and he tells me that Mafu was going to give a 3-day retreat in Ashland Oregon. He was teaching about ancient Vedic meditation techniques. Now that's a subject I love and dear to my heart. So I went.

In 1999 I started working with Charles Schwab as a senior software engineer.



At that time our family was living in Penn Valley California. I was a telecommuter. Now Penn Valley's internet connection wasn't very good. It was horrible. You had to use a modem. So I started to look for a community that had a great internet connection and a great high school for my daughter.

Well, Ashland Oregon just recently installed the whole town with fiber optics. Ashland High was an incredible school for my daughter. Guess what Harry was still living there.

From 2000 to 2008 we spent a lot of time seeing Mafu. He liked me. When we first moved there one day he got off the stage and came up to me and gave me his initiation jacket.

This jacket he has worn for many of his imitations. I was honored. At that time I also was involved in a Mystery school and used that jacket for the initiations.

Many people think that channeling was fake. Well, I met and talked to Mafu many times.

We had a deep relationship. Like any relationship, you knew one another. Yet there were numerous times I saw Penny (who channels Mafu) and said Hello. She had no idea who I was. I think



I spoke to her once when she was reading off the list of attendants for a seminar and said hi to each one.

One time I saw her and

Rob Spinnler was with her. I said 'hi' and as I was walking away she whispered to Rob who that's.

Rob said that's Richard Fletcher. That gave me a sign that I had a relationship with Mafu. How can you have a relationship with someone when you never interacted with them?

So it makes perfect sense for Penny to say who's that? We have never interacted before.

What I liked about his group was that Mafu taught about kindness. He taught about compassion. He taught about meditating for the whole planet.

He taught universal truths. The universe is kind. That is its nature. Mafu is kind. That is his nature. As humans our true nature is kindness. It is just covered up.

So here was a group practicing universal truths of love and compassion. It wasn't just words

Mafu was an incredible drummer. Imagine during the winter. It's snowing and you're on top of a mountain inside of an ashram. It's nighttime and the wind is howling. Mafu is on stage beating these huge Japanese Taiko drums. It's a site to see. At that time and place, you



could be in some remote monastery on top of a mountain in the Himalayas at night.



Now back to Harry. As you can see Harry has had a tremendous impact on my life. Harry is very kind. In Sedona, I had little to my name and Harry would treat me to lunch.

Harry doesn't say much, like me at times. He doesn't preach. He just smiles. He has nothing to prove. He loves to meditate.

I know he is having a great experience but he doesn't talk about it. Yet you can see it from his eyes. He is humble like that. He has served the Foundation for Meditative studies for over 25+ years.

I call him a few times each year. It is good to connect with a dear friend. Friendships are God's way to connect with him.

Imagine we are the universe yet we have forgotten that fact. Friendship is God's way of saying 'I love you'. Treasure your friends. We all have an aching soul that's trying to find its way home. Friendship help soothes the soul.



John Boswell - Mafu

15K views • 13 years ago



冥冥

3:40



Mafu meditation 5 12 2007

17 views • 11 months ago



Fletcher Soul Traveler

7:16



Kundalini Color Healing Meditation - Sri GuruDev Isa Mafu

4.1K views • 9 years ago



TheFFMS

"Chakric Consciousness is Sound and It is Light. Light and Sound Synthesize in this Dimension as Color" Sri Gurudev Isa Mafu ...

9:00

Paul McClain



In the fall of 1982, I went to New York City on a business trip. I stayed at a friend's house. While I was there I heard about a good friend of mine Paul McClain who was channeling people's guides.

I stayed at one of my best friend's houses Mark and Geraldine. They told me how Paul McClain had these incredible experiences over a year and a half.

At first, I was skeptical and had no clue about what they were talking about. I could care less about talking with some person who had been on earth, left his body, and communicated from the other side. But I learned there was a lot more than that.

Since Paul and I were friends I wanted to check it out. I wanted to be open. Maybe something greater would come my way. I met with Paul and he told me that for a year and a half he would leave his body.

In this state, strange things would happen to him. He would hear voices and talk to guides from another dimension. He thought he was going crazy.

Over time he learned more about these experiences and came to terms with this experience. He could channel a person's guides. At this particular time in my development, I was aware only of my experience as God as a form of infinite energy.

God was light. It was sound. It was the Word of God. My realm of experience was completely different. For years Paul also had this kind of experience. He loves to meditate also.

In my first meeting with my guides, Paul was put in a trance. It was like falling asleep. He would drift away and this incredible being would come in.

His whole being would change. His voice would change to male or female depending on the guide who was present. I was completely blown away.

The information that came through was incredible. I knew it wasn't Paul because of the details of my life being described. Paul knew me but the information that came through was very personal.

Paul didn't have a clue about my life in the past. I developed a strong sense of communication with my guides. They prophesize many events in my life.

One of them was about how soon in the future I would meet this entity named Mafu. He was an enlightened Lord who would come and be channeled by a female.

I was directed to move to Calif. This indeed did come true. This experience came at a time when Ammaji wasn't even channeling Mafu. I know a lot of people have a hard time with the channeling experience.

Some people indeed go to channeling so other guides can make decisions for them about their life. But my experience was different. The information that I received was incredible.

I developed relationships with my friends on the other side. Because we are so material we have lost touch with our acute senses. Man can be aware of different dimensions.



A lot of people in mental hospitals aren't crazy. They truly hear voices. Because our society can't grasp or understand their experience we brand them as crazy.

Oracles have been around for thousands of years. I went to Paul probably 10 times in 5 years. All in all, I had an incredible time. I learned a lot about myself.

A lot of sessions were like psychoanalysis sessions. I learned how to begin to deal more directly with my life. I took the reins of my life and began to direct it more directly.

I became my teacher. I put more faith and trust inside of myself. In the past, I would look at teachers for my guidance. I began to look at myself for my inner guidance.

I learned that God helps those who first help themselves. Below is a small excerpt of my first meeting with Paul.

There are no accidents. All things which come to pass are under the will of the Almighty. The one who is of good heart and good will and an open heart will find there is no end to the workings of the Almighty.

There is never a time when your amazement will cease at the wonder of the Almighty. Always there will be new and uncharted borders old things will fall away and new and brighter greater things will come to pass.

A time will come when all things all present consciousness and awareness will fall away to bear a more complete and new state of conscious awareness. And the old falling away will feel much like death



and the new well fell much like a rebirth into the divine kingdom. It is always this way in the workings of the great God. There will never be a

time for one who is of good heart and open heart and goodwill when love for this creator will cease.

There will be times when you wish to thank and times when you wish to hate and times you wish to cease your existence for the pain of longing and times when would wish your existence to go on forever and times you feel neglected and times you feel the favorite son of the almighty.

The Lord Almighty will move your experience itself to make fall away all present understanding. You must not fear this death for beyond this death of the sort is always new life as you have learned many times to this point.

At times your love will be strained and felt as though it is being tested. This will be given to you by the Lord Almighty. And at times it will feel as though you can't make any step without the sense of grace behind even the smallest of things that you do.

There will be times which come which you will ask yourself where have my step arrived. And at these times you must remember you have been guided precisely to the point where you have found yourself by the workings of the almighty divine father.

Your faith is strong for you are of goodwill and a good heart and open heart.

You are this way because the Lord has given this to you. And yet it is time as it is always is time for an ever-strengthening bond an ever greater love, an ever fervent desire going more in each period of more and more feverish love which enabled you to carry and be about the service of the father.

For in all your doings you must request not simply know but request that you may serve that your life may be of service that your life may be given purpose in each moment the service of the almighty.

And in each moment you must ask for knowledge that you are not alone for it is not enough to know it but it is more to ask

And having asked to thank and having thanked to asked again and to offer yourself in that way which the Lord would have yourself serve.

Your will and the Lords will be of the same intent. For it is of the Lord's mercy that you are allowed and all are allowed to be fulfilled in any way which they choose so long as the love between the two remains the important thing.

But those are truly blessed who find it within themselves to have this request of service in the way the Lord would have you serve. This is truly a blessed thing. For even to come to this understanding is no small thing.

This is perhaps the greatest level of human existence. For when the almighty has given all free will to embark upon any road that they so choose and one with their will by the grace finds it within themselves to surrender their will to that of the almighty regardless of the consequences for in the surrender is the fulfillment.

This is no minor thing nor may all even do this thing. But those indeed are fortunate who have such a blessing to find themselves in this position.

My child, you are in such a blessed state. You must always remember to be humble before God, humble before the master, and humble before the servants of the Lord's will.

Giving always from your heart, from the desire to be one with the greatest thing. I am Richard who has been called the lionhearted. And you and I are part of each other.

Indeed it may be said that you and I are the same indeed it may be said that at one time we were not apart but at one time we were the same being but as time continues the soul finds in its multiple parts different aspirations.

Your aspiration has its duty here while mine has my duty elsewhere. We serve in our ways as the Lord would have us serve. I here and you here.



[Mark McClellan](#)

Mark had a huge influence on my life. We were neighbors. He lived across the street. I spent many hours with Mark and his family.

Mark is extremely kind and loves the adventures of life. He loves to snow ski and spent many years snow skiing. Mark introduced me to many different kinds of music.

He was always sharing different points of view. People liked to be around Mark. Kevin Charles another good childhood friend said to me about a year ago "Who wouldn't like Mark?"

Mark is the kindest person I have ever met." Yep, that's true. Mark has the spark of life. Maybe he gets that spark from his Dad. Spark is his Dad's name.

Knowing someone that long Mark has a deep place in my heart. We have had many incredible adventures along the way. I call Mark about 4 times a year to keep in touch with him.

Mark will forever be young at heart. He loves life and life loves him.

Mark had quite a wide spectrum of listening to music. He introduced me to Linda Ronstadt and Chad and Jeremy. Also, I remember the first time I ever heard the album sticky fingers by the stone. Mark played it for me.

Back then during our high school days, he went to a lot of concerts.

[Linda Ronstadt](#)

Mark, introduce me to the music of Linda Ronstadt. At that time I didn't have a clue who she was.

It was rare during this time to have a solo female artist singing. She said definitely out of the box.

"You're No Good" Live 1976



Linda Ronstadt "You're No Good" Live 1976 (Reelin' In The Years Archives)

6.2M views · 9 years ago

ReelinInTheYears66

This clip of Linda Ronstadt and her stellar band (Andrew Gold, Kenny Edwards, Waddy Wachtel, Dan Dugmore, Brock Walsh and ...

Feelin' better, now that we're through
Feelin' better, cause I'm over you
I've learned my lesson, it left a scar
Now I see how you really are
You're no good, you're no good, you're no good
Baby, you're no good (I'm gonna say it again)
You're no good, you're no good, you're no good
Baby, you're no good

I broke a heart, that's gentle and true
Yes, I broke a heart over someone like you
I'll beg his forgiveness on bended knee
I wouldn't blame him if he said to me
You're no good, you're no good, you're no good
Baby, you're no good (I'm gonna say it again)
You're no good, you're no good, you're no good
Baby, you're no good

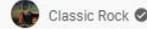
[The Rolling Stones Sticky Fingers Full Album 1971](#)

This rolling Stones album was quite radical for its time. Even the name sticky fingers were quite controversial for its time. But it was an amazing album.



The Rolling Stones - Sticky Fingers Full Album 1971

408K views · 1 year ago



You Can support My channel if you wish...
<https://www.paypal.com/paypalme/ClassicRockYT>.

46:33

Gerry & The Pacemakers - Ferry Cross The Mersey (1965)



Gerry & The Pacemakers - Ferry Cross The Mersey (1965)

10M views · 13 years ago



"Top Of The Pops" Show (1965)

2:42

Lyrics

Life goes on day after day
Hearts torn in every way
So, ferry cross the Mersey
'Cause this land's the place I love
And here I'll stay
People they rush everywhere
Each with their own secret care
So, ferry cross the Mersey
And always take me there
The place I love
People around every corner
They seem to smile and say
We don't care what your name is, boy
We'll never turn you away
So I'll continue to say
Here I always will stay
So ferry, cross the Mersey
'Cause this land's the place I love
And here I'll stay
And here I'll stay
Here I'll stay

Source: [Musixmatch](#)

Songwriters: Gerard Marsden / U.s. Income Only

Ferry Cross the Mersey lyrics © Pacermusic Ltd.

[Cookie Monster](#)



Recently I had a phone conversation with my sister Jane and she told me a story about Mark that I had forgotten.

Many times when my sister would make her famous Chocolate Chip cookies Mark had this uncanny ability to either call or come over to our house.

This happened many times. In fact when at a certain point my sister would see that Mark would call or come over and he did. This was a great joke for us.

How did Mark know, good question. Was it by chance? I don't think so because it happened so often or Mark has a keen sense of smell he lived across the street.

Mark would have been an incredible Hatha Yoga practitioner. He could do yoga moves I have never seen before. I was flexible but Mark was off the charts.





John Roberts



I first met John through my friend Buddy Owens. I had just returned home from my journeys around the world. Buddy was living with some friends who I become friends with them.

They are learned how to meditate. John was an incredible person to be around. He loved life to its fullest. He had quite a humble and loving demeanor. John smiled at life.

Once again the web of life connects us all. One of Buddy's roommates is Bob Haxton who thirty years later is living in Ashland Oregon. We have the same spiritual path with two identical teachers.



John and I decided to take a surf trip to Mexico. John had this incredible VW Camper.

John just bought the Wings first album and we would play it over and over. We drove from California to Matatlan. We spent a day or two there and traveled to San Blas



San Blas is famous for Matanchen Bay. This can be the longest wave to ride in North America. On a good day, you can ride a wave for over a mile.

I have never seen that yet. I see the potential. I have ridden tiny waves for probably a quarter of a mile.

John and I surfed at this river mouth just outside of town. It was always consistent. We had it all to ourselves. Great fun lefts were had by all.



We continued our drive to Puerto Escondido. I was there a year before but I had no surfboard. This surf spot is for experts only.

The waves can be huge. Even on a small day, the waves break extremely hard and violent. We got some incredible waves. Back then it was an unknown surf

destination. Today the entire world knows of this surf spot.

John was a great surf partner. We definitely had adventures along the way. Our goal was to go to Central America. One night, while we were sleeping someone, stole John's surfboard.



We drove on a dusty dirt road to Oaxaca and visited Monte Albán a famous pre-Columbian archaeological site



We also visited the Tule tree. It's believed that the tree is about 2,000 years old. Local legend holds that the tree was planted 1,400 years ago by a priest of the Aztec storm god.

According to National Geographic, it is the inspiration for an annual festival in Oaxaca celebrated on the second Monday of October.

We spent a few days there and drove to Mexico City. I lived there for two years



Our house was across the street from Chapultepec Park. I enjoyed seeing my Mexican friends. They welcomed John and me into their household.

I will always cherish my time with John. The last time I saw him was ten years ago in Ashland Oregon.

Tom Kuzma and Alani Galbraith



As you know I love the ocean. Here am I in Utah attending a seminar. Tom and Alani have studied the Lomilomi massage for many years.

What an incredible experience. It brought me right back to Maui. It was a spiritual and physical experience. The way they cracked the sheets sounding like waves breaking in the distance.

Words truly can't describe the experience. All I can say is to try it out.

Here's Tom's quote.

It ain't what I don't know what bothers me, it's what I knows fer sure that just ain't so!

I have known Tom for around 19 years. He is full of great wisdom. This is a zoom talk we had. I love hearing different viewpoints in life. We have different views on some subjects yet we are on the same page in life.

Tom helps mean to think outside of the box. I love it when I say something Tom responds differently. It helps me to see different angles on the subject. I love that.

Zoom meeting with Tom.



Lothar and Ricardo Delgado



I first met Lothar and Ricardo in India in 1971. They were part of the Rainbow Gypsies. They were incredible dancers and danced around the world. Both of them learned how to meditate and still practice today.

I have many fond memories of them. They were older than I was. I remember a great party I attended in Miami Beach in the mid-eighties. Their house was on the beach. Great time for all. Both of them love the adventures of life. Love you guys.

Read Richard's Journal

In 1969, my life at the age of 18 took a giant change of course. All my dreams and fantasies of love, dance, and adventure were about to unfold through the most unlikely of circumstances.

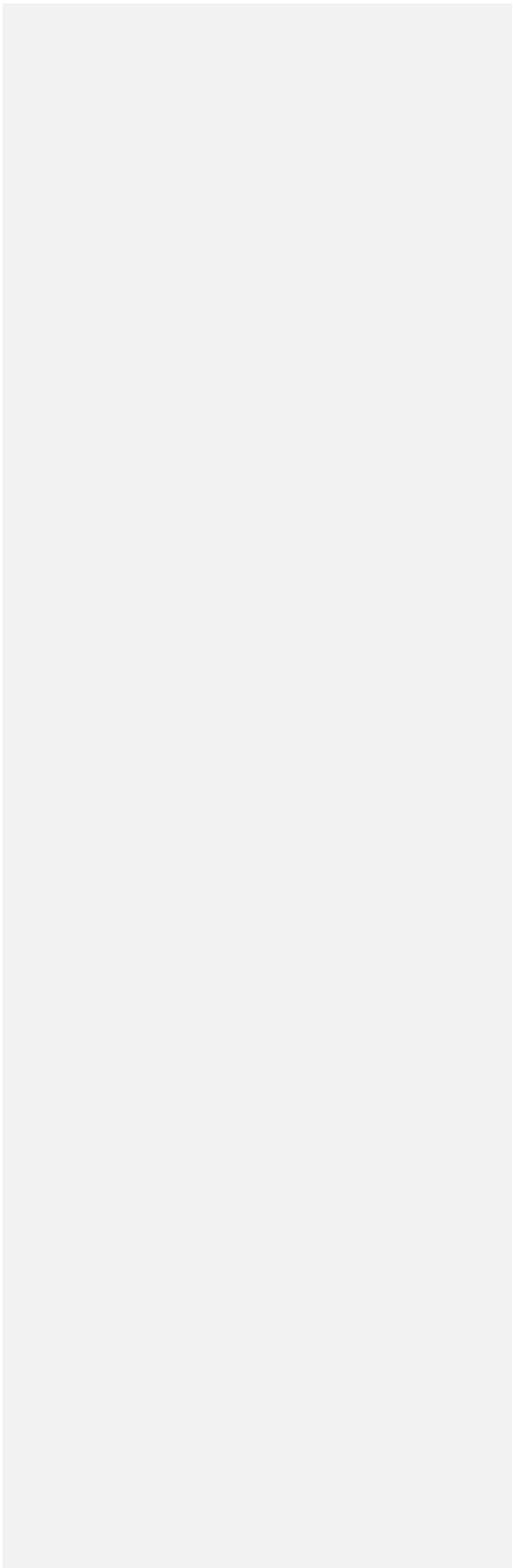
Leaving my home town of Santa Barbara the day after high school graduation, I hitchhiked up the coast to the Emerald City of San Francisco, ready to put behind me the family drama of my angry, alcoholic dad, my depressed, bipolar mom, and my three tormented brothers.

I wanted to escape the fighting. The war in Vietnam was raging, and I was about to be drafted; it was obviously time to exit stage left. I just wanted to be happy.

Fortunately, by a stroke of innocence and intuition, my closest friend became my journal...



FaceBook video



Jeff Bernard

As you can see Jeff loves nature and hiking through it. Jeff walks through life because he reflects the true nature inside of him. He loves to meditate and spends a tremendous amount of time in nature.



Top of mountain



Smiling at top of the mountain



I made it this far



Look what's behind me



How's this for a canyon?



Nothing like a beautiful meadow



This is called God painting the sky



Flying Toys

It was my best Christmas. I was with my grandfather whom I loved dearly and who told the best stories. . . stories he made up as he went along. I received the toys that I most wanted. Santa Claus must have read my letter. My best present was the little plastic airplane that was connected to a line about eight feet long that had a handle with a battery powered trigger to operate the planes speed. I could hardly wait to get back to Peru to show my friends. Everybody was so happy to be together. My father, and my mother with her parents.

Our vacation to the U.S. was only a week old and we were leaving to visit my grandparents on my father's side of the family. I always enjoyed the drive from Biloxi, Mississippi to Morgan City, Louisiana where my father's family gathered on Christmas day to celebrate. We were getting ready for the drive from the pine forests of Mississippi to the swamps of Louisiana. I felt like we were going to a different country, the two places are so different. I couldn't always understand what my cajun cousins were talking about since they all spoke French with each other; still it was a pleasure to see them as they always hugged and kissed me, and were very warm. My aunts and my grandmother always served really great food. The gumbos, cracklings, hot sausage, and crawfish that they prepared in so many different ways always filled the holiday table. Even though I thought of the good food awaiting in Morgan City I enjoyed the breakfast of buttermilk pancakes and sausage my grandmother had fixed here in Biloxi.

After eating we packed the U-Haul trailer, kissed hugged, and waved goodbye as we pulled away headed for Louisiana. It really was my best Christmas. I had more presents than ever before. We had packed one small suitcase that contained all my presents, and nothing else. I hadn't realized what it would mean when my father mentioned to my mother about his raise in salary, and I didn't know that I was on the good end of his hard work.

When we arrived in Morgan City and began unpacking I discovered that the suitcase with all my Christmas presents had fallen off the trailer. My stomach went queasy and my heart raced as my eyes swelled with tears that soon became a flood. It turned out to be my worst Christmas ever, one I'd never forget.

A few days latter we returned home to Peru. I only had a couple of small presents that my cajun relatives had given me. I often daydreamed of finding the suitcase with all of my presents. In Peru it was a very distant dream.

The next summer we moved back to the United States, and stayed with my mother's parents, whose house was only a block from the beach. One day while walking on the beach I met Kevin, a kid about my age and we immediatly became the best of friends. He took me to an old barn where his family lived in the hay loft. It was the first time I'd ever seen a homeless family in the United States. Having come from South America and this being the the 1950's I was used to seeing poverty but this was still a shock to me. They were very poor.

When my grandmother found out who my friend was, she threatened me with a spanking if I continued to see him. She called his family white trash.

My grandparents didn't have much. I didn't understand her feelings, or lack of feelings, for someone who had less than she. I cried and tried explaining to her how much my friendship with Kevin meant to me, but she would have none of it. Christ didn't want me associating with such riff-raff she told me.

She was a devout Southern Baptist and spent a lot of time reading the Bible. I guess she justified her actions through passages in the good book.

My parents didn't mind my Kevin. They told me that it was O.K. So I began sneaking out and playing with him in places where my grandmother wouldn't find out.

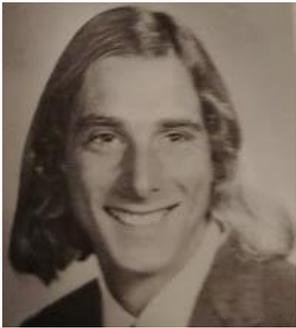
One hot, humid day while my friend and I walked in the wet sand at the beach he began to tell me a story. He said that the previous Christmas had been very sad for him. It was, he said the worst Christmas in his life. He and his younger brother and sister didn't receive any presents at all. He told me that he came to the beach to walk his tears away on that Christmas day. While walking along and crying to himself he noticed a suitcase lying next to the highway that runs along the seawall. He ran over to it hoping it was undamaged and would contain something useful to his family, maybe something he could give as a present to his mother who also didn't receive anything on that Christmas. He pulled the suitcase away from the road and onto one of the steps of sea wall near the sandy beach, where he opened it and quickly became a believer in Santa Claus again. It was full of nothing but toys. Toys for someone his age. It turned out to be the best Christmas in his life. He told me that his favorite toy in the suitcase was the little plastic battery operated airplane.

I couldn't believe what I was hearing as he described the contents of the suitcase with all of my christmas presents. I stood on the beach in shock. My mind was racing with thoughts of the toy airplane and other things that had belonged to me. I looked at his face, I looked in his eyes. I decided not to tell him. He would have given everything back, even if I insisted he keep it all.

We moved to Louisiana a few days later and I never saw Kevin again, or the Christmas toys that were his.

Nick Roth

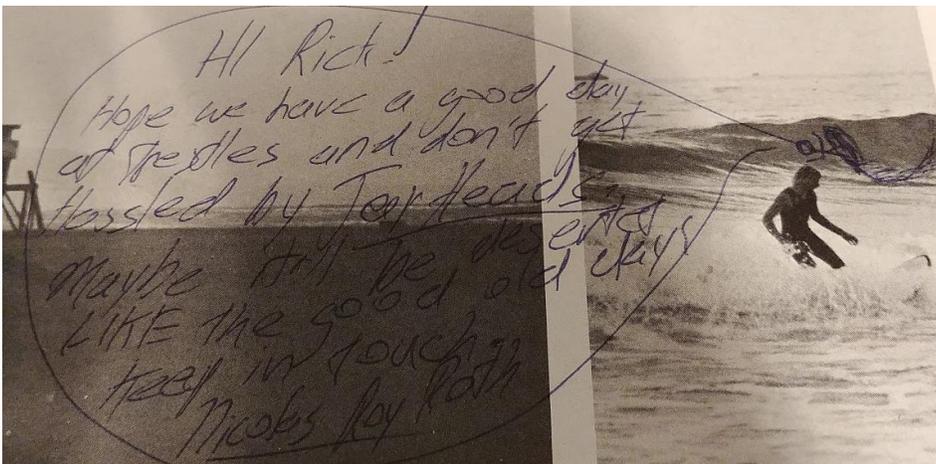
Nick is another extremely creative person. He was one of the best surfers of the day. He was quite humble and never boast about his achievements. His mother was a famous artist. She was well known in the art field. Yet I didn't know this until recently. Nick and I had a great chuckle because back then we couldn't see the forest from the trees. Surfing is another incredible expression in life.



I have known Nick since junior high school. We went on many surfing adventures in High School.

Nick is one of those guys that whatever he touches turns to gold. He was good at whatever sport he played yet at surfing he seemed he was destined to be a surfer.

If Nick was young today he would be in my eyes one of the best surfers in the world. He would have tons of money.



Nick doesn't surf for fame, fortune or glory. He surfs because it's a part of his life. He is an artist when it comes to surfing. He has nothing to prove. He just smiles like a wise man.

One funny story is about Nick and his Dad. He would call me an electric man. He said my voice would sound like an electric computer.

Years later I stopped and pondered what he said. It seems like his subconscious was on to something. He was picking something up about me and couldn't quite pinpoint it. To this day he was one of the only people who picked up that I was different.

Nick moved from Orange County to Depoe Bay Oregon about 10 years ago. He still surfs at 64 years old. I saw him for the first time in years and we connected that time is endless. It seemed just like yesterday we saw each other. In fact, it was over 30 years ago.

Nick is definitely the web in my life. We had many great journeys together.





Nick's Moms paintings

These are three of my favorites that we kept, my mom was very generous and gave away lots of her stuff to relatives that liked her art. It's scattered all over the country and it's cool to see them in their homes when we visit.

1, oil painting. 2, print from metal etching (Hana Maui beach scene.) 3, watercolor, my personal favorite titled "Aura.) Nick



Figure 1 Oil painting



Figure 2 print from metal etching (Hana Maui beach scene)

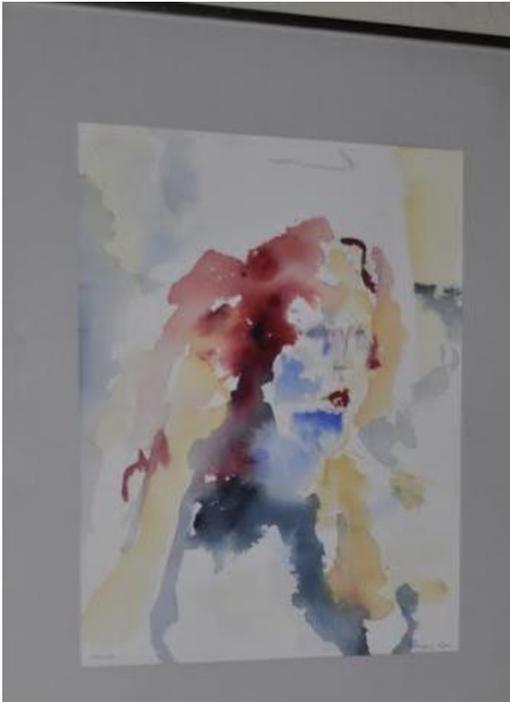


Figure 3 my personal favorite titled "Aura"

Nick ripping

Hi Rick,

Was great talking with you today, I always thought we had a great rapport and could talk on a deeper level than something like, "How bout them Dodgers!" LOL!!

I have to send two emails to send six pictures, they should be a good resolution. This has the surf shots, 1, cutback on a Jon Ashton single fin 1975, 2, backside turn at the point probably 1980, Russell gun that your' brother broke in half. 3, Slow shutter speed cutback also 1980, 56th street Russell single fin. Nick



Figure 4 cutback on a Jon Ashton single fin 1975



Figure 5 backside turn at the point probably 1980, Russell gun that your' brother broke in half



Figure 6 Slow shutter speed cutback also 1980, 56th street Russell single fin

Nick story moving from Anaheim to Newport Beach

The saying "timing is everything" certainly applies to most people who found themselves growing up in Newport Beach when Rick and I did. Growing up in Anaheim was great when I was age three to age ten, lots of orange groves, not many people, it was still rural living and one traffic light and one-stop sign between our house and the beach. I had three friends (brothers) that lived next door and we had a great early childhood with a lot of freedom to roam and play. By the time I was ten suburban sprawl had claimed most of the orange groves and tract homes were there instead, my friends had moved away, and even at ten, the future looked boring. Most of the older guys were into fast cars or being on the football team, I didn't care about either and didn't like school to boot. I was an unhappy kid sitting in class at Walt Disney elementary school when a kid knocked on the classroom door. "I need to talk to Nick, his house is on fire." Our house was right across the street and was a total loss, my mom was a great artist and lost a lot of her work. My dad was making good money by then, he had a machine shop that had a lot of aerospace contracts, so the decision was made to move to Newport Beach. Talk about "every cloud has a silver lining" this cloud had a gold lining, the year was 1963.

My parents bought an old house with a view of the harbor and ocean for half the price of a new truck today, and the opportunities for someone my age quickly expanded. I met some friends that lived nearby and all the fun activities revolved around the ocean, bodysurfing, skimboarding, kneeboarding, surfing, sailing, fishing, diving etc. The people that gravitated to the beach lifestyle had a different attitude than what I was used to, a more vibrant enthusiastic mentality with more emphasis on enjoying life and taking advantage of the gifts the beach life offers. It also attracted successful and talented people in other fields, lots of creative types gravitated to the coast. It was still low-key and uncrowded, the landscape still had a lot of open spaces and most people weren't there to show off, we were lucky to be there at that place in time and I'm grateful for it.

Twins John and I

My twin brother John



What can I say about my twin brother John? He has been there with me even before I was born. There is a connection that goes beyond words.

Both of us know that we are visitors on this planet. We came from the stars. Yet you did the same. It's quite a puzzle that mankind lost its true connection. It's still there but we are lost in space.

A shaman has a different perception of life. My brother has that. For the past 5 years, my brother John and I have been

collaborating on various music projects. John has been providing music for my work. He also is creating inspiring music.

We have both been meditating combined for around 99 years. We started as teenagers.

Both of us love to meditate. You could say that is our hobby. We have a knack for it. As you can see from the picture that John is in great shape. He is always gaining external and internal wisdom. I would call John the modern-day renaissance man. John was one of those who were born with talent.

A friend of ours told me a few years back that John could have been a professional baseball player. He would throw no-hitters almost every game he pitched.

Here's a story I tell.

Once upon a time, there was two twin brother named little Ricky and little Johnny. Little Johnny was a genius in 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 it. 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. Never give up. Preserve. You can learn anything. It may just take your time.

Just yesterday I asked my brother about zoom. I never set it up to have a meeting. Anyway, I got flustered. John was super cool. I figured it out. It was simple yet complicated. I've been a software engineer for 35+ years. It was frustrating for me.

[John's music site](#)

Songs

[One God](#)

[Cosmic Travelers](#)

[Never Give Up Hope](#)

[Nobody Truly Wins a War](#)

[Visitor](#)

[Timeless](#)

[Being Old](#)

[I Feel So Good When I Feel Love](#)

[Angels Fallen From Heaven](#)

[In a Day of Lovers](#)

[Sea of Mercy](#)

[Rumi I am the Soul](#)

[If Superman Was A Man](#)

Childhood (House Of The Future)



My brother and I were born on December 24, 1952, in Pasadena Calif. We had an incredible childhood. My Dad and Grandfather owned an aerospace company.

The first house I remembered was near an orange grove. My brother and I would sneak through the fence and walk in the orange grove.

There was a tree house and we would climb up in it.

We were probably three years old. Our house was years ahead of its time. My father and grandfather were both inventors.

They developed a house where you could walk in the house clap your hands and the lights would come on.

The outlets weren't on the wall but hidden in the carpets. We had sensors that when it rained the windows would close.





Move lamp on where and it would light up. 1



Windows would close when it rained. 1



Move watching us on TV 1

My mom would watch us in the back yard by video cameras while she was cooking dinner. This house was featured in the Los Angeles Times Home section. This was back in the early

fifties..



Steering wheels for kids 1





Floating frying pan 1

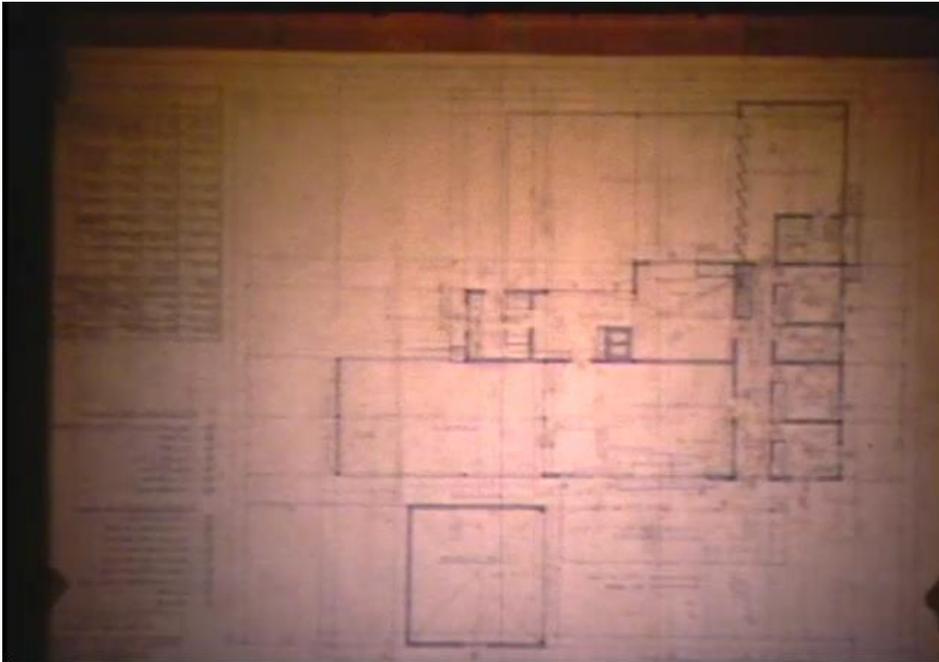
In the early 2000's I saw a Burger King commercial where my Mom was making hamburgers. The frying pan was floating in the air. The stove used induction coils. [Check it out.](#)



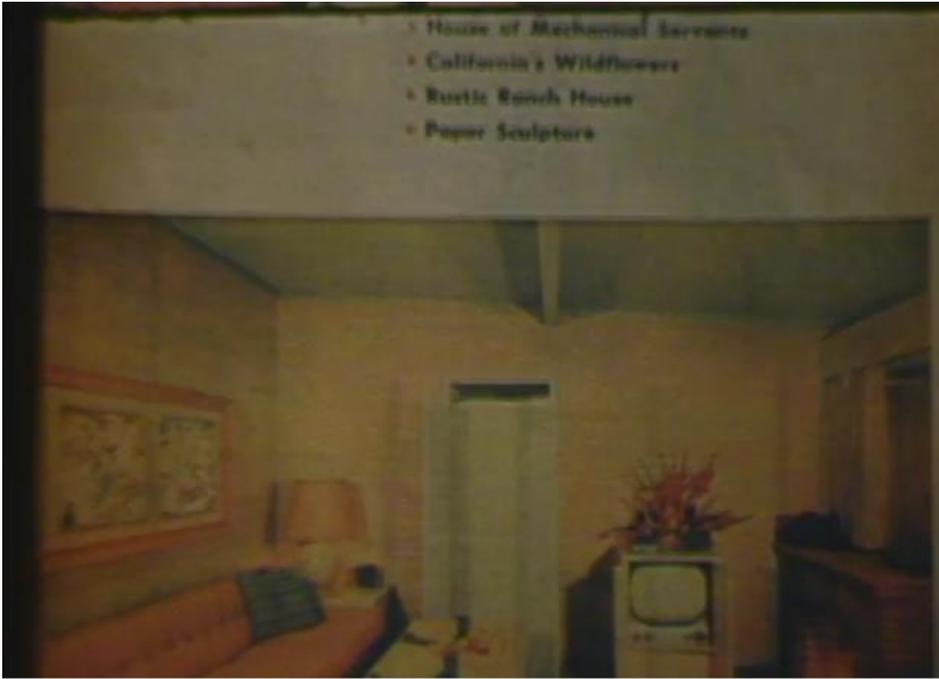
Control room 1



Designing house 1

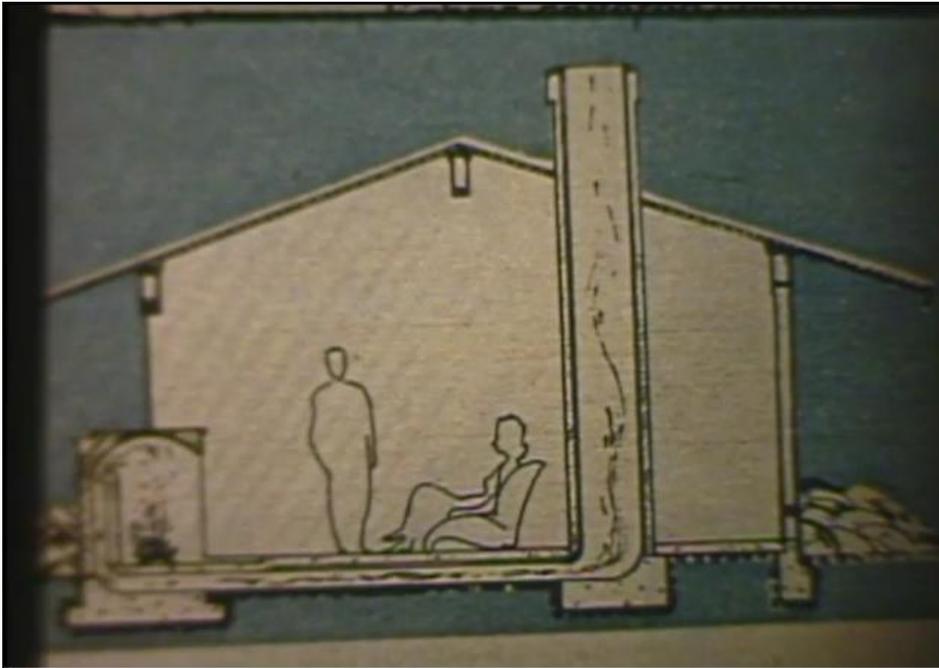


Plans 1



LA Times House section 1





chimney underneath floor. 1

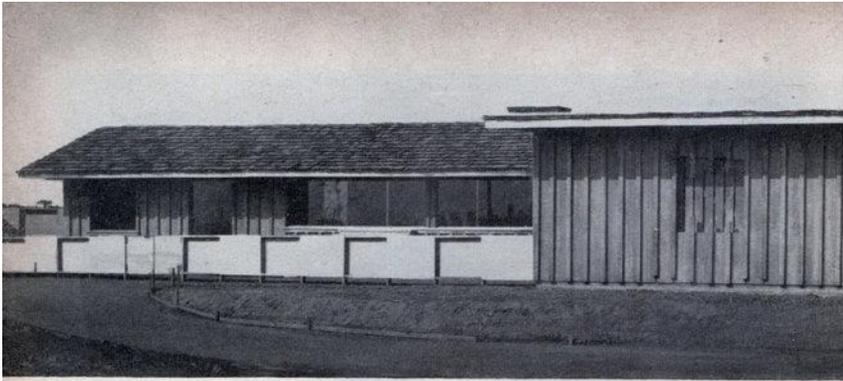




Lights turn on and off by waving hand. 1



Could see out but not in. 1



"House of the 21st Century" has rustic shake roof and board-and-bat siding. Makeshift fence is only temporary

Built for Modern Living

A HOUSE OF MAGIC

By Thomas E. Stimson, Jr.

IN JACK FLETCHER'S new home, the windows close themselves whenever the wind blows hard for more than 15 seconds. They close automatically, too, when a rainstorm starts or when the outside temperature drops too low for comfort.

Guests never trip over the wires to a floor lamp in Fletcher's living room. The floor lamps in this "House of the 21st Century" have no electric cords. Their fluorescent tubes, in fact, could be burned out and still operate perfectly when placed over certain spots on the living-room floor.

Mrs. Fletcher's stove has an attractive hardwood top and she does her cooking over the stove, not on it. A concealed electromagnetic cooking element not only heats the pans but keeps them suspended in the air while the meal is cooking. There's no need for an "old fashioned" metal stove top.

If the children start quarreling in their play yard, Mrs. Fletcher can admonish them at once from the house via a loud-speaker attached to the play-yard wall. She sees the youngsters by means of a television camera that scans the yard area and is linked to TV receivers in the kitchen, living room and master bedroom. These picture tubes also receive standard TV programs.

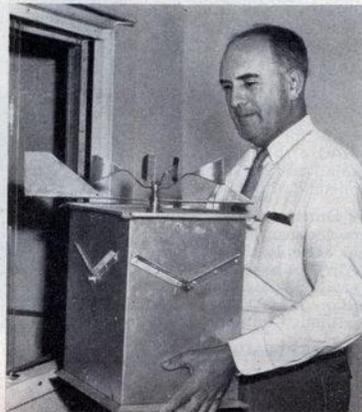
In the Fletcher house you don't need to press a wall switch to turn on the room lights; they turn on automatically as you

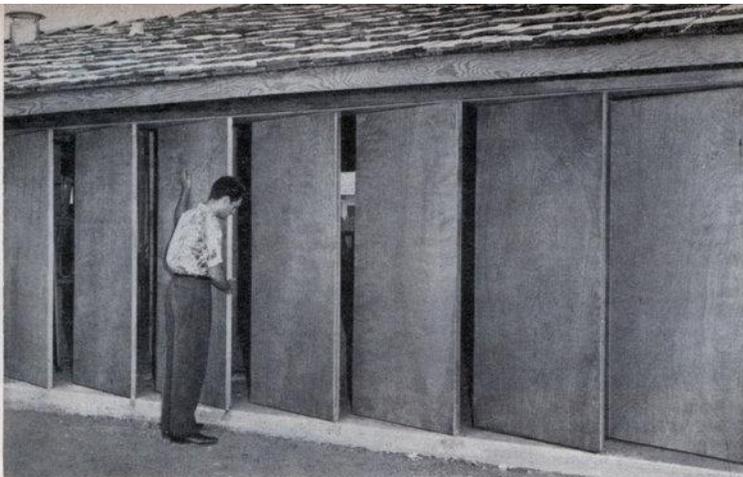
enter a room, then switch themselves off when the last person leaves. This "walk-a-light" switching system likewise rings the doorbell when a visitor approaches and serves as an alarm against prowlers.

To phone his office or various friends Fletcher presses a button opposite the name he desires, then lifts the receiver when a signal lamp shows the connection has been made. The actual dialing of the number is performed by a concealed rotary switch.

One of the fantastic features of Fletcher's

"Window brain" with rain troughs, weather vane and wind gauge, shuts windows exposed to bad weather





Bedroom wall consists of slab doors permanently set at a stagger. Movable glass panes will be between

thus can be simple nonload-bearing curtain walls built up from short inexpensive lengths of material. The wall panels, in fact, were assembled at a temporary factory instead of on the job. They consist of one-by-six-inch vertical stiffeners nailed to two-by-four horizontal spacers. There are no vertical studs in the ordinary sense. Any scrap lengths of wood as short as 29 inches can be used.

This wall core is erected, then building paper and insulation are added, and finally the exterior and interior wall surfaces are applied. In Fletcher's home the exterior consists of redwood boards and bats. Wall-board paneling is used in the interior.

Steel-pipe columns support the roof beams. The beams are hollow and are built in accordance with aircraft design. A typical beam may consist of a two-by-six on top, a three-by-six on the bottom with 16-inch-deep walls of one-half-inch plywood and with an internal wood stiffener every eight feet. One of these beams will support a 25-foot span and can be nailed and glued together "by the mile" at less cost than solid timbers. For some shorter spans two-by-fours are used for the top and bottom of the beam.

To provide privacy, light and ventilation in his bedroom Fletcher used slab doors for one exterior wall, the doors being staggered to create a louvered effect. The space between each pair of door panels contains a narrow pane of glass for ventilation.

Patio areas outside the house have louvered roofs that screen out the sun and yet permit air to circulate. The patio-roof boards are set on edge, in slots, and may be

removed when winter sunlight is desired.

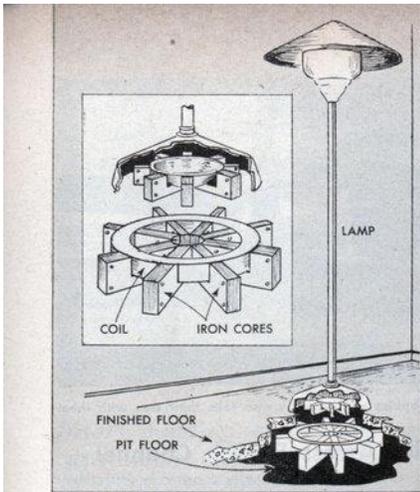
Fletcher's self-closing windows are actuated by a "window brain" located on the roof. The brain is actually a metal box with rain-catching channels on each side and with a weather vane and anemometer on top. Inside the box is a bimetallic thermometer. When bad weather strikes, the instruments actuate an electric circuit. Solenoids beneath the windows trip locks to release springs which close the windows.

Mrs. Fletcher's mysterious stove operates by electromagnetic repulsion. Be-

Wood louver roof over patio provides shade in summer, may be lifted out for additional sunlight in winter



POPULAR MECHANICS



Cordless floor lamp relies upon induction coil buried in concrete slab floor, secondary coil in lamp base

neath the hardwood stove top are four main lifting coils that also heat the metal pan floating above it. Three adjustable stabilizing coils steady the pan.

To operate his cordless floor lamps, Fletcher buried induction coils at various points in his living-room floor. Contained in the base of each floor lamp is a secondary coil. The current flowing between the coils provides enough wattage to fluoresce the gases in the fluorescent tube at the top.

The walk-a-light switching system throughout the house operates on the capacity principle. The presence of a person's body changes the capacity of a plate

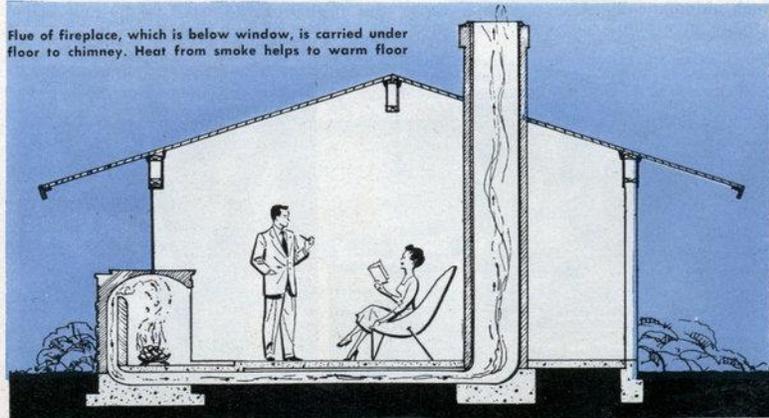


John Campbell shows that fluorescent tube of lamp glows brightly even when lamp is lifted from floor

connected to a vacuum-tube circuit. A relay then switches on the lights. The same capacity effect operates the doorbell when a person walks onto the porch. It is used outside the house to operate lights and on a burglar-alarm system.

By the time you read this, Fletcher may have added some other improvements to his house. He and John Campbell are studying the feasibility of an outdoor air conditioner that would keep the large patio areas at comfortable temperatures even on the hottest days. And they are thinking about an invisible ultrasonic screen that would keep flies away. ★ ★ ★

Flue of fireplace, which is below window, is carried under floor to chimney. Heat from smoke helps to warm floor



At that same time period, they developed a jeep that you could shoot at the tires and nothing would happen. This jeep could float downstream. It was lighter and got more miles per gallon than the standard jeep. They tried to get the US government to buy the jeeps but after several years of losing bids, they saw the handwriting on the wall. If you don't have inside connections with the government you could have a futuristic jeep and nobody would care. During this time they came up with a way to make houses that would cost 1/10 of the present day house. It was all modular. They could put up a complete house in a week. The trade union was strongly opposed to this. Consequently, it was never marketed. I guess those early years really had an impact on me. I subconsciously adapted to always look towards the future and bring that technology back to the present. One of my first was multimedia. Even before multimedia was born I had a company with a good longtime friend John Slowsky. We developed a visual database for the real estate market. You could put in a search for a house and all of the house which matched the criteria of the house would come up. When you saw a house you liked it would take you on a tour of the house. This program won awards at trade shows but it was too far ahead of its time. We developed some trial photo databases programs for the Department of Justice but lost finally to IBM who bided one dollar for the job.



Our great Dane Carmel 1



One of my first impressions, when I was young, was that when my brother and I was born that I said to him you go first and check it out. My brother remembers going down a long bright tunnel in ecstasy and then told me to come down. I remember it was a rush and both of us laughed inside. When we were young my brother and I had our own telepathic communication with each other.

Allot of people thought we had communication problems because we didn't talk English very well. I remember our state of communication was non-verbal but with thoughts, picture, emotions and experiences. If was like if you wanted to know about an apple and you have never seen one talking was one way to explain about the apple. A way was to graphically send the experience of an apple. I remember hearing stories

about tribes in the South Pacific Islands who would communicate with their loved ones telepathically. Today we use telephones. Our sense of communication is more physical. It's kind of funny that people think it is mystical when it is probably very natural. We have simply not used this communication so we forget we ever had this ability. So now we scoff at the idea that man can communicate in ways that we don't imagine.

Jokesters



My brother and I loved to play jokes when we were kids. I remember that one joke we played was on our bus driver coming home from kindergarten.

As the bus driver drove us home, we realized that our mom wasn't home. Usually, when that is the case the driver can't release you.

You have to return to kindergarten. My brother and I didn't want this to happen. As soon as the bus stopped my brother and I ran out of the bus and ran to our front door.

It was locked. So we ran to the back of the house and entered another door. The bus driver was amazed. He knew what happened.

He started to yell "open the door. You have to return to kindergarten. We both made faces. Fortunately, my mom came home and resolved the situation.

When my brother and I were babies my mom put fingernail polish on one of us to tell us apart.

We used this to our advantage growing up. In the fifth grade, we would switch classes for the fun of it. All the kids in the class would get a kick out of that.



Mad World - Gary Jules

165M views · 16 years ago



The original video of Gary Jules' and Michael Andrews' cover version of Mad World, directed by Michel Gondry. Throughout the ...

Take Me To Your Leader



I remember when I was a child my Uncle took my brother and me to Bob's Big boy for a chocolate milkshake.

The placemats were a spaceman with the words "take me to your leader".

My brother and I were in so much joy placing these masks over our faces.

In one way we knew that we came from the stars and it was really funny to see these masks. We knew that these earth and bodies were stardust and could laugh at the joke. Yet we take this life too seriously.

We think this world is so physical yet over 94 years ago Einstein taught us differently. Yet we continue to live and believe so staunchly in this space-time continuum.

My brother and I knew we were special and yet we knew everyone was special but didn't know about it. I remember looking at the stars when I was a child and I knew that I came from far beyond the universe.

Here I was in a tiny human body but something inside of me knew that my consciousness existed everywhere. I was the sun and the stars.

I knew as human beings we could experience this but at the time our western culture never expressed the idea. I remember when I was probably about 10 years old my yearning for self-discovery began.

I began to look consciously for ways to learn about myself. Whenever I heard the words India or meditation or yoga it would send a chill down my back. I remember trying to get involved with a church but I had a hard time with the concepts.

I felt that life was glorious and incredible. Christianity was trying to make me feel guilty for what 2000 years ago. At the time I had a strong connection with Christ which I still do.

It was my own personal and private connection. I felt that religion should be a private experience. I had my own experience with the creator.

At times I would watch the church services on TV but they didn't have any substance. I felt it was a lot of talks and they took advantage of people. I knew at that age if I kept my vision that I would someday have the experience that I was looking for.

I knew the doors were inside of my being but I wasn't conscious of the doors being opened. I knew I needed a direct personal experience with my creator.

My life as a child ran on two levels. I was a happy-go-lucky kid. I loved the world and played to my heart's content. On the other side, my life was very personal.

I wished for the stars and my friends on the other side. I lived in this world but I didn't altogether leave my inner world. I knew there was a purpose to live.

Our culture at that time hardly expressed our desire to become one with our creator. We were taught that when you die you might have the chance to experience your creator.

I could never buy that. I knew as human beings we could have a firsthand moment-to-moment connection with our Lord. It was direct and personal. As a child, I never wavered from that.

At times I would have fleeting glimpses of that experience. I remember waking up and feeling such joy and ecstasy. I knew that in my dreams I went to such an incredible place.

But I didn't have full conscious memory. I knew my friends were looking after me. I felt that in due time I would be shown the way to consciously 24 hours a day to be in that joy.



Newsboys | Take Me to Your Leader | Music Video |
4K60
20K views · 2 years ago
Mendes Family Memories
General Specifications - Artist: Newsboys - Song: Take Me To Your Leader - Album: Take Me To Your Leader - Release: February ...
4K

The image shows a YouTube video player interface. On the left is a video thumbnail featuring a man in a blue and green patterned shirt in the foreground, with other people in blue outfits in the background. The video title is "Newsboys | Take Me to Your Leader | Music Video |". Below the title, it shows "4K60", "20K views · 2 years ago", and the channel name "Mendes Family Memories". There is also a "General Specifications" section with details about the artist, song, album, and release date. A "4K" resolution indicator is visible at the bottom of the video player area.

1 Split Second Got It Driving Car



One morning I was driving to work when I had this incredible flash that only lasted for a second. In this flash, I become one with the whole universe.

I was the sun, the stars, black holes galaxies. I knew everything. I was intelligent. Here I was driving down the highway in rush hour traffic when I had this experience.

The experience only lasted one second but it had such an impact. It was like lightning striking. My whole body and being were so charged. Each one of us can have such a realization. I

It goes beyond time and space. I wondered what would happen if I could tap into this 24 hours a day. Makes you kind of wonder.

Kundalini Snake Experience



One early morning I was meditating using Mafu techniques. I felt such joy and happiness. All of a sudden I felt this incredible power.

I saw this incredible cobra at my root chakra. This cobra was slowly rising up my spine. The energy was incredible. It was so real. I became a little afraid due to the power and the cobra. I knew I would not be harmed at all.

I controlled my fear and let the experience grow. The cobra went all the way to my third eye which is the pituitary gland.

At each step of the way, I would have a different experience. I have always heard about the Kundalini experience but this was the first time I had the experience to see it.



The Vedas talk about this experience. The cobra was so real. It was like you had to face your greatest fears and then and only then could you be taken to a different level of consciousness.

Amazingly, this experience exists inside of our being, and yet it is dormant. We are so involved in this world that we are simply unaware of a greater reality.

I learned that the scriptures of the past were based upon practical experiences. We have simply convoluted the meaning of the experience and come up with a different meaning altogether.



Jai Uttal - Gopala

354K views · 11 years ago



Shakti Amrita

Naval Special Warfare -Meeting Alien

I was working for the Navy as a computer programmer. One day I got off work and was walking downstairs from the main building I was working in.

All of a sudden this alien is behind me. He looks like a combination of a human and a reptilian. I had a little fear but I knew I would be all right. As soon as I reached the bottom of the stairs I saw the guard look right at me. I was thinking do you see what I see?

The alien was right at my side. I couldn't believe the guard didn't see him. I laughed to myself and walked out of the building. The alien continued to walk by my side until I got to my car.

I entered my car and the alien sat in the passenger seat. He drove with me about 10 miles.



To this day I wished I said something to him. I was still a little afraid not because he was an alien but because this incident caught me totally by surprise.

I remember looking at this alien in my car and I could see him smiling inside. He was friendly and at the same time full of wisdom. I knew I would be ok but at the same time, it was an Erie feeling that I saw an alien face to face.

It's strange in our society the vast majority of people know some beings exist from other planets or worlds and our government tries to suppress and downplay any activities about UFOs and aliens.

Some people might say it was a hallucination or a vision. I don't drink, take any drugs including medical drugs, get plenty of sleep, etc. This encounter was as real as any physical encounter with any human being I have faced. The only difference was this was an Alien.

For myself, I knew I had a wonderful encounter with an Alien from a different home than earth. The next time I think I will carry on a conversation and learn more about him.

A few months later I was with Zoran who claims to have a huge mother ship within our galaxy. He was taking my family for a walk in the Laguna Mountains outside of San Diego.

I had no idea where we going. I had a picnic lunch with me. We probably walked for about an hour. All of a sudden Zoran stopped and with a smile, he said: "Do you see anything different about this place."

I looked around and at first glance, I thought about what you are talking about. All I see is just a forest. Then I started to see what was around me. All around us were a huge circle.

Inside of this circle the leaves, grass, and trees were burnt. I have heard stories about how when a UFO lands the surrounding area is burnt. I knew this wasn't man-made or made by nature. It was obvious some craft had landed. It was kind of strange that Zoran took us on this walk and we just happen to end up here.



The Killers - Spaceman
42M views · 13 years ago

 TheKillersMusic 🎵

#TheKillers #Remastered #Spaceman.

CC

vevo 4:46

Initiation



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

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

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

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

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

I liked the idea the proof is in the pudding. I didn't want to join a cult or a religious group. I just wanted a direct and continuous experience of the power that is keeping me alive. I knew through practice this could be achieved.



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

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

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

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



Tommy Emmanuel - Initiation

465K views · 15 years ago

D. Kelly

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



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

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

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



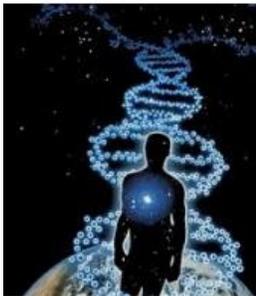
The first technique the initiator revealed was the light technique. I always knew that human beings could see the light inside. This is an actual experience.

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

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

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

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



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

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

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

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

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

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

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

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

inner music

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

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

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



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

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

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

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

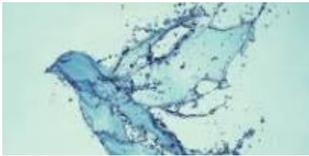
I know a lot of people who took this experience and never really tried it out. Over time I can consciously put myself in direct communication with this Word.

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

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

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

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



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

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

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

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

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

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

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

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

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



Hank Williams Sr... I Saw The Light - 1948

11M views · 9 years ago



V.A. HOSS

Don't forget to rate and subscribe...

Mediation Ganges



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

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

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



Castle in the air - Don McLean Original

4M views • 13 years ago

keyoshei morinaka

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

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

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

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



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

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

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

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

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



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

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

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

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

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

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

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



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

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

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

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



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



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

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

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



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

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

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

Finding Bombay Ashram



We took a train from Delhi to Bombay. Maharaj Ji was in Bombay for a week. Upon reaching the train station I realized that I lost the directions to the ashram.

I just laughed and knew that everything would be all right. I was traveling with three western girls. I

said let's go hop in a taxi. We got in the taxi and the driver said where you want to go. I said we will direct you.

Bombay is a huge city. None of us have been there and he couldn't believe it. But he did as he was told. I close my eyes and received directions on where to go. Left-right etc.

After about 45 minutes of driving, I told the driver to stop. We got out of the car knocked on the door and walked right into the ashram. I never told Maharaj Ji how we got there. It was just a matter of fact.



Jefferson Starship - Miracles (Official Audio)

11M views · 5 years ago

RHINO

You're listening to the official audio for "Miracles" by Jefferson Starship from the album "Red Octopus" (1975) Subscribe to the ...

Asokananda Incident

While we were in Bombay one day I was in Maharaj Ji's room when all of a sudden he got off his bed stood up and started to wave his hands



towards one of his Initiators Asokananda. The hair on his whole body stood up. It looked like he put his hand in a light socket. He was yelling please Maharaj Ji, stop it.

After about 20 seconds Maharaj Ji's hand fell to his side and Asokananda was back to normal. Being an eighteen kid that I was I said Maharaj do you want to zap him once more?

Maharaj Ji said sure and for just a fraction of a second, he raised his hands and put electricity back into him. Maharaj Ji was electrocuting him. We all laughed.

This was the first time that I spent close time with Maharaj Ji. There were only a few westerns there. It was so beautiful to play with Maharaj Ji and at the same time have such great respect for him.



First Time Meeting Zoran



Richard, Makara and Barbara 1

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

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

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

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

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

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

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

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

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

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

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

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



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

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

don't inspect your stools.

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



The Cars - Drive (Live Aid 1985)

4.9M views · 1 year ago



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



"We Are Star Dust" - Symphony of Science

1.9M views · 10 years ago



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

CC

Space Ride –Zoran



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

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

taking place.

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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



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

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

who we are. We are beings of love.

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

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

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

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

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

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

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



"We Are Star Dust" - Symphony of Science

melodysheep ● 1.9M views

mp3:<http://bit.ly/1lUVRB> We are star dust, reaching out to the universe. The 15th Symphony of Science video featuring Neil DeGrasse Tyson, Richard Feynman and Lawrence Krauss. Materials used...



On Maharaj Ji's 14th birthday on December 10, 1972, a huge party was held in Prem Nagar ashram in India.

For some reason, I came as the Blue

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

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

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

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

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

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

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



10-The beatles - Yellow Submarine (full album)
Jonny jack Playlists

Yellow Submarine (Remastered 2009) • 2:40
Only A Northern Song (Remastered 2009) • 3:25

VIEW FULL PLAYLIST

The image shows a YouTube playlist interface. On the left is a thumbnail for the album 'The Beatles Yellow Submarine' with a colorful illustration of the band members. To the right of the thumbnail is a dark vertical bar with the number '13' and a right-pointing arrow. Further right, the playlist title '10-The beatles - Yellow Submarine (full album)' is displayed, followed by the creator's name 'Jonny jack Playlists'. Below this, two songs are listed: 'Yellow Submarine (Remastered 2009) • 2:40' and 'Only A Northern Song (Remastered 2009) • 3:25'. At the bottom of the playlist information is a link that says 'VIEW FULL PLAYLIST'.

Sai Baba Dream



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

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

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

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

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

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

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

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



SAI BABA:: MATERIALIZATIONS

6M views · 9 years ago



OM SRI SAI RAM !!!

Meeting Barbara



After I had the dream about Barbara I just let it go for about a month. It was kind of strange but my daughter was the first one to meet Barbara.

One night I wasn't feeling too well my daughter went to a friend's house. At this house, my daughter met Barbara. It was kind of funny it was only two trailers away from me.

She was here from the Washington area. She felt in Arizona she was going to meet the man of her dreams.

She was planning to go to Egypt on a vacation but her intuition told her to go to Arizona.

She ended up in Sedona. A month later Chanda and I went to a one-day Zoran seminar. I spent the night at a good friend's house. Upon waking up the next morning I saw Barbara.

As soon I saw her I recognize her from my dreams. Immediately I thought of the conversation I had with Zoran. I just chuckled inside. I didn't say anything about my experience with her. Well, Barbara went back to Sedona and I stayed in

Phoenix. A few days later I get this phone call from Barbara. She wanted to know if she could rent my trailer in Sedona. I was planning to spend a month in Phoenix.

I said I think about it and I'll call you back. I called back the following day and said sure. A month later I went back to Sedona. I thought this should be very interesting. Barbara knew I was coming and decided to spend the night at her friend's house.

Well, the next day both Barbara and I met again. We talked the entire day and decided to go rent a video. We came back to the house and both of us laid down and started to watch the video. At mid-point, in the movie, I held her hand and both of us felt the incredible energy rush through us.

We were both complete. It was amazing how one touch can change a person's life. From that moment on we both knew something incredible was going to happen.

At that point in my life, I knew I wanted a satisfying relationship. I wanted another child and I wanted to be married again. Barbara told me she couldn't have children. She tried for 10 years with her former husband and couldn't conceive.

She went to fertility clinics and took the necessary treatments but nothing happened. I thought well having a mean full relationship might be enough. We spent the early winter in Sedona. On New Year's Eve, I had the Sai Baba dream.

The last thing I was told by Sai Baba was that I was going to move to San Diego. The next morning both of us awoke and we said to each other "where do you think we are going to move" both of us said, San Diego. That same night Barbara had a dream where she was told that we should move to San Diego.

Since we live only a block from the beach I went surfing a lot. My job at the insurance company ended. I spent the next nine-month working on a Visual Real Estate program. My partner John Slowsky and I were both too ahead of our time. We won awards at trade shows but it was too advanced for its time. We had a few interested takers who wanted to market the program but nothing happened. This program was one of



the first multimedia programs in the states. I wrote a template program that could generate a complete program by designing your program on the screen.

It would do everything from your menus to all of your multi-relational input screens. What would take a programmer a week I could do in a day? I designed this also for my multimedia stuff.

I took it to a major software conference and people were blown away by it. This was the first time at this conference that people saw a visual database.

Unfortunately, the vendor that supplied me with the board went out of business. This was the best board on the market.

My money was running a little dry and I got offered a job from the Navy Seals. This was an incredible job.

I liked working for them. The company that I worked for set up a Network. I was the Data Base Administrator. I wrote over 10 major programs.

The navy was into training so I got to go to many computer conferences and seminars. I loved the lunch hours. The navy is really into health and fitness.

The navy had a policy if you exercise you can take an hour and a half lunch. If you don't lunch is only for an hour. I, of course, opted for the hour and a half.



They had a huge Olympic size swimming pool. I would swim a mile a day. There was also a well-equipped exercise room.

When there were days of surfing I would go boogie

boarding with my friends. There was a beach break right across the street. I remember the day of the Desert Storm crisis.

I called my wife that I was going to be late. I didn't know what time I was going to return. I couldn't tell her anything. I was assigned to do this computer program. I had only a short time. Thank you, I had my templates. I developed a program in 6 hours.

If I didn't have my templates it would have taken about a week. There was a six-month interval when I was allowed to work at home. The Navy respected my work and they had no qualms about me working at home.

They knew I wasn't going to take advantage of the system. I had a good life. I would wake up early in the morning meditate, exercise, and then head for the beach for a few hours.

It was so wonderful to surf every day. I loved the cold water. I had a great wetsuit. I could stay out for hours and never get cold.

I remembered many incredible surf sessions. I would love when the surf was overhead. During the winter San Diego gets many incredible swells.

For me, surfing was an art form. Nothing can describe the experience of riding a wave. I was completely in tune with the waves.

My daughter Chanda would come out for the summer. She lived in Philadelphia. We had a beautiful time boogie boarding in Del Mar. The whole family would go to the beach and just play. I felt truly my life was wonderful. Truly my dreams were coming true.

Barbara and I decided that she should stay home with Aleia. We both felt it was important to raise our own child.

At the same time, we realized the financial burden but it was well worth it. Barbara poured tons of love into Aleia. We both knew that love is truly the answer.

Especially in the first five years. Barbara spent these years focusing on our child. It was time well spent. I had a great family life. Both of us were truly happy with each other.



Sam the Sham & the Pharaohs- Lil' red riding hood

937K views • 12 years ago



Svalinnn

Richard Grossman

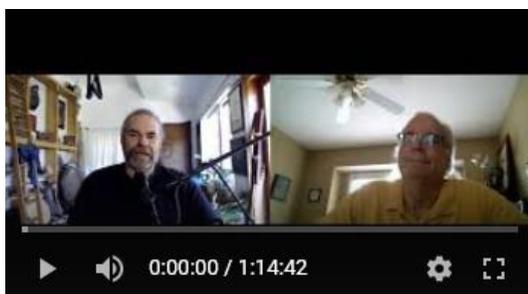


Richard Grossman studied Oriental Medicine at the California Acupuncture College in Los Angeles and received his post-graduate acupuncture training in Beijing, in a course sponsored by the World Health Organization and attended by physicians from around the world.

He earned a Masters in Acupuncture, a Doctor of Oriental Medicine degree, a Ph.D. in Oriental Medicine, a Diplomat in Acupuncture, a Diplomat of Pain Management, and a Diplomat in Acupuncture Orthopedics.

The Fletcher's have known Richard since the early seventies. Richard march to a different drummer. That's what I like about him. He explores the inner frontiers. He is always gaining wisdom and sharing it with others.

During this episode of Psychedelics Today, Kyle Buller interviews Dr. Richard Grossman, an ayahuasca ceremony facilitator and expert with a background in healing and acupuncture.





Episode Quotes

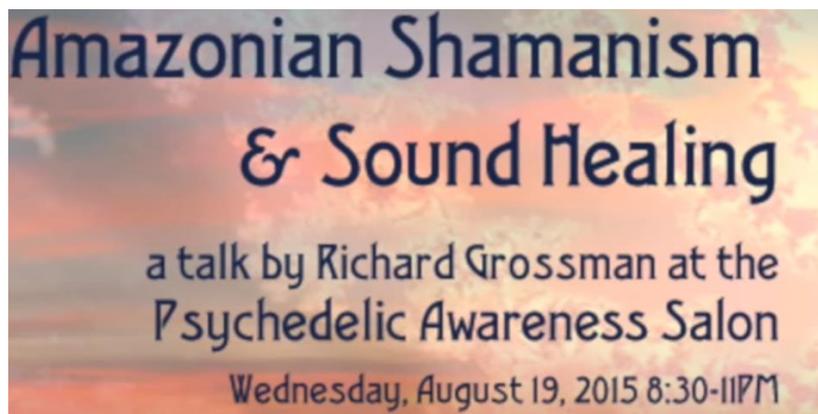
- I find mystical poetry to be an amazing aid in ceremony work.
- Is it the vision or the emotion that you feel and then the vision comes?
- In my work, the psychedelic experience is about going beyond the visionary state.
- The core of all creation is in the heart and breath.

Show Notes

- About Dr. Richard Grossman
 - Has a long background in healing.
 - He used to be a macrobiotic chef.
 - Primeval meditations and licensed acupuncturist.
 - Works with ayahuasca and San Pedro.
- How did Richard get involved in ayahuasca?
 - A friend brought some up from Peru and his life changed in one night.
 - It took him years as an acupuncturist learning more about healing.
 - He's been doing this for about thirty years.
- Do you integrate your acupuncture practice into ceremony?
 - Not so much with ayahuasca – that's done traditionally.
 - He had a lot of experience with the Shipibo Tradition.
 - With the San Pedro method, the body change happens in one day.
- Opinions on psychedelic visions.
 - Many people want them and they're a distraction.
 - The real thing is that the source of everything is within.
 - If a person can experience that for an instant, their life changes.
 - There are a lot of things happening on subtle levels.
 - The psychonaut and healing processes are quite different.

- What are some examples of ideas you've seen in the psychedelic community?
 - People trying to draw in gods and goddesses.
 - You need to see how deep a human being can go, it's an infinite journey.
- What is it like to go deeper and deeper?
 - If you can imagine a series of curtains parting over and over and over again.
 - You begin to see places of illusion.
 - During one of his trips, he visualized himself in a Nazi concentration camp.
 - A voice told him to trust and forgive.
 - He began to question what forgiveness and trust mean.
 - Some people are seeking spirituality and not really healing within.
 - Ayahuasca tourism is a fairly good thing, rather than people coming and ruining the jungle.
- How would you define a healing process?
 - It's a complex subject, he likes the idea of a series of concentric circles.
- Do you work with a person's energy?
 - People get very relaxed.
 - If there is someone who can't get relax he calms them with acupuncture.
- Do you think intoxicants affects the chi?
 - San Pedro or ayahuasca are not considered intoxicants.
 - He sees that ayahuasca is only good for the body.
 - Psilocybin has a rough effect on the liver.
 - The tannins in ayahuasca are valuable and bind toxins in the body.
- Do you have to worry about any cardiovascular problems?
 - It is a stimulant so he screens people before doing the ceremony.
 - Beauty is a healing process, beauty heals.
- Is there anything you're excited about in the psychedelic world?
 - When the community comes together to heal it's powerful.
 - We're all going to a place of more love, peace, joy, and healing.
 - What's the outcome of thousands of people experiencing love and joy?
- What's the ayahuasca ceremony structure?
 - Constant music, keeping things from going totally wonky.
 - There's a point in the ceremony that it could go in either direction:
 - Total group insanity or total group healing.
 - lowaska ceremonies can be dangerous.
 - It's something to be respected with its own spirit.
 - You must hold close to the traditions of generations.

- There's always a point during the ceremony where he feels it's the most important and beautiful place he's ever been.
- Drama's not necessary, our culture wants the drama.
- We need to outgrow externalizing the blame.
- Life in our heart is meant to be enjoyed.
- Suffering to heal just doesn't work.
- Culture seems to dwell on suffering, is that conditioning?
 - The worst thing a human can possibly do is feeling guilty.
 - "Guilt can't fly and God wants you to fly."
 - The nature of reality is joy and love.
 - You need to be willing to let go of the things that don't work.
 - Psychedelics can be used as a guiding light.
- Any final advice, events?
 - Find him on his website or on Facebook.
 - Heartfeather.com – Dr. Richard Grossman's website.
 - **Don't stop, just keep going.**



Healings - Guest speaker, Dr. Richard Grossman, speaks on sound healing.

Richard Grossman · 482 views · 7 years ago

Acupuncturist and Shamanic Sound Healer, Dr. Richard Grossman, speaks on various aspects of healing philosophy and the use ...

Toltecs

Carlos Castaneda



Carlos Castaneda was an American author. Starting with *The Teachings of Don Juan* in 1968, Castaneda wrote a series of books that describe his training in shamanism, particularly with a group whose lineage descended from the Toltecs. Wikipedia

Born: December 25, 1925, Cajamarca, Peru

Died: April 27, 1998, Westwood, CA

Nationality: American

Spouse: Florinda Donner (m. 1993–1998)

¹

I love the adventure of Don Juan. I read Carlos's books in my teens and twenties. This was the first time I was introduced to the world of Shamanism. It was so exciting to see the unique perspective of a Shaman. At that time it was miles away from my perspective.

I love to see the transformation of Carlos. In the beginning, Carlos used peyote and other sacred drugs to obtain his visions. These were training wheels on his inner vision.

In *Journey to Ixtlan*, Carlos Castaneda introduces readers to this new approach for the first time and explores, as he comes to experience it himself, his own final voyage into the teachings of don Juan, sharing with us what it is like to truly “stop the world” and perceive reality on his own terms.

Originally drawn to Yaqui Indian spiritual leader don Juan Matus for his knowledge of mind-altering plants, bestselling author Carlos Castaneda immersed himself in the sorcerer’s magical world entirely. Ten years after his first encounter with the shaman, Castaneda examines his field notes and comes to understand what don Juan knew all along—that these plants are merely a means to understanding the alternative realities that one cannot fully embrace on one’s own.²

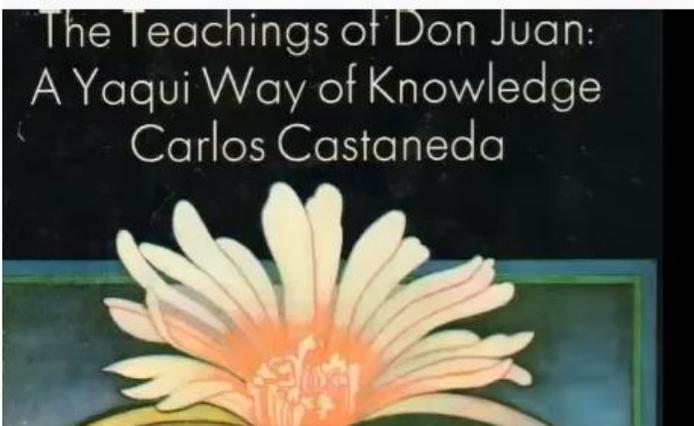
YouTube

¹ https://www.azquotes.com/author/2613-Carlos_Castaneda

² <https://www.amazon.com/Journey-Ixtlan-Lessons-Don-Juan/dp/0671732463>



Carlos Castaneda
Interview
1969



Quotes 1

- The trick is in what one emphasizes. We either make ourselves miserable, or we make ourselves happy. The amount of work is the same.
- Discipline, as understood by a warrior, is creative, open, and produces freedom. It is the ability to face the unknown, transforming the feeling of knowing into reverent astonishment; of considering things that exceed the scope of our habits, and daring to face the only war that is worthwhile: The battle for awareness.
- The self-confidence of the warrior is not the self-confidence of the average man. The average man seeks certainty in the eyes of the onlooker and calls that self-confidence. The warrior seeks impeccability in his own eyes and calls that humbleness. The average man is hooked to his fellow men, while the warrior is hooked only to infinity.
- Self-importance requires spending most of one's life offended by something or someone.
- In the Art of Dreaming Don Juan tells Carlos, "... most of our energy goes into upholding our importance... if we were capable of losing some of that importance, two extraordinary things would happen to us. One, we would free our energy from trying to maintain the illusory idea of our grandeur; and two we would provide ourselves with enough energy to ... catch a glimpse of the actual grandeur of the universe."
- Never take a path that has no heart in it. You can't lose if your heart is in your work, but you can't win if your heart is not in it.
- All paths are the same: they lead nowhere. ... Does this path have a heart? If it does, the path is good; if it doesn't, it is of no use. Both paths lead nowhere; but one has a heart, the other doesn't. One makes for a joyful journey; as long as you follow it, you are one with it. The other will make you curse your life. One makes you strong; the other weakens you.
- In a world where death is the hunter, my friend, there is no time for regrets or doubts. There is only time for decisions.
- The basic difference between an ordinary man and a warrior is that a warrior takes everything as a challenge while an ordinary man takes everything as a blessing or a curse.
-

Quotes 2

- "Only if one loves this earth with unbending passion can one relieve one's sadness," don Juan said. "Warriors are always joyful because their love is unalterable and their beloved, the earth, embraces them and bestows upon them inconceivable gifts. The sadness belongs only to those who hate the very thing that gives shelter to their beings." Don Juan again caressed the ground with tenderness. "This lovely being, which is alive to its last recesses and understands every feeling, soothed me, it cured me of my pains, and finally when I had fully understood my love for it, it taught me freedom."
- We don't need more to be thankful for, we just need to be more thankful.
- One day I found out that personal history was no longer necessary for me and, like drinking, I dropped it... Little by little you must create a fog around yourself; you must erase everything around you until nothing can be taken for granted, until nothing is any longer for sure, or real. Your problem now is that you're too real. Your endeavors are too real, your moods are too real. Don't take things so for granted. You must begin to erase yourself.
- To be a warrior is not a simple matter of wishing to be one. It is rather an endless struggle that will go on to the very last moment of our lives. Nobody is born a warrior, in exactly the same way that nobody is born an average man. We make ourselves into one or the other.
- The ego is like a tired old dog. We can never kill it, so put it out on the back porch, let it rest there, and step around it.
- You are like you are, because you tell yourself that you are that way.
- Death is the only wise advisor that we have. Whenever you feel, as you always do, that everything is going wrong and you're about to be annihilated, turn to your death and ask if that is so. Your death will tell you that you're wrong; that nothing really matters outside its touch. Your death will tell you, 'I haven't touched you yet.
- Will is what can make you succeed when your thoughts tell you that you're defeated.
- The aim is to balance the terror of being alive with the wonder of being alive.
- We talk to ourselves incessantly about our world. In fact we maintain our world with our internal talk. And whenever we finish talking to ourselves about ourselves and our world, the world is always as it should be. We renew it, we rekindle it with life, we uphold it with our internal talk. Not only that, but we also choose our paths as we talk to ourselves. Thus we repeat the same choices over

and over until the day we die, because we keep on repeating the same internal talk over and over until the day we die. A warrior is aware of this and strives to stop his internal talk.

- Things don't change, only the way you look at them.
- In the universe there is an immeasurable, indescribable force which shamens call intent, and absolutely everything that exists in the entire cosmos is attached to intent by a connecting link.
- When one has nothing to lose, one becomes courageous. We are timid only when there is something we can still cling to.
- A man of knowledge lives by acting, not by thinking about acting.
- Intent is not a thought, or an object, or a wish. Intent is what can make a man succeed when his thoughts tell him that he is defeated. It operates in spite of the warrior's indulgence. Intent is what makes him invulnerable. Intent is what sends a shaman through a wall, through space, to infinity.
- It takes all the time and all the energy we have to conquer the idiocy in us

don Jose Ruiz



Author and Speaker

In 2010, don Jose Ruiz released his first book, *The Fifth Agreement*, in partnership with his father, don Miguel Ruiz. Following its publication, don Jose began traveling around the US, Mexico, and South America.

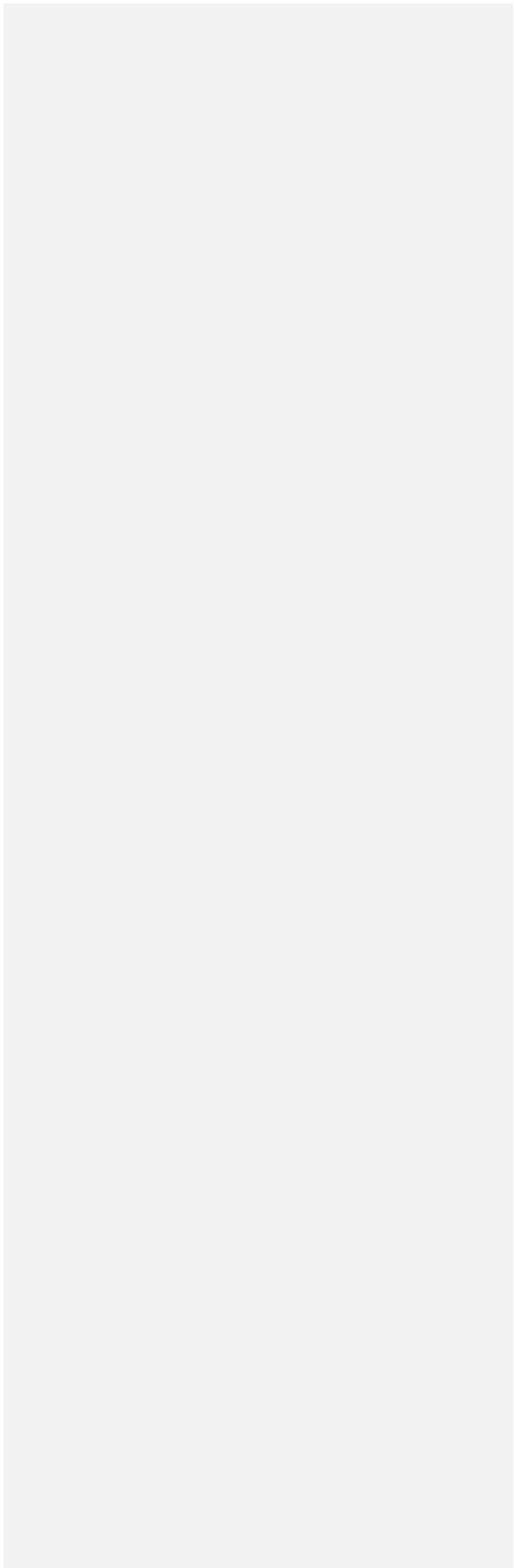
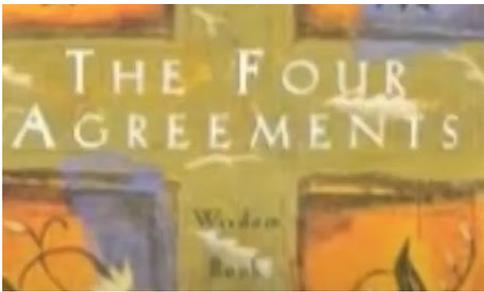
Don Jose inspires people in many different ways, including book signings, lectures, seminars, and hosting journeys to Teotihuacan and other sacred sites around the world.

YouTube



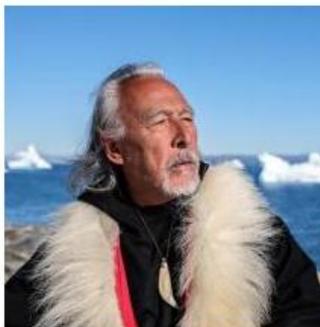


2ND AGREEMENT
DON'T TAKE ANYTHING PERSONALLY



Greenland

Angaangaq Angakkorsuaq



Angaangaq Angakkorsuaq, is an internationally respected Elder and Shaman from Greenland, the only country in the world where man lives and there has never been war.

His commitment to the environment and indigenous issues has brought him to 5 continents and 70 countries in the world. Angaangaq bridges the boundaries of cultures and faiths in people young and old as he advocates for a spiritual climate change.

He has been invited to speak and do ceremonies for Indigenous organizations, for the United Nations, at universities, schools, social work programs, prisons, at spiritual and religious conferences, and for medical, scientific and government organizations. Always there is a transformation and a new understanding.

“It is easy to melt the ice on the ground. The hardest thing to be melted is the ice in the heart of Man. Only by melting the ice in the heart of Man, does Man have a chance to change and begin using his knowledge wisely.”

My grandmother told us: "You are as brittle as a strand of grass. It does not take much to break you body, your mind or your spirit.

But when you braid your mind, your spirit and your body together then you come into balance with yourself and you become unbreakable. Your mind and spirit become flexible, your body becomes agile.

That is the teaching of the sweet grass. And the sweet grass is the best medicine to calm yourself down.

You are worth coming home to yourself. Everyone of us is worth coming home to.

Walk in a good way. Walk tall and powerful as you are meant to be, for times and times to come.

The most beautiful smile is a smiling heart.

Every time you talk to your heart she will always speak back. Now is the time for you and I to learn to listen to our heart.

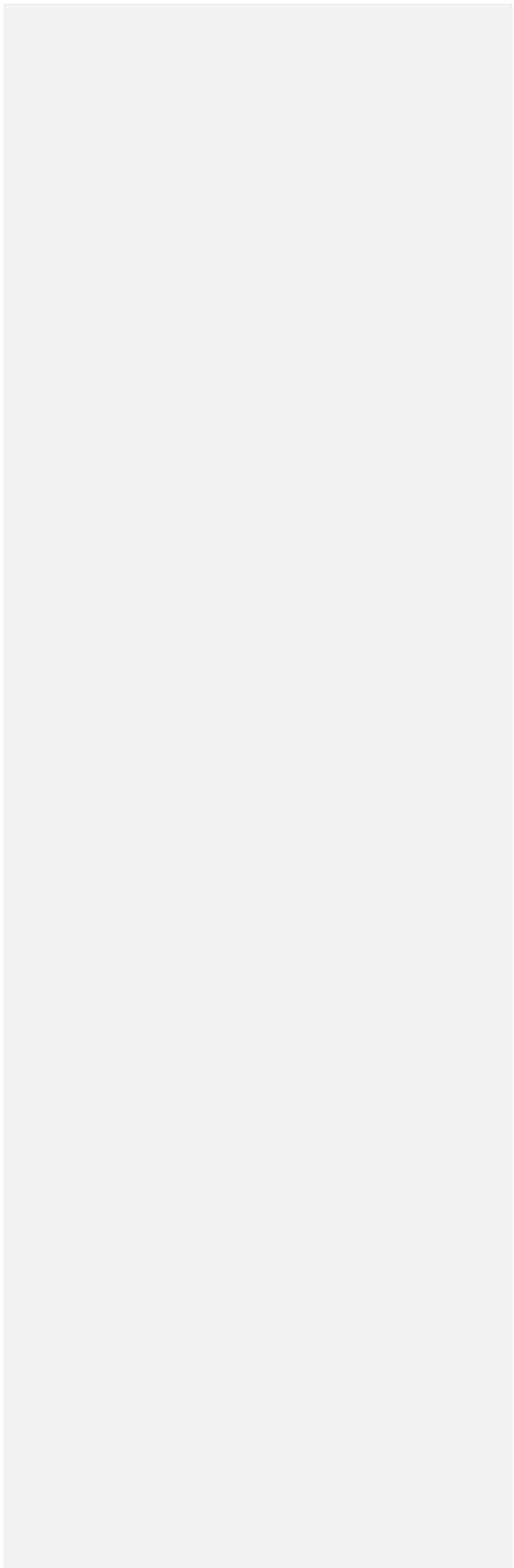
My way is not the only way.

The beauty of the circle is that we cannot see each other's backs and the strength of the circle is that we can only see each other's beauty.

~Angaangaq~ icewisdom.com

YouTube

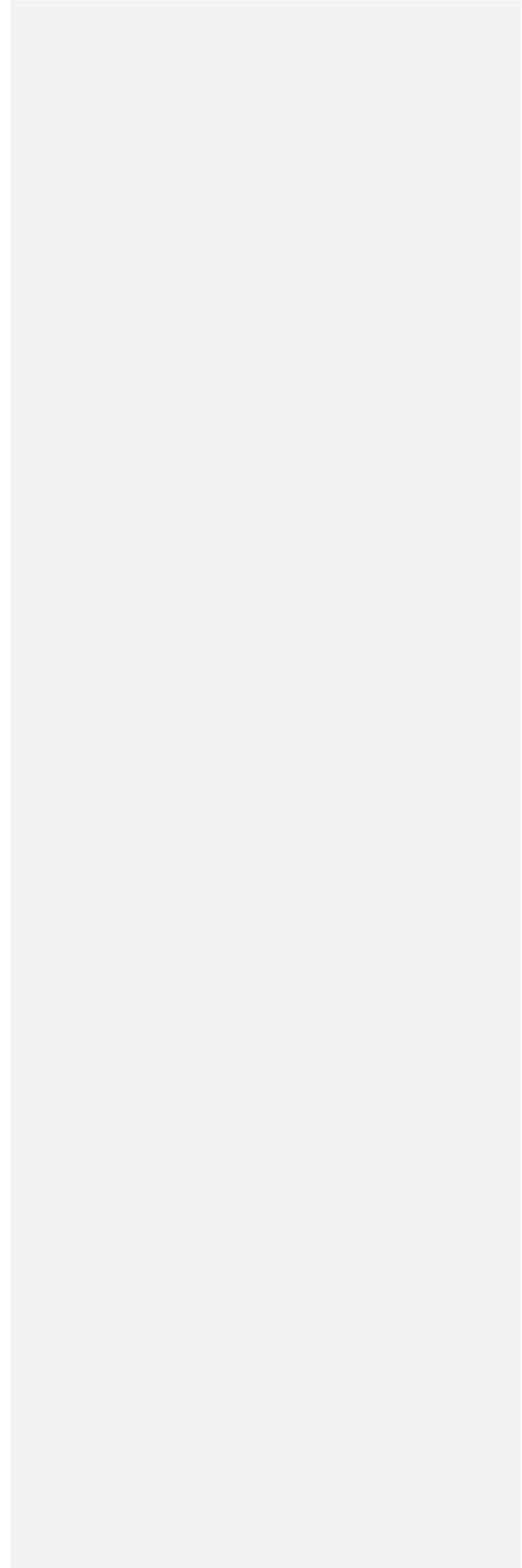
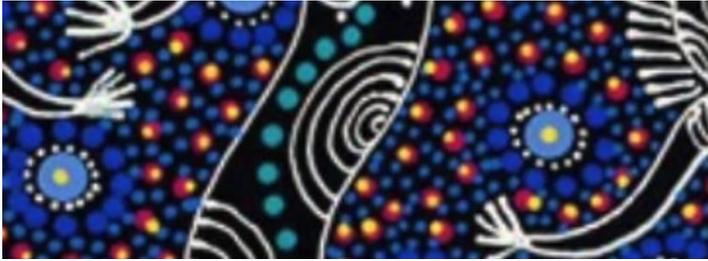




Aboriginal Dreamtime

YouTube





Druid

Kristoffer Hughes

Head of the Anglesey Druid Order, Author.

Kristoffer Hughes is a native Welsh speaker, born to a Welsh family in the mountains of Snowdonia, he is the Head of the Anglesey Druid Order and the award-winning author of several books on Celtic mythology and Druidry.

He is a Druid in the Order of Bards, Ovates, and Druids, and is its 13th Mount Haemus Scholar. He frequently facilitates workshops and courses throughout the UK, Australasia, and the USA, in addition to co-facilitating and managing the school of the Anglesey Druid Order.

He works professionally for Her Majesty's Coroner service as an Autopsy Technologist and Bereavement Officer and is a Welsh language television and stage actor. He lives on the Isle of Anglesey, the last stronghold of the ancient British Druids.

YouTube



SHAMANISM Summit



Dying - by Kris Hughes ³

“The goal of life is living in agreement with nature” – Zeno 335-263 BC

Zeno and his infamous quote failed to take into consideration the abusive and parasitic behavior of future man, and his ability to destroy the environment and live in detriment to it, and that in death man could and is contributing to the demise of not only his own future; but that of the natural world around him.

We intend to live “good” lives, but what intention do we project with the disposal of our mortal remains? Modern societies are generally environmentally aware with the majority of individuals attempting to involve themselves in ecologically conscious projects such as recycling, how many have thought about recycling their bodies?

We live in a rather overcomplicated, imperialistic, and material world where even the demise of the mortal body is big business, with multi-million dollar corporations and institutions involved and actively squeezing every last penny available to them through the disposal methods generally utilized by the funeral industry.

The death industry actively contributes to environmental destruction and pollution, and all in the name of money! Our crematoriums utilize the waste of tons of fuel, fuel that could support the most hungry and poverty-stricken countries of the third world, and even those closer to home, in fact how many elderly people in your area can afford sufficient heating to sustain their own lives and its quality?

Whilst Crematoriums burn enormous amounts of fuel for the destruction of something that nature has intended to simply melt back into the earth.

Crematoriums are potentially contributing to hazardous levels of mercury emissions into the earth’s atmosphere, mostly from the burning of bodies bearing amalgam dental fillings.

It is estimated that by 2020 up to 35% of all atmospheric mercury will directly result from crematoria, this equates to an increase of up to 2.2 tonnes of additional harmful pollutants ascending to our atmosphere compared to the current levels of up to 1.34 tonnes. In 1990 strict regulations were introduced for crematoria

³ <https://druidnetwork.org/what-is-druidry/ethical-living/historical-items/ethical-dying/dying-kris-hughes/>

regarding the environment, however, this failed to encompass the issue of mercury, a matter with which DEFRA is currently involved. The decrease in dangerous levels of Dioxins (polychlorinated dibenzo dioxins and furans) has been significant and crematoria only contribute a small amount of these chemicals into the atmosphere, but the dioxins are still being emitted therefore the problem continues to impact our environment.

Consider also the excessive use of wood and wood products that are cremated daily along with the body, wood that generally stems from non-sustainable forestry; the damage to the environment increases threefold, not only do crematoria contribute to the global warming of our planet and the emissions of dangerous pollutants, they indirectly contribute to the mass global deforestation that potentially threatens humanity in its entirety.

Un-researched but potentially dangerous levels of Formaldehyde and Di-sodium Hydrogen from the embalming process also potentially pose a threat when released into the air, chemicals which have already proved to be effective carcinogens.

If our intention and the cause and effect ripple which stems from that intention unknowingly damage the environment we cannot be excused, our contribution to potential ecological catastrophe is significant, and we must bear in mind the future of our children and their children and the quality of their lives, the “I’ll be dead by then, why should I worry” attitude is a blatant display of the lack of personal responsibility and duty we have to protect the future of our mutual mother, Earth.

In death our legacy can be so much more enriching than bestowing a financial blessing on our offspring of family, instead, we can enrich the world around us.

It is complacency that altered our perception of the importance of our environment and its protection, as our world became further lost in the trappings of commercialism we have distanced ourselves from that entity that feeds us, waters us, nurtures us, and provides us with air to breathe.

Instead of living in harmony with the world around us, we live antagonistically to it, defending ourselves from it and holding our corporeal forms in higher regard to it.

As orthodox religion crumbles and groans beneath centuries of illusionary fabrication, the emphasis on the soul left the human psyche and was further replaced by a ferocious and illogical obsession with the preservation of the human

body. The reality of death and the subsequent decomposition process has become abhorrent to the human mind, and we find ourselves in a society compelled to protect the density of matter and reject the impending deliberation that we will ultimately rot!

And of course, the entrepreneurs of the world cashed in on this apparent weakness of mankind, a weakness we have displayed since the beginning of civilization.

The resurgence of personal spirituality and concern for the environment at large has prompted the movement commonly referred to as “Alternative or green funerals”, a movement that is positively impacting the funeral and death industry.

Rather than attempting to preserve the body and inadvertently polluting the environment by embalming etc, and then contributing to the quarrying of minerals and other geologies for the production of tombstones, we can and can simply die and be dead in an ethical and bio-diversified manner.

In manners that positively reduce the impact and ecological footprint of man upon the earth, and the methods are surprisingly simple.

Currently, the growth of Woodland burial grounds far exceeds previous expectations of the green funeral movement. And now over 150 exist and the numbers are increasing, these help protect the land from the living, prevent development, and act as refuge sites for British wildlife.

They also utilize the use of biodegradable products, such as eco-pod coffins manufactured from paper-mâché, or recycled cardboard coffins, most woodland sites will refuse permission for the interment of wooden coffins.

The body is buried significantly shallower than a conventional burial allowing a tree, which is planted atop the body, to feast on the nutrients supplied by decomposition.

Burial on private property is a viable option and the utilization of these methods of disposing of can eliminate the need for a funeral director, and in some cases are free.

There is no legal requirement in England or Wales where the council’s environmental health officers need to be informed for a private burial, and these types of burials do not need any form of advance permission.

The officers of local authorities do not have the power to order exhumations but they can prevent a deposit into the land that they claim to be detrimental to the environment, this however would not stand in a court of law.

All that is required in the UK is a burial authorization where the slip must be signed and completed by the land owner and returned to the Registrar.

The Registration of Burials Act 1864 applies to private burials and there must be a legally recognized document about the location of the grave. No laws exist that state, that a body must be contained in a coffin or “Box”, no requirement for a Christian Funeral with an officiate, and no requirement to use a funeral director.

Burial at sea is permitted in certain areas of British waters, a license is needed from DEFRA, Department of Environment food and Rural Affairs, this license is free.

Most local authorities will discourage sea burials, the system is complicated and expensive and the risk of the body returning to the land is significant. Currently, there are three facilities in the UK that allow and accommodate these burials; these are the Needles Spoil Ground, Isle of Wight; Newhaven, and an area outside the mouth of the Tyne.

Information can be obtained via DEFRA or your local fisheries inspector. However, the regulations are strict. The coffin must be of solid softwood and weighted with 200kg of iron, steel, or concrete, that is clamped to the underside of the coffin via steel bars.

The body must also be weighted and holes drilled in the coffin to allow sufficient flooding for sinking. The body must carry an identity tag in plastic, and a free-from-infection certificate must be produced. All in all only 20 such burials take place each year and can cost up to £4,000, and they are typically not environmentally friendly.

The Coroner must also issue an Out of England certificate. The trickiest part of these burials is actually finding a boat! Not exactly what you would consider an environmentally friendly funeral!

As Pagans and Druid Priests we can be invaluable in assisting individuals who have decided to perform a personal funeral for their loved one, we can offer advice and comfort to them. Actively arranging or positively involving oneself in the

funeral and disposal of a dead human body is not only psychologically comforting and healing but offers opportunities to safeguard a part of this world, a part that will stay forever green because of our legacy.

Our aim should be to minimize our ecological footprint and honor this planet we call home, the little we can achieve in life can be extended in death and assist the bio diversification of our planet.

As individuals within the modern Pagan movement surely we must be aware of the ecological damage the death industry not only contributes to but also encourages as an illusion of immortality and comfort.

Regardless of what we know or don't know about the disposal of human remains, as Pagans we have a responsibility for this planet and its eco-system and should be actively informing ourselves and others of the legacy we should leave.

Through ignorance, we will continue to contribute to the environmental wound that the death industry encourages and presses upon the world. As those who are constantly faced with the reality and mystery of death, through ritual and attunement, and that of our own mortality, we can inform others to make far-reaching and ecologically ethical decisions regarding their own deaths.

And of course our own. The aim of this article is not simply one of education but also of reaching out to those within the Pagan world to think of their deaths and how that death can bring a profundity of life into the world at large, and that death truly isn't the end of life but merely the beginning of a vast chain reaction of life in all its paradoxical wonder.

Further useful information can be obtained from the Natural Death Centre, 20 Heber Road, London NW2 6AA. www.naturaldeath.org.uk.

Mayan

Grandmother Flordemayo



Gransnither Flordemayo® is a Curandera Espiritu, or a healer of the divine spirit. As a seer, she can see other realms of color, light, and sound. In addition, she can see the effects of existing imbalances on the physical, emotional, and spiritual realms within a person's energy system.

She was born in the highlands of Central America, specifically Nicaragua, and was the youngest of 15 children. In Mayan astrology, she has the seed sign.

As a world traveler, she has offered ceremonies and has spoken on a wide range of topics from healing with the use of herbs to her more recent project, The Seed Temple, located in Estancia, New Mexico. Flordemayo® travels the globe to share her healings, and prayers, and to foster a more spiritual understanding among humanity.

She is a founding member of the Confederation of Indigenous Elders of the America (1995 – 2000), Institute of Natural and Traditional Knowledge (2003 – 2007), Church of the Spiritual Path (1998, 2008 – 2014), and the International Council of Thirteen Indigenous Grandmothers (2004 – 2014).

In addition, she is the founder and member of The Path. Born under the sign of Q'anil (seed), Flordemayo® sees her role as a cosmic germinator through teaching, community, manifestation, and development. In recent years, she began to explore in-depth the wisdom of the seeds. As a caretaker of seeds, she prays for their well-being and survival.

In 2012, Flordemayo® received a vision during dialogue with the Beloved Mother. In this vision, Flordemayo® finds herself sitting in a rocking chair, rocking back and forth while being lovingly guided to prepare seed bundles with prayer.

The Beloved Mother had shown a cosmic inspiration for Flordemayo® to birth, The Path, an organization dedicated to the conservation and preservation of heirloom and heritage seeds. Now, The Path, prepares seed bundles to be given to

the parents of babies being born today and those to be born in the future in the dream of honoring and protecting light beings of all forms in this new era of the Divine Feminine.⁴



Grandmother Flordemayo Walking the Spiritual Path

CharterforCompassion • 1.7K views • 2 years ago

Honoring the day of Kej March 12, 2018.

1:04:07



Shamanism Summit Grandmother Flordemayo 2020

Grandmother Flordemayo • 87 views • 1 day ago

This interview is part of the Shamanism Summit, a free online event featuring teachers and healers sharing diverse Earth ...

New

1:01:39



Grandmother Flordemayo Healing Meditation

The Shift Network • 15K views • 3 years ago

Grandmother Flordemayo Healing Meditation.

A Rare & Powerful
Mayan Meditation For Healing

15:02

⁴ https://www.facebook.com/pg/grandmotherflordemayo/about/?ref=page_internal

Quotes

"Humanity is at a crossroads, we can only go one way, as one can't go in two directions at the same time. We do not know what we need to do as a human species, there is only one place to go and that is into the light, as one tribe."

"We want people to, to take this knowledge and to, to really move with it, you know, very quickly. "

"I learned to use the herbs with my mother. My mother was a Curadera. A curadera is a female that heals. "

"Many of us are not here by chance. Many of us have had visions. Many of us are walking in that vision. "

"We're in a very delicate period right now. It is an absolute essence that we move as quickly as the light. "

"When we are praying, it goes out into the Universe. "

"We are here because of a vision; the ancestors, the spirit of the Grandmothers, have told us to teach all of the children of the world all that we know, for generations to come."

"It is a very, very short period that we have."

"We have a dream that we are going to grow as much [of an African healing plant] as we can and we are going to send the medicine to the world. This is our dream. "

"This is the day that we pray for peace, the day that we bring everybody together in harmony. This is the purpose of the Grandmothers."

"Everybody around the world is just calling for prayer. It's what is bringing us together, you don't have to speak the language, if you just pray is...you know, there is no need to translate that."

"It has been prophesized that towards the end of that last couple of years, before 2012 that the women will have the power to move and to be leaders and to bring people into the light."

"We have no walls. We want people to take this knowledge and to really move with it "

"A time will come when the eagle of the north shall meet with the condor of the south. At this time, all the tribes will join together and form a Gathering of Elders. In these gatherings, the elders will share their traditions and medicines. When the elders have gathered, they will then disburse to share this ancient knowledge and wisdom with all of humanity." [That prophecy has come to pass]

"I don't consider myself a traditional person, but a universal person. Instead of abiding by rigid rules, I want to be free in my heart."

"Everyone lightens. Each one of us is moving and vibrating as we become one of the light beings we are. All of us have been called. All of us feel the change and know the urgency of becoming One." Flordemayo, Mayan

"We are standing in the vibration of a sacred prophecy. The prophecy tells us that consciousness is preparing the spirit of the feminine, the spirit of the grandmothers. In the prophecy, we shall walk into the light united from the four directions."

"It is our job to honor and protect our babies. Both our physical children, and all of nature that is around us."

West African
Luisah Teish



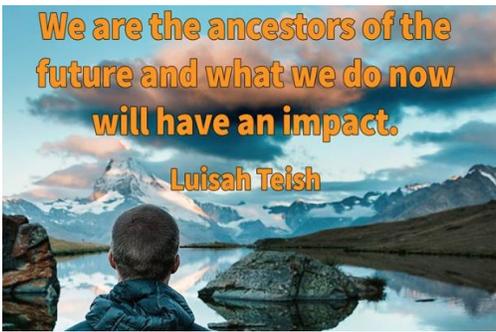
Teacher

Yeye Luisah Teish is an elder in the Ifa/Orisha tradition of the West African diaspora. She is the author of six books most notably *Jambalaya: The Natural Woman's Book of Personal Charms and Practical Rituals*. She is the founding Mother of IleOrunmilaOshun,

The Jambalaya Spirit Works Community Membership Program, and Ase Theater. She has contributed to 35 anthologies and published articles and artwork in *Coreopsis*, *Cascadia Subduction Zone*, *Essence*, *Ms*, and *SageWoman* magazines.

Her writings have been translated into German, Spanish, and French. She renders the sacred orature of the African diaspora into interactive workshops, online classes, and ritual theater events that reveal the contemporary applications of this ancient wisdom.

YouTube



Eastern
Nepalese Shaman

Bhola Nath Banstola



\\

Bhola Nath Banstola was born and raised in the Bhojpur district of Eastern Nepal.

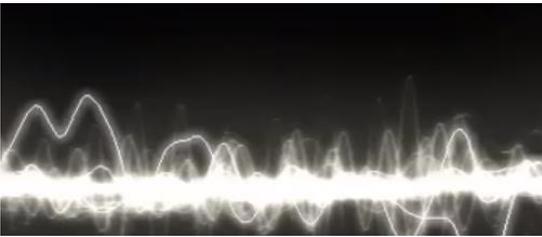
At a very young age, he was called by the ancestors onto the healing path. Taught initially by his paternal grandfather, he started practicing healing from a young age.

He then went on to apprentice with many master shamans from different traditions. After graduating in Cultural Anthropology and Alternative Medicines, he set up a small place in Kathmandu to help and assist others in their healing, using a combination of shamanic healing and local herbs.

YouTube



Part 1



Part 2



[Taoist-Chinese](#)

YouTube

The Qiang people are one of the 55 national minority groups living in China today. They inhabit the mountainous regions in the northwestern part of Sichuan Province. Qiang is a name given by ancient Hans to the nomadic people in western China.

Jain



The Jains have a quite sophisticated society. They have renunciates and householders. For thousands of years, they have worked together hand in hand. None is more important or less important. They serve major functions with each other.

For over 5,000 years the renunciates have been forest dwellers. They practice a path of self-realization. The last teacher Mahavira, was born in the early part of the 6th

century BCE. Before that, they had 22 teachers or Tirthankars.



In Jainism, a Tirthankara (Sanskrit: tīrthaṅkara; English: literally a 'ford-maker') is a savior and spiritual teacher of the dharma (righteous path). The word tirthankara signifies the founder of a tirtha, which is a fordable passage across the sea of interminable births and deaths, the saṃsāra.

Here's some incredible text about Jainism. They have been at the forefront of human potential for thousands of years. Many ideas that are modern today stem from the Jains thousands of years ago.

This came from a book from Amar Salgia. The title is called Pure Freedom the Jain way of self-reliance. Recently I wrote a book on non-violence and Jainism. I'm posting the book on the Jain Facebook group page. Amar was kind enough to respond. He sent me this simple yet profound book. Here's what I wrote to Amar after reading the book.

Wow I must be a Jain. My whole life has been based upon these principals. Are you will do do a zoom interview that I could include in my non-violence book. I know my book is just the tip of the icebook I believe the Jain ways of looking at life is more important than ever in the world today. I'm going to pass out your book to my friends and family.

5

Scriptural "authority" is not a force of command nor does it come from the zeal of anyone's supposed monopoly on truth. It comes from the dictates of individual experience and the extent to which scripture's words and teachings correspond to it.

A Jain requirement on the authority of any scripture is put forth at the beginning of the Samaya Sara (verse 5) : "That higher spiritual unity, differentiated from alien conditions, I will try to reveal as far as I can. Accept it if it satisfies the condition of truth or correctly discernible knowledge (pramana). But if I fail in my description, you may reject it."

Jain literature in general covers an incredible range of subjects that are far too numerous to list. With exceeding care and depth Jain scholars of past centuries composed large works on spiritual discipline, philosophy, physics, astronomy, music theory, business and social ethics, epistemology, botany, taxonomy, physiology, mathematics, linguistics, history and politics.

Within each field Jainism has been a wellspring of entire schools of thought that so far have only begun to be researched in a modern context. In modern times the Jain scripture tradition has remained alive as ever.

Around the year 1900 a brilliant young layman named Shrimad Rajachandra wrote the highly respected Soul Liberation, or Atma Siddhi, illustrating the character of a pure soul and its freedom from bondage. And from 1973 to '74, scholars from all different traditions assembled to compile the Book of the Independents, or Samana

⁵ https://www.jainsamaj.org/content.php?url=Pure_Freedom-The_Jain_Way_of

Suttam, which is a single scripture conveying the most resonant verses from the past 2500 years of Jain literature.

Relevance to Humanity And Global Issues : Life's purpose is not to "convert the world" to some belief. Jain principles aim to civilize the heart, endow the will, and emancipate the intellect.

The central themes of the Jain way of life are nonviolence, non-one-sidedness, and non-possessiveness. Nonviolence (Ahimsa) sees the autonomy of life of every living being.

Non-one-sidedness (Anekantavada) strengthens the autonomy of thought of every individual. Non-possessiveness (Aparigraha) supports the autonomy of self-control, of striving to minimize our personal consumption of things.

It also means viewing negligent lifestyles that abuse or overtax the ecological fabric of life as excessive and unethical. If you understand that every soul is autonomous you will never trample on its right to live.

If you see every being as a thinking individual you will not trample on his or her thoughts and emotions. If you ultimately feel that you own nothing and no one, you will not trample on the planet or the natural economy on which our survival depends.

Thousands of years ago these principles of inner peace were the only way to global peace. Today it is still the case.

Jain philosophy harmonizes the religious and the scientific, the spiritual and the physical. Jainism is the union of personal independence and social and ecological interdependence.

Failing to grasp the two fundamental principles of life - that of spiritual-physical interaction and that of cause and effect - has a profound impact: We face personality problems because of a distorted self-identity, either as a purely spiritual or purely material being.

We face social disorder because individuals and nations do not see themselves as ultimately responsible for their actions. We face economic decline because we ignore the fact that a symbiosis among living organisms, in balance with the physical world, is the ultimate source of all wealth. We face environmental

problems because we do not recognize our own connection with the biosphere nor hold ourselves accountable for the violence we inflict on it. In the "here and now" a human being is accountable to his or her spiritual self.

Individuals are responsible for their own conduct toward other beings and the world, as well as the outcomes of their activities. Comfort is nowhere to be found in fickle wants and wishes.

Compared with other creatures, man's "superior" abilities come with the superior responsibility to be self-restrained in exercising them. Living life following animal behavior or childish likes and dislikes is denial of that responsibility.

Jainism doesn't offer prophets or incarnations to help save us from ourselves. Jains are not waiting for a future god or event to relieve man of the fruits of his own actions or to whisk him away from the mess he has made.

We are innately able to create moral progress in the world outside, but only by first doing so within our own lives. Throughout a long and prolific history, Jains have stood for and worked toward certain ideals.

The Jain tradition started and grew in what is now India, a dramatic landscape of harmony and strife, diversity and division. There, Jains have been a very active force shaping ethics, literature, commerce, agriculture, philosophy, the arts, and the sciences.

Historically, Jain values have strongly influenced the beliefs, practices and moral conscience of the Hindus, Buddhists and others.

Whether political leaders, scholars, authors, activists, or ordinary citizens, by setting an example Jains have lived and promoted such values as the following:

Nonviolence & Vegetarianism : Traditional India's religious tolerance and vegetarianism took birth in the Jain tradition. In ancient times, South Asia was a predominantly animal-exploiting culture. The gradual impact of Jainism would change that forever.

By preaching and practicing, Jains encouraged all kinds of leaders throughout the region to promote vegetarian living, regard for animals, and an inquisitive attitude of respect for other beliefs and philosophies.

In the 16th century, for instance, Jain monks inspired the powerful Muslim emperor Akbar to renounce hunting and to outlaw on holy days all blood sports and animal slaughter everywhere in his vast empire.

During a much earlier period, Jain ethics motivated India's Hindu Brahmin priesthood from an ancient creed of war gods, animal sacrifices and "soma" intoxicants to a way of life that even now continues to support Ahinsa, vegetarianism and abstinence.

In modern times, Jain influence on the great independence leader Mahatma Gandhi was strong and is well documented. Gandhi's upbringing in the midst of a Jain community and his close friendship with the thinker Shrimad Rajachandra allowed him to develop his now famous views on peace and self-reliance.

The same wisdom inspired Martin Luther King, Jr. along with many other peaceful revolutionaries throughout history. Today, Jain leaders engage in finding peaceful and practical solutions to violence in the world's sociopolitical landscape.

In the 20th century a number of serious conflicts between governments, warring parties, and clashing ethnic groups were calmed and resolved through the sage words and ideas of Jain ascetic monks, such as Acharya Tulsi (1914-97) and Acharya Sushil Kumar (1926-94).

The ideals of compassion and non-possessiveness build a strong sense of social service. Jains have led the founding and maintaining of homeless shelters, orphanages, rehabilitation centers, hospitals and free clinics.

In both rural and urban environments Jains also pursue a long tradition of running sanctuaries (panjarapolas) dedicated to protecting and nursing injured, abused and starving animals.

The Capitalist Mindset : Centuries before "capitalism" was ever conceived, a Jain way of life gave rise to the world's first true capitalists. Jainism supports private ownership of property and technology, but while calling on the proprietor to use it wisely and for the benefit of beings less fortunate.

Realistically promoting values like vegetarianism and the nonviolent use and acquisition of natural resources demands an awareness of the economics of supply and demand.

Jains see wealth as mainly a prerequisite for philanthropy, a tool for benefiting the world. Greed, materialism, attachment, and over-acquisitiveness are condemned extensively in the Jain faith.

However, it is a fact of history that Jains have been one of the most prosperous, yet peaceful communities in the world. While often financially well-endowed, Jain societies have been legendary for their discipline, honesty and integrity.

This is no accident or contradiction, as scholars and historians would agree. Jainism's meticulous emphasis on self-evaluation, personal restraint, non-one-sided thinking, detachment, asceticism, pacifism, and cause-effect reasoning have been the very foundations of capitalistic thinking.

(The great economist Max Weber caught a glimpse of this vis-à-vis the "Protestant ethic".) When understood and practiced, they naturally cultivate self-accountability, discipline, trustworthiness, attention to detail, long-term thinking and regard for efficiency.

Such values have moved Jains to view financial success not as an end by itself, but as the result of an ethically performed job, and a certificate of honest management. Jains have continued to use personal wealth to create schools, colleges, universities and major scholarly publishing houses.

Today, they are among the leading industrialists, business strategists and entrepreneurs in South Asia and increasingly so in the U.S. high technology industries.

Democratic Principles & Social Equality : No war or violent campaign was ever waged by Jains to convert, coerce, proselytize, or ensure safety in numbers. Even in positions of great power Jains never sought to institute a religious empire or grab land from people.

Throughout history and in today's world, Jain societies have not, and need not employ military action or political pressure in order to flourish, grow, prosper and invigorate an ethical revolution in the greater community.

Jainism and its notion of spiritual freedom have always appealed to individuals from every socioeconomic level. Thousands of years before the French and American revolutions, the U.S. Constitution, the abolition of slavery and the civil

rights movement, Jains espoused and practiced the doctrine that all human beings are, and should be treated, as spiritual equals.

Rejecting the historically concurrent and widespread infliction of slavery, caste hierarchy, subjugation of women, and religious sacrifice of humans and animals, Jains long ago set an egalitarian example that still serves as a beacon for advocates of democratic values.

In the midst of a class-torn society Jains pioneered the institution of secular public education for all, to such an extent that in a certain Indian language (Tamil) the very word for "school" ("palli") actually means "Jain temple". Up through the 21st century, entire communities from the poor, downtrodden and rejected classes have continued to find dignity and solace in the Jain religion.

The Jain vision of social service can be contrasted with the currently in-vogue concept of "social justice", a modern term for state-imposed redistribution of wealth and resources.

Jainism puts responsibility on the individual to be charitable voluntarily, not only by contributing to worthy causes but also by creating a uniquely personal enterprise of assisting those in need.

Independence From Priestly Domination : Jainism has always been predominantly a religion and faith of the laity. Every living soul is free to pursue spiritual goals on its own, without any need for outside help. Ultimately, God is not an external person, place or thing, but a certain state of one's own existence.

There's no need for an intermediary, be it human or heavenly, to bridge the gap between oneself and one's innate constitution. Hence, Jains never invented a pyramid bureaucracy or priestly class having authority over people. As a result all Jains enjoy free participation and unconstrained access in community and religious activities.

Female Emancipation : The soul has no gender, and by their fundamental nature no soul or souls can ever be superior or inferior to one another. All are spiritually identical.

In social arenas this principle has guided Jain society in profound ways, not least among them the area of gender issues. Jains recognize the spiritual equality of genders in the same light as that of races and of species. Whereas most of the

ancient world was at best patronizing towards females, Jain society (the Chaturvidhi Sangha) as ordained by the great Crossing-Makers has been founded equally upon four types of people: male ascetics (monks), female ascetics (nuns), laymen (shravakas) and laywomen (shravikas).

This society is not a hierarchy or any kind of social device. Without the participation of and equal regard for each of these four spiritual resources a society is deemed incomplete.

Thus, female education has typically been as high a priority as for males. In the land of Jainism's origin, its followers include the largest proportion of educated women of any religious community; and across the globe a large majority of young Jain women are college educated.

As an outcome of both academics and ideology women have enjoyed a progressive state of opportunity in Jain society. Moreover, Jain children are raised to regard male monks with the same veneration and respect as female nuns. (In fact female nuns outnumber male monks by a ratio above 2 to 1, and evidence shows this has been the case for thousands of years.)

Since ancient times women have been important leaders in Jain society and contributed to religious and philosophical literature, the arts, education and spiritual inspiration for all.

Understanding Nature : In contrast to a popular tendency to ascribe divine mystery to the natural world, Jainism emphasizes the individual's own potential ability to know all of reality in its major and minute conditions.

Jains follow a long tradition of seeking rational and testable answers to the big and challenging questions about the universe. Traditional Jain physics, cosmology and biology have presented an organized and detailed system of classification, measurement and analysis.

Without the benefit of modern methodology and instrumentation, over two millennia ago Jain literature expressed a unique appreciation for both the microcosm and the macrocosm.

All descriptions were remarkably lucid and detailed, and the terminology used was definitive and unambiguous. It was understood explicitly that matter can be converted into energy and vice versa, and that neither can be created or destroyed.

Matter was seen as a conglomeration of atomic masses (anu) that are made of still finer particles, right down to the particle units which are physically impossible to split any further, called paramanu ("primal particle").

Subatomic particles were characterized by discrete quanta of either of two opposite charges (called snigdha and ruksha). Also given are conditions under which particles may fuse together or split apart.

The entire physical cosmos has been seen as permeated by two non-material mediums - one that facilitates motion (called dharma) and another that allows things to remain stationary (adhama) - which uniformly interpenetrate each other, all of space, and everything in the universe. (Modern theoretical physics is now converging on the very similar concept of quintessence, the so-called "energy" of space itself.)

The phenomenon of sound was described as the action of molecules (skandhas) of matter striking one another.

Among other things, striving to live nonviolently towards all living things requires an understanding of microorganisms (nigodas) which thrive in the air, soil and water and inhabit the bodies of humans and other organisms.

Such microscopic beings are said to possess a rudimentary sense of touch. Their reproductive behaviors are known to be highly prolific and regulated by conditions of moisture, heat, light and nourishment.

Jain texts describe some microbes as pathogens that cause bodily disorders and others as decomposers that break down organic matter. This understanding (which incidentally predates the invention of the microscope by centuries) has encouraged a great concern for cleanliness and hygiene.

It also helps foster a distinct awareness that all Jains share of the biological world.

It's a fact that a considerable amount of basic misinformation has been written and circulated about Jainism. Due to various reasons many writings that claim to discuss this philosophy have been inaccurate and misleading. Many libraries tend to contain such works.

Jain Meditation New School



The modern era saw the rise of a new [Śvētāmbara](#) sect, the [Śvētāmbara Terapanth](#), founded by [Ācārya Bhikṣu](#), who was said to be able to practice breath retention (hold his breath) for two hours.

He also practiced ātāpanā by sitting under the scorching sun for hours while chanting and visualizing [yantras](#).

[Tulasī](#) (1913–1997) and Ācārya [Mahāprajña](#) (1920–2010) developed a system termed *prekṣā-dhyāna* which is a combination of ancient wisdom and modern science.

It is based on Jain Canons. It included a practical path where each step works with the previous steps.

Ācārya [Mahāprajña](#), formulator of Preksha meditation

[Guided Preksha Meditation by Acharya Mahapragya](#)



Despite the innovations, the meditation system it is said is firmly grounded in the classic Jain metaphysical mind-body dualism in which the self is covered over by subtle and gross bodies.

This means there is dust on your inner mirror which needs to be cleaned before you can discover your true nature.

Prekṣā means "to perceive carefully and profoundly". In *prekṣā*, perception always means an impartial experience bereft of the duality of like and dislike, pleasure and pain, attachment or aversion.

Meditative progress proceeds through the different gross and subtle bodies, differentiating between them and the pure consciousness of jiva.

Mahāprajña interprets the goal of this to mean to "perceive and realize the most subtle aspects of consciousness by your conscious mind ." Important disciplines in the system are - Synchrony of mental and physical actions or simply present mindedness or complete awareness of one's actions, disciplining the reacting attitude, friendliness, diet, silence, spiritual vigilance.

The mature *prekṣā* system is taught using an eight limb hierarchical schema, where each one is necessary for practicing the next:

Scientific Mapping of Prekṣā-Dhyāna

Total relaxation (kāyotsarga)	Musculoskeletal system
Internal trip (antaryātra)	Central nervous system
Perception of breathing (śvāsa-prekṣā)	Respiratory system
Perception of body (śarīra-prekṣā)	Muscular, central nervous and endocrine systems
Perception of psychic centres (caitanya kendra prekṣā)	Endocrine system

Perception of psychic colours (leśyā-dhyāna)	Neuroendocrine system
Reflection (bhāvanā)	
Contemplation (anuprekṣā)	Contemplation (anuprekṣā) Subconscious and conscious mind Prekṣā-dhyāna is purported to help with relaxation of skeletal muscles and lead to a drastic reduction in metabolic activity

Relaxation



Relaxation (**kāyotsarga**), abandonment of the body, also “relaxation (*śīthilikarāṇa*) with self-awareness,” allows vital force (*prāṇa*) to flow.

Relaxation technique: the first step of meditation is relaxation with self-awareness, keeping the body steady, relaxed, and free from tension, with the spine and neck straight without stiffness, relaxing all the muscles of

the body. It involves letting the body become limp.

The steadiness of the body is practiced for at least five minutes so that it becomes motionless as a statue. Movement of the limbs of the body should not occur. Relaxation has two aims: complete relaxation of the body and self-awareness.

For achieving complete relaxation of the body, it is mentally divided into several parts and the mind (*citta*) focuses on each part of the body sequentially, from foot to head. Allow the mind to spread across the whole body.

Here, the technique of auto-suggestion is used to relax each part of the body to experience relaxation. With the relaxation of every muscle and nerve, relaxation of the whole body is achieved.

A state of deep concentration is to be reached in which the practitioner remains completely alert. When I went to the Monroe Institute we were taught a similar technique where we could have the body be asleep while the mind was conscious and aware.

[Mind Awake/Body Asleep 1.2 - Binaural Beats](#)

Phase Evolution

Mind Awake/Body Asleep
Binaural Beats Experiment
Version 1.2

[Preksha Meditation: Kayotsarg](#)

PREKSHA MEDITATION



KAYOTSARG
By Acharya Mahapragya

[Internal Journey](#)

Internal Journey (antaryātrā), is based on the practice of directing the flow of vital energy in an upward direction, interpreted as being connected with the nervous system.

The internal Journey synchronizes the om sound with the breath. Each inhalation and exhalation is charged with om. In this state, or is connected to the subconscious mind.

In this step, one focuses between the navel and the backbone, which are said to be the center of one's inner power.

The center of animal instinct is under the navel. When one meditates on every limb of the lower part of the body, violent passions become pacified. Through this process, the center of health, the center of vital energy, and the center of power are activated.

The lower glands become calm and a huge amount of energy is saved.

The second limb is an internal journey, which is based on the practice of directing the flow of vital energy (in an upward direction. He connects the internal journey with the human nervous system.

The right side is equated to the sympathetic nervous system and the left side with the parasympathetic nervous system and the central nervous system.

This is said to be needed to activate deeper levels of consciousness during meditation associated with the many psychic centers that are connected to the spinal cord, which is the pathway of this inner journey.

This path is the main center of vital force located in the spinal cord.

Modern-day version



One early morning around 1986 I was meditating. I felt such joy and happiness. All of a sudden I felt this incredible power. I saw this incredible cobra at my root chakra.

This cobra was slowly rising up my spine. The energy was incredible. It was so real. I became a little afraid due to the power and the cobra.

I knew I would not be harmed at all. I controlled my fear and let the experience grow. The cobra went all the way to my third eye which is the pineal gland.

At each step of the way, I would have a different experience. I have always heard about the Kundalini experience but this was the first time I had the experience to see it.

The scriptures talk about this experience. The cobra was so real. It was like you had to face your greatest fears and then and only then could you be taken to a different level of consciousness.

Amazingly, this experience exists inside of our being, and yet it is dormant. We are so involved in this world that we simply are unaware of a greater reality.

I learned that the scriptures of the past were based upon practical experiences. We have simply convoluted the meaning of the experience and come up with a different meaning altogether.

Let's fast forward to the early 2000s. I'm living in Ashland Oregon. My wife and I love to go to the ashram in the sky.

That's what I call it. Imagine in the winter in a snowstorm a large group of people is meditating. It is a guided Kundalini meditation.

A huge taiko drum is vibrating throughout the ashram. What is this thing called kundalini? What does kundalini have to do with the quantum field? Read the chapter on chakras to find out.



Let's fast forward to 2019. Lately, I'm researching the works of Joe Dispenza.

He is using the ancient kundalini techniques but he is also using the latest scientific instruments to measure what is going on when one practices these techniques.

Scientists know that the body and mind are united. You can't separate the two. All our emotions are stored in our bodies.

That means the good bad and ugly. For most of our lives, we are living in a survival mode of existence. We are reactive beings. Our subconscious is running the show.

Experts estimate that the mind thinks between 60,000 – 80,000 thoughts a day. That's an average of 2500 – 3,300 thoughts per hour.

That's incredible. Other experts estimate a smaller number, of 50,000 thoughts per day, which means about 2100 thoughts per hour. Yet how many are new thoughts?

We have been playing the same record for years. We have the same routine.

We go to bed. Our alarm clock goes off. We use the same hand to shut it off and go back to bed for five minutes.

The alarm goes off again. We shut off the alarm. We stumble out of bed and go to the bathroom. We brush our teeth. We are trying to wake up. Off to the kitchen, we go to brew some coffee.

It's time to head off to work just in time for rush hour traffic. We make a few phone calls along the way. Some of us text when the cars are stopped. We make it to the office and do the same dull routines. I could go on and on.

Imagine that our negative emotions are stuck in the first three centers of the lower chakras. There is a law that whatever strong emotion you have stored, this emotion will be predominant in your life.

Say for example someone makes you angry. You can't drop it and you hold on for twenty years. You can't forgive this person. Well unfortunately you have drunk your poison.

This gets stored in your subconscious mind. Whenever you think about this you will secrete chemicals into your body and these chemicals will bring you angry emotions.

Your stress level will go out. You will be in a fight or flight syndrome. Unfortunately for the majority of human beings, this is our present state.

This breathing technique allows the negative emotions to be released and travel up the spine to the crown chakra. There a physical/spiritual alchemy takes place. It transforms that anger into pure love. That is the goal.

Joe Dispenza and his crew have wired up thousands of participants and have mapped out the regions of the brain which get affected.

Many of his students go into high gamma waves which are off the normal charts. The reason why is that most people live in a high beta state of mind and have no idea how to change.

We are stuck in our ways. Most people are comfortable staying in misery and don't want to change.

Fortunately millions of people are waking up from their slumber. A new dawning is occurring for mankind.

We are our pharmacy. Every day our bodies create hundreds of thousands of chemicals.

These chemicals create strong emotions. Say for example you are angry. Your emotional state will be angry. Therefore you will have angry thoughts.

These thoughts will then create angry emotions. We are caught in a cycle. The goal is to be free. The goal is to be in tune with the quantum field. Ponder this over.

Modern-day version meditation



Slowly breathe in. and tighten your muscles as if you are having a bowel movement.

At the same time tighten your muscles around your navel (lower abdomen). Bring them up and in.

Tighten your muscles around your solar plexus (upper abdomen). Bring them up and in.

As you are breathing in follow your breath up the spinal column past the heart, throat, and pineal chakras to the top of your head.

Hold your breath comfortably until you need to take a breath. Be gentle with yourself. Keep on tightening of your muscles.

When you have to slowly exhale your breath. A wave of bliss is about to be released. Do this for five to ten minutes. Slowly build up your time doing this.

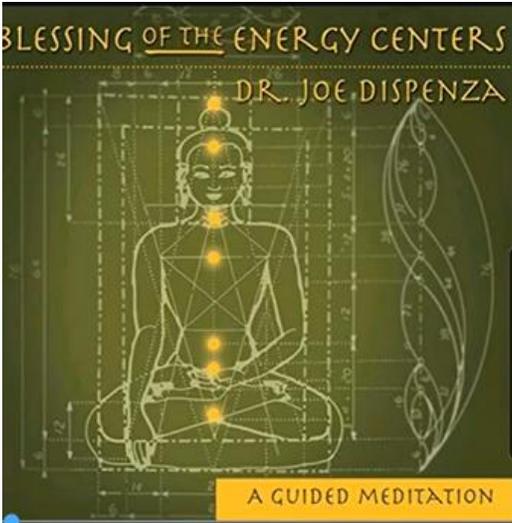
In essence, this technique is converting locked negative emotions up your spine where it is transformed into the quantum field. This is pure alchemy. You are transforming darkness into light.

On the material side, your body is sending spinal fluid up your spinal column to your pituitary gland.

The pituitary gland then secretes thousands of chemicals that turn this negative energy into love, kindness, and compassion.

In this state, tremendous healing can occur and does occur. Look at the work Dr. Joe Dispenza has done and you will see there are thousands of people being healed in all sorts of manners. This technique is thousands of years old.

Mind you this technique will seem awkward at first. Just take your time. After some point, it will become second nature to you.



Perception of Breathing (**śvāsaprekṣā**), of two types: (1) perception of long or deep breathing (*dirgha-śvāsa-prekṣā*) and (2) perception of breathing through alternate nostrils (*samavṛtti-śvāsa-prekṣā*).

SOHUM



This is a recent addition to the new school. It is a technique that has been used in yogic traditions for thousands of years.

So'ham or so hong is an ancient yogic technique. It is used by many different yogic traditions. I learned this from Paramahansa Yogananda's lineage.

Shri Shri Ravi Shankar uses this in his meditative practices. It's used as both a mantra and a moment-by-moment being aware of your breath. It is probably one of the most transformational tools we have.

In a nutshell, when you breathe in there is a sound like so. When you breathe out there is a sound like hum.

Behind your breath lies the power that is keeping you and the universe alive. The day you take your last breath is the moment you are no longer here. The goal is to be aware of your breath twenty-four hours a day.

The more you pay attention to it the more it will pay attention to you. My personal experience is this one of the most powerful and practical techniques there is.

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

SOHUM Thesis

The following is from
PREKṢĀ MEDITATION
HISTORY AND METHODS

SAMANI PRATIBHA PRAGYA

Thesis submitted for the degree of Ph.D

6

Śivamuni made so'ham the central practice of ātma-dhyāna. Based on his own experience, he explains that so'ham is the sound of vital energy. This sound resonates constantly in our breathing process.

The breath echoes 'sa' on inhaling and 'ham' on exhaling. The psyche (citta) becomes more subtle (sūkṣma) when the sound of so'ham becomes connected with the breath and thus results in thoughtlessness.

There is a difference between word and sound. Word is the medium for expressing sound in the ordinary world. In the same way the sound so'ham, which occurs in breath, is different from the word so'ham.

But the term so'ham is very close to this sound, which is therefore termed so'ham. The concept of so'ham is discussed in Ācārāṅga-sūtra (ĀS1, 1.4), which is why it is considered that this method originated from Ācārāṅga-sūtra.

Śivamuni provides the philosophical background of so'ham meditation. One meaning of so'ham is the liberated ones (siddha), literally "sa" – liberated soul, and "aham" – I, i.e. myself. The idea is that there is no dissimilarity between the real nature of myself and the liberated soul. The second meaning is that all of the souls are similar to me, none are different to me, and I am present in all

However, whilst Śivamuni equates "liberated soul" with "similarity of all souls" and Ātmārāma also equates this terms with the supreme soul (paramātmā). This first interpretation of Śivamuni and of Ātmārāma contradicts the ĀS.

The ĀS states that the worldly souls are constantly moving into four cardinal directions and six intermediate directions.

In his commentary, Śīlāṅka (ĀSV, p. 20) also supports the same meaning of ĀS. His interpretation of liberated souls is not identical with ĀS, but his second interpretation is partially identical to the ĀS.

⁶ https://eprints.soas.ac.uk/24340/1/Pragya_4367.pdf

He noted that it was practiced by Ātmārāma before him. What Śivamuni presents in the methods of ātma-dhyāna is adapted from Ātmārāma's so'ham techniques.

(Ātmārāma, 1944: 46–49). So'ham was a very popular technique at Śri Śri Raviśankara's "Art of Living" which was attended by Śivamuni before the launch of ātmadhyāna.

The prime aim of "ātma-dhyāna" is self-purification, Śivamuni acknowledged, in a lecture series on ātma-dhyāna and that meditation is the best tool with which to annihilate karma.

He defines meditation as inner silence (antarmauna). He states that meditation provides a path for the alleviation of the day to day hardships of the masses and mentally assists them in their struggle for survival. That is also one of the aims of this meditation.



[So Hum Guided Meditation \(for Beginners\)](#)

The logo features the words "SO HUM" in a bold, sans-serif font. "SO" is white with a black outline, and "HUM" is yellow with a black outline. Below this, the words "Guided Meditation" are written in a white, cursive script font. The entire text is set against a dark blue background with a subtle, lighter blue cloud-like pattern. The logo is enclosed in a white rectangular border.

SO HUM

Guided Meditation

Om Meditation

This is another practice that has been introduced to the new school. The yogis have been using this for thousands of years.

Sit in a cross-legged position. Keep neck, head, and backbone straight. The arms should be resting on your lap, folded together.

The eyes closed and a smile on the face. You may ask why a smile on your face. Scientists have found out when you smile over 1500 positive chemicals get released into your bloodstream.

The Taoists have a meditation where they smile at each organ in the body. If an organ is happy you will be happy.

Procedure: First of all, for a few seconds, make the breath balanced and concentrate the mind on the breath. Now take the breath from the crown chakra to the root chakra.

The method is to inhale deeply and use two-thirds of the breath to utter "o" and one third for "m".

All this should be performed by inhaling and exhaling deeply. It should be repeated 5 to 10 times. One can meditate whilst chanting or after completion of the sound. Begin with meditating on the heart chakra and then move on to the crown chakra.

The technique of the perception of breathing is the third limb of prekṣādhyāna, which did not exist before the construction of prekṣā-dhyāna as a distinct practice within the Jain tradition.

Although concentration on one's breathing is a supportive part of ritualistic kāyotsarga and antaryātrā these stages are not fully focused upon breathing only. Mahāprajña divides the practice into two parts:

The perception of long or deep breathing and perception of breathing through alternate nostrils. Breathing meditation was a pertinent part of Jaina meditation practice.

The well-known Jaina meditative practice of kāyotsarga is based on breathing measurements. The Upāsakādhyayana is a treatise based on the instructions and prescriptions for Jain lay followers.

It was composed of the Digambara monk and scholar, Somadevasūrī, in the 10th c.CE. It presents a formula of breathing meditation: "exhale and inhale air gently [during prāṇāyāma]. One must never hold air forcefully nor release it hastily".

The practice of śvāsa-prekṣā is very close to Goenkā's vipassanā techniques. Mahāprajña mentions that there are many textual sources of breathing meditation available in Jain canons and medieval texts, but the experience and familiarity with the living tradition of vipassanā helped him to shape the śvāsa-prekṣā.

In this method, breathing is regulated until it becomes rhythmic through the close link between the perceiving mind and the breath.

By regular practice, this aims to develop certain "inherent capacities" of the subconscious mind such as extra-sensory perception, clairvoyance, etc. In the second practice, the breath is inhaled through the right nostril and exhaled through the left nostril.

Then, it is inhaled through the left and exhaled through the right one. This technique is similar to the popular haṭha-yogic practice of alternate nostril breathing.

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

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

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

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

7

Put in illustration

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

Over time our breathing patterns have shifted as a reaction to environmental stressors, like temperature, pollution, noise, and other causes of anxiety. Cultural expectations, including the desire to have a flat stomach, encourage holding our breath and sucking in our stomachs, further tightening our muscles.

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

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

⁷ <https://www.headspace.com/blog/2017/08/15/shallow-breathing-whole-body/>

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

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

If you still breathe through your chest or your mouth spend three weeks learning how to breathe properly.

I would advise anyone to spend three weeks meditating and focusing on their breath. Do this from this moment on. This is the key to life. Without this, your practice won’t take you far. There is a power that is keeping you alive. Behind your breath lies the keys to life.

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

⁸

The following is a passage from Sadguru.

Sadhguru: Within the spine, if you know its physical construction, you will know there are two holes on either side of the spine which are like conduit pipes for all the nerves to pass.

This is the Ida and the Pingala, the left and the right channels.

In the Pranamayakosha or the energy body, there are 72,000 nadis. The 72,000 nadis spring from three basic nadis – the left, the right and the central – the Ida, Pingala, and Sushumna.

The word “nadi” does not mean nerve. 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

⁸ <https://isha.sadhguru.org/us/en/wisdom/article/the-three-fundamental-nadis>

established pathways. There are 72,000 different ways in which the energy or prana moves.

The pingala is the right or masculine energy channel.

The ida is the left or feminine energy channel.

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

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

Prānāyāmai is a breathing exercise that cleans the ida and the pingala. This exercise will help balance the mind and body. When the breath gets calm the mind and body will get calm.

One begins to enter into a state of calmness and being in harmony with the mind, body, and soul connection.



[Proper Breathing](#)

**Breathing Technique: To
increase exercise capacity
and reduce anxiety and
shallow breaths**

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.

Perception of Body (*śārīraprekṣā*), one becomes aware of the gross physical body, the fiery body, and the karmic body, this practice allows one to perceive the self through the body.

Perception of Body

Perception of the body is a technique in which one becomes acquainted not only with the gross physical body but also with the fiery body and karmic body, which represent increasing levels of subtleness.

It enables a practitioner to become aware of a deeper level of consciousness, and eventually the self, by becoming aware of the flow of vital energy in different parts of the body, for example, the sensory nerves and motor nerves.

The body is a base for the self during one's worldly existence and one can perceive the self through the body. Mahāprajña explains that higher knowledge and higher meditation are not possible without a strong body and bone joints.

Furthermore, Mahāprajña explains that within the context of *prekṣā-dhyāna* the body is more important than the mind. According to *Amanaska-yoga* the mind itself is the only cause of bondage and release.

The fickleness of the mind creates hurdles in meditation which is why this dictum was formed. If we think at a subtle level, the fickleness of the body is more problematic in the attainment of meditation and consciousness.

Therefore, a practitioner of meditation must concentrate on the body to know its secrets. The secrets of the mind and speech will automatically be revealed, once one knows the secret of the body.

According to Jaina's philosophy mind is not a perennial element. When a human being starts thinking then the process of mind begins and it gets manifested. Before the process of thinking, there is no mind.

The method of *śārīra-prekṣā* involves a particular set of instructions. These are as follows: Concentrate your mind on the big toe of your right foot. Allow it to spread and permeate throughout the whole toe.

Feel the sensation and vibration taking place in that whole area. Become aware of it and experience it with a neutral mind– with neither like nor dislike.

Concentrate deeply and remain fully alert. Now shift your attention to every part of your right limb. I will now indicate the part of the body on which to concentrate and focus your mind.

Move your focus to your other toes, the sole, the heel, the ankle, the upper part of the foot, the calf muscles, the knee, and the thigh up to the hip joint.

Visualize the whole leg and experience the sensations and vibrations taking place in each part. Maintain a perfect balance of your mind.

[Preksha Meditation 4.2 Perception of Body](#)

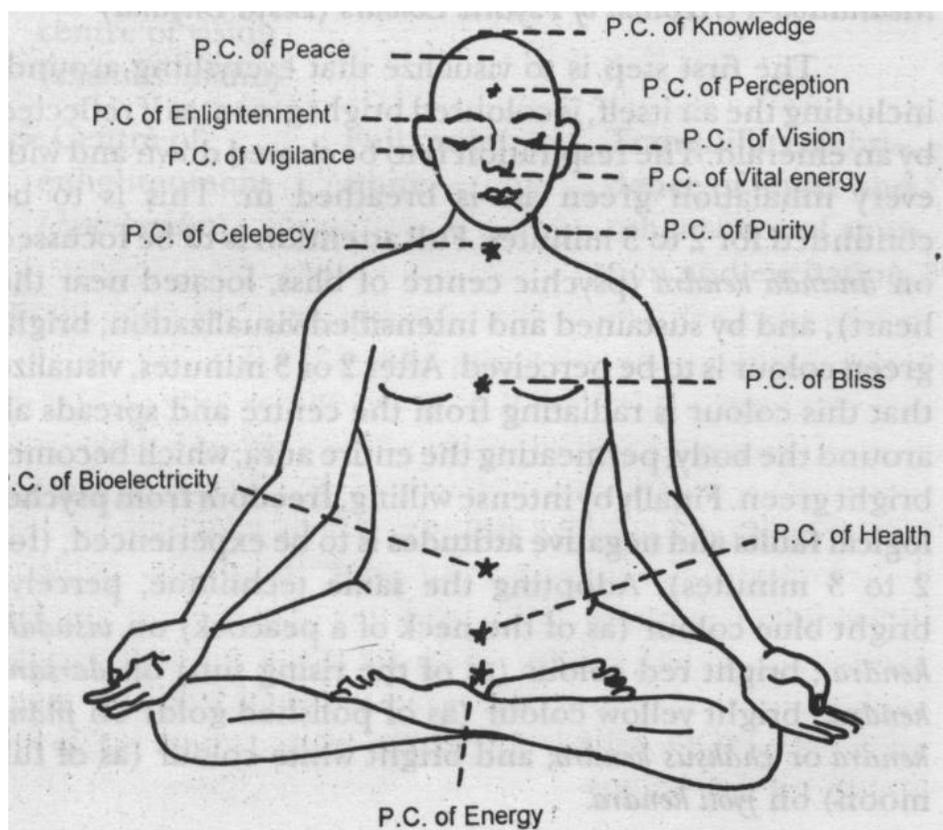


Perception of Psychic Centres (*caitanya-kendra-prekṣā*), defined as locations in the subtle body that contain 'dense consciousness' (saghana-cetanā), which [Mahāprajña](#) maps into the endocrine system.

The practice of perception of the psychic centers is a process of harmonizing the chemical messengers, produced by the center which regulates our emotions and passions.

The technique consists in concentrating the mind on each center and perceiving the subtle vibrations of the vital energy taking place in the center.

The third step of preksha meditation is the perception of psychic centers.



1. Centre of Energy:

Concentrate your mind on the Centre of Energy, situated at the lower end of the spinal cord, and perceive the subtle vibrations of the vital energy taking place in the center.

Focus your full attention on it. The breath will be calm and slow. Remain fully conscious of the Centre. Use deep concentration.

2. Centre of Health:

Now concentrate your mind on the Centre of Health situated in the lower abdomen, below the navel.

Just as the beam of a torchlight extends in a straight line, in the same way entering from the front, allow the beam of the light of your mind to extend in a straight line, up to the spinal cord at the back, and perceive the subtle vibrations of the vital energy taking place inside the whole portion of the Centre.

3. Centre of Bio-electricity:

Concentrate your mind on the Centre of Bio-electricity situated in your navel. Just as the beam of a torchlight extends in a straight line, in the same way entering from the navel, allow the beam of the light of your mind to extend in a straight line up to the spinal cord at the back.

Perceive the subtle vibrations taking place inside the Centre. Make use of such deep concentration that the breath is held by itself.

4. Centre of Bliss:

Concentrate your mind on the Centre of Bliss, situated near the heart, in the middle of the chest, the pit near the lungs. Just as the beam of a torchlight extends in a straight line, in the same way entering from the front allow the beam of the light of your mind to extend in a straight line up to the spinal cord at the back and perceive the subtle vibrations of the vital energy taking place inside the Centre, You may hold your breath for a while intermittently.

5. Centre of Purity :

Concentrate your mind on the Centre of Purity situated in the middle of the throat. Just as the beam of torchlight extends in a straight line, in the same way entering from the front, allow the beam of the light of your mind to extend in a straight line up to the spinal cord at the back and perceive the subtle vibrations of the vital energy taking place inside the Centre.

You may hold your breath intermittently for a while.

6. Centre of Celibacy:

Concentrate your mind on the Centre of Celibacy situated on the tip of the tongue.

Keep your tongue hanging freely inside the mouth, without touching the walls of the mouth. Perceive the subtle vibrations of the vital energy taking place at the Centre.

7. Centre of Vital Energy

Concentrate your mind on the Centre of Vital Energy, situated on the tip of the nose, and perceive the subtle vibrations taking place at the Centre.

8. Centre of Vigilance:

Concentrate your mind on the center of vigilance situated inside the ears. Focus your attention on all the three parts of the ears—the outer, the middle, and the inner regions and perceive the subtle vibrations of the vital energy taking place at the Centre.

9. Centre of Vision :

Concentrate your mind on the Centre of Vision situated inside your eyes. Allow your mind to penetrate inside up to the back portion of your brain and perceive the subtle vibrations of the vital energy taking place inside the center.

10. Centre of Intuition :

Concentrate your mind on the Centre of Intuition situated in the middle of the eye-brows and allow the light of your mind to penetrate inside up to the back portion from the front of your brain and extend up to the wall of the head, and perceive the subtle vibrations of the vital energy taking place inside the center. Use deep concentration and remain alert.

11. Center of Enlightenment :

Concentrate your mind on the Centre of Enlightenment, situated in the middle of your forehead, and allow the light of your mind to penetrate inside up to the back portion from the front and extend up to the back wall of the head, and perceive the subtle vibrations of the vital energy taking place at the Centre.

12. Centre of Peace:

Concentrate your mind on the Centre of Peace situated in the front portion of your head. Just as the light from a lamp spreads in all directions, in the same way, allow your mind to penetrate inside the Centre from the top and spread in all directions in the Centre. Perceive the subtle vibrations of the vital energy taking place at the Centre.

13. Centre of Knowledge:

Concentrate your mind on the Centre of Knowledge situated on the top of the head. Just as the light from a lamp spreads in all directions, in the same way, allow your mind to penetrate inside the Centre, from the top, and allow it to spread all around. Perceive the subtle vibrations of the vital energy taking place at the center.

Now perceive all the psychic centers by speedily taking your mind from one to another. Those who can do this exercise in standing posture should do so.

1. First, take your mind to the Centre of Energy and then successively take it to the Centre of Health, Centre of Bio-electricity, Centre of Bliss and so on up to the Centre of Knowledge and then back to the Centre of Energy via the spinal cord, thus completing a circuit.

2. In the same way, continue perceiving each Centre in the circuit.

3. Let this trip on the psychic centers take place in a quick rotation.

9

⁹ <https://jainworld.com/philosophy/others/preksha-dhayan/a-handbook-of-preksha-meditation-for-the-trainers/8-perception-of-psychic-centres/>

Perception of Psychic Colors (*leśyā-dhyāna*), these are subtle consciousness radiations of the soul, which can be malevolent or benevolent and can be transformed.

Our body is surrounded by a colored envelope known as the aura. The colors of the aura undergo continuous changes following the changes in our attitude and emotional pattern.

There is a close relationship between the aura and our attitudes and emotions.

We can purify the aura by the purity in our attitudes and emotions, and the latter can be gauged through the former. In the present exercise, we have to use our power of visualization of a particular color at a particular psychic center.

Then again, with the mental projection, we have to visualize the same color as spreading all around us and permeating the whole aura around us. Lastly, we have to make use of the technique of auto-suggestion to bring about a change in our attitude or emotional pattern.

Deep concentration and alertness are of course to be maintained throughout the exercise.

The third step of preksha meditation is the Perception of Psychic Colours.

1. With your mind's eye visualize that everything around you, including the air itself, is colored bright emerald green.

Take a deep breath and as you slowly inhale visualize that you are breathing long streams of bright green air. Repeat the breathing exercise several times, each time inhaling bright green air.

Now concentrate your mind on the psychic Centre of Bliss situated in the middle of the chest near the heart; try to visualize bright green color in that region.

Perceive bright green light and visualize that the bright green radiations are spreading in the psychic center covering the whole portion up to the back.

If the light does not appear or vanishes after the appearance, do not be disappointed. Intensify your effort for sustained visualization.

Now visualize that the particles or radiations of bright green light are emanating from the Centre of Bliss and spreading all around permeating the whole body and the aura. Practise sustained visualization with deep concentration.

Now using auto-suggestion realize—“My emotional pattern is being purified; my mind is being purged of all the negative attitudes”.

2. With your mind’s eye visualize that everything around you, including the air itself, is colored bright blue like a peacock’s neck.

Take a deep breath and as you slowly inhale, visualize that you are breathing long streams of bright blue air. Repeat the breathing exercise several times, each time inhaling bright blue air.

Now concentrate your mind on the psychic Centre of Purity, situated in the middle of the throat, and try to visualize bright blue color in that region.

Perceive bright blue light and visualize that the blue radiations are spreading in the psychic center covering the whole portion up to the back.

If the light does not appear or vanishes after the appearance, do not be disappointed. Intensify your effort for sustained visualization.

Now visualize that the particles or radiations of bright blue light are emanating from the Centre of Purity and spreading all around, permeating the whole body and the aura. Practise sustained visualization with deep concentration.

Now using auto-suggestion, realize “My sexual impulses are being under my conscious control.”

3. With your mind's eye visualize that everything around you, including the air itself, is colored bright red like the color of the rising sun.

Take a deep breath and as you slowly inhale, visualize that you are breathing long streams of bright red air. Repeat the breathing exercise several times, each time inhaling bright red air.

Now concentrate your mind on the psychic Centre of Intuition situated in the middle of both the eye-brows and try to visualize bright red color.

Perceive bright red light and visualize that the bright red radiations are spreading in the psychic center covering the whole portion up to the back.

If the light does not appear or vanishes after the appearance, do not be disappointed. Intensify your effort for sustained visualization.

Now visualize that the particles or radiations of bright red light are emanating from the Centre of Intuition and spreading all around, permeating the whole body and the aura. Practise sustained visualization with deep concentration.

Now using auto-suggestion realize—"My intuition power is developing."

4. With your mind's eye visualize that everything around you, including the air itself, is colored bright yellow like a sunflower.

Take a deep breath and as you slowly inhale, visualize that you are breathing long streams of bright yellow air. Repeat the breathing exercise several times each time inhaling bright yellow air.

Now concentrate your mind on the psychic Centre of Knowledge situated on the top of the head and try to visualize bright yellow color.

Perceive bright yellow light and visualize that the bright yellow radiations are spreading in the psychic center covering the whole portion of the brain.

If the light does not appear or vanishes after the appearance, do not be disappointed. Intensify your effort for sustained visualization.

Now visualize that the particles or radiations of bright yellow light are emanating from the Centre of Knowledge and spreading all around, permeating the whole body and the aura. Practise sustained visualization with deep concentration.

Now using auto-suggestion realize –“My perceptive capacity is increasing.”

5. Now with your mind’s eye visualize that everything around you, including the air itself, is colored bright white like the full moon.

Take a deep breath and as you slowly inhale, visualize that you are breathing long streams of bright white air. Repeat the breathing exercise several times, each time inhaling bright white air.

Now concentrate your mind on the psychic Centre of Enlightenment, situated in the middle of your forehead, and visualize bright white color.

Perceive bright white light and visualize that the bright white radiations are spreading on the psychic center, covering the whole portion up to the back.

If the light does not appear or vanishes after the appearance, do not be disappointed. Intensify your effort for sustained visualization.

Now visualize that the particles or radiations of bright white color are emanating from the Centre of Enlightenment and spreading all around, permeating the whole body and the aura.

Practise sustained visualization with deep concentration.

Now using auto-suggestion realize–“My anger is waning away. My passions and emotions are being pacified. I am feeling complete tranquillity of mind.”

[Color Meditation - Leshya Dhyana of Preksha Meditation](#)

Leshya Dhyana - Color Meditation

[How Sound And Color Based Components Of Preksha Meditation Impact College Students](#)

**A Controlled Study on How Sound
and Color Based Components of
Preksha Meditation Impact Short-
term Memory, Attention, and Mood
in College Students.**

[Color Therapy Chakra Guided Spoken Meditation for Balance & Alignment](#)



Auto-Suggestion (bhāvanā), Mahāprajña defines bhāvanā as “repeated verbal reflection”, infusing the psyche (*citta*) with ideas through strong resolve and generating "counter-vibrations" which eliminate evil impulses.

Mahāprajña defines bhāvanā as “repeated verbal reflection” by which one makes oneself resemble one’s ideal through infusing the psyche (*citta*) with such ideas and through strong resolve.

He elucidates this as the cultivation of noble virtues for ascetics enabling them to carry out their practices more meticulously.

The mind is like a tuning fork. whatever it touches it vibrates at that frequency. Through time sages have known that embracing a higher consciousness will bring the mind one step higher on the ladder of life.

[Positive suggestion | Self Hypnosis Techniques | What is Auto Suggestion](#)



Monitoring Your Thoughts And Emotions

As you know by now we live 95% from the subconscious and 5 percent from the conscious mind. Most human beings never stop to see the correlation between the mind and body.

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

Stress chemicals get released. Over 1900 chemicals get released. You are now in an emotional state of anger. This anger gets stored in your body. Many scientists say that cancer is created by angry cells.

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

So the goal is to rewire our circuits. When someone makes us angry stop in your tracks. Focus on your breath. Imagine an infinite field of peace surrounding you. By the way, it does it 24 hours a day. This is your true nature.

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

Mind you this is extremely difficult to do. Here's some advice for you on this journey. Write down all the areas that have caused great trauma in your life.

Many times a great trauma never gets processed properly. It is stored in our subconscious. The greater the trauma the greater the emotional impact.

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

We need to learn and forgive. We need to let go of that emotion. In the last 30 years, much insight has been into the relationship between the mind and body.

There are many different techniques out there to heal and release our emotional scars.

Here is one that I like.

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

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

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

Step 3

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

We are going to use anger as our problem

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

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

Step 4

This is the tapping phase.

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

Karate chop small intestine meridian

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

eyebrow bladder meridian

side of the eye gallbladder meridian

under the eye stomach meridian

under the nose: governing vessel

chin central vessel

beginning of the collarbone kidney meridian

under the arm spleen meridian

top of head governing vessel

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

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

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

[How EFT Tapping Works - Gary Craig](#)

How EFT Works

Gary Craig

[The Most Inspirational EFT Video With Founder Gary Craig \(Emotional Freedom Technique\)](#)



[EFT: The Basic Recipe by Founder Gary Craig](#)

Mind Movies



The definition of a Guru takes you from darkness into the light. A rugu takes you from light into darkness.

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

The commercial industry has been very effective to program the subconscious. They have used the medium of TV to program your mind and body.

They are extremely clever and know exactly what they are doing. In the fifties when a movie was being shown subliminal messages would be displayed on the screen such as buying popcorn or buying a coke.

It would appear so fast your conscious mind wouldn't see it but your subconscious mind would. This was banned when the FCC figured that out.

Well, they have got quite sophisticated. Today's drug commercials directly go into your subconscious mind. Imagine some of these same commercials are played over and over again on the evening news.

They are slowly brainwashing people without the audience even knowing it.

Have you ever wondered why America is so messed up? I could go on for hours. Many of these drug commercials are directly programming you to get sick so you can take their drugs.

It is insidious and evil. Yet it is done in such a soft voice and nature is all around. Sadly, they know exactly what they are doing. As a capitalist society, they are there solely to make a buck.

They want you to get sick. They don't want you to be healthy and take responsibility for your well-being.

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

Dr. Joe Dispenza made a mind movie for connecting to the quantum field. It is absolutely genius. I highly recommend it.

It should be played before going to bed and upon waking up. I play it right before I close my eyes to meditate. The more you play it over time the mind, body, and soul rejoices in the words.

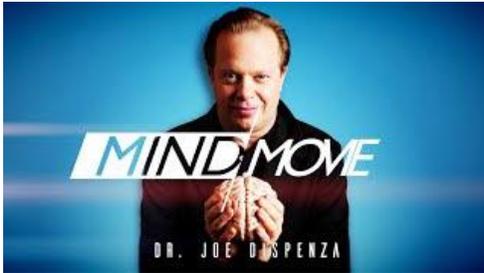
There are words and pictures displayed. Both of them work to put the message into your subconscious. As you know we need to rewire ourselves. Humanity is living in darkness and needs to embrace the light.

Mind Movies are a way to program the subconscious to help us discover our true nature.

[Preview YouTube video Dispenza Mind Movie](#)



[Preview YouTube video MIND MOVIE - Dr Joe Dispenza - Best Law of Attraction Tool](#)



Preview YouTube video John's Mind Movie



Preview YouTube video Deb's Mind Movie



Preview YouTube video SheilaWright mind movie 86568



Preview YouTube video Seamless Integration of Mind Movie and Kaleidoscope Sample



Contemplation (**anupreksā**), contemplations are combined with the previous steps of dhyana in different ways. The contemplations can often be secular in nature.

Twelve Anuprekshas in Jainism ¹⁰

There are twelve subject matters for contemplation of 12 Anuprekshas described in Tattvartha Sutra. They are as follows:

1. Anitya Bhavana - It means a reflection on the impermanent character of all phenomena or things. In this world, everything is transient, nothing is permanent. Everything is subject to change and decline.

The bodies as well as the objects of pleasure of the senses are all transient like bubbles. Therefore, one should not be happy or unhappy over gain or loss.

2. Asarana Bhavana - It is a reflection of the utter helplessness of every living being in the face of death. No one can protect at the time of old age, disease, and death. The only help one can get is from true God, Teacher, and Religion. Therefore, one should take refuge in the religion preached by the Omniscient.

3. Samsara Bhavana - It is a reflection on the miserable course of existence in flux i.e. transmigration from one state of existence to another. It is an endless cycle full of pain and misery. Therefore, it is in human birth that one can bring an end to this cycle of birth and death by renouncing the activities which give suffering. This can be done by reflecting on Samsara and practicing detachment.

4. Ekatva Bhavan - It is a reflection on the utter solitariness of the soul in the course of transmigration. The soul is lonely, born alone, suffers alone, and will go alone. It enjoys its karmas alone and transmigrates alone. Therefore, the soul should not depend on anything outside itself. The soul is its own friend and no one but the soul itself can help in self-realization.

5. Anyatva Bhavana - It is a reflection on the distinction between the body and the soul. The soul is consciousness and the body is matter. At the time of death, the soul leaves one body and transmigrates into another body. Modifications in the soul are on account of the bondage of karma. So, the soul

¹⁰ <https://www.indianetzone.com/80/anupreksha.htm>

should not develop an attachment to the body or depend on any external objects for happiness.

6. Asuchi Bhavana - It is a reflection on the impurity of the body. The body is made up of impure things like blood, bones, flesh, etc., and generates impure things like urine, stool, etc. Therefore, one should not have an attachment to the body.

7. Asrava Bhavana - It is a reflection of the defiling influx of karmas. The activity of mind, speech, and body leads to the inflow of karmas and its bondage with the soul leading to suffering. Therefore, one has to reflect on the causes of inflow as well as the means to stop this influx.

8. Samvara Bhavana - It is a reflection on the method of controlling the defiling influx of karmas. One has to reflect on the ways of controlling the inflow by conscious efforts by undertaking 57 types of Samvara.

9. Nirjara Bhavana - It is a reflection on the process of destruction of karmas. Tapa or Penance is a means of Nirjara. One is victorious over the external and internal enemies when he observes six external and six internal Tapas. Hence, it is through Nirjara, one can attain liberation.

10. Loka Swarupa Bhavana - It is a reflection on the nature and extent of the universe, the structure of the universe, its vastness, and man's place in this vastness. This results in the true knowledge of the soul which wanders in Upper, Middle, and Lower worlds, depending upon its karmas. Therefore, we should eradicate karmas by doing religious activities.

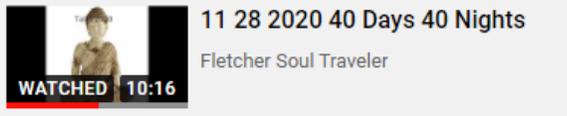
11. Bodhi Durlabha Bhavana - It is a reflection on the rarity of enlightenment i.e. difficulty in having the Right Perception, Knowledge, and Conduct. The soul needs to realize the difficulties encountered on the path to self-realization.

12. Dharma Svakhya Bhavana - It is a reflection on the well-expounded theory of Religion. It is known as 'svakhyata' because it has been proclaimed for the good of all beings without any discrimination of caste, creed, race, etc. One should contemplate on the greatness and glory of Dharma, which has been provided for the good of all living beings. One should investigate the true nature and essence of religion. It lifts individuals from a lower to a higher state

of existence. It is through Religion, a soul is liberated from cycles of birth and death.⁴

Arugga Bohi Labham

11-28-2020 40 Days 40 Nights



This life is an incredible journey. Many of you know that I'm extremely inquisitive. Somehow I see the world through different eyes. For example, when I was around 14 years old I believed in preventive medicine.

I knew that drugs only hide the symptoms yet the disease got more acute. I knew that the entire universe lies inside of you and me. Anyway, I am always fine-tuning the guitar of life.

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

I'm just finishing a forty-day course on practical tools to fine-tune your guitar in life. Let's face it everyone needs a tune-up.

Some know it and some don't. You can never clap your hands and say I know it all. You can meditate for a trillion years and still, that's the first step on this infinite journey in life.

Here's a flyer of the course that I'm almost finished with. Mind you this is an infinite journey. The course just gives you practical knowledge to utilize. It's up to you to take proper action.

This course is for you to learn how to be in harmony with your mind, body, and soul connection. The East has been discovering this for thousands of years. You are a part of Mother Earth yet we live our lives divorced from it. Consequently, our lives are out of balance. We can't see the forest from the trees.

Yesterday over 180,000 Americans got the Corona-19 virus. People are still fighting over whether we should wear a mask or not. We have lost our wisdom.

We have an administration where they have no concrete plans to solve this desperate situation.

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

We live our lives driven by our subconscious minds. 95% of our actions spring from our subconscious. Only 5% comes from our conscious minds. Did you know that anger is drinking your poison?

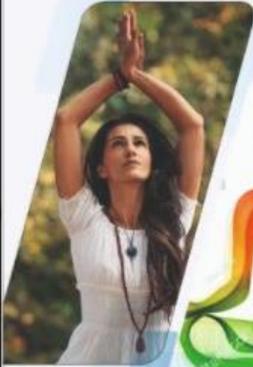
Buddha said this thousands of years ago. In the past thirty years, western scientist has discovered what the ancients said thousands of years ago are indeed true. Your thoughts and emotions program your life.

This course provides practical tools for you to utilize in your everyday life. To be honest I was overwhelmed by the number of tools provided.

Even if a person practically uses only 5 percent they will go a long way for self-healing and discovering their true nature.

Healing Through Yog ! Arugga Bohi Labham !

Brings you 40+ hours of Holistic Healing through integration of Jain Yog & Patanjali Yog!



Sessions will cover Theory and Healing Techniques as follows :

- Uniqueness of Yog
- Jain Yog
- Mantras
- Meditation
- Human Anatomy
- Asanas
- Pranayama
- Rog anusar yog
- Acupressure
- Seed therapy
- Mudra healing
- Home remedies
- Chakras
- Naturopathy
- Sapta Dhatu
- Ritu Charya
- Detox diet, juices, salad recipies



Theory and Practical Fun filled Sessions

Date : 21-10-2020 onwards
Time : USA EST 7 - 8 AM
(India: 4:30 - 5:30 PM)

Limited Entries!
\$ 25

At the end of the sessions you will learn to manifest your hidden potential and be your own doctor and for your family and move away from medicines if any!

Contact : Nehal Jain
WhatsApp No. : +91 76959 31604
Email : nehaljain.nj01@gmail.com

Here are a few things I learned.

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

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

Do you know the power of your saliva?

Your body is an electrical system. Using mudras(hand gestures one can turn off and on key opponents inside of you.

You can learn how to rewire your neural networks inside of you. Mind you recently a brand new science is being brought to the forefront using many of these ancient tools.

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

For the past 4 years, I've been meditating on my chakras. You may roll your eyes as much as you want but chakras regulate your entire endocrine system. We are living our lives with the car being out of alignment.

The spark plugs don't work properly. We put the wrong gasoline into our precious car. We constantly change lanes on the freeway of life. Our minds are out of control. We think the world can make us happy. How do we balance life?

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

I've been practicing yoga postures for around 50 years. I gained much wisdom on the practical effects on the entire human body.

Each posture has different correlations to different parts of the body. When the body is relaxed the mind is relaxed.

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

This course touched on the powerful effects of acupressure. Points on the hands and feet turn on or off the electrical currents inside.

Each point corresponds to a particular endocrine system, organs, or many different aspects inside of you. The more aware and conscious you are the more this will benefit you.

The course is all about awareness. Awareness is the key in life.

Many different types of diseases were talked about. The East has many preventive measures to heal the body.

To heal any disease there must be a mind, body, and soul connection. One must learn how to be in harmony with nature. Nature is always talking to us silently yet we only listen to our thoughts.

We can't stop the chattering mind. The more you pay attention to nature the more nature will pay attention to you. That's the law of free will.

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

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

Much emphasis was placed on the foods we eat. In the west, most people eat junk food diets and wonder why their bodies break down and get diseases.

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

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

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

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

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

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

Teachers Pramila and Priya

Both of these teachers have incredible wisdom to share. Both of them had some sort of life-altering event which led them to discover the path of wholeness. This course wasn't only about theory.

We all participated in learning yoga postures. Mind you I have been doing this for almost 50 years yet I learned so much. This is their life. They teach this knowledge.

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

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

Up until this point before taking this course my knowledge came from doing research. This course gave me a first-hand perspective to see the world through their eyes.

It was a beautiful feeling to see that we both have the same perception of life. You are your drug store. You are your doctor. I discovered this in my teen years.

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

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

The world at large is divorced from nature. Our lifestyles go against nature. No wonder disease is rampant all around the world.

A wise soul learns to live in harmony with nature and discovers the jewel within. This course will give you the tools so you may implement them. You are given the shovel of knowledge yet you must dig the hole and discover the jewel within.

Asanas



In our busy world, we don't listen to our bodies and nature. Most of us are stiff as a board. Consequently, we can't bend like a flower in a breeze.

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

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

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

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

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

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

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

Never force yourself and try to prove to others. This is not a competition. Slow down. Listen to your body.

Breath. There is a power behind your breath that is keeping you alive. Behind this breath lies your true nature. The more you pay attention to it the more it pays attention to you.

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

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

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

It simply hides the symptoms. The disease becomes more chronic. Your human body has the intelligence and wisdom to heal. As I said you are your own chemistry set. It is up to you what chemicals you release into your brain.

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

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

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

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

The ancient Yogis understood that if the body is restless and agitated the mind will be. If the body and mind are agitated good luck in trying to meditate.

The mind, body, and soul connection is an intricate part of your life. Yet humanity can't see the forest from the trees.

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

Prānāyāma



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

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

Can you imagine this incredible lineage fine tuning the ways to make the world have a better society and for each individual to discover the jewel within?

Prānāyāma

By Swami Harshananda

Sometimes transliterated as: Pranayama, PrAnAyAma, Praanaayaama

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

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

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

11

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

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

¹¹ <http://www.hindupedia.com/en/Pr%C4%81n%C4%81y%C4%81ma>

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

These ancient teachers were the quantum scientists of today. One major huge difference was the fact they discovered this wisdom from the lab within. Without life force energy the body dies.

The cause of all disease is when a man goes against the laws of nature. A wise man understands these laws and lives his life following them.

The Jains have transmitted this knowledge from generation to generation.

YouTube



PDF



Just think a part of you exists in the quantum field yet we have no idea of our magnificence. Pranayama is a means to discover our true nature. It is one of the

wise avenues to develop a daily practice. Each day one practices them the mind and body are being fine-tuned to the guitar of life.

Many people may think about what breathing exercises have to do with this. To be honest, mankind has missed the mark. We can't see the forest from the trees. We have lost our simplicity and being in tune with nature.

Nature is alive and aware. Man only sees around one percent of the light spectrum. Yet we are convinced we see properly.

The quantum field is all around us. It lies inside of you. The Jains have provided tools for thousands of years. Pranayama is part of the toolkit.

[Aruna Bohi Labham Meditation](#)

Meditation is the foundation for life. One famous teacher once said that the definition of meditation is perfect concentration upon a perfect point. The Jains discovered how to live in a constant continuous state of awareness.

Over thousands of years, they fine-tuned these meditation techniques. Many of them are the same that were taught thousands of years ago.

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

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

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

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

The same goes for Pranayama. Without being conscious and aware these are just breathing techniques. One will just get bored and give up. In the beginning, everyone must go through this.

Nobody gets a free ride. Nobody will drive the car for you. That's why it's called free will. Yet these classes provide the most comprehensive sorts of knowledge under one umbrella.

You can find this information on the internet yet the wisdom might be dubious. Both of these Jain teachers have studied and practiced what works. This is not an English class.

This is a class where the individual can fine-tune the guitar of life in all areas of life.

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

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

Arugga Bohi Labham Chakras



In the West, many people make fun of when they hear the word chakras. The movie industry is notorious for making fun of it.

Yet the Jains have made this an intricate part of their spiritual practice.

For many years I understood the principles yet it was just theory. About 10 years ago I was researching chakras and discovered the world of Joe Dispensa. Joe Dispensa is a neuroscientist.

He has been studying the mind, body, and soul connection. He believes and I believe that energy medicine is the wave of the future. The Jain believes in the inner drug store for thousands of years.

Yet in the west, it has only been in the past thirty years this has been slightly embraced by the medical establishment.

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

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

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

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

In another word, we are the universe walking around in a human body.

I usually spend around two hours of my sleep focusing on my chakras. There is an energetic field that we all enter when we go to sleep. Sleep allows the human

body to recharge and heal itself. Yet many people think that going to bed is a drag.

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

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

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

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

We still live in a Newtonian world. The quantum theory has been around for over a hundred years yet we still can't see the forest from the trees.

I find it fascinating that the ancient Yogi's not only understood these subtle principles yet it was the foundation of their lives. This is our true nature yet we are oblivious to it.

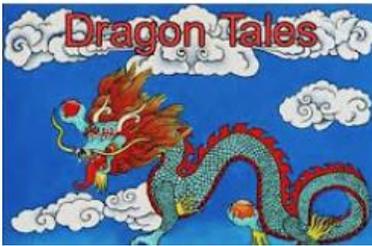
Our first step must be to develop our free will to embark on this incredible journey. The change will only occur when you pay attention inside of you. This is an infinite journey.

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

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

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

David the Dragon Audio



David The Dragon



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

A wise person begins to listen within and change accordingly. This person realizes that proper rest is the key. In the west sleep and rest is sort of a nuance. They

don't have an understanding of how important it is. For the body to heal and repair it needs rest. Period.

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

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

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

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

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

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

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

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

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

You see chemicals are the least effective ways of healing. Your scientists know about energy but at the present moment, only a few doctors are researching the power of energy

This is where acupuncture comes in. In the future, there will mymarid of different discoveries and inventions.

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

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

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

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

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

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

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

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

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

You can be the fruit that can change this world.

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

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

Arugga Bohi Mantras



The Jains have used mantras for thousands of years. Imagine a tuning fork. A tuning fork vibrates at the frequency of whatever it touches. The mind is a tuning fork.

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

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

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

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

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

This works good or bad. While in India many moons ago I heard this phrase. Tell me who you associate your free time with and I will tell you who you are. Satsang means the company of truth.

Yet our society and the world at large live their lives oblivious to the sacred wisdom within.

The entire universe is alive and is vibrating. Any vibration has a sound frequency stemming from it. The ancients discovered and listened to these universal mantras or sounds.

They exist right now yet mankind is so busy looking externally to live their precious lives.

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

[Arugga Bohi Human Anatomy](#)



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

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

Many people love to smoke and don't want to give it up. Years later a serious disease comes along. We create our diseases through our lifestyles. Many people think that my DNA controls my destiny.

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

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

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

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

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

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

Arugga Bohi Seed Therapy



I thought that I knew all about the various kind of healing modalities. Yet from this class, I learned about seed therapy. Seeds contain wisdom and knowledge. Imagine a huge sequoia tree.

From one small seed, a magnificent tree is born. It can live over a couple of thousands of years.

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

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

We are a part of nature. Our present-day lifestyle is not living following the laws of nature.

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

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

Many times the simplest of things is the most powerful. Take your breath. It's so simple you breathe unconsciously. Yet take away your breath and you will die within minutes.

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

Arugga Bohi Mudra Healing



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

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

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

From my observation and experience mudra's work on our internal electrical system. The ancient ones discovered through meditation that the hands contain the electrical system just like a junction box does.

One can learn how to turn on or off these signals. This is another example of energy healing an old yet new healing modality. In the future, all medicine will incorporate these healing modalities.

Western science will learn the power of the quantum field to heal. Presently the majority of mankind rolls their eyes when hearing such a thing. The ancients discovered this thousand of years ago. A new way of healing is coming around the corner.

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



Principles of a healthy diet and lifestyle

- Try to eat only organic food. Preservatives and modern-day pesticides are extremely harmful. There is a reason why they wear protective gear yet we think it is safe to eat.
- Try to eat 80% raw and 20% cooked food.
- Most of your food should be alkaline.
- The western diet is mostly acidic.
- Stop drinking sodas. All sodas contain a huge amount of sugars and carbon dioxide. Remember we breathe in oxygen and breath out carbon dioxide. My track coach in high school said he would rather us drink beer than soda. Soda is extremely harmful to the body.
- Limit your alcohol. If you can stop drinking alcohol. Your liver and body will love you by doing this.
- Drink plenty of water.
- You should eat your water and drink your food.
- Try to eat seasonal foods for your particular season and area.
- Listen to your body. It will tell you what it needs.
- If you are coming down with a cold go to bed early. This will stop you from catching a cold. I do this several times a year. My body loves me for listening to it. The body talks to you all the time. We just have deaf ears.
- Meditate every day. Learn to love it. Yes, it takes practice.
- Perform pranayama every day. It will help you fine-tune your body.
- Breathe through your nose, not your mouth. Learn to exercise that way. Remember that breathing through your mouth is called the breath of death.

- Do yoga every day.
- Do some kind of cardiac exercise. I love to swim. During this pandemic, I don't have the opportunity.
- Monitor your thought and emotions. Remember when you get angry you are drinking your own poison.
- You are your own master chemist. Only you can change for the better. Nobody can do it for you.
- Learn how to program your subconscious. Over 95% of your actions are governed by this. You have the hardware and software built in to do this.
- Focus on your breath moment by moment. The entire universe is keeping you alive. Remember the more you pay attention to something the more attention it pays to you. It goes with the breath.
- Pay attention to your chakras and energy centers. They will help you balance your body.
- Limit Social media. It was designed to hook you and make you addicted. Watch the movie "The Social Dilemma".
- Listen to music that nurtures the soul.
- Don't get involved in gossip.
- Speak the truth.
- Be kind to everyone.
- Respect all people.
- Be nonviolent in your words, deeds, and actions.
- If you can stop eating meat of any kind.
- Don't microwave your food. You are destroying the necessary enzymes.
- Take a walk in nature every day.
- Relax in each and every moment. Slowdown be in the moment.
- As Bugs Bunny once said don't take life so seriously. You will never get out of it alive.
- Eat only fresh foods. Don't eat junk food of any kind. Remember your body is a temple.
- Spend time in nature. Learn to listen to nature. Nature is always speaking wisdom yet we don't hear it.
- Don't watch so much TV.
- If you can't don't use western drugs. Change your lifestyle accordingly.

- Always learn greater wisdom. You will always fine-tune the guitar of life.
- Love your fellow man.
- Don't judge your fellow man.
- Be tolerant of others.
- Do your job to make this planet a better place.
- Remember that anything external will change. Nothing is permanent except for your true self.
- Strive to be happy internally and you will.
- Go to bed early. Listen to your body rhythms. Some people can go to bed later. Just listen to your body. It will tell you what to do.
- Remember food is medicine. Therefore eat your food with discretion.
- One man's food may be another man's poison. Each one of us is custom designed. What works for one will not work for another.
- Try to eat your meals in a certain window of time. I try to eat between 10:00 in the morning and have my dinner around 5:00 to 6:00. This allows a 16-hour window for the body to balance itself.
- Learn about fasting. Your digestive system needs rest.
- Don't drink water before going to bed. Your body has certain healing procedures it will do.
- Try to not eat after the sun goes down. This is following the laws of nature.
- Don't be a workaholic. Balance your life. I tell prospective employers I didn't come down to earth solely to work.
- The more you work overtime the less quality work you will perform and the more error-prone you will be.
- Love what you do. Don't just take a job for the money. You are worth more than that.
- Remember most answers come when your body and mind are relaxed. If you are working on a problem take a break. Relax. Many of my answers come when I'm sleeping or taking a shower.
- Your ancestors are always with you. You are never alone. Meditation is the key to understanding this.
- The entire world is your friend.
- Your enemies are only your petty state of mind.
- The biggest crime is not discovering your true nature while you are alive.

- You can heal yourself and be happy. Happiness and healing is only a breath away.
- Don't look at the future and the past. Stay in the present moment. Remember it's the only moment you have.
- Choose your words wisely.
- Remember what you think and say you become.
- Don't hold on to grudges.
- Let go.
- Be kind.
- Do not put off tomorrow what you can do today.
- Spend time with your kids.
- Laugh at life.
- Live in the center of the hurricane instead of the howling winds of the mind.
- This life is a video game. Know how to play it. Most people are stuck on one level.
- If life is a bowl of cherries why are we living in the pits?



The following came from Yogapedia.

Definition - What does Anusara Yoga mean?

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

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

Yogapedia explains Anusara Yoga

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

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

The primary aspects of Anusara yoga are:

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

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

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

Energy Loops -- The seven energy loops of Anusara are ankle loop, shin loop, thigh loop, pelvic loop, kidney loop, shoulder loop and skull loop.¹²

¹² [What is Anusara Yoga? - Definition from Yogapedia](#)

Arugga Bohi Rog Saptu Dhatu 7 tissues

13

SAPTADHATU THE SEVEN BODY TISSUES

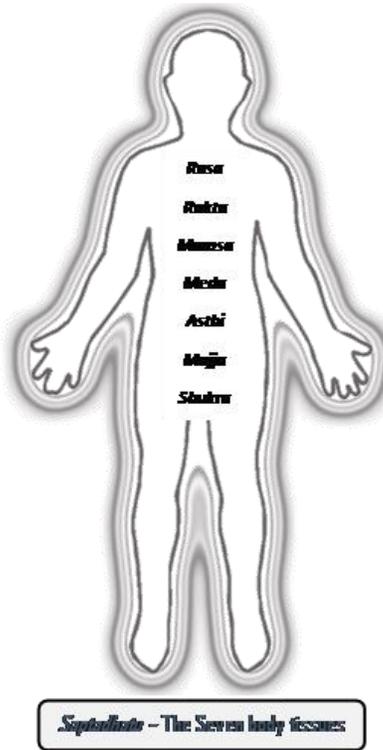
According to [Ayurveda](#), the human body is primarily made up of *Saptadhatus*. "*Saptadhatus*" is a Sanskrit word, which means seven constituent elements [*Sapta*=seven, *dhatu*=tissues].

These seven *dhatu*s are responsible for the entire structure of the body. The *dhatu*s maintain the functioning of different systems, organs and vital parts of the body and play a significant role in the development and nourishing of the body.[i]

The *dhatu*s are also part of the body's protective mechanism. With the help of *agni* (fire), they are responsible for the immune processes.

Each tissue or *dhatu* is primarily governed by one of the *tridoshas* – *vata*, *pitta* & *kapha*.^[ii] When one *dhatu* is defective, it affects the successive *dhatu*, as each *dhatu* receives its nourishment from the *dhatu* preceding it. The seven most important *dhatu*s are presented here in serial order:

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



Any disease where *vata-pitta-kapha* are involved, the vitiated *doshas* directly affect the *dhatu*s. With insight into the governing *dosha*, the cause of a diseased *dhatu* is accurately determined. The disturbed *dosha* (*vata*, *pitta* or *kapha*) and improper *dhatu*s are always directly involved in the disease process. Once the root cause of the illness is known, the corresponding therapies are used to balance the system through reducing the excess element(s) and increasing the deficient one(s). Balance of the *dhatu*s can be maintained by taking steps to keep the *tridoshas* in balance through a proper diet, exercise and recovery program.

References

¹³ [Saptadhatus The Seven Body Tissues - AskDabur](#)

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

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

Arugga Bohi Rog Ritu Charya Seasonings



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

Would you eat a lot of salads for dinner? Most of us are oblivious to the changes in nature.

Our human bodies were designed to follow natural laws. Mind you each place on earth is different and unique. Each place has different kinds of seasons and weather patterns.

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

14

Why eating seasonally is important

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

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

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

Acting against these natural inclinations can harm you, both inside and out. When you eat out of sync with nature, even if you eat an otherwise "healthy" diet, the consequences can include a compromised immune system, unhealthy weight gain or loss, poor skin and hair quality, and even an increased risk of more serious illnesses.

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

¹⁴ [The Basics of Ritucharya: Ayurveda's Secrets of Seasonal Eating | The Art of Living](#)

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

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

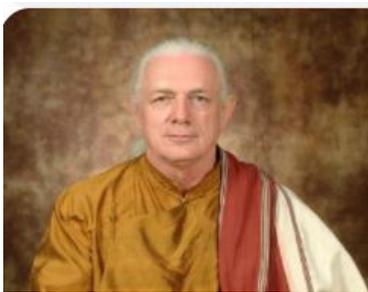
Each season pacifies or ignites these energies within us, meaning that our systems can be thrown out of balance if we don't take measures to adapt our bodies to the weather.

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

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

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

Buddhist



We had two incredible teachers for this course. Lama Glenn and Chongwol La. Both of them were highly entertaining. Lama Glen has quite a sense of humor. He knows his subject backward and forwards. He has been studying this for around fifty years.

I highly recommend this to everyone. I have been meditating for fifty years. I was introduced to an ancient system. Mind you I've been meditating on the chakras for many years.

This was the first time I encountered a discipline system of tummo and chakras. Everything comes to us at perfect timing.



This was a zoom class on Saturday and Sunday morning. Lama Glenn taught the Saturday class and Chongwol La taught the Sunday practical class.

Chongwol La lives in South Korea and the class was a zoom session. Lama Glenn lives in Canada and his class was streamed from there.

This practice is very practical and can be used in every moment in one's life.

Even when one is sleeping one can be aware during the sleep state.



Gosia & Jonas were the event organizers and moderators. They live in Europe. They did a magnificent job. I see great signs for them in the future. They are still quite young and have much knowledge. Both of them had a great sense of humor.

6 Yogas Of Naropa



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

Mind you this is a high level. The Buddhists have been studying this for thousands of years. There are many different schools and trains of thought for this practice.

Lama Glen taught mostly from the Niguma system which is feminine. I liked it because it was simple to the core. Many of the preliminary steps were taken out like the one below.

The essence of the Niguma system was the incredibly simple practice. Mind you it can get quite sophisticated in theory yet the practice is quite simple. One can feel the results in one daily practice. I feel blessed.

The Niguma system contains the bare essentials for one to be enlightened. It is probably the simplest practice in the 6 Yoga of Naropa system. They have many schools and trains of thought yet the goal is always the same.

Tummo and Tantra



Over forty years ago I heard about this ancient practice.

There would be stories with pictures of Buddhists sitting in the snow with wet sheets around them and they would completely dry them off.

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

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

Years later after listening to Lama Glen I understood that the foundation of Tummo is compassion. To evolve as human being compassion is the essence.

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

I look back at how my life has been in synch with the Buddha. Our house is like a Buddhist temple. We have Buddha's statues, Quan Yin statues scattered throughout the house.

My spiritual practice follows the ancient guideline that Buddha taught about. Lama Glen helped me to understand the experiences I have had for the past fifty years and translate them into Buddhist understanding. Mind you this is only by

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

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

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

My understanding of crystal clear is probably the merging of Buddhist thought and the current understanding of the quantum field. Both are talking about the same thing. Read some of my books and you will see this theme presented in many ways.

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

- Every night when we go to sleep. One who is aware can capture a snapshot of the clear primordial mind.
- Making love is another way. The organism can lead to clear light radiance if one is aware.
- Meditation is another way.

All three can be awakened within oneself. When one is sitting on the meditation cushion. When one goes to sleep called clear light of sleep yoga. The last is the clear light of death when one dies. These states are the following awake, dreaming, and death.

Tummo is the basis for the meditation practice. It brings infinite radiance, stillness, and formlessness into everyday life. This ultimate state is elusive nonphysicality, a clear mind, clear sight. Glen says there is infinite me yet all form disappears.

Accordingly to Lama Glen, one learns how to lean towards form in everyday life and at the same time lean toward the elusive non physicality, clear mind, clear sight. The Cabbalistic calls these states feet on the ground and the head in heaven. One can sit and meditate and only have the 5 inner senses activate where one enters the clear mind clear light state. Coming back to the external senses one activates the external senses. The goal is to harmonize the two.

The philosophy of Tantra says we exist simultaneously in three dimensions. Course, subtle and very subtle. Ordinary life is course. It consists of our minds and bodies. Everyday life is a part of this.

External stimuli create internal experiences in the brain. At the coarse level, everything is experienced in duality. When one tries to meditate for the first time one brings to the table a course mind.

A mind that has been conditioned externally. Our body and state of mind create various chemicals to reflect our state of being. The Buddhists have known this for thousands of years. Only recently has western scientist embraced this concept and proven it over again and again. Dr. Joe Dispenza is at the forefront of this.

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

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

Here's an example of being out of balance. In my junior year, my parents took our family to Yosemite. It's probably one of the most incredible places on the planet. Yet I couldn't see the forest from the trees. I was miserable. Why because I missed the ocean. Now that is being out of balance.

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

These disturbances are felt in the heart and thyroid. This is called subtle chemistry. The conscious mind and the subconscious mind are the two which control chemistry. Remember the subconscious mind controls 95% of our actions. Only 5% are conscious. I find it interesting that Carl Yung was familiar with Buddhist philosophy. I'm sure that much of his understanding came from them. Lama Glen also believes in this.

When one can stop the heart consciously and stop the physical functions one enters the state of the timeless zone. The Buddhists are trained in breathing retention.

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

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

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

Furthermore, Lama Glen said don't believe anything externally that is in the shape of outside appearance. It's all illusionary. The biggest obstacle is overcoming the attachment to the ordinary appearance of things.

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

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

These chakras help speed up the evolutionary process. The tantra states that one day of meditating in this state is equivalent to 100 years of normal evolution. Paramhansa Yoganand said the same thing with Kriya yoga. Anyway, there are scientific practices that can speed up this practice.

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

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

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

The first one is similar to pranayama. They do this because most humans are shallow breathers. The purpose is to harmonize the male and female energies. This is the same concept of harmonizing the Ida and the Pingala nerves.

These breathing exercises are done three times. When you do this both nostrils should be balanced. If not repeat the three rounds. Note for further explanation I'm taking the class. Then breathe deeply through both nostrils three times. One should always do this before doing tummo.

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

- Breathe in through the nose. Swallow if you want. This will put the abdomen in the correct position. Hold for forty-five seconds. Relax and slowly exhale the breath through the nostrils. Do this for around 10 minutes.
- Then do the same but rotate your abdomen clockwise and counterclockwise three times each. This is vitalizing your eternal organs. You are rotating the entire solar plexus region. Do this without moving your backbone or shoulders. Remember to press down and pull up. This messages the gall bladder, pancreas, kidneys, and other vital organs. It is very good for digestion.
- Do the same but push the stomach out and in. This is arousing the fire energies. It also helps with the internal organs.

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

Tummo means fierce women. The digestive system is a system of fire elements. Did you know that there is a junction box with 72,000 Nadis or energy channels that are wired there?

It's not physical yet it's real. Someday in the future scientist will develop instruments that show this. The acupuncture of today knows about this along with the Taoists, Yoga, Lamas, and Jains.

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

state of mind, and body. Accordingly to Lama Glen by arousing this sexual energy our neural system is heightened by this pure energy.

There are 108 exercises but only 6 are needed.

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

Garchen Rinpoché said the following.

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

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

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

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

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

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

Illusory Body



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

Listen to Lama Glen's interview.

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



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

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

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

It is a profound yoga of training in both the pure and the impure "Illusory Body." "Pure Illusory Body" is the training to transform our bodies into the Buddha body, and "Impure Illusory Body" is the practice of working with our ordinary physical body, our subtle body, our dream body, and our after-death between/bardo thought-body. Following the great Yogi and doctor Yuthok Yontan Gonpo (1126–1202),

Dr. Nida considers this practice to be a direct and powerful Vajrayana psychotherapy, designed to authentically free us from all impure and superficial concepts we have about ourselves, teaching us ultimately how to use our wisdom mind to transform our body into that of an enlightened deity form of a Buddha.

In other words, this is our true nature. This is our true state of mind.

Unfortunately, we are only focused externally. In the 6 Yoga this system is slowly

incorporated into one's life. Through one's practice, a person is constructing the mechanics to build this body within.

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

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

The 6 Yogas of Naropa streamline the process of enlightenment. It bypasses many steps along the way. It strips out many different steps that some Buddhists have created along the way.

It provides tools that one can use daily in one's life. It is a practical path, not a theoretical path.

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

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

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

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

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

Clear Light



I always knew there was a light inside of me. Yet before I started to meditate I would get fleeting glimpses once in a while. Our true nature is clear light yet because our focus is externally we are oblivious of it.

For many, it seems like hocus pocus. Good old Albert talked much about the quantum field. Everything comes from that source. We see only one percent of

the light spectrum.

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

The Buddhists and dragons discovered a system within which one could add precious fuel to the bonfire. Certain techniques are used to dissolve the blocks that we have within. Supreme alchemy is used to rewire both the physical and subtle bodies.

Clear light is our essence. Over time one sees this clear light and one's attention is absorbed into this clear light in waking consciousness. Mind you that person still has afflictions but that person is consciously working to dissolve them.

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

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

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

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

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

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

Before this universe was created this clear light existed. This is your true state of being. This universe was created. This universe will be destroyed. Yet behind that, the clear light will always be. You are a part of this. Yet currently we only think about our petty lives. We are a part of the problem of why chaos exists on this planet.

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

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

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



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

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

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

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

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

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

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

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

¹⁵ [Life Is A Dream: Yogananda - Self Awareness \(google.com\)](#)

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

It is only because we identify with the play too much (as being real) that we are in trouble. Without shadows as well as light (contrasts) there could be no picture.

Evil is the shadow that converts the one beam of God's light into pictures or forms.

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

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

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

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

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

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

one can learn how to be in a sleep state and be conscious and aware of the inner jewel.

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

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

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

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

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

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

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

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

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

Bardo Yoga

Bardo and Nature of Mind YouTube



¹⁶The Tibetan word bardo (བར་དོ་ Wylie: bar do) means literally "intermediate state"—also translated as "transitional state" or "in-between state" or "liminal state".

In Sanskrit, the concept has the name antarabhāva. It is a concept that arose soon after the Buddha's passing, with

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

Bardo Introductory talk by Robert Thurman and Dr. Nida



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

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

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

For the prepared and appropriately trained individuals, the bardo offers a state of great opportunity for liberation, since transcendental insight may arise with the direct experience of reality, while for others it can become a place of danger as

¹⁶ [Slide 1 \(squarespace.com\)](https://www.squarespace.com)

the karmically created hallucinations can impel one into a less than desirable rebirth.

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

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

The second is the bardo of dreams.

The third is the bardo of concentration or meditation.

The fourth occurs at the moment of death.

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

The sixth is called the bardo of transmigration or karmic becoming

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

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

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

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

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

The 8 Stages of Dissolution

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

Mind you we are unaware of them.

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

When a person dies these same steps take place.

A wise man practices dying every day.

He realizes that only the body dies.

You are the universe.

You just don't know it.

Austrian physicist Erwin Schrödinger is known for this phrase.

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

Consciousness is a singularity phasing within all beings.”

There is one universal mind.

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

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

You can solve this puzzle.

The answer lies inside of you.

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

The sun is always there.

That is your true nature.

You have simply placed dark clouds around you.

Remove the clouds within and discover your true nature.

Stage One: earth into water

Stage Two: water into fire

Stage Three: fire into air

Stage Four: air into consciousness

Stage Five: consciousness into luminance

Stage Six: luminance into radiance

Stage Seven: radiance into imminence

Stage Eight: imminence into transparency

A wise man smiles and laughs at death.

He dies every day and sees the unity of life.

He realizes death is simply changing into new clothes.

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

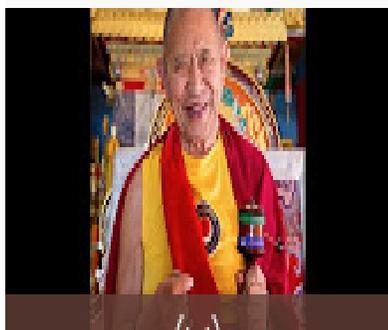
Everything in the universe is created and destroyed.

Even the universe.

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

Going Home

Click the picture to read a great article.



Imagine the same process of death occurs four times a day for everyone yet most people don't know it or experience it.

We go from the waking state to the dream state. The dream state back to the waking state. We die every day.

The Tibetans have a book called the Tibetan Book of the Dead. It goes step by step in the death process. What I liked in this class was that Lama Glen and Chongwol La said that everyone will have a completely different experience of the death process.

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

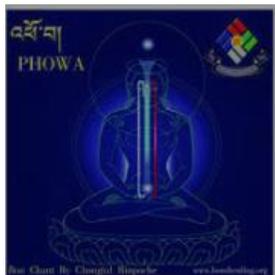
A spiritual anesthesia is given to overcome the pain and suffering one is in. All troubles are melted away. One will melt and merge with the clear light. This is your true home. All religions point to going back home.

The wise man is curious and wants to day by day experience his true essence while alive. This is called the state of enlightenment. There are many steps along the way.

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

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

Phowa



¹⁷The Phowa practice, or Transference of Consciousness at the Time of Death, is a simple, powerful means of ejecting the consciousness from the crown aperture into the Buddha-field of Amitabha aka the land of paradise, bypassing the bardos and avoiding rebirth in the six realms of cyclic existence.

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

Marpa the Translator said,

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

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

She replied she didn't even have the energy to do so. Anyway, Glen gets on the phone and makes a phone call. This person calls the Dalai Lama who is sound asleep in bed. They wake him up and he sits in meditation and assists her in the transformation. She leaves her body.

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



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

25K views · 8 years ago

Europe Center

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

¹⁷ [Phowa Teachings - Shambhala Pubs](#)

Phowa Teachings and practice March 9,2021

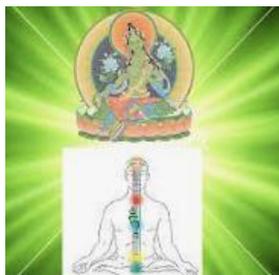
856 views • Mar 9, 2021



Mix - Essential Phowa Practice with Christine Bagley

YouTube





Another meaning for the word phowa is transformation. The same process a caterpillar goes through to become a butterfly is the same for the spiritual life. A butterfly spent time in a cocoon whereby the transformation took place. We all have an inner cocoon inside of us.

As I have said many times before the hardware, software and operating system have been put in place when we were born. The practice of tummo and phowa brings the system back online.

Tummo is the fire of love and compassion. This is your true nature. Behind the universe lies the fire of life. It is keeping the entire universe alive. There is only one mind ultimately and one body. The body and mind are the same.

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

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

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

The key is transformation. Your attitude is everything. Many people have a poor attitude and wonder why they are in the dumps. Remember you are your master chemist.

You are the only one who can change your attitude and beliefs. Most of our beliefs are external. They are extremely limited and won't take you to your destination.

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

In this state, one has nothing to prove. One simply smiles at life. One has complete love and compassion for his fellow man. This person realizes that we are all the same. If the world at large has this experience there would be peace on earth.

Indian

Vandana Shiva

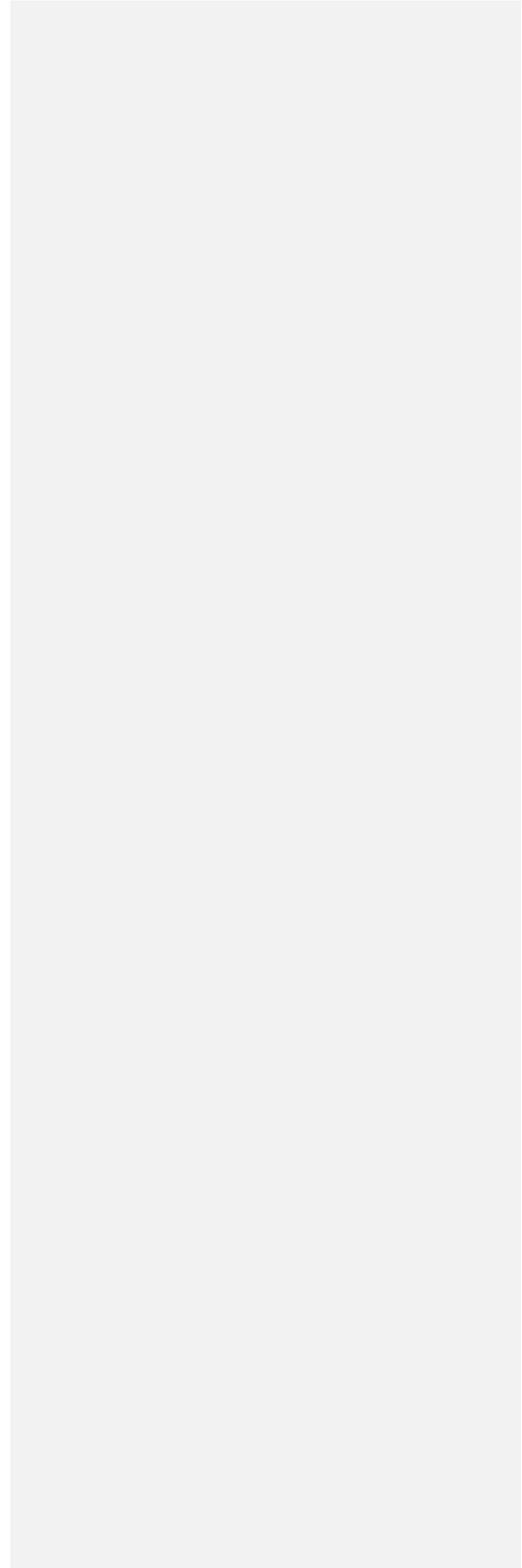


Dr. Vandana Shiva is an author, environmental activist and leader of a global food sovereignty movement. Her PhD thesis was on non separability and non locality in Quantum theory. Her work with Chipko showed her the non separation between forests, soil and water.

The Green revolution study in Punjab taught her non-separation between violence against nature by chemical agriculture, and emergence of violence in society. Since then, her work in Food and Agriculture systems has taught her the non-separation between seeds, plants, soil, climate , and biodiversity. Her philosophy and activism is guided by our non-separation from Nature

[From Separation to Oneness:](#)
[From Monocultures to Diversity](#)

YouTube



Amazon and Andes

Alberto Villoldo



Psychologist

Description

Description Alberto Villoldo, Ph.D., is a Cuban-born psychologist, medical anthropologist and author, writing primarily in the field of neo-shamanism.

Wikipedia

Born: May 28, 1949 (age 71 years), Cuba

¹⁸By my mid-twenties I was the youngest clinical professor at San Francisco State University. I was directing my own laboratory, the Biological Self-Regulation Lab, investigating how energy medicine and visualization could change the chemistry of the brain.

We were able to increase the production of endorphins, the natural brain chemicals responsible for reducing pain and for creating ecstatic states, by nearly 50 percent utilizing the techniques of energy healing.

One day in the biology laboratory, I realized that my investigation had to get bigger instead of smaller. The microscope was the wrong instrument to answer the questions I was asking. I needed to find a system larger than the neural networks of the brain.

Many others were already studying the hardware. I wanted to learn to re-program the system. Anthropological stories hinted that there were people around the globe who claimed to know such things, including the Inka in Peru.

¹⁸ https://www.facebook.com/pg/AlbertoVilloldo/about/?ref=page_internal

A few weeks later I resigned my post at the university. My colleagues thought I was mad, that I was throwing away a promising career in academia. I traded my laboratory for a pair of hiking boots and a ticket to the Amazon.

I set off to learn from researchers whose vision had not been confined to the lens of a microscope; from people whose body of knowledge encompassed more than the measurable, material world that I had been taught was the only reality.

I wanted to meet the people who sensed the spaces between things and perceived the luminous strands that animate all life. I wanted to study with investigators who knew the energy side of Einstein's equation $E = MC^2$.

My own journey into shamanism was guided by my desire to become whole. In healing my own soul wounds, I walked the path of the wounded healer and learned to transform the pain, grief, anger and shame that lived within me into sources of strength and compassion. I was able to feel for another's pain because I knew what it was like to hurt.

I went back to the roots of the Inka civilization itself to collect the vestiges of a five-thousand-year-old energy medicine that heals through Spirit and light.

Scattered throughout the remnants of the empire were a number of sages who remembered the ancient ways. I traveled through countless villages and hamlets and met with scores of medicine men and women.

The lack of a written body of knowledge meant that every village had brought its own flavor and style to the healing practices that still survived.

I traveled to the Amazon and for more than ten years I trained with the jungle medicine people. Later, I trekked the coast of Peru, from Nazca, site of gigantic markings on the desert floor that depict power animals and geometric figures, to the fabled Shimbe lagoons in the north, home to the country's most renowned sorcerers.

In Lake Titicaca, the Sea on Top of the World, I collected the stories and healing practices of the people from which, the legends say, the Inka were born. What I discovered was a set of sacred technologies that transform the body, heal the soul,

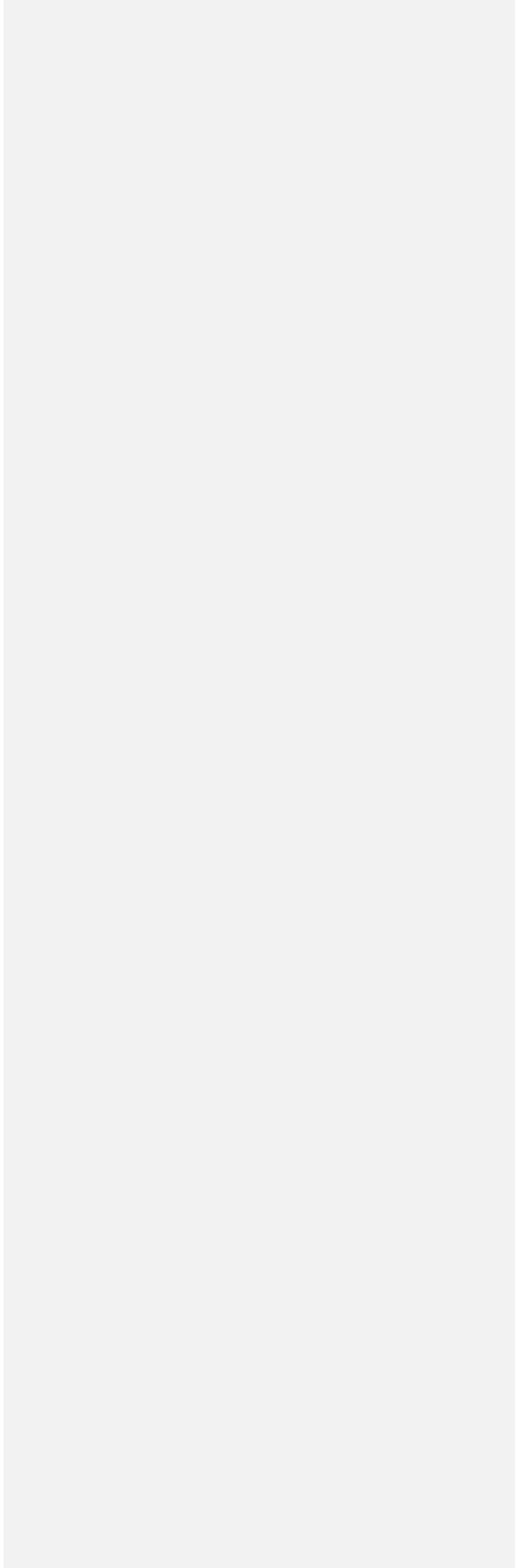
and can change the way we live and the way we die. They explain that we are surrounded by a Luminous Energy Field (LEF) whose source is located in infinity. The LEF was a matrix that maintains the health and vibrancy of the physical body.

Today, I have come to understand that the experience of infinity can heal and transform us, and that it can free us from the temporal chains that keep us fettered to illness, old age, and disease.

Over the course of two decades with the shamans in the jungles and high mountains of the Andes, I would discover that I am more than flesh and bone, that I am fashioned of Spirit and light. This understanding reverberated through every cell in my body. I am convinced that it has changed the way I heal, the way I age, and the way I will die.

YouTube





don Oscar Miro-Quesada



Oscar Miro-Quesada Solevo is a respected kamasqa curandero and altomisayoq adept from Peru, founder of The Heart of the Healer (THOTH), originator of Pachakuti Mesa Tradition cross-cultural shamanism.

An internationally acclaimed shamanic teacher and healer, earth-honoring ceremonialist and author, don Oscar is OAS Fellow in Ethnopsychology and member of the Evolutionary Leaders Circle and Birth 2012 Welcoming Committee.

He has been guiding ethno-spiritual pilgrimages to sacred sites of the world since 1986, with special emphasis on Peru and Bolivia.

YouTube



Shamanic Travels Beyond the Veil for Remote Healing & Self-Evolution

Jeffrey Wium



Jeffrey Wium is a western-born lineage holder in the Andean Holy Mountain Tradition who draws on certification and life experience with Qigong, Usui-Tibetan-Sai Baba Reiki, Hawaiian lomilomi, the Avaloketesvara initiation, nondenominational ministry, psychosomatic bodywork, energy medicine, yoga, meditation, sound therapy, indigenous lifeways, healing and vision quest protocols.

Concurrently, Jeffrey's twenty-eight years of professional experience in a wide range of photography, video, film and multimedia projects have provided him with first-hand knowledge of varying world traditions, cultural ideologies and perceptual realities.

He created Wisdomkeepers, Paqo Andino as a means to share a direct, unmediated experience of humanity's ancient eco-spiritual lifeways based on the principles of unified consciousness, heart intelligence and holistic sustainability.

We bring the wisdom of the ceremony to our hearts. Every 90,000 years is a new cycle. The wisdom of the universe lies in the glaciers. The sun melts the glaciers. It turns into water. A man drinks the water and slowly transforms.

YouTube



The Wiwa

¹⁹The Wiwa tribe in Colombia's Sierra Nevada mountains have lived harmoniously with the wildlife surrounding them for thousands of years. Rising approximately 5,000 meters out of Northern Colombia's Caribbean shores, the misty, cloud-shrouded Sierra Nevada mountains have been the home to indigenous tribes for more than 2,000 years.

As if unaffected by time, the Sierra's indigenous tribes still live as their Tairona ancestors did centuries ago. Despite growing modernization and tourism in the area, the Wiwa community – the smallest of four tribes living in the Lost City today – show us how they strive to keep their ancient culture alive.

Who are the Wiwa?

The Wiwa are direct descendants of the Tairona people (200 BCE), a great civilization whose impressive skills in architecture and gold work attracted the [unwanted attentions of Spanish colonists](#) in the early 16th century.

Despite an increase in contact with the outside world, the Wiwa community still rejects modern life. Instead, they choose to live as their ancestors did: off the land and dedicating their lives to connecting spiritually with it. With a population of around 7,000 people, they're the smallest ethnic group living in the Sierra Nevada mountains today.

The Wiwa tribe live in communities where their traditions have been preserved over time © Mati Quinzio / Culture Trip

¹⁹ <https://theculturetrip.com/south-america/colombia/articles/the-culture-of-the-wiwa-an-indigenous-colombian-tribe-in-the-sierra-nevada/>



What's the Wiwa community like?

The Wiwa live a simple, community-driven life. Calling themselves the *Damanas* – the protectors of Mother Nature – the Wiwa dedicate most of their lives to safeguarding the natural world.

At the center of the community are the Mamos, or spiritual leaders. Mamos have the responsibility of maintaining order within the community (by leading meetings to discuss important tribe matters) and, most importantly, to maintain the natural orders of the physical and spiritual world through meditation, song, and rituals.

Training to be a Mamo starts at a young age and can take up to 18 years to complete.

The Wiwa tribe passes their ancient traditions on to their children © Mati Quinzio / Culture Trip



Why the Sierra Nevada?

To the Wiwa, the Sierra Nevada Mountains are the beating heart of the physical world and a connection into the spiritual realm. Similar to the Andean communities found in Peru and Bolivia, the Wiwa consider Mother Earth to be their goddess.

The mist-shrouded peaks, the lush tropical forests, the vast open savannahs – every living and breathing part of the Sierra Nevada is deemed sacred. It is, after all, these

mysterious mountains that provide the community with everything needed to survive: food, water, and medicinal herbs. The Wiwa believe it is their life's work, as it was their ancestors', to protect and appease the world's most vital organ.

The Sierra Nevada Mountains connect the Wiwa tribe to Mother Earth © [Gavin Rough / WikiCommons](#)



What role does the coca leaf play?

So, how does one protect and appease this living and breathing goddess that is the Sierra? Through ritualistic offering. The [coca leaf](#) – or *áyu*, as it's known in the Arhuaca language – plays a central role in the spiritual and ritualistic lives of the Wiwa. The women dedicate their mornings to collecting the sacred coca leaves, after

which the men toast them by tossing them in a bag with a hot stone, and then they put them in a small woven bag to carry around wherever they go.

Coca leaves are part of every day life for the Wiwa tribe © Mati Quinzio / Culture Trip



Throughout the day, they'll put small clusters of coca leaves in the side of their cheek and chew on them. The juice from the leaf not only gives them energy, but it also helps the Wiwa connect and communicate with their surroundings on a deeper level. If a Wiwa meets another tribe member while he is out, they will exchange coca leaves as a sign of respect.

The importance of the Poporo (Danburro)

When the coca leaf is chewed by itself, however, not all of its ingredients are released. The adults, therefore, always carry another very important and sacred object: the *Poporo* (also called a *Danburro*), which every Wiwa boy receives at the age of 18 to mark his transition into manhood.

The Poporo starts off as a small hollowed out pumpkin with crushed seashells in its center. A wooden stick is used to transfer the seashell powder from the Poporo into the mouth. The result? The highly alkaline shell reacts with the coca leaf in the cheek to stimulate its active ingredients.

The Poporo is made from the base of a pumpkin © Mati Quinzio / Culture Trip



But the Poporo isn't just about practicality; it also serves as an important symbol of maturity, personal growth, and self-knowledge. The surplus shell substance, mixed with saliva and lime, is constantly rubbed on the neck of the Poporo.

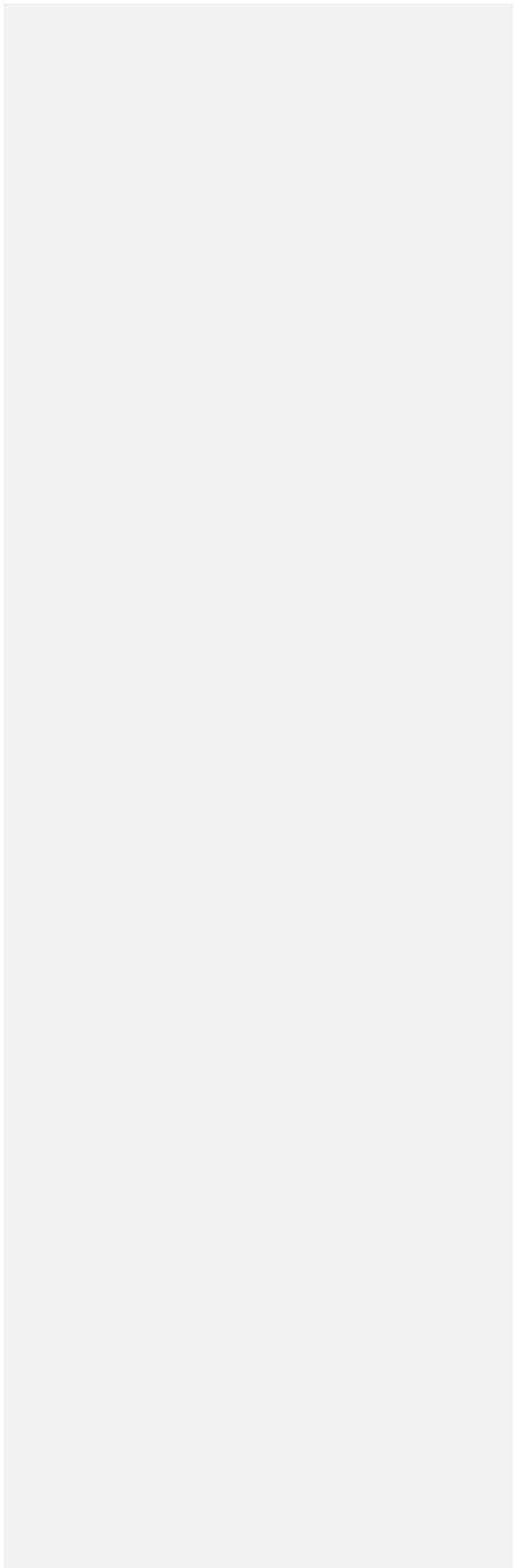
Over time, what started as a small and fragile gourd becomes a large and strong Poporo. As this sacred object grows, the Wiwa say, so does the owner's knowledge of the world. Using the Poporo, along with chewing coca, is a tradition believed to span back hundreds – maybe even thousands – of years; it's a tradition that, in the face of an ever-changing world, keeps the Wiwa connected to their ancestral past.

The Poporo grows throughout a man's life © Mati Quinzio / Culture Trip



YouTube





Native

Kahontakwas Diane Longboat



Kahontakwas Diane Longboat, is a member of the Turtle Clan, Mohawk Nation at Six Nations Grand River Territory, Canada. She is a ceremonial leader, traditional teacher, a builder and a healer.

Diane is founder of Soul of the Mother, a Healing Lodge, born of vision in 1994, on the shores of the Grand River at Six Nations Grand River Territory, with extensive relationships with First Nations in Canada and throughout North America, Africa and Asia.

"The sacred origins of life and the seeds that came to the Earth from the Spirit World entered this world embedded with the Original Instructions from the Creator for human responsibility to care for all life-forms; the Plan of the Creator for His Creation called Mother Earth; and the balance required in all relationships among Human Beings and all of the life-forms of Creation, none more important than the others. The Divine is present in all of Creation; the origin and principle of life is the ultimate miracle in the majesty and grandeur of natural law." ²⁰

YouTube

²⁰ https://www.facebook.com/search/top/?q=Kahontakwas%20Diane%20Longboat&epa=SEARCH_BOX

Red Table Wisdom Talks at Reach Yoga Toronto



With Mohawk Elder Kahontakwas
Diane Longboat, founder of Soul of
The Mother Healing Lodge on the
shores of the Grand River at Six
Nations Grand River.



Call moderator Cathy Mines,
Director of Wellness at Reach Yoga



Hawaiian

Middle East

Banafsheh



Master sacred dancer and transformational teacher, Banafsheh presents dance as a spiritual path and science of embodiment, fusing 3 dimensions: the art of dance, wisdom teachings, and healing disciplines.

What can I say? She dances like poetry in motion.

Banafsheh is one of the greatest sacred dancers I have seen.

Deepak Chopra

Banafsheh's Dance of Oneness series is a powerful immersion into the center of our spiritual being. Through her chosen avenue within the medium of dance, she draws on her spiritual cultural forms, bringing together levels of earth and heaven within herself as a pure and fluid vehicle, expanding possibilities through Presence and embodied Awareness. From the form of her personal inheritance of Persian dance as well as other traditional dances like flamenco, she opens inner space, becoming a Container of Love in a new and evolving expansion of boundaries and awareness, evident in her powerful movements and her soft surrendered curves. In these days when our spiritual traditions are hitting up against globalism, everything is in question and change. Banafsheh's dance embodies this new awareness and supports its growth. Audience and students alike receive her vibrations, passing on a new torch of fire and light through resonances deeply felt in our hearts through her pure aesthetics. Her total mind-body Awareness, the opening of energy fields, is an absolute prerequisite to sustain the "turn" of the Whirling Dance, connected to particular energy fields moving in unity without ourselves when the dance becomes Worship. What she brings supports our connection the the Divine Oneness as well as our Humanity, allowing us to serve as a bridge between divine energies and the world in a most natural and beautiful way.

*Amy Barker-Wilson, visual artist, spiritual dance practitioner, Mevlevi Samazan
www.amberblue.org*

Amy Barker-Wilson

YouTube



 **DEEPAK CHOPRA - Religion of Love**
from the creative(re)directors

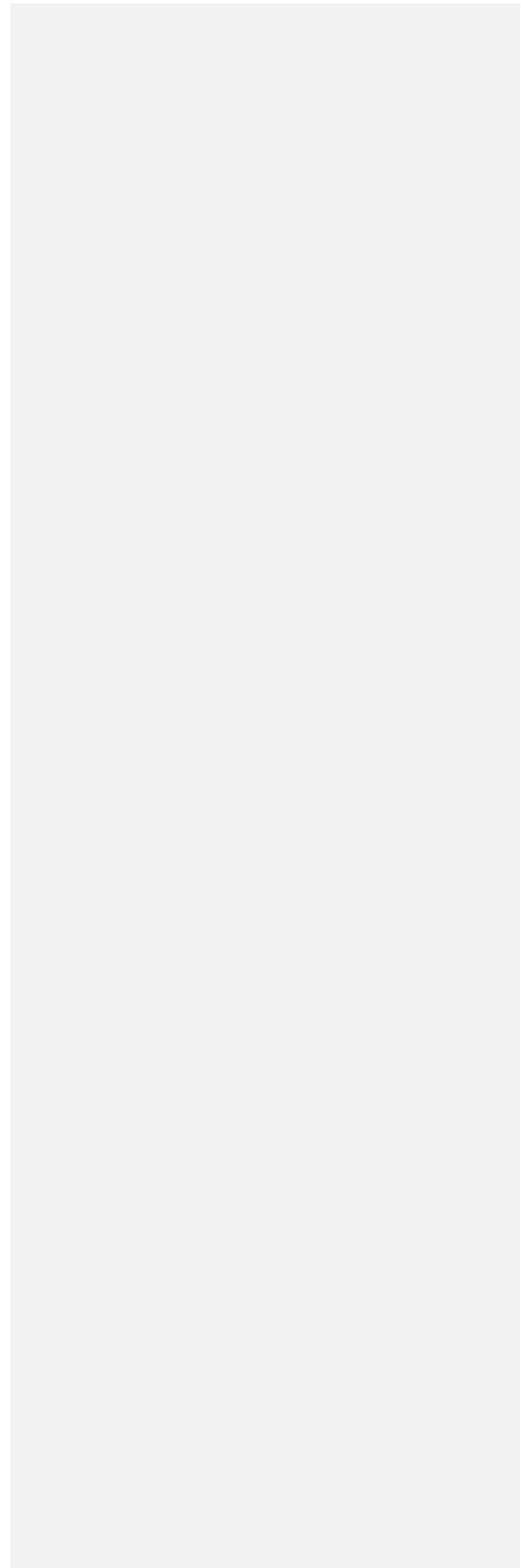




 02:52 

Deepak Chopra, with Andrew Harvey, Rabbi David Ingber and Banafsheh Sayyad, celebrate the Sufi poet, Rumi. At ABC Home & Carpet, NYC.
In association with CitizenGlobal, Lora O'Connor Executive Producer
By The Creative (Re)Directors.





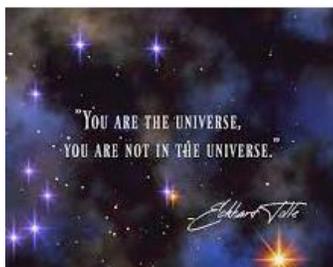
Tools

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.

Concentrate On Positive Emotions



Let's start simple. You are the universe. You just don't know it. Close your eyes. Focus on your breath. Watch your breath go up and down. All mystical traditions talk about the power behind your breath. The same power behind your breath is keeping the universe alive.

With your mind concentrate on peace. When you feel peace you are connected to the quantum field.

When your mind wanders focus it back on your breath. Over time the more you do this the deeper peace you will experience. The first step is to place your toes into the infinite ocean of life.

The more you focus on peace, peace will start to focus on you. Day by day you will slowly immerse yourself into this incredible ocean.

The goal is to take that peace when your eyes are closed and keep it there in your daily activities. Ultimately you want to live in the center of the hurricane. The winds of the mind can be howling but you can live in the center where there is no turbulence.

Love, compassion, kindness, peace, and, infinite other positive emotions exist inside of you. Peace of mind does not come from external events. Peace comes from within. This is your true nature.

In the beginning, this may take some time. For those who live stressed-out lives, it will take time to learn how to unwind from stress. Take your time. Don't be hard on yourself. This is not a race.

Simply take a few moments a day and build on it. Just follow your breath. Over time you will experience such peace that you have never experienced before. So let's try this.

Focus on your breath. Watch it go up and down. That's all there is to this. The next step is optional. At the same time, you focus on your breath and imagine feeling peace inside of you.

When you feel even an ounce of peace you have connected to the quantum field.
Day by day keep this up.
So focus on your breath (start mediation)

This is just the beginning. You have taken the first step on your incredible journey.
Even if you have been mediating for thousands of years each step you take takes
you closer. Yet the journey will never end. It is timeless.

Sitting Down Meditation



I've been meditating for forty-eight years.
You could say I have a knack for it. I love it.
It's my hobby. I have studied all sorts of
techniques.

In the beginning, I thought there must be a
super duper technique. This technique would
take you 10 steps where you presently are.

Well after forty-eight years I can say your motivation is the key. Many people
think they have to meditate and yet they hate it. Where do you think that will
take you? Many people have high expectations.

They think they are going to have a super duper experience. When they don't
over some time they give up.
Meditation is like surfing. It takes practice. When I first learned how to surf when I
was 13 years old I was a total beginner. In surfing terms, I was a kook (a beginner).

My dad gave my twin brother John and me a surf lesson from a famous surfer
Mickey Munoz. I still remember being pushed into a wave that was probably less
than one foot. I felt that the wave was 10 feet. I was hooked from then on.

Meditating is taking small baby steps day by day. You never know how far you
have gone. In the eyes of eternity, you have just taken one precious step. Yet your
awareness grows.

The following is a beautiful quote from a dear friend of mine. It was posted on Facebook a few days ago. I've known him for around 46 years. This describes that at times we have no idea how far we have gone on this path.

A couple of years ago, I was at a New Age trade show, promoting my books. I was walking the show and came to a booth where a guy offered me a free psychic reading.

We sat down together and he told me he was going to close his eyes for a minute and "tune into" me. He closed his eyes, so I closed mine and took advantage of the moment to turn inside.

All of a sudden, he exclaimed, "What are you doing?" I said, "Huh?" He said, "You just disappeared into this huge peace zone! How did you do that?" I told him it was just something I'm in the habit of doing, and we had a brief conversation about it.

He told me he had never seen anything like it, this disappearing trick, executed so quickly. I was mildly amused. But ever since then, I've had a renewed respect for the incomparable gift bestowed on me well over 40 years ago, that allows me to disappear from the confusion of the world around me, so quickly and easily, every time I have the clarity to use it.

And what has become so second nature to me that it seems like a small thing, a thing I don't even feel I have mastered, it's truly a miracle beyond reckoning. I lack the means to express how grateful I am for this one small thing that changes everything.

This sums up how meditation changes one's life yet at times we don't see it and take it for granted.

Phase 1



Phase 1 is the foundation of your practice. Everything stems from this awareness. Focus on your breath. Watch it go up and down. That's all there is to this. Many people think it's too simple. It is.

We have been breathing all our lives yet most of the time we aren't aware of the breath. There is a power that is keeping you alive.

Behind your breath lies the quantum field. This field is infinite love, kindness, and compassion. It is beyond words. It's beyond time and space. It is keeping you alive. Personally, this should be our main focus while we are alive.

This is one way to directly connect to the quantum field moment by moment in our daily lives. The more attention you pay to it the more attention it pays to you. Like I said in the beginning you meditate on God. At some point, God starts to meditate on you.

Don't get discouraged. It takes time and practice. Have fun with it. The universe is fun. When the mind wanders simply bring it back to following your breath. In the beginning, you may feel or sense a sparkle of peace.

You may see sparks of light inside of you. You may hear some ringing in your ears. These are sign posts that you are tapping into the quantum field.

These sign posts are everywhere. The more you practice the sign post change and morph along your journey. At some point, your breath turns into a force field of love.

Once you can close their eyes and immediately enter into the quantum field. Divine light surrounds you and you are in a force field of the quantum. This is an infinite journey. You can never stop and say I have mastered it all.

The goal is to fuse this light and energy into your human body. You are learning to rewire your circuits. Presently your nervous system can't handle the voltage from the quantum field. Most people's lives are so stressed out.

They are living and breathing in a high beta state of existence. Many people's adrenaline is constantly turned on.

This practice will slowly tap you into the quantum field. You just have to pay attention to your breath. Over time your mind and body become your true friend. One slowly becomes in harmony with the quantum field.

Close your eyes. So breathe in. Watch your breath. When your mind wonders simply focus your attention on your breath.

Phase 2



Modern-day scientists know about the mind-body connection. They realize that both are interconnected. A thought that you have is expressed into a chemical reaction that creates either positive or negative emotions.

Our human body stores all experiences in our subconscious. Remember that 95% of the subconscious versus 5 % of the conscious runs the

show.

Most of the time we are reactive beings. Our lives are driven by past events. Our mind is so infused with the past that our bodies respond automatically. It's like we are on auto-control which in reality we are.

So much of humanity is driven by stress which damages our overall health for the mind body and soul connection.

I have a great friend who believes he will die around 83 years old. He is planning to retire at 60 years old. He is a great guy. I try to tell him that we can live a great life well into our hundreds.

You see our thoughts drive us to our destiny. Many of us are driven by some traumatic event that occurred in the past. We can't go beyond that. We can't let it go. That event has scared us. That event is existing somewhere inside of our human body.

The next meditation will help harmonize the mind, body, and soul connection. I have been doing this in many different forms since the eighties. It's very simple and powerful to do.

Both the chakras and the endocrine system are tied together. One is physical and the other one is a subtle energy. Both of them are in synch with one another.

When you have a disease that will be manifested both in your endocrine system and your chakras.

This mediation starts from the root chakra and works up to your crown.

Breathe in. Concentrate on your breath. Watch it go up and down. When you feel stillness go on to the next step. Don't rush this. Take your time. If you are agitated or angry just watch your breath. With practice, you will break through.

When you have broken through concentrate on your root chakra. Continue watching your breath. The more your attention is focused on your root chakra you will slowly experience a great expansion of your consciousness.

Each chakra contains a universe inside of a universe. Over time all negative emotions will be dispelled from darkness into the light.

Create loving thoughts. If your mind wonders which it will bring it back to your breath? If you have a hard time doing this say I am full of gratitude. Feel that emotion of gratitude. When you do you are tapping into the quantum field.

The goal is to allow the quantum field to be expressed into each chakra. The quantum field is the light that dispels darkness. You don't need to fight or struggle.

By embracing love, kindness, compassion, and patience in each chakra are how we can totally transform. In essence, you're learning to be in harmony with the quantum field. When you are in harmony with the quantum field your mind, body, and soul connection will be in harmony.

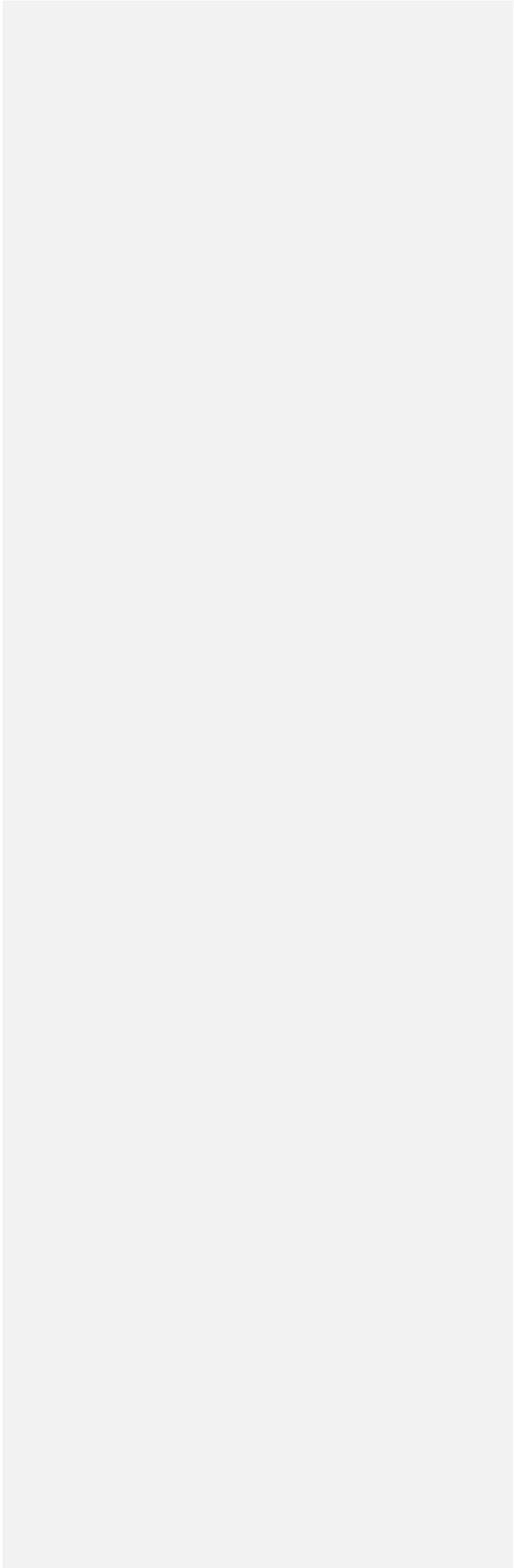
Enjoy this process. Science and mystics are melding together. This technique has been around for thousands of years. Only since the eighties have scientists mapped out the mind-body connection and how scientifically how they work together.

This is just the start of your journey. Yes, it takes time. I feel that humanity will progress much faster than in the past. Millions of people are waking up which will make the evolution much faster. I call it the evolution revolution.

This phase and phase 1 can take you to places you never dreamed of. At the same time, your adventures on earth will be incredible. You can smile at diversity. You can see through other people's eyes.

You will be humble. You will be kind. You will become aware of the quantum field where ever you go. You will have a passion for life.

All it takes for you to simply try. The greatest jewel lies inside of you. You have been taught to only look outside of yourself to discover the jewel.



Phase 3



One early morning around 1986 I was meditating. I felt such joy and happiness. All of a sudden I felt this incredible power.

I saw this incredible cobra at my root chakra. This cobra was slowly rising up my spine. The energy was incredible. It was so real. I became a little afraid due to the power and the cobra.

I knew I would not be harmed at all. I controlled my fear and let the experience grow. The cobra went all the way to my third eye which is the pineal gland.

At each step of the way, I would have a different experience. I have always heard about the Kundalini experience but this was the first time I had the experience to see it.

The Vedas talk about this experience. The cobra was so real. It was like you had to face your greatest fears and then and only then could you be taken to a different level of consciousness.

Amazingly, this experience exists inside of our own being, and yet it is dormant. We are so involved in this world that we simply are unaware of a greater reality.

I learned that the scriptures of the past were based upon practical experiences. We have simply convoluted the meaning of the experience and come up with a different meaning altogether.

Let's fast forward to the early 2000s. I'm living in Ashland Oregon. My wife and I love to go to the ashram in the sky. That's what I call it.

Imagine in the winter in a snowstorm a large group of people is meditating. It is a guided Kundalini mediation. A huge taiko drum is vibrating throughout the ashram.

What is this thing called kundalini? What does kundalini have to do with the quantum field? Read the chapter on chakras to find out.



Let's fast forward to 2019. Lately, I'm researching the works of Joe Dispenza. He is using the ancient kundalini techniques but he is also using the latest scientific instruments to measure what is going on when one practices these techniques.

Scientists know that the body and mind are united. You can't separate the two. All our emotions are stored in our bodies. That means the good bad and ugly. For most of our lives, we are living in a survival mode of existence. We are reactive beings. Our subconscious is running the show.

Experts estimate that the mind thinks between 60,000 – 80,000 thoughts a day. That's an average of 2500 – 3,300 thoughts per hour.

That's incredible. Other experts estimate a smaller number, of 50,000 thoughts per day, which means about 2100 thoughts per hour. Yet how many are new thoughts?

We have been playing the same record for years. We have the same exact routine.

We go to bed. Our alarm clock goes off. We use the same hand to shut it off and go back to bed for five minutes. The alarm goes off again. We shut off the alarm.

We stumble out of bed and go to the bathroom. We brush our teeth. We are trying to wake up. Off to the kitchen, we go to brew some coffee. It's time to head off to work just in time for rush hour traffic.

We make a few phone calls along the way. Some of us text when the cars are stopped. We make it to the office and do the same dull routines. I could go on and on.

Imagine that our negative emotions are stuck in the first three centers of the lower chakras. There is a law that whatever strong emotion you have stored emotion will be predominant in your life.

Say for example someone really makes you angry. You can't drop it and you hold on for twenty years. You can't forgive this person. Well unfortunately you have drunk your own poison.

This gets stored in your subconscious mind. Whenever you think about this you will secrete chemicals into your body and these chemicals will bring you angry emotions.

Your stress level will go out. You will be in a fight or flight syndrome. Unfortunately for the majority of human beings, this is our present state.

This breathing technique allows the negative emotions to be released and travel up the spine to the crown chakra. There a physical/spiritual alchemy takes place. It transforms that anger into pure love. That is the goal.

Joe Dispenza and his crew have wired up thousands of participants and have mapped out the regions of the brain which get affected.

Many of his students go into high gamma waves which are off the normal charts. The reason why is that most people live in a high beta

state of mind and have no idea how to change. We are stuck in our ways. Most people are comfortable staying in misery and don't want to change.

Fortunately, millions of people are waking up from their slumber. A new dawning is occurring for mankind.

We are our own pharmacy. Every day our bodies create hundreds of thousands of chemicals. These chemicals create strong emotions. Say for example you are angry. Your emotional state will be angry.

Therefore you will have angry thoughts. These thoughts will then create angry emotions. We are caught in a cycle. The goal is to be free. The goal is to be in tune with the quantum field. Ponder this over.

Phase 3 Meditation



Slowly breathe in. tighten your muscles as if you are having a bowel movement. At the same time tighten the muscles around your navel (lower abdomen). Bring them up and in.

Tighten your muscles around your solar plexus (upper abdomen). Bring them up and in. As you are breathing in follow your breath up the spinal column past the heart, throat, and pineal chakras to the top of your head.

Hold your breath comfortably until you need to take a breath. Be gentle with yourself. Keep on tightening your muscles.

When you have too slowly exhale your breath. A wave of bliss is about to be released. Do this for five to ten minutes. Slowly build up your time doing this.

In essence, this technique is converting locked negative emotions up your spine where it is transformed into the quantum field. This is pure alchemy. You are transforming darkness into light.

On the material side, your body is sending spinal fluid up your spinal column to your pituitary gland. The pituitary gland then secretes thousands of chemicals that turn this negative energy into love, kindness, and compassion.

In this state, tremendous healing can occur and does occur. Look at the work Dr. Joe Dispenza has done and you will see there are thousands of people being healed in all sorts of manners. This technique is thousands of years old.

Mind you this technique will seem awkward at first. Just take your time. After some point, it will become second nature to you.

Walking Meditation



I've been practicing walking meditation for forty-eight years. As you probably know by now that meditation doesn't start nor end with closing your eyes.

Yes by closing your eyes one dives deep within yet one takes that experience into his daily life. Walking meditation consists of being aware during your daily life.

For example, walking from your car to work one meditates on his breath. Your awareness is on the quantum field.

When you have a conversation with somebody. While the person is talking you can listen and at the same time focus on the quantum field.

Your awareness will be on the now and you will truly listen. Most people are thinking about what to say next while listening. They truly don't listen from the now.

The goal of meditation is to be in the quantum field 24 hours a day. Yes, it takes practice. Anything in life that is worthwhile takes practice. For me, this is a hobby.

It's not a drag. I don't sit down and close my eyes saying when this meditation session is going to be over. A proper attitude is everything. Be like an open child.

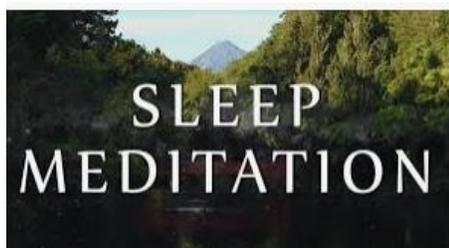
Remember the more attention you pay to something the more attention comes back to you. You can live in this world and at the same time have your attention on the quantum world.

This is the goal. If mankind truly did this moment by moment this world would truly transform.

We as a society would truly transform. I say that war is obsolete. In this state of unity, man would no longer create wars. I could write tons of

books describing huge transformations in all aspects of life. We are just slowly waking up from our slumber. These are exciting times. Remember you are a piece of the puzzle. What would the puzzle be without you? Pay attention to your breath. Behind your breath lies the quantum field.

Sleeping Meditation



Many people think that sleep is a drag. They wish that they didn't have to go to sleep. Yet sleep is an incredible doorway to the quantum field. Sleep is a doorway to finding our true nature. It's amazing every night when we truly fall asleep we go back to the quantum field yet we aren't aware of it. When we

wake up in the morning our bodies are recharged.

How would you like when you are sleeping to have your awareness in the quantum field and be conscious at the same time?

As I have said many times the more attention you focus on the power behind your breath at some point the power of your breath focus back on you. In the beginning, you meditate on God. At some point, God starts to meditate on you.

Sleeping meditation allows you in the comfort of your bed to be aware of the quantum field. There is an infinite source of kindness that exists inside of you.

Each one of us is custom designed by the quantum field. When you go to sleep focus on your breath. Over time a door opens within and the power of love will fill you up.

You start to enter into the quantum field. This is your true nature. Just dwell in this love. There is never a point in time where you can't go deeper. This journey is infinite.

Many times when I wake up early in the morning I concentrate on each of my chakras. I do the chakra meditation. Imagine being in a state of heaven and moving through each chakra.

The whole mind, body, and soul connection is being healed. The brain is being washed by waves of love. One resides in a field of divine light and a force of infinite love.

Wow, words truly can't describe that experience. This experience exists inside of you. The key lies inside of you. Only by your will can you open the door. As I said many times before signpost of God is all around you both inside and outside of you.

When one truly loves to engage in sleeping meditation one truly begins to enjoy life to its fullest. One wakes up in the morning and rejoices on being alive. One is truly grateful.

He loves to meditate upon waking up and truly loves to be aware of the quantum field. One put's his dreams into reality. We slowly learn how to not react to the world around us.

Most of humanity is living in the winds of the hurricane. A wise person lives in the center of the hurricane. Yes, he will stumble and fall. When he does one sees that at this point one is in the hurricane winds of the mind.

This person will then focus on his breath and in due time be in the center of the hurricane.

So when you go to bed at night here are some helpful suggestions. Bless the day that was given to you. It may be in a form of a prayer or simple grateful thoughts in your mind.

Look over your interaction with the people with that you were connected to. Learn from your mistakes. Look at the same tapes that were being played over and over in your life. Be conscious of them.

Only when you are aware of your actions can you truly change for the better. You can learn to rewire the actions that cause you to get angry into a state of love, compassion, and kindness. When you realize that by getting angry you are drinking your own poison literally.

Learn to truly appreciate and have gratitude towards sleep. Many times when I'm about ready to come down with a cold my body tells me to go to bed an hour earlier. Consequently, in the morning my body has healed itself. Sleep is your best friend. He helps maintain and recalibrate your mind, body, and soul connection.

Your dreams are talking to you. They give you helpful insights and advice. They also give you warnings if you are about to walk off the cliff of life. Your dreams help guide you on this journey in life. Unfortunately, most of us see them as a waste of time. We place no value on them

I think we probably get less than one percent on the importance of sleep and its true value. Our daily lives are so driven. Most of the time we are living from tapes from the past.

We don't think outside of the box. What a paradox that signposts are all around us yet we don't have the eyes to see them.

Many people try to go asleep yet they can't. Their mind and body are so stressed out that they can't sleep. Millions of people all around the world have this problem. Millions take drugs so they can go asleep. Yet they will go asleep taking these drugs yet they have a huge side effect.

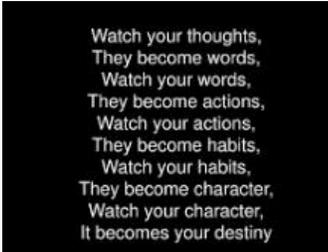
All it takes is small baby steps to learn how to connect to the quantum field. Ponder this over. You are a piece of the puzzle.

Commented [RF1]:

Commented [RF2R1]:

Commented [RF3R1]:

Monitoring Your Thoughts And Emotions



Watch your thoughts,
They become words,
Watch your words,
They become actions,
Watch your actions,
They become habits,
Watch your habits,
They become character,
Watch your character,
It becomes your destiny

As you know by now we live 95% from the subconscious and 5 percent from the conscious mind. Most human beings never stop to see the correlation between the mind and body. Many scientists say they are the same. They are not distinct and different. Imagine someone pisses you off. That thought creates a chemical in your brain. Cortisone gets released.

Stress chemicals get released. Over 1900 chemicals get released. You are now in an emotional state of anger. This anger gets stored in your body. Many scientists say that cancer is created by angry cells.

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

So the goal is to rewire our circuits. When someone makes us angry stop in your tracks. Focus on your breath. Imagine an infinite field of peace surrounding you. By the way, it does it 24 hours a day. This is your true nature.

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

Mind you this is extremely difficult to do. Here's some advice for you on this journey. Write down all the areas that have caused great trauma in your life.

Many times a great trauma never gets processed properly. It is stored in our subconscious. The greater the trauma the greater the emotional impact.

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

We need to learn and forgive. We need to let go of that emotion. In the last 30 years, much insight has been into the relationship between the mind and body.

There are many different techniques out there to heal and release our emotional scars.

Here is one that I like.

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

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

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

Step 3

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

We are going to use anger as our problem

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

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

Step 4

This is the tapping phase.

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

Karate chop small intestine meridian

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

eyebrow bladder meridian

side of the eye gallbladder meridian

under the eye stomach meridian

under the nose: governing vessel

chin central vessel

beginning of the collarbone kidney meridian

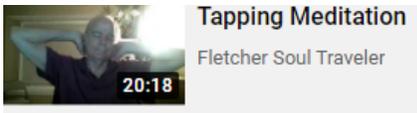
under the arm spleen meridian

top of head governing vessel

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

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

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



[How EFT Tapping Works - Gary Craig](#)



[The Most Inspirational EFT Video With Founder Gary Craig \(Emotional Freedom Technique\)](#)



[EFT: The Basic Recipe by Founder Gary Craig](#)



Mind Movies



The definition of a Guru takes you from darkness into the light. A rugu takes you from light into darkness.

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

The commercial industry has been very effective to program the subconscious. They have used the medium of TV to program your mind and body.

They are extremely clever and know exactly what they are doing. In the fifties when a movie was being shown subliminal messages would be displayed on the screen such as buying popcorn or buying a coke.

It would appear so fast your conscious mind wouldn't see it but your subconscious mind would. This was banned when the FCC figured that out.

Well, they have got quite sophisticated. Today's drug commercials directly go into your subconscious mind. Imagine some of these same commercials are played over and over again on the evening news.

They are slowly brainwashing people without the audience even knowing it.

Have you ever wondered why America is so messed up? I could go on for hours. Many of these drug commercials are directly programming you to get sick so you can take their drugs.

It is insidious and evil. Yet it is done in such a soft voice and nature is all around. Sadly, they know exactly what they are doing. As a capitalist society, they are there solely to make a buck.

They want you to get sick. They don't want you to be healthy and take responsibility for your well-being.

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

Dr. Joe Dispenza made a mind movie for connecting to the quantum field. It is absolutely genius. I highly recommend it.

It should be played before going to bed and upon waking up. I play it right before I close my eyes to meditate. The more you play it over time the mind, body, and soul rejoices in the words.

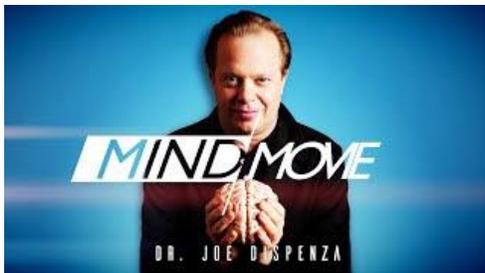
There are words and pictures displayed. Both of them work to put the message into your subconscious. As you know we need to rewire ourselves. Humanity is living in darkness and needs to embrace the light.

Mind Movies are a way to program the subconscious to help us discover our true nature.

[Preview YouTube video Dispenza Mind Movie](#)



[Preview YouTube video MIND MOVIE - Dr Joe Dispenza - Best Law of Attraction Tool](#)



[Preview YouTube video John's Mind Movie](#)



[Preview YouTube video Deb's Mind Movie](#)



[Preview YouTube video SheilaWright mind movie 86568](#)

