

Finding the Path of Knowledge;
Enter the Chrysalis



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Introduction

Dedication

I dedicate this book to my beloved wife and three sons, the lights of my life. Human life is not for the faint of heart; life is filled with suffering, yes that is true. But that suffering is only meant to serve as a point of departure and not the very purpose of life. Take heart in daily struggle, knowing your ancestors stand with you. Remember your responsibility to live life in freedom as a human being, and not become an enslaved animal to vice, craving, self-pity, and the low hanging fruits of life. Persevere in practice until you find the path of love (free of lust), humour (free of recrimination) and happiness (free of cause). Only then can you emerge from the chrysalis, riding the dragon as a free human being.

About the author

Soon I will be 50 years old and have around 27 summers left until my body turns to dust. I decided to use the pseudonym Eric Von Vondersong to pen this account, because it affords me greater freedom to write what is necessary without fear or favour. The pseudonym also appeals to my personal sense of folly, in that I fully understand that people rarely take advice from others and especially an old man's advice about the vicissitudes of life. The second aspect of human folly that I fully acknowledge is my personal automatic negative response: "How could I possibly have something useful to contribute to you, in the vast arena of human awareness?" The fact is there may be nothing of value in these pages for you, like so many books these days that are full of emotional drivel and offer little insight into living a powerful life.

Having said that, please allow me from the outset to reassure you, dear reader, that I have the proper sanction and experience to write these words. At the same time, you should also read through the book exercising your own judgement to determine its overall value, worthiness, and application in your life. After all, there is a lifetime of practice in these pages for me and perhaps a few hours reading for you.

Purpose of the book

The Path of Knowledge guidebook is intended for each of my three sons to compare and contrast their life experiences with my own. By definition, it is not written for all, and everyone, despite the fact there are practices here that can bring benefit to human beings generally.

In my view, it is critical for my boys, and future family members, to have the ability to distinguish the right path from the wrong one in life. The path of knowledge is my small attempt to establish and outline the basic ground rules of life, so that my sons can recognize the steps necessary to harness the causal power of life itself and generate true happiness for themselves and the ones they love.

In order to find the right path, insight is required to avoid the many dangers, addictions, and footfalls of becoming a hedonistic animal incarnated in a human body, or an emotionally animated robot that decries "poor me" with self-pity every time its buttons get pushed.¹

¹ Twitter is the prime example of the emotional outrage culture pervasive today.

As an adult, psycho, social, and spiritual pressures are widely activated in human life. These forces should be self-evident, openly apparent to you as well as all the programming you've received up to this point in your life, which acts as a force to create an inventory of the known world.²

The island of the known

The “inventory of the known world” or the first attention (tonal) of the Toltec wisdom tradition³ deepens the personal distress of the individual (you) as all things on earth appear to be already known, named, examined, analyzed, and scientifically proven by the human ego. More distressingly, there is no apparent way for you, the individual, to escape your egoistic projections of the known world that live on inside your mind, and outside of us in society, as a de facto closed loop of reality.

Without the right knowledge and know-how to escape the known world of the tonal, egoistic mind, you are trapped for a lifetime in an endless loop of suffering: meaningless drama, self-pity, addiction, pharmaceutical pills, dis-ease, and pain ahead in life without end. Welcome to samsaric hell, well described by all religions where you get to suffer, burn again, again and again until you find the skilful means, or method to exit out of the human jungle.

Human beings engaged in substance abuse to escape the tonal (pharmaceuticals, drinking, drugging, sexing, gaming, and self-pitying) through addiction or carnal action, distract themselves with different types and forms of masturbation. Yes, I said it. Masturbation is not limited to the physical act alone and is far more pernicious in the subtle mental abuses one inflicts on oneself trapped on the island of the known world. In the modern era, there are 10,000 forms of self-abuse available (as an online commodity) for 10,000 types of sinners.

In life, you will soon discover for yourself that these so-called “pleasures” are only temporary, fleeting, and are not the cure that ends personal suffering. You will find out through life experience that addictions/attachments only exacerbate the situation, make things worse by adding additional obstacles and drama to your life struggles, which can even lead to your premature death or enslavement to addiction for your entire life.

A solid understanding of the game of life, and how to survive efficiently in the human jungle, can bring you – my sons – a definite advantage over the average person who has no awareness and no hope of escaping. Gurdjieff explains: “Man can only attain knowledge with the help of those who possess it. One must learn from him who knows.” You can search many lifetimes for the correct path, but it's only when someone comes along with the right knowledge that your suffering truly ends.⁴

The next section outlines the five warrior rules for finding the path of knowledge. Take them literally with all due respect, seriousness, and application in your life. In doing so, every aspect of your life will change as you orientate yourself towards living a life of power, responsibility as a warrior, and away from the life of a poor me, helpless victim. Stand up straight inside yourself,

² 25-35 years. It's not about the physical age of a human body but a question of maturity of spirit when the higher spirit calls – demands your immediate attention. Be forewarned. Be ready to recognize the call. How do I recognize? Read on.

³ Don Miguel Ruiz; Carlos Castaneda, Victor Sanchez; all due respect for the Toltec wisdom tradition.

⁴ Yogananda paraphrase *Autobiography of a Yogi*.

take responsibility for your life, you are 100 percent responsible – get it through your head from the outset that only you can save yourself.

Five rules travelling the path of knowledge

Rule #1: Keep your path to knowledge silent

Never discuss, talk freely or openly about your search for the path of knowledge. Never be promiscuous with the knowledge you are chasing, have gained, or believe you have gained. Let silence stand around you when the topic falls to any important details surrounding your search for the path.⁵ Any mention of the topic “path of knowledge”, you simply fall into a stoic silence or respond, “I don’t know anything about that.”

Silence is rule number one, because the *universal sentient life force* is a spiteful bitch who ever delights in crushing the dreams and aspirations of big talkers who seek her secret knowledge. The more you talk, aggrandizing your wonderful egoistic self, the more you energize the capricious universal energy to resist you, obscure, and obfuscate your path. Keep silent. Silence offers no resistance and the universal eye will not scrutinize you too closely when she has so many other fools to deal with.

Rule #2: Equal measure as universal law of the impersonal life force

In the manner you approach the universal life force, that sentient force approaches you. The selected methodology and method that you decide to approach the universal life energy⁶ is the same method and the way that universal energy becomes *knowable* to you. It approaches you in the same way, the fashion that you approach it via the universal law of equal measure.

In other words, any human effort that takes a step toward the animating life force, however misguided, is rewarded because the sentient life force is absolutely responsive to human efforts (positively and negatively) and encourages all approaches, all efforts by human beings. The universal life force wants to become knowable and accessible to you in the manner you are prepared to receive it.

Esoterically speaking, even the unknowable aspects of the impersonal force are awaiting discovery, wanting to move from the unknown domain to the human known. In certain traditions, like the Kabbalah, the unknown has been mapped and even the doors of perception flung wide open.⁷

Rule #3: Don’t believe me or any of the 10,000 things in life.

Do not believe anything I say or write here. Be cautious, skeptical of any organized religion, swami barmi, yoga system, wisdom tradition, ascension handbook, or philosophy that promises to lead you to the Promised Land, including what is written on these pages.

⁵ The same holds true in business or any valued undertaking in life.

⁶ The animating force of spirit in every object on earth: human bodies, insects, trees, and the entire universe. For external validation, you can find this force has been alternatively called Odic force, Pneume, Tao, Ki, Eagles Emanations, Omkara in different cultures globally. All things are animated by life itself and that is undeniably everywhere on earth. Look at your body, look outside, you can see the animating force of life working.

⁷ It’s incredibly dangerous to enter a doorway of perception, as it may become impossible to return to the tabernacle of the flesh – the body. There are whole disciplines around astral projection (and other such practices) that must be avoided. Not because you cannot open yourself to these vibrations, but precisely because you can. Take heed, avoid these.

Instead, all ideas, concepts, and practices *must* be examined and confirmed through the fire of personal experience. Experiential knowledge, backed by persistent right action, is the rock that you seek to build your life upon.

Rule number three means that you must dig, dig, dig, and dig some more into these ideas and apply them to your life to find and build a foundation of silent refuge, calmness, happiness (for no reason), and inner freedom. These positive human traits are the fruits of the path that must be worked on and cultivated every day over your entire life.

Rule #4: Practice, practice, practice: “Making, making, made”⁸

Give yourself substantial time to implement these ideas in practice for a reasonable duration of years to observe the impact on your life. Ten years, or 10,000 hours, of practice is a solid barometer that should empower you to harvest the transformative fruit I am talking about.

I realize that ten years/10,000 hours of practice seems an unheard of amount of time nowadays. But it does not matter how you might feel about it emotionally. Face the fact. The hard reality is that no personal development or attainment can happen until you put in the required hours and proper effort. You cannot rest on your ass expecting the highest to find you.

Always remember, the universal life force only yields her secrets to those who engage in persistent practice, five out of seven days a week. When you practice consistently, you make your vessel, the human body, mind, and spirit worthy of her universal attention. You even become like a lighthouse beacon that compels and forces the spirit to reside more fully inside you.⁹

After a few short years of practice, if you find yourself a little less besieged by your army of inner troubles, drama, self-pity (poor me), and suffering, become firm in your resolve to practice the path of knowledge.

Rule #5: Speak the truth: avoid lies

The only way to make human life magical is by telling the truth to ourselves and others. The path of knowledge starts with the truth and avoiding lies, even white lies.

The dream, or nightmare, you have for a life right now is the direct result of how much truth and how many lies you have told yourself and others – up to this moment. The words that cross the threshold of your lips into the world have power to shape every aspect of your life. Regard truthful speech as a ring of power you give yourself. Telling the truth to yourself is the only way a powerful life comes to you.

This is why we absolutely must, I mean *must stop telling lies* to ourselves and stop gossiping about others. Stop right now. Never condemn, complain, or criticise another¹⁰ as that criticism you are levelling out verbally/emotionally is really about deficiencies you have deeply embedded

⁸ Sri Maharishi – the Indian Saint, describing human unfoldment.

⁹ Popular catchphrase culture claims that all is within, or inside of you so that the terminology here should be “Emerge from within.” But that is false. A little insight shows the force of life is not totally emergent from within human beings. Instead it’s better characterized as an interdependent arising of the inside and outside meeting. In my experience, a fusion of compelling the higher forces (outside of you) to merge with the lower (physical body, mind, and emotions) into one cohesive unit. It takes a long time to forge the human body and mind to know what I say here is a fact, but energetically speaking, it is a fact.

¹⁰ Dale Carnegie’s dictum from *How to Win Friends & Influence People*. I would add Professor Steven Covey’s injunction – that you must also be faithful to those who are not present, do not slander or discuss people who are not present – outside your immediate presence.

inside yourself.¹¹ All wisdom traditions recommend telling the truth as the powerful medicine out of the nightmare for those that engage in lies, black gossip, and self-deception.

The great Russian writer Fyodor Dostoevsky meticulously documented in his books, “the man that lies can no longer recognize the truth (politician) and has no moral compass to guide himself back from the abyss of lies that they have submerged themselves within.”¹²

By telling yourself the truth, the lies you tell yourself begin to evaporate. All types of drama slowly depart because lies, drama, and self-pity recognize themselves as unwelcome guests inside our mind stream. Life gets easier when you do not have the burden of lies, betrayals, shady business deals, sleepless nights, and self-hatred that dog those who live a deceptive and depraved life. Who do liars betray? They betray themselves.

Telling the truth has to do with how we speak and treat ourselves. I treat myself with respect when I tell the truth to myself and, therefore, I have nothing to be ashamed of. Nor have I done anything wrong to reverberate negatively in my conscience. Try your best not to harm others in speech (gossip), and understand that hurting others in word is really hurting yourself by making your mind stream more corrupt, angry, and violent.

Tell the truth to yourself and this will give your mind the greatest gift of spaciousness, inner silence, and mental flexibility that will leave you better prepared to deal with others who are dreaming their dream of life.

Sources, citations, theoretical assumptions

I make no claim to original knowledge in these pages and I borrow freely from any, and all, wisdom traditions that articulate the path to knowledge and which have become available to me over the years. The selection criteria have always been simple: do these ideas, practices, approaches help me become calmer, fitter, happier, and more alive in my life right now?

I was never interested in dogma that made big promises, but failed to deliver results in reality. Many organized religions fall into this category and flocking together in a congregation to sin among sinners is never a real path to knowledge.

Instead, I focussed on the universal techniques, practices, yogas, and themes common to all wisdom traditions that are necessary to find and travel the path. I may be wrong, and often am, but it seemed to me that a mixed-method approach built on these universal themes gathered from around the world, trumped dogma, inculcation, and myopic views of reality. Also, it's logical that several traditions from different parts of the globe have convergent ideas, teachings, and taxonomies about the challenges and sufferings of human existence.

Naturally, wherever human beings may be born geographically, we tend to find similar answers to the same problems of human incarnation. In my opinion, human congruence in technology,

¹¹ See psychologist Carl Jung's writing on the subject.

¹² In Dostoevsky's novel *The Brothers Karamazov*, the father character Fyodor Pavlovich is a prime example of what lies and self-deception bring to life. Nor could he stop himself. The actual quote in Dostoevsky's words is “Stop telling lies to yourself, the one who lies to others and himself comes to a point where he can no longer distinguish no truth either within himself or around him, and thus enters into a state of DISRESPECT towards himself and others. Respecting NO one, he loves no one and to amuse himself and divert (divert) himself in the absence of love he gives himself up to his passions and vulgar delights and becomes a complete animal in his vices.”

literacy, arts, and science is an indisputable fact that different cultures develop similar solutions to life at similar points in history.

Therefore, mapping the human body/mind/spirit machinery is no different. The biggest differences are the cultural lens, visual iconography, and semantic language these traditions use to explain things, which can make it more difficult to access their knowledge.

Thematic overview

The book contains a general chronological order organized around when I first discovered and applied the method and practice to my life. Thus, the path of knowledge itself is organized accordingly:

Book one: Human beings in the known world

Book two: The second attention: Calling the energy body

Book three: Practice: Transform mind, body, and energy body

Book four: Conclusion

Appendices/References

A thematic approach has been selected, because it offers a logical sequence of events for the reader to develop a perceptual framework for the game of life. In addition, it provides methods that can remedy the sufferings of life through appropriate practice for the body, mind, and spirit.

Although the reader/practitioner may decide to jump around to any section, or any practice, that takes their fancy in the book, I would request that you return again and again to the sequence in which things have been presented. The secret to learning anything to a mastery level lies in the beginning, with the basic techniques. With a solid foundation, no matter which practice you engage in, you will become a person of mettle.¹³

¹³ I am talking about human beings – choose the pronoun you prefer. Regardless of gender, the underlying suffering, pain and dissatisfaction of life remain the very same for all human beings.

Book One
Chapter 1: Universal lottery ticket

Being born human

Being born a human being may not seem that big a deal to you, after all here you are and there are soon to be eight billion people just like you on the planet (give or take).

But according to Buddhism, being born a human being means you have won a universal lottery ticket, in that you are lucky beyond belief *not* to be born or reincarnated yet again as an animal, earthworm, deer, or tree. Being born a human being, therefore, is the foundational first step to gaining the potential to fully develop the human body, mind, spirit, and freedom of will – our natural gifts from the universe to a maximum level.

Only human beings have the unlimited ability to develop their innate powers in body, mind, and spirit force to a maximum level. The highest teaching and result of the path of knowledge is the ability to integrate these apparent separate aspects of body, mind, will, and spirit force into one unified entity; this is the natural inheritance of humankind. This means there is nothing unnatural about becoming a fully integrated human being and yet nothing can be more difficult to accomplish.¹⁴ Before you break out the champagne and congratulate yourself, “Hey, I am already human” be advised that the key words above are that you have the *potential* to realize the fullness of your untapped personal power.

Life is a great teacher and it shows us through first-hand experience that just because you are born a human being it does not mean you have left the animal world behind, its karma, manas, and all its lingering propensities that are activated by human incarnation.¹⁵

Free will: Is it truly free?

I must address the ongoing illusion of free will. Free will is the over lauded ability to autonomously decide one’s fate in life, apparently without external input, influence, or interference from outside oneself. That is the definition I am using here.

However, a little investigation reveals that free will is for amateurs, as we are all beset from birth by internal and external forces of interdependence, namely: socialization, cultural imperatives, behavioural compulsions, samskaras, and psychological imprints from former lifetimes. All these forces concomitantly work together on human beings to influence our desires and personal choices in life. This means that personal choices (free will) are rarely as free, or autonomous, as they first appear to be.

In addition, people tend to self-select, and choose the same object/things/situations, because of their attachments and identification of themselves with the same stimulus and sensory objects over an entire lifetime. “I am a smoker, I am a coffee drinker, I am a tea drinker, I am a vegetarian, I am a victim, I am, I am...” Ten thousand addictions for 10,000 types of people.

The idea of free will gives you, the individual, the appearance of freedom. But in reality, it is a social construct (social myth) that enslaves people’s repetitive behaviour through their self-

¹⁴My wording but the sentiment is from Carlos Castaneda’s *Magical Passes: The Practical Wisdom of the Shamans of Ancient Mexico*.

¹⁵Sri Aurobindo: *All Life is Yoga*. Discussion on samskaras, manas, and reincarnation. Heavy going.

identification. There is no freedom in selecting the same choices repetitively every day unto death.

Summary

So here you are holding a winning lottery ticket, and as a human being, the question becomes: how can I cash in the ticket? In the simplest terms, realize and integrate your body, mind, and spirit potential, transform them into lived realities and you will attain the highest. If you are interested in cashing in your universal lottery ticket, read on.

Chapter 2: Are all paths equal?

Introduction

The questions surrounding living life have always been the same for me: What is life? What is the purpose of life? Why am I here? These questions persistently dogged me to find new and better ways to live. The following chapters discuss a few of these explorations.

Pathways in life

Although anyone can see there are many pathways available for the multitude types of human personalities in life, not all these paths are equal in terms of maximizing the happiness they can generate for you. Therefore, it is vitally important that you understand and determine that not all paths are equal in the happiness, inner freedom, and power that they can bring to life.

You must not allow yourself to be easily swayed by the modern narrative that every idea from every person has equal value. That is absolute and total rubbish. If you believe “all ideas are equal”, you are done for and will never find a path to knowledge.

Nowadays, false pathways are more abundant than ever, paths of suffering exist everywhere and these are even lauded, celebrated, and encouraged as a genuine way of life.¹⁶ These negative paths should be recognizable, as they actually take us (human beings) deeper into suffering, hatred, delusion, addiction, greater aggrandizement of the ego to the attachments of anger, self-pity, lies, and the poor-me victim syndrome of our times.¹⁷

Misconception stems from misunderstanding reality and taking the wrong medicine, specifically wrong ideas, and adopting these wrong mental views as the means and method to help make for a happy life. Although wrong mental perceptions of reality start out innocently enough as an emotional play-thing, by persisting in these wrong views for many years, they eventually manifest the wrong fruits (results) in your life as you reap the misery you have so carefully sown.

Just because suffering appears normal in human life, it does not mean it is the natural mode of human existence.

Is faith alone enough?

You may decide to attend church, a temple, or mosque for 50 years, but if the quality of your mind stream and thoughts remains at the same level as when you started, you are the exact same. So you have spent fifty years of practice of going to church, but you have achieved no personal development. Sure, you are anointed by the congregation as one of the faithful, but so what?

Sinning amongst sinners in the congregation might feel good, and assuage the ego but that does not lead to the path of knowledge. Do not mistake egoistic gratification: “I am such a good person because I attend church and volunteer for charity” for involution, mind reform, and vivification of the energy body.

Furthermore, among all the people of purported faith around the world today, how many enlightened masters do we have – how many lawgivers? The sad fact is that we have so many faithful trees of people planted on earth, but few ripe fruit.

¹⁶Winston Churchill: A lie gets halfway around the world before the truth has a chance to get its pants on.

¹⁷Who is the bigger victim in the contest of modern times, who is most victimized? There is no shortage of volunteers vying for this role.

Therefore, faith in religion or a specific philosophy alone is not enough to cause the friction necessary for you to progress inwardly on the path of knowledge. Right action is required. Repeated informed right action, year after year after year is required to light the spark inside yourself, again and again, until that friction transforms into a burning flame inside.

Abandon worthless dogma that brings you less than nothing. Discover the truth of what I say in these pages through first-hand experience and consistent practice. No church, no god, is necessary as you already have the tabernacle embodied right here before you. Unfathomable riches await discovery – just by using the body properly.

Welcome to samsara: hell on earth

Don Miguel Ruiz Toltec's wisdom books highlight the fact that the feared biblical hell of the afterlife is here on earth right now. Hell is a place where war, fear, anger, anxiety, self-pity, ego, addiction, suffering, murder, and violence take place every day in word, video (Twitter, YouTube) and deed. Turn on the news feed anywhere in the world today and have a look. What do you see? Do you see the suffering, violence, and societal anger of hell I am talking about here?

Make no mistake, friends, it is no longer that we human beings are here to cooperate together in fellowship. Rather it's far more dangerous than that: it's human against human in the hostile jungle of life. The field of battle is just outside your front door and when you leave home, take the ancient advice from feudal Japan: "Forget home, be ready to face your enemies, you may not return."¹⁸ Any who doubt these words should recall that George Floyd was recently killed by police and there is widespread rampage, rioting and casual murder committed in the streets all around the world.

What appears "normal" in modern life is actually that human beings have become acculturated to the extreme levels of violence and suffering that we are exposed to through social media every day. As we are constantly bombarded in a culture of suffering, human beings have developed defensive strategies to numb the pain of life (addictions) and cope with the pain of living in a hostile and predatory universe. However, numbing yourself to reality with drinking, pharmaceuticals, onanism, and a variety of sexual partners does not eliminate, address, or resolve the underlying pain and dissatisfaction of life, eternal dukkha. Dukkha is a concept that refers to the fundamental dissatisfaction and painfulness of mundane life, whereby human beings find themselves trapped in the world of the first attention (of ego) and all hope of escape is lost.

Every major religion describes hell, but the misconception that people have is that hell is somewhere far away, that it is in the afterlife that we burn or pay for our sins. Don Miguel Ruiz, Aldous Huxley, and Stoic philosophy show us beyond a shadow of a doubt that human life and modern society is a mental hospital, and that all the feared sins and the suffering of hell without exaggeration – are here, right now.

Human beings are so far away/removed from the truth that sins are now celebrated as a good in modern society. We have arrived fully in the amoral society of modern heathens, documented in Huxley's *Brave New World*. When you sin, you burn yourself, even though you might think you are committing a sin against another. The more you sin, the deeper you go into the realms of hell until you can no longer find a way out.

¹⁸ Thomas Cleary, samurai wisdom.

Battlefield of life and the warrior's awareness of death

Take a moment now to recognize that you are standing on a battlefield in life where your level of awareness determines how much you suffer and how well you survive – every day. Ignorance of the facts of life (suffering) does not preclude you from participation in the everyday danger or suffering inside the human jungle. Far better to take the warrior's attitude toward life, say aloud to yourself:

“Life is a battlefield where human beings compete in the human jungle. I can act and even die today as a result of every one of my decisions.”¹⁹

When you take your life and death seriously, so that every decision, every action you take, even the smallest one can lead to your death, – you become far more judicious and your every decision has more intrinsic power. As Lama Zopa Rinpoche explains:

“Death must be central in your consciousness. We must break the concept of our permanence; we can die at any moment, death can happen at any time to any of us. Accepting this brings immediate peace. Allows us to relax, it reduces worry and fear. We have to accept the reality of death that we can die anytime, this month, this week, this day when we are overwhelmed by worry and fear or caught up in unfulfilled expectations. Wealth, fame, happiness, we get caught up in expectations that are truly meaningless when we can die in the next hour. NONE of these things has any meaning.”

Never imagine for a moment that death cannot touch you. It is estimated that 151,000 people die around the globe every day.²⁰ Do you imagine that all those people woke that morning thinking: “Today I am going to die”?

The majority of human beings are surprised by their death: teenagers, adults, old, young, rich, and poor alike. People die all the time from lack of awareness, attention, and carelessness. Death is not far away; it is here with you now waiting for one moment of carelessness and inattention to crush you.²¹ Considering our death reduces egoistic concerns, sharpens our focus, and makes us much more serious about living and stopping all nonsensical activity.

No one can question your resolve once you have decided to follow it unto death. Also it's easier to say no to people and meaningless activity when you accept that you can die at any given moment. It's easier to live in truth and without shame, when you say “no” sincerely. People immediately recognize the truth and finality of a sincere “no” rather than the compelled “yes”.

You must have the awareness and basic understanding that human life on earth is a *full-on battlefield* and you are in fact engaged in a battle – inside your own minds – and outside in the hostile emotional world. Although this perspective may be new to you, and difficult to accept initially, the idea is well documented across wisdom traditions. Michael Berg, the Kabbalist writes:

¹⁹ Say it again and again until it becomes a lived reality. Death as an advisor frees you to recognize what is important in life and allows you to say “no” to all the nonsense activities that people would have you do. Learn to say “no” first, not “yes”. When you do say “yes”, it must be done with 1000 percent effort to complete the verbal contract.

²⁰ Exclude *force majeure*, such as a pandemic.

²¹ This idea is from Carlos Castaneda's wisdom books. I'm certain Castaneda borrowed freely from Buddhism (death, dreaming etc) but not exclusively.

Our first job in life is recognizing that we are at the center of the battlefield. The idea that a battle is occurring doesn't enter our minds; which makes us an easy victim or target for others' negativity. We must be aware that we are always being tested – and – that tests become more challenging as we move closer to the light. The adversary's strongest attacks come only when we have shown ourselves able to resist them!²²

Without this awareness, you can easily fall into becoming a victim, a poor-me victim who has no power to change in life. After all, a victim needs other people's recognition of their powerlessness, which they achieve through the sacred mantra of self-pity: "I am not good enough, I am not smart enough, nobody likes me." Whenever you're dealing with negative emotions, and negative internal self-talk, recall the insight of Ouspensky (1919):

There is nothing more mechanical in our life than negative emotions. At the same time, negative emotions do not play any useful part at all in our lives. They do not help our orientation, they do not give us any knowledge, and they do not guide us in any sensible manner. On the contrary, they spoil all our pleasures, they make life a burden to us and they very effectively prevent our possible development because there is nothing more mechanical in our life than negative emotions.²³

Therefore, a poor-me attitude does less than nothing for you. Drop it, stop whinging, stop feeling sorry for yourself. Accept the challenges of human life as an adult. Take the pro-active attitude of an empowered warrior in life who can respond with responsibility, self-esteem, and resourcefulness in any given situation. Even when I do not know the correct answer, I believe in my innate ability to find the best path forward.

Deciding the right path in life

In choosing any path in life (lover, profession, or a business decision), we must ask ourselves: Does this pathway lead me to greater happiness, freedom, easiness and right action? Does this decision generate more mental and emotional peace for myself, my family, and those I love?

Now it might be useful to make a clear distinction between positive desire(s) that manifest positive results into our life...and destructive desires such as cravings, lust, addictions, and attachments (body and mind) that destroy our life, and ultimately drag us deeper into hell.

In order to recognize positive and negative desires and actions, we need to ask ourselves a few basic questions:

1. Does this decision/action bring more happiness, peace, ease, and freedom to me and those people around me?
2. Does this decision/action bring more suffering, misery, and pain to me and those around me?
3. I am easy, truthful to myself, and feeling right inside with the decision I have made?
4. Am I uneasy, do I feel something is wrong with the situation/decision?

²² *The Way Using the Wisdom of the Kabbalah for Spiritual Transformation and Fulfillment* by Michael Berg the Kabbalah Center. Kabbalah has a complete path to enlightenment but the true secrets of their tradition remain hidden.

²³ One of George Gurdjieff's students. As a journalist Ouspensky describes the obscure teachings of Gurdjieff better than most. Gurdjieff went out of his way to hide what he was teaching and the only way I could make sense of any of it was through the writing of Ouspensky. In this quote, you can see the man has had training in reality.

5. Does something *stink* about the situation in my heart even though I cannot easily identify or name it? If it stinks, don't do it.
6. The decision not to act, or not to decide, is also pregnant with consequences of karmatic energy.²⁴

These simple criteria can help you evaluate, determine, and weigh the potential karmatic impact of action you decide to take. By karma, I mean all our actions return to us, regardless of how we subjectively feel or deny its existence. The famous biblical injunction: "Do not be deceived, God is not mocked for whatever one sows, that will he also reap."²⁵

Although an unseen force, karma is a real and impersonal force that moves in the universe like light, gravity, oxygen that is forever operating on human beings. Because it is a force, karma can be utilized to our advantage by living according to the five warriors rules highlighted earlier.

Of course, all human beings like to imagine ourselves as totally free, and unencumbered to decide our future fate.²⁶ But that does not account for the interdependent nature of reality that Buddhism has so painstakingly documented. Why would Buddhism spend so much time describing the interdependent nature of reality?

Because, without a solid understanding of reality and karma, how can you or any human being possibly become free from the interdependent forces of the universe? Without the ability to describe reality or even formulate the problem – how can you be free from it? How can you be free from disease if you cannot even describe the disease?

Granted at the highest degree, a fully integrated human being (a Buddha) standing on the Mount Everest of her life, having conquered the 10,000 desires and sufferings is undoubtedly able to disconnect from the causal law of karma (all causes). Easily and simply leaving all that baggage behind, much like a train car that disconnected itself from the caboose.

However, the idea that the average human being is karma free and free of causes, because they believe it to be true – is mistaken. Better to ground yourself in the reality that you are fully enmeshed in the matrix of karmatic law of cause and effect. Use this knowledge as a great gift to cause no harm to yourself or others; even small and apparently insignificant creatures or events should be treated with respect. Remember, the first injunction of life: we reap what we sow.

Summary

It is absolutely necessary that you develop your awareness to such a point that you can distinguish a true path from a false path in life. The path of samsaric hell can be recognized by finding yourself surrounded by internal and external enemies, pervasive unhappiness, depression, drugging, sexing, and binge drinking.

You literally find yourself under siege by your enemies, internally by the voice of knowledge of Ruiz and externally by the overwhelming troubles of life – without apparent escape. Even the cast of characters, people in your life right now, the so-called friends and lovers, are all horrendously false.

²⁴ Karma as a universal law also makes you pay for not making decisions. There is no such thing as a neutral position or a free lunch in life.

²⁵ Galatians.

²⁶ See the free will discussion in chapter one.

Constant suffering without reprieve in life, at work, at home, and at the train station is the flashing *red light* signal from the universe that a fundamental change in your personal life is required – right goddam now. Who needs to change? You do. Who is responsible? You are. No one is going to save you, only you can save yourself.

You do not need to be the Dalai Lama or any significant person to look carefully at your life and make a determination of how happy you are. Ask yourself sincerely, and your heart of hearts will tell you which master (love or hate) you are serving. The human heart never lies.²⁷

Pain, addiction, and suffering are not the reason for life but they are the strong medicine sent to you by the universe in order for you to change your behaviour from the wrong path to the right one. Remember, there is never any shame in leaving a lover, marriage, partnership, company, or important job that has no love inside it. On the contrary, the shame you feel burning inside you is because you continue to serve something that is beneath you: a loveless life.

Ask yourself: Can I live and love with this person if I am going to die tomorrow? Can I work this job if I am going to die tomorrow? Can I be friends with this person who has open contempt for me? If the answer is no, you must tell them straight away the reality of a situation, it is already well known by all parties involved. The truth sets you both free.

²⁷ Deepak Chopra recommends asking your heart for the true path in any important decision in life and you will receive the true answer. The heart does not lie. Here I refer to the physical heart as the general geographical area on the body to ask important questions to your higher self or non-local self. Metaphysically speaking, the heart shard of primordial intelligence/consciousness of human beings is closer to the centre/middle of the chest cavity. Inside the heart is the secret abode where the higher self beckons you. Ask your heart of hearts your deepest question, and wait before taking any important decision. For me, the answers come after sleep when I am relaxed. In the morning, I do what must be done. The relief is palatable, self-evidently correct after the decision is made. Do not equivocate or flip flop. Hold strong in your heart's decision – all will be well by speaking the truth.

Chapter 3: New heathens in a brave new world Heathen maxim: “Feeling good is good”

Introduction

Through life experience, you can discover one of the moral imperatives, the *raison d’etre* for existence in modern society is: “Feeling good is good.” By 35 years old, you should begin to notice the chinks in the armour of those friends and adults who like to party, worship at the temple of *feeling good is good* as their primary purpose in life.

I mean to say, things that may have started out as casual and funny in high school: drinking, smoking pot, cigarettes, pornography, drugs, and sexual promiscuity become a serious way of life and are no longer optional or recreational for many people. Addiction and attachment grabs hold of them and they can no longer keep their life on track without the use of their drink, drug, tobacco, or pharmaceutical of choice.

To prove this point, try to stop whatever the addiction is: social media, video games, drinking, drugging, or sex. Just try to stop right now. You will soon realize the unvarnished truth of what I say. Nothing makes an addicted person more angry or defensive than trying to take away their personal identity and attachment as a drinker, drug addict – whatever the drug – addiction, or individual case may be.²⁸

By threatening to take away the addictive substance, you will soon recognize you are not facing a human being any longer. Rather you are facing a wild animal, like a tiger, whose very survival is threatened by you taking away their addiction and identification with their abusive substance of choice.

Addiction, attachment, and craving

I define addiction, and attachment, as any behaviour you cannot voluntarily start, stop, and drop freely, spontaneously, at any moment. But how can you recognize if you are enslaved to your addiction?

Because you give yourself away, your entire life for the sake of your addiction, which is a total waste of the potential, power, and enormous boon that has been bestowed upon you as a human being. The Scottish proverb: “They talk of my drinking, but never my thirst” captures the sentiment of addiction exactly. It is not the object (drink) of abuse, or drug of choice, that is the true underlying problem for human beings. That is only the outer symptom.

The true cause is inside the human mind and the person’s wrong compulsion, wrong mental attachment toward the desired substance that enslaves them, its user via ongoing identification (“I am this person”) and traps them in ongoing drug abuse.

Once a human being becomes addicted to any substance (video games, drink, drug, sex, or gambling) there is really no such thing as a cure, despite what people may say to the contrary. Yes, you can have a long intermission (20 years even) from addiction, but the fact is that you remain an addict your whole life. Even whilst not actively participating, taking, or ingesting the activity or substance in question.

²⁸ Even more interesting is the rationale that addicts provide to defend, explain and justify their choice of addiction. Notice they are not making a free choice. It’s the voice of the victim, attachment, addiction talking, not a free human being.

Such is the power of the mind and its mental identifications that you can easily become enslaved to your addiction. Warriors must be ever vigilant to protect their minds, futures, and lives.

Marijuana disciple

Marijuana users in particular demonstrate the vehemence of what I am saying. So many proselytize the medicinal benefits of the plant's use or apply the counterfactual argument that pot is far less harmful than alcohol.²⁹

The sad fact is that neither drug takes you higher into reality. Instead both alcohol and marijuana always take you lower, numb(er), and dumber each time you use them. That is precisely why everyday life seems more interesting to dope users.

Try not drinking, or smoking pot, or hanging around friends who engage in substance abuse. You will see for yourself that they are not getting higher, they're getting dumber, and lower, each and every time. Stoners and people who like to abuse drugs or alcohol cannot stand being around a sober person, because it shames them. Yes, it shames them that they decide to abuse, and annihilate themselves so badly with drugs.

If you observe marijuana users over a substantial period of time (10 years) you will notice they ever so slowly become the plant's disciple. Smoking pot may have started out small and casual for these people, but surreptitiously, slowly, the marijuana plant takes over, encouraging her users to grow her, traffick in her bud and eschew all other intoxicating substances. Watch these users carefully, they get stoned yes, but that is small consolation in exchange for an entire life.

Precautions

Always remember the danger involved in ingesting or taking any drug or alcohol. Nothing on earth is innocuous, or freely given, without danger or consequence. All of the 10,000 things on earth can turn and kill you fast. In a moment's notice death can take you whilst your doors are wide open; the rational faculty is "high" or impaired from whatever substance you have taken.

More ominously, if you have given yourself over to addiction your path to knowledge is over. There is no path to knowledge, no personal attainment for the drug-addled mind.

Summary

One of the key elements of living life as a free human being is the ability to use the 10,000 things on earth *and not be used by them*. Regardless of how strong the drink, drug, sex, taste, music of the harpies calling you to the rocks and ruin in your life.

You must become the master of the material world and not enslaved by the 10,000 addictions, desires and attachments on earth. Pleasure seeking, the "feeling good is good" maxim of the modern heathen culture prevalent today comes at the highest price for your personal freedom. Your very soul is given over, a cup, or a puff, at a time.

The life of a free human being involves the freedom to use any object rightly and letting go at the correct time. The object does not matter, because it does not leave a mark or enslave the warrior. She uses the substance freely and is not enslaved by it. When the desired object is gone, she is gone as well, leaving no trace that she was ever there.

²⁹ In contrast, alcoholics never go on at length about the benefits of drinking too much.

Chapter 4: The human body: Amusement park or storehouse of power?

Five sheaths of human consciousness

Human consciousness, the fact that you are here right now and reading these words indicates the life principle is active inside you. Because human consciousness is incarnated, embodied, and encased in a body you possess a sense of personal identity, ego and feeling of separation, uniqueness from other people.

However, the tricky part of what makes up a human being is the dichotomy between being local, physically present here right now, and being non-local (spirit; energy body) simultaneously. In order to provide a map of the territory of local and non-local domain that encompass a human being, it is useful to consult yogic science to determine a workable taxonomy of human consciousness.

Human beings can be classified on a scale from the corporeal and most obvious, such as the physical body, to the least obvious and most subtle energetic aspects, which have actually been classified as “very subtle energy” by Buddhist tantric practitioners.³⁰ To illustrate the point further, yogic science has classified the human being into five sheaths of existence as follows:³¹

1. *Annamaya kosha* refers to the food body: the physical body, food made real.
2. *Pranayama kosha* refers to the vital energy body: breath, mana, life principle and consciousness; the astral body that brings light, consciousness, awareness to all living things.
3. *Manomaya kosha* refers to mental body: thinking and emotional thoughts active in the body³². Reflexive and automatic processes of the body are part of the manomaya kosha. Mantra and meditation help cleanse and enhance our automatic thoughts.
4. *Vijanamaya kosha* refers to discernment and intuition that open up inner wisdom and silent knowledge.
5. *Anadamaya kosha* refers to the casual body: bliss body, the mind experiences spontaneous joy and bliss.³³

First principles first

The path of knowledge guidebook is designed to deal with our very real struggles and the predicament that human beings face in physical life right now. Therefore, our focus is on learning to master the first three sheaths of human consciousness: the food body, energy body, and mental/emotional body.

³⁰ Glen Mullin *The Six Yogas of Naropa*. The comment “very subtle energy” is from Tsongkhapa, which could be referring to the hidden subtle drops.

³¹ *Meditation and its Practices*: Swami Adiswarananda quotes Sri Ramakrishna page 297, as source here.

³² Manomaya Kosha refers to the mental body. Taittiriya Upanishad says: “Within the vital force is yet another body, this one made of thought energy.”

³³ Inner Engineering Sadhguru confirms the yogic science view. The works of Gurdjieff also ascribe to the view of the human body as a highly advanced machine.

That said, it is equally important to know that higher body potentials are possible and natural for human beings to uncover and utilize. There is nothing magical about attuning yourself, making the machinery of the body, mind, and energy body ripe so that we can enfold more fully into the self. One can only imagine what a human being is like who has conquered and commands all five bodies...

The theatre of mind

All phenomena that happen to us in life from the 10,000 things available to us are interpreted by our minds. As a result, all human experiences are in fact, perceived internally.³⁴

Your interpretation and opinion of an experience is the foundational cause of all the happiness, sadness and drama in life. This means that events, objects, desires whether internal or external, possess neither inherently positive nor negative qualities. A tree is just a tree, a bee is just a bee...a car is just a car... Rather, it is only our point of view, interpretation, how we feel about an experience or event that causes a thing to be labelled good or bad, happy or sad. All interpretations of events happen inside ourselves. Take a moment to realize the implication of that statement. If everything is internal, can I control how I respond and feel?

The answer is resoundingly “yes”, but that requires serious training of the mind, body and spirit so that the human machine can respond correctly. Grow beyond the egoistic trap of preferential thinking where everything that happens is about me and my point of view and events are happening “because of me.” The things that happen in life are *not* anthropomorphic. If you can observe outside yourself objectively you’ll see that the force of life that moves the universe is terrifyingly impersonal.

By fully understanding the physical body, mind, and emotional stimulus points of human beings and interpreting these more appropriately – closer to reality – you can develop much more kindness, detachment, and perspective in life. First about yourself and then apply that same approach to others. The person that is aware of the forces at play in every moment is far better prepared to deal with the dramatic fluctuations of life. Eventually you learn to ride these moments, impersonally.

Let us move on to the question that guides the discussion in the rest of this chapter: Why is the human body vitally important to personal development?

The human body: Amusement park or storehouse of power?

The human body itself is the most advanced machine in existence today, it has the ability to heal itself, run the majority of bodily processes autonomously, and transform the food we eat into the right balance of energy we need. No other machine is even close in intelligence, or as advanced, as the human body.³⁵

The human body is a great gift bestowed on us by our ancestors and it is our most trusted friend throughout life. The body always gives its best effort for you no matter what activity you happen to be engaged in. Even when it is dangerous to itself, the body still soldiers on to meet our demands. Just look at all the effort tobacco smokers put into destroying their lungs. Smoking is a

³⁴ Insight by Sadhguru. 2016: *Inner Engineering. A Yogis Guide to Joy.*

³⁵ Respect for yogic science, Sadhguru, Gurdjieff, many others that apply this framework.

full-time job for these people and their body faithfully executes the task at hand to the very best of its ability – without question.

Amusement park

The human body you have today is very much the product of your eating choices, actions, and beliefs you hold about yourself. Look at your body carefully right now, how well are you treating yourself? Are you making your body a worthy vessel for greater power? Or are you living like a slob?

You can either regard the body as an amusement park worthy of unlimited self-abuse,³⁶ or you can regard the body more properly as an incredible storehouse of power. It should not take you too long to work out which type of body is required to call infinity.

Better to view the human body itself as an incredible reservoir of power that can only be unlocked by the fittest of people. In the path to knowledge, the physical body comes first, because action can be taken right now to improve its condition. When the human body feels good, the mind naturally follows in step and feels good. The mind itself is far more difficult, ethereal, sneaky, and must be addressed over a longer time horizon. The body, on the other hand, is relatively straightforward and can be made fit starting right now.

Storehouse of power

In order to call upon the impersonal force that moves the universe, you must have the body worthy of her attention and not be crushed when she decides to yield even the tiniest fraction of her electrical force towards you.³⁷ This may sound like an exaggeration, but I assure you the force is very real and can be activated by you, given that you have undertaken the right preparations to strengthen the body.

When practicing the techniques highlighted in the path of knowledge over a period of 10 years, you should begin to receive the body shakes as the spirit force and electrical current inhabit you, and reside in your body more fully. Quite literally I mean: autonomous and uncontrollable shaking as the body adjusts to a new energetic frequency. These shakes are also a sign that you are progressing in the path and an obvious outward sign that you should exercise caution. If you are unprepared for the tidal wave of electrical currents, it can burn you from inside out. The ability to accept the increased life force is the reason why so much time, physical fitness, preparation, and fortification of the body is required.

The energetic undulating force available to human bodies becomes self-evident to those who engage in consistent practice(s) for the body. It is important to remember that these higher energies, higher frequency vibrations can only be captured by the fittest of warriors and will never come to one who is a braggart, stoned, drunk, fat, or lazy.

Practitioners on the path of knowledge must treat their body with utmost respect and keep it in the fittest of health. In doing so, through the practices highlighted herein, your body becomes

³⁶ Not restricted to the physical yanking and wanking coined by Australians. For example, people who have sex with multiple partners – at a certain point are engaged in self-abuse, self-hatred. They use multiple people to cause more self-hatred and drama around themselves.

³⁷ Carlos Castaneda explaining the Toltec view of the body. Don Ruiz similarly corroborates this view, love of the body in his own wisdom teachings. The difference is slight but important. Castaneda argues the body is a vehicle for power. Ruiz encourages self-respect, respect for yourself is respect for others. In other writing, Ruiz comes closer to Castaneda's view: "Only a fit body has a chance to behold infinity."

like a shining beacon of light that calls the higher energy to come and reside more fully inside you, the tabernacle of the flesh. By training the body to become increasingly fit over many, many years, the body acts as a lighthouse beacon that becomes irresistible to the impersonal, energetic life force. Be prepared, that force will answer the call and shake the living daylights out of you.

For thousands of years, yogis and men of knowledge have demonstrated that by treating the body correctly, you can achieve the highest goal, without a god, saviour, or any of that monotheistic nonsense. Belief in god, or swami barmi, or any philosophical bent is not a requirement to call the undulating life force. Hatha yoga in particular has made building the body up, making it fit as its main method of calling the highest to come and reside more fully in the body.

Maintaining the body

Integrating the body-mind-spirit into one unified entity has to be of foremost importance in selecting any fitness regime for keeping yourself in the best shape. Logically, you should not expect much return on jogging, swimming, or sport to contribute much to your personal development. Naturally, you can swim, jog, play tennis, sports all you want for pleasure, but realize that these are for fun and entertainment and are not for personal development.

Kriya yoga and traditional martial arts

Instead seek out the proven practices of kriya yoga, traditional martial arts, jiu jitsu, judo, tai chi, tantra yoga to name a few. With these systems of movement, the body-mind-spirit relationship is central to integrating the human being as a whole.

In addition, by making an investment of time every day, you can gain an infinite return in improving the quality of your energy and life force. These words are not arbitrary as many high-level practitioners have become embodied examples of their respective arts and possess what seem like super human power.

The human body must be made fit. By exercising your body in the arts above you can realize the truth of these claims first hand. Book three includes specific practices recommended for developing and enhancing the inner powers available to all human beings at any level of awareness. You may decide to begin using these movements right now.

Fitness of body

The human body is presented as the first step in the path of knowledge primarily because it makes pragmatic sense. When you exercise, respect yourself properly, and stop all forms of physical and mental abuse, the body naturally responds rightly with reciprocal feelings of fitness, health, and relaxation. It's easy to feel peaceful inside when you know that you're treating yourself well, acting rightly, and have not done anything untoward to yourself or others.

If you happen to find yourself a miserable sot then you should focus your attention entirely on building up the fitness of your body and increasing your personal sense of physical prowess and well-being. Respect, and take care of, your body, and forget about the mind, your mental obsessions, for now. Trust me when I say the mind is overrated, a dreaming device that is difficult to control. Instead it is more practical to focus on what you can control – the body.

Know for a fact that a physically fit body forces conformity on the mind. When the body feels good, the mind follows and reflects positive feelings of radiant health, relaxation, and happiness to you. The body is only the beginning of the path of knowledge and is the keystone to unlock a treasure trove of personal power.

Summary

Before you start applying advanced techniques to call the energy body, please keep *fitness* of the body embedded in your mind. You must take seriously the practices for the body and that through traditional martial arts, kriya yoga, and meditation techniques you have forged your physical body into a flexible temple, worthy of infinite self-respect and care. Everyone who meets you can easily recognize you are flexible, both physically and mentally.

After five years of persistent practice you should be a Shodan holder in your traditional martial art of choice, the body is flexible, strong and through your weekly exercise regime you have been able to liberate yourself and your mind from many exogenous thoughts, ruminations, and automatic negative thinking.

An essential point about the human mind is that in remembering complex details of physical movements, via kriya yoga, martial arts and the techniques highlighted, you forcibly push and remove negativity from your body and mind. That is to say, once human beings' kinesthetic memory is activated intensively, the process of remembering physical movements pushes out unwanted thoughts and a host of other negative emotions.³⁸

Similar to a computer's random access memory or RAM, the human mind only has so much memory available. By engaging your attention fully on martial arts, kriya yoga, and meditation, year after year after year, you are in fact liberating yourself from the pain body and its plethora of internal negative trauma stored up inside.³⁹

³⁸ Castaneda paraphrase: magical passes discussion.

³⁹ Eckart Tolle: *Power of Now*, discusses the pain body.

Chapter 5: Uncovering the mind

“Our mind is like a baby and we are like a parent that protects it from danger. A major problem with human beings is that we do not take responsibility for the mind, people do not watch over their mind and analyze their thoughts but BLINDLY believe in and do whatever their minds suggest. We cannot follow the impulses of the mind, we have to regard it like our baby and constantly check to see what it is doing. Before we act, we analyze our mind & ideas carefully.” Lama Zopa Rinpoche

Projecting manifesting device

The human mind’s importance in our lives cannot be overstated as it acts as the interpreter and translator of our sense perceptions (sight, hear, smell, and taste), and also determines the intensity of our feelings in regard to internal and external stimuli.

The mind governs our speech and is the umpire of the body, emotional states and ultimately determines the level of personal happiness we have, and can achieve in our lifetime. Because the mind and emotions are internal, invisible, hidden away from prying eyes, it is far more difficult to observe, evaluate, and determine its inner workings, functions, or dysfunctions that occur inside human beings.

In my experience, I have discovered that the human mind is a powerful dreaming reality warping device. The powerful mind-projector constantly calls reality into being through persistent and ruminative thoughts that manifest themselves as our life experiences.

The human mind is so powerful at manifesting reality that it makes no distinction whatsoever between real and unreal or “possible” and “impossible” tasks.⁴⁰ I mean, the mind does not bother or burden itself with limitations, limited definitions, or theoretical frameworks of human understanding. And therein lies the very magic of the human mind.

Instead the mind knows its unlimited capabilities and applies its two very real super powers of *being* and *becoming* to manifest reality in the physical world. This is what the human mind does. The human mind is an unadulterated power, sitting right here inside our bodies waiting for us to grab hold and harvest its secrets. For the mind, manifesting *what is* in physical reality as confirmable artifacts that can be touched or experienced as a fact, trumps any dogmatic views of reality.

This means that the thoughts you hold most dearly and robotically in your mind's eye, your inner repetitive thoughts, will manifest regardless of how you deny, explain away, justify, defend, or speculate to yourself. The mind never wastes time in speculation. Instead it efficiently calls the past and the future thoughts you hold most dear in the mind into reality.

If life happens to find you a miserable, suspicious and angry person, the mind follows your insistent mental instruction(s) and dutifully calls negative “angry” events to you, as that is what is most desired. From the mind's perspective, the angry person wants anger in life, so the mind accepts the command and faithfully calls more anger into that person’s reality.

⁴⁰ See the Tantra teachings for more about the incredible projecting power of the mind. Tantra acknowledges the mind as it really is: a manifesting device and knows that this view can shape our reality.

The same holds true for the myriad of emotions from the dark rainbow of human unhappiness: self-pity, anger, indignation, fear, anxiety, depression, jealousy, and lust. Look carefully at what your mind is thinking, and remember you must learn to stop negativity and improve the quality of your mind stream.

Due to the mind's manifesting power in life, we must always be vigilant in regard to the clear and present danger of negative thoughts. Be warned, be on guard, that strong negative emotions can trap you your entire life, forever wallowing inside a personal dream of drama, perceived slights, and negative emotional ruminations. It can become an entire lifetime hobby for people, gossiping and vacillating between emotionally meaningless states.

What is absolutely certain is that the projections our mind produces can either make it our most powerful ally in life *or* our minds can actually turn on us and become our most inescapable of enemies. And it happened...

The Parable of the Dragon

Once upon a time, a boy found a dragon egg. As boys do, he immediately decided to take the egg home and raise the dragon as his very own. From stories of yore, the boy already knew dragons were magical, powerful, even telepathic. It was said that dragons could understand your every need, every fear, every desire, and remember everything you thought, did, or said without asking them anything. Such was the power of the dragon that they could communicate silently inside the mind, had an incredibly strong sense of identity, long memory, and tireless amounts of energy that made dragons restless.

When the dragon finally hatched from its egg, it was incredibly cute and cuddly, and all the people of the village gathered around to give it everything it needed to grow healthy and strong. As the dragon grew, the boy started to give it tasks, housework, homework, to complete and because the dragon was magical, it completed every task quickly, easily, and efficiently. The boy was actually surprised, taken aback, by the speed at which the dragon could learn to complete tasks.

As the dragon grew larger still, the boy decided to give it more difficult tasks, and again it completed these quicker, and quicker, each time it was sent out.

After the dragon completed its tasks the boy had to immediately find more interesting and complex things for the dragon to do, to keep the dragon from getting bored.

Soon the boy realized he could not always entertain his dragon and his dragon began to misbehave badly and do things that were hurtful, uncalled for, even burning the boy's things out of spite for personal amusement.

As it grew older still, and developed a mind of its own, the dragon would escape and burn down parts of the village, attack the boy from inside his mind, mocking him: "You're not good enough, no one likes you, you're foolish and weak, worthless human!"

This is when the boy learned the true and terrible power of the dragon. When his dragon got bored, it became dangerous and could easily turn on its owner

very quickly with a barrage of negative emotions, repetitive thoughts that burned the boy from inside his mind. The boy was desperate to escape from the dragon's negative telepathy.

After many years of being burned by his dragon, the boy, now a young man, finally decided enough was enough. He called his now humongous dragon, luring him into his lair with his favourite snack – sheep.

While his dragon was distracted, the man-boy sat down, spine straight, crossed his legs, closed his eyes, relaxed his face, breathed deeply and recited out loud the most famous mantra in all the realms to becalm a dragon:

Om mani padme hum,
Om mani padme hum,
Om mani padme hum,
Om mani padme hum,
Om mani padme hum,

Again, again, again, and again, the man-boy recited the mantra out loud. At first his dragon scoffed at him and was just as furious as ever, fighting against the mantra. But after seeing the man was set in his resolve, the dragon finally gave up, fell silent, and actually went to sleep. For the first time in many, many years, the man and his dragon communed in peaceful silence together and gained newfound respect for each other's power.⁴¹

Taming the dragon mind

We can easily see that our untrained dragon mind is very much like an overstimulated and spoilt child who does not know when, or how, to stop itself. Primarily because no one has ever taken the time to train or tell it that it must stop and be silent. Meditation is the chain that begins to teach your dragon mind *how to stop* and behave itself.

Our mind needs constant attention and training and you must accept the responsibility that you are worthy of the utmost kindness, self-care, and self-respect by taking the time to meditate and train the immature dragon mind to be kind to yourself. Acknowledge to yourself that, yes, my mind is worthy of my unlimited attention to take time out of every day for personal kindness, silence, peace, and happiness toward myself.⁴²

Second, meditation empowers you to tame your wild dragon mind, and teach it through meditation, that burning you from inside with negative thoughts, gossip, anger, and black lies for your whole life is not the way you plan to live peacefully together. Instead, we apply the chain of meditation to shackle our dragon, teach our minds how we want them to behave and show that we are in fact in charge and are responsible for our mental and emotional well being. No drugs, depression, or pharmaceuticals necessary.

Use the mantra and your breath power to learn to live peacefully within yourself. Every day, take 30-45 minutes of time out of your day to value yourself and sit in meditation. Eyes closed, back straight, legs crossed and face relaxed. Yes, relax your face. Let go of the stressed/angry/worried

⁴¹ Inspired by Pandit Usharbudh Arya Doctor of Literature, *Story of the Giant*.

⁴² You cannot have these qualities for others unless you cultivate them for yourself. No practice on Sunday, just rest.

expression on your face. Remind yourself throughout the day to relax your face and drop your shoulders with spine straight and allow a smile.

Keep your eyes closed, focus attention on your anja chakra (third eye located top of forehead, 1.5 inches below your hairline, not between the eyebrows). Do not force anything here, easy is right. Utilize the mantra and breathing (om mani padme hum) to calm yourself. Allow the mantra to guide you, teach you, and make things easier by degrees, day by day, year by year.⁴³

Importance of mind

Despite meditation's positive impact on every aspect of our lives, few people take the time out required to focus on developing, strengthening, and improving the quality of their thoughts, emotions, and inner state of mind. Few adults take seriously the notion that they should spend 45 minutes every day to focus on developing more awareness of how to cultivate their minds in order to become more calm, open, peaceful, and healthier via meditation.

Allow me to be absolutely clear. Cultivating and training the mind to behave properly in a default setting of calmness, and kindness toward ourselves and silent repose is fundamentally important to all those who seek the path of knowledge. Because of the subtle and unseen depths of the mind, it requires a much longer time horizon to orientate yourself and your mind stream into proper thinking to become more self-aware and less selfish, initially towards yourself and then toward others.

Automatic negative thoughts

Look at your mind today, right now. Is it relaxed, open, silent, filled with optimism/happiness for no reason? Or do you have a great deal of automatic negative thoughts that run around the following themes:

1. Needing constant recognition from others
2. Anxiety, anger, aggression
3. Gossip, worry about others
4. Feeling sorry for yourself
5. Are you overly suspicious about the motives of other people?
6. Do you spend too much time ruminating about the injustices of other people, your boss, your work colleagues, your neighbors?

Observe your mind, analyze the quality of the self-talk running around inside you. Watch your mind stream over the course of a day. Allow yourself the time necessary to identify the type of automatic programming (software) you have running around in your mind. Not all programs or software inside our minds are bad, or dangerous, by default. But malware must be identified and removed from the system before it causes us problems in life.

Similarly, human beings need to ensure our minds serve us, help us in our life endeavours (personal and professional) and add value to every aspect of living our lives. The mind must not become an insurmountable mountain of “stinkin' thinkin” that does not allow happiness to enter

⁴³ Do not allow your merchant mind to come in and become overly obsessed with technique. Practice first, experience second, technique gets better, third. Forget all the quibbling, procrastination and babbling of the merchant mind. Meditation practice is designed to silence the small quibbling mind.

into life because we are overly obsessed over, addicted to, and attached to negative angry thoughts.

Software or malware of the mind: Mask of socialization

The internal self-talk that the vast majority of adults have inside their minds can be recognized and identified as a program called the mask of socialization.⁴⁴ The voice of socialization inside our minds is composed of all the values, laws, and traditions that have been passed down to you in whatever society, culture you've been raised in as a human being.⁴⁵

It does not matter if you were raised in China or India, USA, Mexico, or by a rainforest tribe. All human beings on earth are socialized, inducted, and indoctrinated into the societal rules of life by their parents, family members, friends, and institutions like schools, clubs, or sports teams. Quite naturally, human beings are social creatures and we rely on successfully passing on our knowledge, culture, traditions through the language, art, music, sports, and words that we speak to the next generation.

Therefore, no person on planet earth is free from human socialization or is socially autonomous, standing outside the interdependent web of human influence. Even if you happen to be raised by a pack of wolves, you must learn to be a "good wolf" and a productive member of wolf society to be accepted and valued as a pack mate. In order to be accepted by others in any society and culture on earth, all human beings must play by the accepted rules of human society.⁴⁶

This is where the voice of socialization comes into existence as the background software for human minds.⁴⁷ The program (human mind) remembers every rule (law) we have ever been taught and is constantly reminding us of the rules. The program automatically/autonomously seeks to correct any behaviour it considers unworthy according to the laws of our society.

The voice often finds human beings guilty – guilty of being inadequate – for not measuring up to its irrational standards. The belief system of knowledge (this is right, this is wrong) is passed down, generation after generation until you finally have inside of you automatic negative software that makes ongoing judgments and commentary inside our minds, 24 hours a day, seven days a week.

The Voice of Knowledge by Don Miguel Ruiz⁴⁸

The voice of knowledge speaks to us all inside our minds with a voice of shame, anxiety, self-pity, suspicion, anger, and injustice. However, we must not be deceived or distracted by the apparent differences in language or the message. Instead we focus on the facts.

⁴⁴If you're already living in the best of possible worlds inside your mind, as Voltaire would say, well then bully for you. This section is for those who have tried all that Pollyannaish nonsense and are looking for something real. Not the fake, projected image of reality, authentic happiness, guided by the wisdom of an adult, mature mind.

⁴⁵This is based on Toltec Tradition reported by Castaneda which refers to the mask of socialization; Don Miguel Ruiz's work also speaks of the mask; *Book of Laws, Judge* etc and crucially identifies the voice of knowledge.

⁴⁶See Dr Jordan Peterson *12 Rules for Life*. His public talks on YouTube emphasize the importance of socializing children, where the child that can socialize and interact successfully with peers, adults, and teachers, has a definite advantage in life.

⁴⁷Think of it as a Microsoft spell-check for social rules. Every small error gets highlighted.

⁴⁸Don Miguel Ruiz's explanation of the voice of knowledge is in his wisdom books and traditions. Any referral here in this book to the voice of knowledge is directly from Don Miguel Ruiz and a sign of my sincere respect for his tradition. I am not trying to be original, only factual.

The most astonishing aspect about the voice of knowledge installed in the human mind and its ongoing negative internal dialogue (self-talk) is its universality. It is universal, automatic negative self-talk. I mean to say, the voice of knowledge internal self-talk is recognized by its universal negative themes which are the *same for all human beings* all over the planet: “I’m not good enough, smart enough, nobody likes me, I cannot do it, I’m a horrible person.”

Self-pity and victimhood predominate its corrosive worldview, and these negative emotions are the fuel it uses to survive and make our lives even more miserable. Yes, my friends, the voice of knowledge thrives and survives on negative emotion.⁴⁹ It does not matter why, or wither, the voice has come into being. What does matter is that the voice exists and human beings must learn to fight against it; we need to fight against it every goddamn day of our lives.

Human beings need to battle for personal freedom inside our minds until the voice of knowledge shuts up and remains silent. And the good news is: it does shut up. It gets quieter, more silent, as you practice the path of knowledge. In particular, I recommend strongly that you implement the practice of “Sat Nam”⁵⁰ from Kriya yoga outlined in the practice section later in this guide as a weapon to battle against the negative inner chatter of the voice of knowledge. You may lose many battles, but you will have gained something infinitely more important. Self-respect and personal dignity for declaring war on the parasite inside.

How to deal with the voice of knowledge?

Human beings must adopt a pragmatic approach in dealing with the voice of knowledge inside our minds. You will learn that the majority of the internal talk in your mind is a negative emotional nonsense and perhaps 20 percent becomes the stuff of dreams calling you to the future.

In other words, some of the suggestions the voice of knowledge makes, inevitably by sheer volume of thoughts, become useful. But others are absolute rubbish and must be regarded as coming from a negative stranger who lives inside our minds and survives by drinking your personal misery. The proverbial *schadenfreude* of the Germans.

When the voice inside our minds makes a suggestion, we listen but do not give our heart over to the idea automatically. Rather we observe, analyze, and examine the idea carefully. We must guide the mind with our rational faculty of logic, awareness and self-respect before we bring ourselves to a decision.

One of Professor Steven Covey’s teachings is: “Between stimulus and response, there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and our happiness.”⁵¹ Allow me to articulate the idea further:

1. STIMULUS = INPUT for the mind: 10,000 thoughts, opinions, sights, sounds, feelings, and desires.

⁴⁹ In his book Sergio Magana Hidalgo *The Toltec Secret: Dreaming Practices of Ancient Mexicans*, he names these beings that feed on negative emotion in dreams: Yeyelli. This energy is significant enough for the Toltec tradition to warrant a proper noun. Also in the voodoo tradition there is commentary that non-organic beings ride human beings’ energy bodies in a parasitic fashion, latching on like a lamprey; affixing themselves to feed on negative emotions of the mind.

⁵⁰ Truth is my identify = *sat nam*.

⁵¹ Respect for Stephen Covey and his seven habits. A remarkable man, and his ideas around convergent and divergent thinking are also of value.

2. SPACE = Give yourself time and space in the mind and heart to evaluate, how you feel and how you think.
3. RESPONSE: Truthful for you, reasonable that includes heart and logical thinking.

While there is a deep truth embedded here, it is highly unlikely that the majority of people in society today, with no training of their minds, can give themselves the space required to implement the suggested method in their personal lives. Instead, when a person is dumbstruck by hot raging emotions like insult, anger, offense, and injustice, all rationality and calmness go out the window and people react without regard for the consequences to themselves or others.

Meditation is the practical technique omitted by Professor Covey that empowers human minds to disassociate themselves and to observe their lives and emotions, and respond appropriately. Through meditation, you make an effort to try your best not to take situations and emotions personally. After many, many years of practice you will know the spaciousness inside your mind is an unlimited source of creative insight, information, and manifesting power.⁵²

Human beings must realize that the mind must be trained to respond properly in order to gain personal benefits in life. Strong and deep-seated negative emotions such as anger, hatred, justified feelings of indignation, greed, and poor me, have no value whatsoever and no lasting benefits. These are the names of our army of inner enemies that cause endless trouble and suffering for us throughout our life.

The crucial point here is: the mind and emotions must be watched carefully, observed, and taught how we want them to behave. In this way we can access the immense, but untapped, power of the mind to manifest a life of abundance, material wealth, and happiness where dreams can, and do, come true for the benefit of ourselves and for others.

⁵² Space is not empty, it's full of primordial intelligence, which will come into your life and advise you well. As you drop the lower fruits on the tree of life, you get rewarded the higher you climb.

Chapter 6: Emotions are juicy thoughts

“Once we cease being aggressive toward our emotions, trying forcefully to achieve goodness, cease trying to change them, once we experience them properly, then transmutation may take place. The irritating quality of emotions is transmuted once you experience them as they are. The emotion is then transformed into wisdom.” Tibetan Buddhist meditation master, Chogyam Trungpa

Introduction

We have already established a few of the key building blocks necessary for you, the practitioner, to begin walking the path of knowledge to improve the quality of your life by strengthening the body and the mind. Essential is day-to-day meditation.

Meditation should be regarded as powerful medicine for developing your total self (body-mind-spirit) and removing dis-ease. It is the one behaviour you can choose to do every day, as a gift to yourself, which will lead quite literally to a non-doing of the self.

Meditation is also the medicine that helps us learn to deal with strong emotions, the juicy thoughts of our lives, and is therefore a foundational practice for advancing further on the path of knowledge. It is important to note that unless your emotional house is in order inside your mind, you cannot progress further on the path. Thus, meditation is the practice you need to be able to deal positively, and proactively with yourself, and to learn mastering the mind, the powerful dreaming device you have been given.

Emotions make life worth living

I am taking the view here that emotions have no value unless they serve us well. Thus, negative emotions must be brought to heel, our wild dragon mind, and its army of dark impulsive emotions (anger), must be trained to obey our rational self in order to be made useful, mutually rewarding, and even inspirational to us. Allow me a small anecdote to illustrate the point:

Roger Federer, one of the greatest tennis players of the modern era, discovered early on in his career that he could dominate entire grand slam tournaments against any player in the world without expressing any emotion. Federer played tennis like a robot, a very special tennis robot that enjoyed the technical precision of each aspect of the game: perfect serve, perfect volley, perfect backhand – robotic precision in every moment always won his matches.

After playing tennis robotically for a number of years, Roger intuitively felt something was missing from his game – namely his humanity, and his enthusiasm for tennis was absent even though he dominated the sport as the world’s number one player.

Being the best human being he could be, Roger soon realized his error and added positive emotions to his winning routine in matches. Soon he was emotionally engaged in his tennis and winning (dominating) matches with more enjoyment and drama than ever before. Such is the power of positive emotions that it can take you from being good, to being the greatest to ever play the game.

We can easily see that positive emotions (love, happiness, humour, and irony) are what make the moments of life worth living. However, if our mind streams are too violent, negative, emotion-filled with anger, spite, jealousy, and self-pity, we can become addicted to a repetitive cycle of negative thinking. In this way, we can never live a calm, happy and productive life that can benefit ourselves and the people we love. Now, let us shine a torch light on these negative emotions so we may better understand and learn to vanquish the foe that resides inside our body-mind.

Repetitive thoughts, feelings, and ruminations

The point must be made that attachments and addictions are not restricted to drinking or drugging the body into a stupor. The human mind is so powerful that it also has a huge array of mental attachments to wrong views, repetitive thoughts, negative emotions, and sufferings that it tends to accumulate over a lifetime. As Ouspensky argues (1919):

The strangest and most fantastic fact about negative emotions is that people actually worship them. I think that, for an ordinary mechanical man, the most difficult thing to realise is that his own, and other people's negative emotions, have no value whatever and do not contain anything noble, anything beautiful or anything strong. In school language it is said on the subject of the struggle with negative emotions: Man must sacrifice his suffering.

And that is exactly what we must do. Fight negative behaviour by building up a repertoire and daily routine of positive behaviour. Positive behaviours, emotions, and motivation must be renewed and revisited every day to create the self-selected habits, fortitude, willpower, and an ethical framework that informs our decision-making process throughout our lifetime.⁵³

Every day, we should practice building positive patterns of behaviour that are beneficial to ourselves, and our mind stream, and which eventually improve the emotional climate inside ourselves. In order to be of service to other people our own mind and bodies must function properly. One cannot be a great anything with an angry, perverted, or corrupted mind.⁵⁴

Summary

The human mind and emotions are extremely subtle and can become harmful; they can burn us with wrong views, negative emotions, addictions and wrong actions, which can make life a living hell. Our wild dragon mind, and impulsive emotions, must be trained over many years to deliver happiness, peace, and a realization of the mind's creative potential.

The human mind awaits our discovery and says to us: "Take care of me properly: meditate, polish, shine me every day like a diamond and I shall deliver unto you the power to manifest everything your heart desires, easily and as fast as you can receive it."⁵⁵ Since the mind is in fact a dreaming, future calling device, if it is trained properly, you can unlock its ability to manifest material reality.

Meditation is the cloth that cleans the mirror of the mind and removes samskaras and negative emotions and returns you to the ground of being. It allows you to know yourself as a spirit and

⁵³ Zig Ziggler, motivational speaker. Ziggler's public speaking helped thousands uplift themselves in his life. Respect for Zig.

⁵⁴ Ouspensky (2001): *Talks with a Devil* available on Amazon books.

⁵⁵ When making plans, praying with the mind, focus on the heart. San Kalpa.

not an ego.⁵⁶ The spirit force inside you has unlimited power to manifest in the non-local realm of intelligence to bring the life you desire.⁵⁷

Use the breath and meditation as a great gift to polish your mind and develop control over your life and emotions. Swami Rama reminds us:

“Control the breath, breath mastery is self-mastery. When upset, breathe for one or two minutes through the fontanelle at the top of the head and you can clear any emotion that arises this way. When you know you can clean your emotions like this you are more relaxed. Take time (every day) to watch your breath and slow it down, go easy, be aware of your breath. Observe – breathe in, observe – breathe out, observe, so easy, stay easy. Breath that is regular has more oxygen and then the whole body functions normally.”⁵⁸

⁵⁶ Deepak Chopra’s terminology.

⁵⁷ Deepak Chopra’s terminology and I am thinking of his views when he describes meditation as well.

⁵⁸ Swami Rama on YouTube. He saw the Divine, no mistake.

Chapter 7: Only warriors depart the known world

Island of the known

Human beings that incarnate on earth are born with a human body, mind, emotions, and language. Forces of cultural indoctrination in society act upon all human beings and the mask of socialization inculcates itself and encourages social conformity in relation to human behaviours.

More importantly, these socializing agents are identifiable as operational in our lives and each one of us can validate with our own judgment that these forces exist (outside ourselves) to form our personalized version, opinions, and viewpoint of the island of the known world. No question you are uniquely yourself; your preferences, likes, dislikes, temperament, and gender are unique to you.

Having said that, it should also be self-evident that the conforming social mechanisms, mask of socialization, and the egoistic sense of identification: “Me, me, me, I am special, I am the One”, and the human sensory machinery through which we experience life are very much the same – no matter which cultural group one is born into or identifies with.⁵⁹

Human beings, be they Africans, Chinese, or Americans eventually arrive at similar critical points in life in when they discover firsthand they are shipwrecked on the island of the known, egoistic world. Where everything that can be named in your mind seems to press down upon you, and weighs down on you. There does not appear to be any way outside the overpowering rationality, society of oppressive ego, and rational faculty of reasoning mind. Welcome to the island of the known where everything is named, already studied, researched, and completely judged. All mystery, magic, and the genuine metaphysical self have already died a thousand deaths.

By about 35 years of age, you should be keenly aware of the dramatic power the island of the known has had on everyone around you. Observe carefully that the people around you are self-medicating to survive the doldrums of an egoistic, hostile, and predictable life. In every culture on earth, rampant abusive behaviours are the outward sign of the unskillful means and unskilled attempts people use (drugs, pharmaceuticals) to break out of their personal prison of the known world. Rampant addiction, drug abuse, and normalization of depravity (online and in person) are just a few examples of the lengths human beings go to, to find the pieces inside themselves that are missing.

Inside all human beings there is a deep-seated longing, a total dissatisfaction with the ego and a yearning for something more, more human, and a more fulfilling way of life. Inside all of us, something is calling, beckoning, longing to tell us the puzzle is not complete. You are not complete with just the ego and never will be. Never allow the merchant mind of ego to trap you on the island of the known and make you believe that is all there is for human beings. The ego is less than nothing, a shopkeeper that has its organizational uses when put in its proper place in life.

Only warriors depart the known world

⁵⁹ Eight billion people on the planet each one of them thinks: “I am special, I am the One!” Every person is the “One” and that is how you know it is the ego talking it’s nonsense.

Fortunately, you have been following the path of knowledge sincerely and practicing the skills highlighted to organize your life, mind stream, and emotions to live in a disciplined way. In doing so, you have been calling your personal power back to you with repeated right action.

You know for a fact that living your life as a warrior means you must accept personal responsibility to take back, call back, your personal powers of body, mind, and spirit from the dream of life. Practice the five warrior ways for many years and you will find yourself becoming free of addiction, emotional rubbish, and the overburden of egoistic thought that keeps our attention fixated on the known egoistic world.

At this time, it may be useful to expand on the commentary on the five warrior ways for individuals who have dedicated themselves to years of consistent practice. Warriors should notice the following aspects have become active in their life:

Five warrior ways on the path of knowledge

1. Silence in all things of importance in life. Silence and meditation must be practiced and cultivated every day of your life. Practice and renew these two aspects to call forth the higher self, more fully into yourself. Your higher self, the Daemon of Socrates is becoming more active in your life. Silence wraps mystery around you and you rest easily in becoming.
2. Equal measure: Calling the energetic force. The spirit of your higher self knows you, and your higher energy body is being called more into play via meditation. You notice an unscripted creativity is manifest in your waking and dreaming life.
3. Self-respect, personal responsibility. You no longer engage in any action that involves self-abuse, or any action that does not agree with your inner consciousness, sobriety, and personal goals in life. You have stopped measuring yourself against others.
4. Practice, practice, practice the path. Continual practice in polishing the body, mind, and spirit has called the higher self into your life. The stage is set for the energy body to reside more fully in the flesh.
5. Truthful speech even in small details, you never cheat or lie to anyone. You can decide to remain silent on any issue of importance, or any occasion, but you never permit yourself to lie. If pressed to speak the truth, you do so and let the truth reverberate regardless of the consequence. You might get fired, but so what? The universe is asking you to speak the truth.

When a warrior's life is well organized, disciplined, and addiction free we are ready to depart the known world.

One awareness, one reality

Essentially there are only two modes of existence in human life: Awareness or unawareness. The warrior's path is designed to awaken, shock, and enliven your awareness through disciplined living, away from that dream of unawareness. You must fight against that to access a higher level of consciousness to regain your rightful human power.

Here I should note that the power of the present moment is not what I am talking about. I may be wrong, but it seems to me an incredibly foolish perspective to think or believe that any one aspect of human awareness is a panacea. I mean, "the present moment will solve all your problems, just be present". A goldfish is eternally present, but is that the solution to life's troubles?

In my view, the past, present, and future perspectives of the human mind must be dealt with and integrated into being with skilful means in order to arrive at wisdom. Wisdom is not earned by ignoring any one aspect of reality. Rather, warriors must develop the ability to integrate awareness, and wake from the dream of life without falling under the spell of Maya's (past, present or future) worldly delusion.

So far, the entire focus of the path of knowledge has been on growing our attention span and personal powers of observation to such an advanced degree that our awareness and aliveness overcome the everyday swoon, dark night of our unawareness. The problem remains, however, that we must deal with our pretend selves, our ego, the internal persona that are locked away inside the so-called human subconscious. Who we think we are is not really who we are in energetic fact.

By following the path of knowledge, faithfully, you will surface the subconscious aspect (emotions, mind, feelings, and addictions) and face them head on. You will deal with them as a warrior, not a whimpering child. In so doing, you will bring more self-control, awareness into your life by training your innate powers of body, mind, and spirit force to come to the foreground and eliminate the swoon of unawareness the vast majority of humanity surrenders to.

It is only through increased awareness over the human body machinery, our most powerful instrument, that we can develop a measure of control over ourselves and live a powerful life of self-respect and stoic determination.

Book One Interlude

Inspiration from warriors on the path

The path of knowledge can be a solitary affair and you should seek renewal from the wellspring of inspirational insights from cultures around the globe. The attitude and mood of a warrior permeates the following quotes from those who have travelled the path of knowledge. Many have done so, and you can take heart that you can succeed, despite the obstacles, troubles, naysayers, or doubts you may still harbour inside.

Samurai Wisdom Bushido: “Keep your virtues to yourself, covering your light and not evincing anything extraordinary. People of little intelligence and short on talent assert their knowledge, boast to others, show off because their capacity is so limited. When you’re big hearted and good tempered there’s no point insisting on your merit, so there’s no atmosphere of vehemence.”

Marcus Aurelius, stoic philosophy: “In all of life’s events he resigns himself to universal nature (Tao). Now he wastes no time considering what anyone says, thinks, or does against him (Emperor of Rome) finding himself content with just these two things, acting justly in every moment and being content with his own destiny, discarding all distracting or busy pursuits, desiring nothing more than to follow the straight path of the law and by following it, to follow the gods.”

Maharishi: “Pay no attention. Don’t fight them. Just do nothing about them, let them be, whatever they are. Your very fighting gives them life. Just disregard. Look through, and remember whatever happens, happens because I am. All reminds you that you are (pain and pleasure) Just cease being interested. It is your disinterestedness that liberates.”

Comment: Maharishi means that whatever we resist persists in life.

Osho on meditation: “Like a hollow bamboo rest at ease with your body, rest at ease don’t desire spiritual things, don’t desire heaven, don’t desire god. Like a hollow bamboo rest at ease with your body. Giving not, taking not, put your mind at rest.”

Dan Millan: “Strangers are very unlikely ever to understand you, so you are free to go about being misunderstood without guilt or failure. You are completely capable of tuning out the verbal assaults of strangers – completely. Tune out strangers, especially those who would never understand you.”

Don Juan, Castaneda: “To seek perfection the warrior’s spirit is the only task worthy of our manhood. The hardest thing in the world is to assume the mood of a warrior, it is of no use to be sad and complain and feel justified in doing so, believing that someone is always doing something to us. Nobody is doing anything to anybody.”

Don Juan, Castaneda: “Are you offended by the jaguar chasing you up the mountain? I assured him that it was absurd to feel offended, and he had told me I should feel the same way about the onslaughts of my fellow men. I should protect myself, or get out of their way, but without feeling morally wronged.”

Epictetus: “Some things are in our control and others not. Things in our control are opinion, pursuit, desire, aversion, and, in a word, our own actions. Things not in our control are body, property, reputation, command, and, in one word, whatever are not our own actions. Be without regard to those things beyond our control, other people’s actions, words, thoughts and deeds.”

Chuang Tzu, Taoism: “Be alert and don’t be very useful; otherwise people will exploit you and they will start to manage you if you can produce things they will force you to produce all your life. Being useful you have to live for others. In solitude you grow.”

Chuang Tzu, Taoism: “Begin right and you are easy. If you feel uneasiness, tension then what you have started cannot be right. The right way to go easy is never to be forgotten. Relax to such a point to be as natural as the trees and birds. No discipline, no doctrine, be natural, be ordinary, you will blossom like the birds and the trees in the vast sky. Easy is right, begin right and you are easy. Continue easy and you are right. The right way to go easy is to forget the right way and forget that the going is easy. Relax into nobodiness. Be natural and forget all about easiness and rightness.”

The Demon scrolls: “Entrust things to heaven. The person who does not know himself does not know others. Those who would attack others by means of their own desire will have that desire agitated. The person without desire who simply exists everything he has will have no empty space to be struck. You cannot move him by desire or deceive him with cunning. I am still among the demons, but perhaps someday will enter the world of men and become enlightened in the Way.”

BOOK TWO
The second attention
Chapter 1: The energy body

Introduction

In book one, we focused on developing our body and mind, and healing our emotional body to such a degree that we can gather and save substantial amounts of energy. This energy in turn renders warriors capable of calling the energy body more fully into the tabernacle of the flesh.

After the long period of preparation, the table is finally set and you are ready for the next stage in personal development that involves calling the energy body to the foreground and dislodging the egoistic mind's apparent supremacy over every aspect of our lives.

Be warned, this dislodgement is not something gentle, or something that the ego likes or willingly allows. Prepare yourself for an internal battle, whereupon you wage war on your “ego” to enable the larger energy, astral self to take the dominant, leadership role in your life. Whilst the ego is a useful organizer in the material world, it was never made to be left in charge of something as important as your entire life.

Overview

Before I begin the section on calling the energy body, it may be useful from the reader’s perspective to consider everything written from here as fiction and not worry overly much about the factual details. I say this now because there are things that will sound fantastical and are indeed adjacent to human experience.⁶⁰

Please be ready for the unexpected and unusual commentary that follows. Moreover, if any technique in the section does not agree with your conscience or level of ability at this time, just leave it alone. You can always return to it later, after you accumulate more personal power. Go easy on yourself.

The purpose of this section is to build a bridge for warriors who have left the certainty of the known world (first attention) and are prepared to travel the unknown, the nagal (second attention) path of knowledge. I describe how to enter the second attention, call the dream body, and discuss the implications of the energy body residing fully inside the tabernacle of the flesh as the rightful inheritance of human beings.

Even now, I realize that I may have alienated some of my readers with the terminology above, but let me assure you this is my personal experience uncovering a storehouse of power just behind the physical façade. All human beings have access to the energy body provided they have prepared themselves properly in sobriety and rightful determination. The question is: Will you use the powerful keys described here to unlock the doors of perception and travel in the unknown?⁶¹

⁶⁰ Only one room over. But if you lived your entire life thinking you only ever had a living room in your house, you would be shocked to discover the kitchen, backyard, and spaciousness of many other rooms inside the very same home.

⁶¹ My paraphrase from Castaneda.

The energy bodies

Right behind the physical and material world we each have an energetic construct that vibrates at a frequency according to our lot and role in life. All is energy first, and that energy manifests into physical or material forms that we can see and experience in life.

The human energy body I am describing is in fact made up of several energy layers or sheaths that include the etheric body, astral body,⁶² and a very subtle body (bliss body) that has been incorporated, encased together as a functional whole inside the shell casing of flesh that makes up a human being. The level of one's awareness in life is determined by how many of these energy bodies, or sheaths, come under the conscious control of the individual in waking life.⁶³

The astral-energy and physical body are different vibrations that enable human beings to experience different modalities of consciousness and gather input, information from divergent vector points of consciousness. Since the purpose of the mind is to manifest desires, access to the multidimensional bodies engender powerful outcomes in our life provided we can access them.

Conversely, unawareness of the subtle energy body's dynamics results in many lifetimes of living in ignorance of the fact that you can evolve yourself dramatically through a process of involution, self-effort, physical fitness, and enfoldment of these energetic capabilities. One must think of these energy bodies in terms of energetic vibration, whereby the physical body is the slowest vibratory plane of our existence. And therefore, the most concrete and material aspect of our much larger energetic self.

In my experience, I have *seen* that the human physical body is encased inside a shimmering balloon of translucent energy, a black river of light shaped like a balloon. The light emanating around human beings is not white, as popular culture would have you believe, rather the light is a black river of light of shimmering "sub-atomic life-trons."⁶⁴

All of which means the physical body is encased inside a much larger energetic structure that does not emerge from inside the body – that is totally false. When the energy body is activated in human beings you can see/confirm the following for yourself:

1. There is an animating energetic force connected by a black beam of light at the top of the head of all human beings. It looks like a river of black light emanating upwards in a straight line toward the sun.
2. The black flashlight is like a personal life signature; it follows the individual everywhere and can cross with other people's signature light. But that black light remains interrupted, unmixed, autonomously emanating on/from you. Literally, an interrupted stream of black light.

⁶² Astral body is made of the stars and this body is where chakra energy is cultivated and worked directly through in Kriya yoga and tantric meditation.

⁶³ See Appendix One from Claire East for more information on the chakra and sheaths.

⁶⁴ Phrase coined by Yogananda: "Life Trons". His work is a little too "god this god that" for my personal taste. One cannot dispute the power of his Kriya yoga.

3. Energy as it flows in the universe can be “seen”⁶⁵, perceived directly by warriors following the path of knowledge. You can see this river of light emanating from people, plants, and living things with the astral body.
4. The energy body can be called upon to shape waking life through the force of unbending intent: the force of the warrior’s willpower.⁶⁶

Realize right now that the energy body deals with the world as energy: the energetic facts of life. The energy body is not concerned in the least iota, the least little bit, with any of the concerns of ego, emotionally fragile, or material-minded individuals.

You cannot negotiate or curry favour with the energy body, through self-pity, guile or any of your usual subterfuge. Rather, it only ever responds to personal power. You must not allow yourself to be a fragile flower when you call its power to reside inside you, rather it must be treated with the utmost respect.

Throughout the remaining discussion, I will take the pragmatic approach to think of these subtle bodies and sheaths as one unified energy body that we call to reside inside us. You can decide to dive more deeply into the details of each of the energetic sheaths: etheric, astral, bliss body, and chakra system after you have experiential evidence of what I say is true.⁶⁷

Tantric Buddhism and Toltec traditions: What do they know?

The human energy body is not a new phenomenon; men and women of knowledge have explored it avidly for thousands of years. The question asked across the continents, and the ages, has been the same: How does a human being safely connect with, and re-activate, the energy body and derive benefit from the array of new energetic capabilities?

Since a demonstrable force animates all life, the question soon became: How can I have access to the life force energy more directly? How can I incorporate more of this manifold life energy into myself?

By asking the question over time, and following intense observation of the human machine, men of knowledge who can see the energy bodies of people⁶⁸ noticed the natural occurrence that happens to humankind every night when people go to sleep. Namely, the astral body and etheric body separate from the physical body and one naturally falls into deep sleep: no drugs, no extreme yogic measures required. Every night during sleep, the astral energy body lifts out of the physical body and travels under its own guidance, autonomous control – totally independent of any influence from our ego, or directions from the waking world.

What men of knowledge sought was to take advantage of this natural lifting out of the astral body from the physical and, crucially, bring the astral energy body under conscious control of our waking self, in our waking world.

⁶⁵ Astral body is what sees the astral bodies of other beings. I mean, the astral body is designed to see and recognize energy. Much like the physical body and ego are designed to deal with the material world.

⁶⁶ Appendix One has a fuller description of chakra, etheric, energy bodies provided by Claire East. Personally I have never *seen* the chakra or spinning wheels and therefore will not comment here.

⁶⁷ Please see Appendix One as well as the books used as reference material throughout the path of knowledge.

⁶⁸ Include causal or rainbow body if one is a Buddha. At my level I can only truthfully report what I see, that is the emanation or Odic force of black river of light at the top of a human being’s head.

In other words, your task on the path of knowledge, the one I present to you now, is to bring the astral-energy body safely under your conscious control in the waking world and integrate its powers of:

- 1) Manifesting reality in the waking world
- 2) *Seeing* energy as it flows in the waking world/dealing with the world as energy
- 3) Access the storehouse of silent knowledge and silent teaching locked away in the energy body

For the Western reader in particular, Carlos Castaneda's writings and interpretations of dream yoga and physical exercises of magical passes can be extremely valuable and unsettling to bring the energy body rushing toward you.

Who is dreaming who?

In the typical human case, the physical body, egoistic personality and the energy body never meet and remain unknown to each other over a 100-year lifespan. That is to say, these different energy bodies, and vibrational potentials, although encased inside the same structural façade of a human being, are worlds locked away from each other.

Quite literally, the astral body does not know about the physical body, and the egoistic self does not know about the astral body. They have never met. I know this for a fact because I have had the first-hand experience of witnessing my egoistic self and my astral self meeting. Nothing on earth can prepare you for something so shattering.

Even stranger is that from the astral body's point of view *it is the one that is alive* and in charge of your life. The astral body is barely cognizant of the fact that the physical body and egoistic personality is running around making decisions in the waking world. This means, the astral body dreams itself a full and real world, populated, and active; it is a world in which it can live and even die as a result of its actions. The astral body dream occurs while you are asleep and is even more active once you die.⁶⁹

From the ego perspective, the waking physical world is all and everything. Rationality rules and the energy body is just a fiction, an imaginary plaything that cannot be real. If the energy body is real, it means that my entire identity, ego and my physical self, "as this person from this job" is a total fabrication. An invention we, human beings, invest in creating our entire life. Human beings dream/create the ego and lock themselves away in the first attention through the power of their minds.

The purpose of the practices I outline below are designed to merge these two bodies, two worlds, two worldviews, and perceptions into one cohesive human being. Always remember, the waking self and the astral do not know each other and our job is to re-acquaint them in as safe a manner as possible without going stark raving mad in the waking world.

In doing so, you might very well feel like you're losing your mind doing these practices or that your mind cannot make rational sense of what is happening to you once your energy body begins to reside more fully inside you. However, do not worry overly much or dwell upon it.

⁶⁹ You're never so alive as when you're dead. Observation by Sri Nisargadatta Maharaj, the Indian saint.

In all honesty, the mind and the ego are overrated in every way and your astral body, on its arrival inside you, likes to spank the ego in order to prove beyond any doubt, that it is the true power behind your being and becoming.

Dealing a death blow to ego

Be prepared for the internal cognitive dissonance that inevitably occurs when human beings call the energy body, and it *eagerly* responds to reside inside you.⁷⁰

When the energy body comes, the ego feels fear like never before, as its supremacy over your life is threatened, not from outside you, but by something that is immensely bigger than its grubby little fingers can grasp hold of. For the first time in your life, your ego realizes *it is not in control of you*. Worse still, it was never designed to be.

Be warned, the ego does not go down without a fight, meek acquiescence, no, no, no, dear reader. The ego fear is tangible and the hell's bells of a ten-alarm-fire rage inside you – the ego fears for its diminished role in your life. All of these fear-based messages are due to the fact that the ego wants to live and its survival is absolutely dependent on you believing you can physically die as a result of ego death. All total nonsense. The ego is a fiction, a character we create, and we can remove it, withdraw our sanction, and intention and relegate the ego to a lesser role in our life.⁷¹

⁷⁰ The more seriously you have prepared yourself in sobriety, the more powerful the energy will respond. She wants to know and show you: "I am real". Be ready for her earth-shaking call. No drugs, no drinking. Be careful now.

⁷¹ Read Buddhism in regard to human ego. Where is ego located in your body? Can't find it in my fingers, can't find it in my toes, can't find it in my head, not in my heart... Why not? Show me the x-ray that has your ego name on it? Not there? Ego is a fiction.

Chapter 2: Dreaming and dream yoga

The way for you to safely call the energy body is through dream practice. Dream practice provides a forum from which we can strengthen our “dream attention” and learn to travel more fully in the second attention and navigate the dark sea of awareness.

Doorway of dreaming

All the practices I describe associated with dreaming and dream yoga sound far too simple to be genuine. I mean, the method and techniques appear far too simple and straightforward to be real and effective.

Although the procedure may sound simple, let me assure you nothing is more difficult than arousing the energy body, which usually lives in another vibrational dimension, another planet away from waking you. What we are doing is contacting our non-physical self and asking it to hear, accept, and obey commands from the waking self. Another vibrational dimension away.

This is why you need intensive preparation and unbending intent, so you have the energetic capacity to call the other dimensional aspect of yourself into reality. If you have not undertaken the proper preparation, your physical, emotional, and mental bodies are still weak, you will not have the required energetic force to even make the call strong enough to reach the other shore. Nor will the call be heeded/respected because you have not put in the effort to sincerely prepare yourself.

Therefore the foundation stone in dreaming practice, in any tradition, is physical and mental fitness from years of preparation and an unbending intent to call the other dimensional self to the waking body. Warriors can only unite the tonal and nagual aspects of a human being by having the energy and willpower to make your dream practice successful.

Unbending intent

We are calling on our energetic self with our personal willpower. By following the five warrior’s rules our willpower becomes increasingly strong and our true words become like iron. The warrior ways have brought power to our words, and saved us an enormous amount of energy, as our attention is no longer wasted or fixated on meaningless drama. The freed energy from the island of the known becomes the fundamental rally point that gives our waking self (tonal) the power to call our sublime side (nagual) more fully into the tabernacle of the flesh.

Unbending intent, willpower, and using words properly are the prerequisites to acquiring more personal power. You must be living in sobriety now (no drugs, no drinks) and your body, mind, and spirit exude fitness.

Setting up awareness of dreaming

Since our astral body naturally lifts out during sleep, our very first task in *dreaming* practice application is to *set up dreaming* by keeping ourselves fully aware, awake, and cognizant of the fact that we are falling and have fallen asleep.

Once you are in bed with your pillows in place, lie on your right hand side, focussing your attention on the throat chakra or the secret place. The penis for men and the yoni (womb) for

women⁷² can be helpful in giving the mind a concrete task and observe the body and ego fall asleep.

Practice

The first task is to establish a strong intention while you are awake, before you sleep as well as throughout the day. Remind yourself, especially before bed, that you will be aware you are falling asleep. Remind yourself again and again. Say to yourself aloud in the bathroom mirror before sleep:

1. Tonight, I call upon the non-local intelligence to realize I am falling asleep
2. Tonight, I call upon the non-local intelligence to realize I am falling asleep
3. Tonight, I call upon the non-local intelligence to realize I am falling asleep

Repeat this process every night before you go to sleep, until you can maintain awareness that you have fallen asleep. May take up to six months to achieve.⁷³

Commentary

Setting up dreaming practice is accomplished when the dreamer (you) can maintain full awareness that the body, ego, and mind have fallen asleep. The light of awareness, and the astral self, is shining brightly while we are asleep and your must develop the ability to witness and observe the fact firsthand. This is the very first tiny step toward arousing your dream body.

In order to pass this stage of dreaming we must maintain our awareness of the fact that we are a) falling asleep and b) that we have fallen asleep. Give yourself enough time, without judgment, to accomplish the task.

Setting up dreaming, although it is not easy, must be done. Never allow excuses, doubts, or lesser alternatives to creep into your merchant mind. Do not allow the ego to derail your dream practice. Stay firm in resolve and trust the energy body, allowing its wisdom to guide you.

Practice number 1: First gate of dreaming: Finding your hands in your dreams

This practice is called the first gate of dreaming in Carlos Castaneda's books and is the first real power. I mean that, when finding your hands in your dreams in a steady and fixed manner, the image of your "dream hands" does not flicker or flitter about... You have effectively called, roused, the energy body from its non-local domain and it has heeded your call from the waking world.

The first gate of dreaming applies the exact method of unbending intent as before, setting up dreaming while you are awake so you are prepared for the sleeping/dreaming situation. The practice itself is again straightforward. In the bathroom mirror, before bed, say aloud to yourself three times:

1. Tonight while I am dreaming, I call upon the non-local intelligence to look at my hands in my dreams

⁷² Tsongkhapa quoted in Glen Mullins's *Six Yogas of Naropa* page 78. Women have extraordinary power available in the womb.

⁷³ "Non-local intelligence" is Deepak Chopra's term.

2. Tonight while I am dreaming, I call upon the non-local intelligence to look at my hands in my dreams
3. Tonight while I am dreaming, I call upon the non-local intelligence to look at my hands in my dreams

Say it sincerely at night and the non-local self will respond, running toward you like an avalanche. The astral body wants to be known by you and is delighted you have discovered that it can be called into service. Be warned. Be ready, her astral power is not like anything you have experienced before.

Earthquakes of energetic vibration, spasms, and shaking by the physical body are well within the normal range of a warrior's experience as we step up to meet the energy body vibrational dimension. You should already be experiencing these violent tremors and body convulsions as you apply the practice(s) of dreaming. These shakes and explosive vibrations around the physical body are only the beginning.

Although unsettling, the shakes and tremors of energy are the physical body's method to accept the substantial increase in energy from the astral. Although it is alarming to experience these vibratory tremors all over the body, try not to be alarmed; it's a normal occurrence for warriors stepping up to call the energy body.

Augmentation of practice one: Focus dreaming attention

Dream yoga, and finding your hands in your dreams, should be practiced for a *number of years* until you have, beyond any shadow of a doubt, developed the remarkable ability to focus your dream attention for a number of seconds on your hands. Once that is done and dusted, you can embark on the next task.

After you can look at your hands, the next task is to look around in your dreams and look at any other item of interest in your dreams. Once that object waivers or flickers, you then go back to looking at your hands to recharge dreaming attention and repeat the process. As Castaneda remarks:

First you must focus your gaze on your hands as the starting point. Then shift your gaze to other items and look at them in brief glances. Glance briefly, then go back to your hands.⁷⁴

Dreamers use our hands as the point of departure inside any dream situation, as the rally point to gather our dream attention and renew its power to examine, observe, and look at the objects of dreams in detail by returning to look at our hands.

Whenever a dream image/object starts to flicker, flutter, or lose coherency in the dream state, you immediately return to look at your hands. In doing so, you renew your "dreaming attention" so it can hold imagery in place whilst dreaming.

⁷⁴ Carlos Castaneda *Journey to Xaltan: The Lessons of Don Juan*. Respectfully to Don Carlos, but it seems more like the lessons from Tibetan Buddhism translated to modern English. Having said that, Castaneda does have original commentary I have not seen anywhere else surrounding the assemblage point.

The ability to hold images consistently in our dreams is a power of the energy body that can be used in the waking world.

Reaching the energy body is the critical event

Finding your hand in your dreams can take as long as four years. That is how long consistent dream practice took for me to personally find my hands in my dreams as a fixed image. Not a flickering image like a candle that goes out easily, that is not what I mean. You need to see a persistent and fixed image of your dream hands that is more vivid than in real life.

Furthermore, when I found my hands I was shaken with overwhelming vibration all around my physical body (torso, head) as my assemblage point moved and I met my energy body. Several things happen simultaneously when you finally, and properly, find your hands in your dreams.

The sound of reverberation after changing vibrational levels by finding my hand in dreams remains extraordinary to this day: “*wuh, wuh, wuh, wuh*”, like a thousand helicopters lifting off right beside my ears. The wall of sound originates outside, from the energy body, not from inside the physical body, or head. That is how much energy you must be prepared to hold physically.⁷⁵

As my dream journal recalls:

The next thing I consciously note is what sounds like a rushing train (*wuh, wuh, wuh, wuh*) that runs me over. Next my hands automatically come up to my face and then I remember to give the command to look at them. Once I looked at my hands, my dream scenery froze, freeze framed for a second (an eternity in dreaming) and I became fully awake in the dream. After looking at my hands I was awake in the dream so I started giving myself commands. I commanded my dream self to look at my hands again and up they came for the second time in the same dreaming session.

It is important to note here that I am not talking about the image of the hands as the critical event in dream practice. Hands are only the pneumatic device we human beings use to repeatedly focus our dream attention. Always remember that energy and the force of dream attention are the true powers in dreaming. You must have the required energy and intention to call these forces into your being.

Unbending focus and unbending intention are what is required, along with clear instructions communicated effectively in the waking world to the non-local world of the energy body. In other words, finding your hands in your dreams is only a device, a mechanism to call your energy body. Dreaming practice enables human beings to safely call the energy body into the physical.

Precautions

Be careful you do not allow your ego to convince or persuade you that you have already achieved the first gate of dreaming too easily by catching a small glimpse of your hands in dreams. A glimpse is almost meaningless. You may very well have a hundred false positive

⁷⁵ The shifting of vibratory levels in dreaming is in fact the movement of the assemblage point. I shall discuss the assemblage point in more detail later on.

occasions in dreaming when you come close to looking at your hands, but the image changes, flitters, or something else happens in the dream to distract you.

The purpose of finding our hands in our dreams is about learning to fixate the dream attention. This means we are capable not only of finding our energy body, and moving our assemblage point, but that our energy body now responds to instructions from us in the waking world. Such a profound experience is inexplicable and undeniable to any that have had it happen to them.

Consolidation of dream practice

Thus far you have learnt and applied in your dream practice the following key skills:

1. Setting up dreaming.
2. You can move your assemblage point by finding your hand in your dreams, recognized by an earthquake of physical vibrations = shake, shake, shake.⁷⁶
3. You can use your hands as the focal point to glance at other items in your dream.
4. You can fixate your dream attention on any object in your dreams and if it does not waiver, flutter, or disappear easily then it opens another reality for you.

Before you move forward in your dream practice to the second gate, you should take the necessary time to review and practice these foundational steps for many years. Persistent practice makes even unusual things second nature to you. Make these foundational steps in dream practice a natural routine for you.

Year by year you will be strengthening the energy body, making it strong through dreaming and teaching it to follow instructions from the waking world. When you find yourself beset by doubts⁷⁷, return to the basic practice.

Next up is the second gate of dreaming where we start to forge the energy body, flex its muscles as it gains maturity and grows stronger from being exercised in dream practice.

⁷⁶Sri Aurobindo, *All Life is Yoga*: Has commentary on these vibratory shakes as well. It is known in human experience that these shakes do happen.

⁷⁷There are many, many times in dream yoga that doubt will creep in, because you have entered the unknown.

Chapter 3: The second gate of dreaming: Forging the energy body

The purpose of dreaming and dream yoga is to give the warrior practitioner (you) the opportunity to call the energy astral body fully into the flesh through the doorway that dreaming provides.

Dreaming is also the safest way to accept the 1000 megawatts of energy from the astral body into our physical selves. Through years of dreaming practice you temper the physical body repeatedly, allowing it to evolve and grow strong enough to accept the astral energy. Also, I am convinced, through my experience, that dreaming is the safest method for individuals to come to grips with the new capabilities both cognitively and energetically.

Having said that, it should also be acknowledged that dreaming is not the only doorway, path, or method available to call the astral body into the flesh. Other far more dangerous pathways exist. For example, the esoteric methods available in Kabbalah, where you can use the tree of life and special words of power, mantric seeds, that call the energy body directly, fast, dirty, and dangerous.

Because of your dreaming practices, you must be especially careful of the danger, and take every precaution to avoid these other esoteric methods as you approach the second gate. Stay away from, *avoid*, all lightning or ascension paths. You definitely do not want to accidentally activate, or light yourself up, and burn your synopsis from within.

At the second gate of dreaming, your energy body is immature and warriors still have a relatively tenuous connection with their energetic selves. Often it seems to artfully dodge our dreaming instructions from the waking world.

The second gate of dreaming becomes the objective that enables the energy body to forge itself, grow stronger, and come closer to residing in you. We need to strengthen our dreaming body by giving our non-local self ever-new tasks to complete in dreaming.

The method that I personally applied was to focus on my hands (practice one) as the starting point and then focus my entire dream attention intensively on *one* object of interest in the dream. By keeping my dream attention focussed on *one* object that I scrutinized closely I was able to move my dreaming body with a wind-like force – *whoosh*. Your dream body is moved to wherever the object in question is located or the object is pulled toward you.

The astral body will decide for itself in dreaming which method is best to accomplish the task. I would caution however that wishing alone is *not* enough to propel you in dreaming. Rather, it is always a question of whether the dreamer has saved the prerequisite energy and has the power available to command the energy body in dreaming. No saved energy = no dreaming practice.

Practice number 2: The second gate of dreaming

The second gate of dreaming applies the exact method as the previous application. In the bathroom mirror, before bed say aloud three times:

1. Tonight I call upon the non-local intelligence to use an object of my dreams to change dreams
2. Tonight I call upon the non-local intelligence to use an object of my dreams to change dreams
3. Tonight I call upon the non-local intelligence to use an object of my dreams to change dreams

My personal experience of the second gate:

I had one amazing dream session last night where I asked for the objects of my dreams and they came closer. Every time I focused my dream eye on something it came close to me or I (whoosh) went to it. I saw whales at a distance in my dream and, before you knew it I was in the ocean and a pod of them were jumping around me very close, totally vivid, and incredible. Next, I went out of that dream by taking a tube to another place, inside the tube was incredibly fast motion so I just closed my eyes till the motion was over and, *poof*, I came out into an ultra-modern city, where you could take a bridge or swim across to the busy part. I took the bridge, but others swam.

Immature energy body

Reaching, and crossing the second gate of dreaming can take up to two years depending on how well you have prepared. The best advice I can give you is to consistently apply the basic practices from the first gate and relax about the whole issue until the energy body finally capitulates and gives you the result you want.

You must remember the energy body agenda and priorities are like nothing we have prior knowledge of, or experience dealing with, in everyday life. The energy body has its own intelligence that cannot be fully grasped by the egoistic mind.

Secondly, you will also discover that the energy body is eagerly responsive, enthusiastic, and enjoys being called by you into dreaming realms. Here I do not mean lucid passive dreaming, popular on Twitter today where you only watch or observe your dreams.

Instead, I am talking about using dreaming as a doorway to power, which is evidenced by the warrior's ability to shift vibrational levels (*wuh, wuh, wuh, wuh*) of the assemblage point. No movement of the assemblage point means you are not doing the dreaming practices I have outlined correctly.

It is important to remember at this stage, the dreaming body is immature and like a three-year-old child who is eager to explore and play inside its dream environment. In dreams you will find that the energy body experiments, acknowledges its ephemeral surroundings, imagery and other visual representations in dream as its playground. Do not be surprised when your energy body grasps the concept that *all* things are possible in a dream. It can take several years to overcome the obstacle of an immature energy body that is obsessed with the vividness of dream objects.

Eventually the energy body must be made to obey commands from the waking world and develop the newfound ability to move or change direction under its own volition, and power, in a dream setting. That is the next critical step to forging the energy body.

Right now, on crossing the second gate, you should have noticed you couldn't move under your own will power or volition in dreams. Instead it is the dream objects and the dream attention that moves you. Which means the warrior's energy body is not fully autonomous yet, but powers that you have lost can become yours again.

Tips to enhance dreaming practice at the second gate

1. Sleep on your right side for men and women. Try to awaken in dreaming on the same side you are sleeping on in bed (Tibetan Buddhism pushes on the central channel; Castaneda dual positions).

2. In order to bring about clearer dreams and lighter sleep you should eat less. In addition, you should direct your attention to the vital center at the navel or genitals. If your dreams are not clear, direct your energy to the throat center. His Holiness the Dalai Lama.
3. Dream mantric seed letter “K”. At the end of meditation sessions repeat the dreaming seed mantra letter K whilst focussing on the right lower part of the chest area. Dreaming attention is stored in the right lower part of the chest. Chant out loud: K, K, K, K, K, K. Be prepared for energy spasms around the physical body.⁷⁸
4. The body as an empty shell practice from Tantric Buddhism: In meditation, imagine the physical body as an empty shell. Concentrate on mentally erasing the physical body from the tip of the head to the soles of the feet as being empty of materials or physical substance. Instead the physical body is imagined like an empty *transparent shimmering balloon*. Meditate on the physical body turning transparent (see through) and behind the material body there is a much larger balloon or rainbow body of light. Keep the image of the balloon of light, or luminescent egg, in your mind and the immaterial aspect of your physical body. In doing so, your true energetic self will help you accept more energy into the physical body with less pain, drama of violent shaking.⁷⁹
5. Take refuge in the medicine Buddha or your chosen ideal, if your dreams are too filled with sex, lust, greed, anger, revenge, or any other strong negative emotion. Too many negative emotions or strong sexual imagery is a sign you have a Yeyelli in your dreams. The medicine Buddha stops these dead in their tracks, in all worlds and all realities including dreams.

Dream task three: Moving the energy body by personal will and volition

The third task for the warrior is to move your energy body under your own volition in any direction you would like to travel in dreams. Just like in the waking world, you want to develop the ability to move your energy body easily in any direction you want to go in dreams. Sounds simple enough.

However in dreams when we first attempt to move in a direction of our own volition or under our own willpower we find that we cannot. In dreaming, it feels like the force of twenty gravities weighing down on us and refuses to allow us to move in the direction we want.

One of the peculiar characteristics about the energy body is that it is not fully mature until it can move in any direction under its own volition. You should try to move around in your dreams or change direction and confirm what I say is true. You will feel the weight of twenty gravities that I have described. Even simple things like touching your dream nose or lifting your arms above your head seem like nearly impossible tasks.

⁷⁸ The human being energy sheaths can be activated by these seed mantras located alphabetically around the entire physical body. In dreaming, you can sometimes get instructions that reveal these mantras. Kabbalah has a whole library (map) of seed mantras stored in its secret tradition.

⁷⁹ Glen Mullin: *Six Yogas of Naropa*, page 136.

Now the secret to overcoming the inability to move the energy body in dreaming is found in the practice of day-to-day meditation. This was a discovery I made from my own practice. In the dream, when you have the strong desire to move or change direction of your dream body, chant out loud in the dream, the mantra: “OM, OM, OM, OM”, together with the direction you want to travel. When I did so, straightaway I flew superman fashion. As my dream journal recounts:

I attempted to turn around and go back to the place I was in the dream, a very difficult thing to do. While the pressure continued from outside I felt a force of wind, energy enter my chest area and I was able to take a tentative hard-fought step in the direction I wanted to go.

Now I say to myself I’m dreaming. I don’t need to walk and I don’t want to be late for my martial arts lesson. So I raise my hands and fly superman fashion repeating the mantra “OM”. When I repeat the mantra the scenery shifts fast time and I flew around and between people who were there but couldn’t see me. The mantra was an unconscious volition.⁸⁰ By raising your hands and chanting OM, you decided where you wanted to go in the dream. The energy body was like: “Okay now we’re finally talking: let’s fly OM.”

During the third task, the mantra “OM” acts like a hot knife through butter and cuts through any restraints placed on the energy body by “extrinsic gravity” in dreams. I do not know what the external gravitational force is and cannot speculate as to where it comes from in dreams. I only know that the dream gravity exists and you must overcome it to move where you want to go in dreams with the energy body.

Once you apply the mantra “OM” to move your energy body in dreams, the results can be pretty dramatic. No one is more excited than the energy body itself when it recognizes its freedom to move inside of dreams under its own willpower and freedom.

The third task: practice number 3

The third task of dreaming applies the exact method as the previous ones. In the bathroom mirror, before bed, say aloud three times:

1. Tonight I call upon the non-local intelligence to move where I want to go in my dreams, OM
2. Tonight I call upon the non-local intelligence to move where I want to go in my dreams, OM
3. Tonight I call upon the non-local intelligence to move where I want to go in my dreams, OM

Autonomy of the energy body and the ability to move where one desires in dreams is the result of the third task practice.

Recapitulation and dreaming: Calling energy from life to ourselves

⁸⁰ Spontaneously arising in a dream.

Recapitulation, the art of calling our energy back to ourselves, from life and lifetime events that may, or may not, have injured us in the past must be taken seriously by any who dare to travel in the unknown.

Recapitulating our lives and recalling our energy back to us from the past events gives practitioners of dream yoga the energy and verifiable power to move their assemblage point and enter new vibrational planes of reality.

Without the ability to move your assemblage point in dreams you are just watching, lucid dreaming, which is meaningless. Watching your dreams, therefore, must never become the purpose of dreaming. The purpose is power over the energy body and developing the ability to enter new realms of reality by moving the assemblage point.

The only way you stand a chance of moving your assemblage point is by acting rightly as a warrior in waking life, recapitulating our lives to such an advanced degree that warriors are filled to the brim with extra energy that can be summoned to cross the vibrational threshold in dreaming. Thus, recapitulation of our lives goes hand in hand with dreaming practice. By recapitulating we recover energy, by recovering energy we can move the assemblage point and enter new realms of reality in dreaming.

The best source, how to guide to the actual practice(s) of recapitulation is by Victor Sanchez: *The Toltec Path of Recapitulation: Healing Your Past to Free Your Soul* (2001). Follow his book to the letter, do not cut corners, build your recapitulation box with proper intention. In doing so, you will find you can be free energetically from the past and call your power back from the dream of life to yourself.

I shall not comment in length on the actual breathing technique of recapitulation, because it's already well documented by Castaneda, Abelar, and Sanchez. Make the effort to read their books, and more importantly to implement the technique to the letter.

Recapitulating in dreams

While you are doing recapitulation, remembering all the events of your life and have undertaken the task for several days as prescribed by Sanchez, you should also ask in your dreams to recapitulate your life.⁸¹

Recapitulating in dreaming applies the same method again. In the bathroom mirror, before bed, say aloud three times:

1. Tonight I call upon the non-local intelligence to recapitulate my life in my dreams
2. Tonight I call upon the non-local intelligence to recapitulate my life in my dreams
3. Tonight I call upon the non-local intelligence to recapitulate my life in my dreams

Be advised that recapitulation in dreams brings forward some extremely unusual, non-ordinary perceptual occurrences between the waking and dreaming states of consciousness. For instance, after five days of recapitulating:

Before bed I had this weird perceptual red haze over the eyes where I couldn't focus straight ahead. While I was dreaming I saw the following dream:

⁸¹ *Recapitulating in Dreams* is recommended by Ken Eaglefeather.

I was lying down in an ocean tributary with perhaps a hundred others (people) wrapped protectively in sea kelp. Off in the distance I could see children playing in the ocean. The water we were floating on was cleaned by an ocean feed, gently washing around the floating/resting bodies. All the other bodies were asleep and utterly unconscious.

Now I am not exactly inside my body, as I can see myself, and the scene clearly from above (bird's eye view) so I say to myself that I want to be in my body. *Poof*, inside the body I go and I wake up in the sea kelp, and I ask the child nearby, "What is this?" He's overwhelmingly surprised by my waking and runs away, off to get an adult. A woman comes out and gives me a hug saying that this is where we finish recapitulating.

Caution

Doing the recapitulating correctly, you should notice that the astral eyes and energy body vision upset your usual way of seeing or looking at things in ordinary life. The astral eyes bring a red haze to perception and objects you look at appear to have a red glow. Additionally, it's difficult for the individual to sit in any brightly lit room. The feeling that accompanies the red-haze vision is one of vertigo as human beings rely heavily on sight to balance the body.

What all this means is that you are in fact moving your assemblage point, displacing it easily from the practice of dreaming and recapitulation. Your old energy is coming back to you quickly and the astral body is becoming stronger inside you. Do not worry, the vision is the most fragile, sensitive of senses and it usually returns to normal after a few hours rest or sleep with no bright lights nearby.

You may want to take time off work to complete the recapitulation as the whole process makes you even more estranged from reality. The recapitulation brings a significant improvement in your energy body, attitude, and emotions and people around you will notice and comment that you seem different.

Summary

Dreaming and dream yoga can be thought of as the art of calling the energy body and gaining affinity with its environment, abilities, and powers. In the next section, I will deal with mapping the territory, the inhabitants, and inorganic beings a dreamer encounters after moving the assemblage point, the vibratory threshold, into another reality.

Another essential point I urge you to bear in mind is that we must never allow our egoistic projection of fear, delusion, or sense of accomplishment, or any other compulsive emotion to overwhelm us at any stage of our dreaming practice.

Because we are travelling in the unknown, we must seek out more knowledgeable human beings who have had similar experiences inside the second attention. However, I cannot overemphasize the importance of keeping your fragile ego, human hearted connection with humanity intact as we venture further away from the shores of everyday life and the everyday concerns of human beings into the unknown.

Never allow yourself to get too far away from the human heartedness and external human validation of your experience whilst you travel in the unknown. Always seek human validation, confirmation of your experiences in dreaming and with the dream body in the esoteric literature that is widely available in the Kabbalah, Buddhism and Toltec traditions. If you travel too far

away from the human path, stop your dreaming practice and return to your spark of humanity. Home is where human beings are; do not become so foolish to think otherwise.

Chapter 4: Mapping the dreaming territory of the energy body

Introduction

By now you should know there is another vibrational reality that is energetically available to every warrior who reaches the energy body in dreams. Moving the assemblage point in dreaming is the doorway through which human awareness can enter new dimensions of reality.

In exploring the unknown of the second attention or the Nagual of the Toltec, new vistas have become open to those that have meticulously conserved their energy from waking life. Warriors absolutely look at the world and travel in the unknown in terms of energy, not in terms of egoistic projections, which have no value whatsoever for one that is seeking power.

In this chapter, I will discuss the following key themes surrounding mapping the dreaming terrain of the second attention that includes:

- 1) The assemblage point, the key that unlocks new vibrational realities
- 2) Dreaming emissary: Voice of the salesman
- 3) Types of inorganic beings
- 4) Earthbound allies
- 5) Human dream warriors

Moving the assemblage point is the prerequisite to travel in the unknown and is one of the most obvious fruits of the path of knowledge. Dreaming, therefore, is developing the ability to move the assemblage point from its traditional prison whereupon new realms become open to us.

Inorganic beings versus aliens from Mars?

When I discuss inorganic beings, Yeyelli, Green Scouts, or allies in this section, I mean inorganic beings that have an energy body (astral body), intelligent awareness, and consciousness, just like humans do. But they live, reside in vibrational planes of existence, adjacent to, and away from the concrete human world.

Inorganic beings are not aliens from outside our solar system that travel in a spaceship or by gravity drive. Rather, inorganic beings are masters of awareness and the assemblage point and, as such, possess intelligent awareness and specialized knowledge of attention.

The inorganic world exists in a vibratory plane away from human beings and the human world, which is divided by a dimensional threshold. Because these inorganic beings (intelligences) exist in a vibratory plane/dimension away from us, human beings never usually meet or notice them in our lives *or* in our dreaming life.

The significant difference between the average human being and the warrior on the path of knowledge is the fact that we do take particular notice of these energetic beings inside dreams. It is the human energy body that we have so painstakingly strengthened that never fails to recognize inorganic beings' signature energy in our dreams. The human energy body deals with the world as energy and no organic, inorganic or other can deceive it either in dreaming or in the waking world.

In dreaming, warriors are really looking for dreams that generate energy, the dreams that contain inorganic beings with intelligent awareness. It is our energy body that is not fooled by inorganic beings' appearance in our dreams. The energy body recognizes energy as energy and will tell you exactly without preamble if you are looking at an inorganic being in your dreams.

Just point and ask your energy body if the object is an inorganic being; is it energy generating? If it is, you may have unmasked, found, an inorganic being hiding as an object, family member, friend, lover, or a newborn child inside your dreams. Be ready, these inorganic beings often attack you for ending their charade and hate being unmasked inside human dreams.

Regardless of whether a human being notices or *does not* notice them in dreams, inorganic beings definitely take a keen interest in human awareness in dreams. Human beings have two key qualities that inorganic beings covet:

1. Human beings have dramatic emotions, tantalizing, hot, angry, fearful, raging, lustful, and traumatic emotions. The dark rainbow of human emotion is irresistible to a certain type of inorganic being known as the Yeyelli.
2. Energy: Human beings have abundant energy locked away inside their energy body that remains *forever locked* away for 97 percent of human beings who never learn to depart the first attention. However, that nuclear power of energy has recently become available to dream warriors because they have unlocked the doorway to their energy body through the path of knowledge. Now you are swimming in the deep end of the ocean in the second attention.
3. Inorganic beings are masters of attention, which means they know how to use the energy of the energy body expertly, far beyond what any human dreamer can fathom.

Although this may sound incredible to you, inorganic beings, allies, are well known in the Toltec tradition. Don Miguel Ruiz explains:

Humans are not the only beings in existence with powerful minds. Attached to humanity are unseen beings who also are an organ of the earth. The toltecs call them the Allies or Gods and they can be good and malicious. The allies lack a brain, which means they have no factory to create emotions, but they need the ethereal energy of emotions to sustain their life.

Human beings are in a relationship to them much as cows are to people. Emotional energy supplies food for our own minds and for the allies or gods. We are just a resource for the gods. Inorganic beings push humans *to create traumas in order to* create fear, which they feed upon. We are born being controlled by these inorganic allies through our dreams. The function of our mind is to dream. All of our life is a dream within a framework of matter. Dreaming gives us a sense of reality, we are born into a dream of war and violence this is our challenge.

The inorganic world is a dark world, literally with little to no light. Try to conceptualize the midnight zone of the deepest ocean on earth, which is filled with extremely bizarre creatures that have evolved bioluminescence to survive in a perpetually dark world. That is close to what the inorganic beings' realm is like. Although inorganic beings live a much longer lifespan than human beings, their world is dark, motionless, static, which means inorganic beings are

compelled toward movement, locomotion, like moths to a flame of negative human emotions in dreams.

The assemblage point: Ticket to another vibrational reality

The energy body, and energy sheaths of human beings is where you will find the assemblage point. It is not located and cannot be discovered anywhere *inside* the physical human body. Let us return to what the path of knowledge has shown so far:

- 1) There is an energy body that exists outside my physical body.
- 2) There is an assemblage point that I can move around in dreaming.
- 3) I can hear the assemblage point move in dreams *from outside* my physical body.
- 4) The assemblage point is located in the energy body, which is located outside my physical body.

As the path of knowledge has shown, herculean effort is required for warriors to realize the four things outlined above as energetic facts of life and the natural inheritance of all humankind. Once men of knowledge could see the shimmering energy body behind the physical facade; it only became a matter of time to look more carefully to discover where the assemblage point is located. Abelar explains:

If you extend your arms to both sides and to the front, and draw a circle, that is the size of the luminous egg from the point of view of seers. The assemblage point for human beings is to the back, between the shoulder blades and arms distance to the back.⁸²

The assemblage point is the point of perception that must be moved for you to enter different vibrational realms and realities in dreaming. The assemblage point described by Castaneda is verifiable, you can find it *for yourself* and it can be shifted or moved by warriors in dreaming practice. Once you can shift your assemblage point easily (*wuh, wuh, wuh*), you have opened a new vibrational dimension to yourself that opens a new doorway or hatch to infinity.⁸³ Castaneda writes:

Dreams are a two-way street. Our awareness goes through that hatch into other realms, and those other realms send scouts (inorganic beings) into our dreams. Through that hatch, currents of unfamiliar energy seep in. Then the mind or brain or whatever takes in those currents of energy and turns them into parts of our dreams.

In other words, dreamers who have moved their assemblage point have opened the possibility for new perceptions, new relationships, and new encounters with inorganic beings that are one of the many inhabitants of these vibrational planes of existence. Another critical point to remember is that upon moving the assemblage point an energetic beacon, or sonar *ping*, is sent out and reverberates across the second attention, announcing that a dream warrior has arrived on the

⁸² Taisha Abelar, *Sorcerers Crossing*.

⁸³ Castaneda's terminology.

scene.⁸⁴

By repeatedly moving the assemblage point in dreams, a warrior is announcing to all in the second attention: “I am here dreaming for power, I am ready to associate, mingle, and travel.” Inorganic beings will definitely send representatives/scouts to investigate further. It is critical that you understand that the second attention is not empty; it is populated, filled with both benevolent and malevolent types of inorganic beings.

For our own safety as dream warriors, we must take to heart the hard attitude that upon moving the assemblage point, dreaming becomes seriously dangerous *and* any intelligence or inorganic beings we meet in dreams is adversarial. As a precaution, we take the hard attitude that inorganic intelligences or inorganic beings that we meet in dreaming seek to take advantage of us through our inexperience with our energy body in their vibrational realm.

After all, dear reader, the second attention is *their home environment*; they have grown up there, and have expertise and absolute mastery of it. I realize this sounds stark raving mad, but let me assure you, it happens to dreamers that move their assemblage point. Please do *not* be overly shocked and surprised when inorganic guests arrive in your dreams to visit you. Personally, I was totally unprepared for their arrival and was caught out badly by the experience.

Inorganic beings and human beings?

The question that comes to mind is: Why would any inorganic intelligence be interested in human beings who have little experience using their energy body or moving their assemblage points?

It is precisely your inexperience and ineptitude with awareness and the energy body that is so enticing to them. From an inorganic being’s perspective, humans are an easy mark, a juicy energetic target. In fact, inorganic beings have had untold eons, unlimited time to perfect awareness and develop their control over the energy body to a maximum level inside their realm in the second attention. In stark contrast, human warriors are neophytes, brand new and totally under-prepared to understand the capabilities of their (human) energy body and their powers in the second attention.

Warriors are like newborn babies of awareness who have a huge untapped reservoir of energy available in their energy body, but have little control or mastery over how to access and apply that energy skilfully, effectively, and efficiently in the second attention. As a result, inorganic beings have the upper hand and call the tune in establishing a relationship with warriors, precisely because warriors are lacking in skilful awareness in their realm.

The human energy body is very much like a nuclear reactor, with an abundance of energy that shines alight, aflame, like a million kilowatts of white light in their dark realm. In short, human beings have an abundance of energy locked away in the energy body, but have little idea how to access and call forth the fullness of its power. Even warriors on the path for many years, are relatively brand new and are still learning control over the energy body.

⁸⁴ Upon moving the assemblage point, new emanation of awareness, strings of light, beyond the usual human known perceptions of the first attention can enter human awareness. Entering the second attention, dream warriors purposefully/intentionally empower new realities, new emanation/awareness/ energy body signature that touches and signals to the inorganic world that your assemblage point has touched their realm...and is ready for further contact.

On the other hand, inorganic beings have the specialized dream knowledge, mastery of awareness to perfect the energy body. In exchange for that knowledge, inorganic beings want access to the warrior's emotions and energy.

If you have these inorganic guests in your dreams, consider them dangerous. You must also be extremely careful in your dreams that you do not get inadvertently trapped or tricked to stay in their realm. Furthermore, you should have also heard the voice of the dreaming emissary, the disembodied salesman from the inorganic beings' realm who sells by telling selective truths.

Chapter 5: Inhabitants of the second attention

Dreaming emissary: Disembodied voice

In dreaming you will notice that, in addition to moving your assemblage point and accomplishing the tasks of dreaming, sometimes you get a disembodied voice that gives instructional dreaming tips to you. I mean, all the while you are asleep and dreaming, you can receive conversational instruction and tips on how to perform tasks in dreaming and in waking life.⁸⁵

These instructions, teachings in regard to dreaming are from what has been called the "dreaming emissary." The dreaming emissary is a disembodied voice that has come from an inorganic realm to make a bid for your awareness, emotions, and the excessive energy inside your energy body. For instance my dream journal recalls:

In my dreams I became alert like everyday life and then I hear the huge transitions start on my right side, this huge wall of vibration is accompanied by the guide voice (emissary) that says "Just relax and go with it", literally a disembodied voice that talks. Since I am asleep, who is talking?

Yes, that is correct. In dreams, the ego is totally asleep and you are listening, receiving instructions from another being that has its own intelligence and agenda. Like any good salesman, the inorganic being that is the dreaming emissary must strike a "reasonable bargain" with you so you freely give your awareness, emotions and energy to them in an exchange. In this "bargain" with the dream emissary, the warrior gets intimate knowledge and secret teachings on awareness, energy body, and travelling in the second attention.

Arrival of the dreaming emissary

What I am writing here can only be uncovered by one who has participated in an "association" with inorganic beings and travelled via the energy body to their shadow, dark realms.

Now, like any voice in our heads, as warriors we are not surprised or shocked that yet another voice has turned up inside our heads and speaks to us in our dreams. Do not be surprised, amazed, shocked, or any of that emotive nonsense. Instead be vigilant.

This disembodied voice in dreaming is quantifiably different from the voice of knowledge in that it clearly has its own intelligence, agenda, and specialized knowledge with respect to mastering dreaming and the energy body. Human beings must treat the disembodied voice of the dream

⁸⁵ The emissary will tell you, chime in, when someone is lying.

emissary like the voice of a tireless salesman that never tires of telling you the benefits of its realm. Warriors listen, but never, never give our heart over to what it says.

Upon the arrival of the dream emissary, human beings must take a stone cold, unemotional assessment of what the motives are behind these inorganic beings that have the ability to communicate with us in dreams.⁸⁶ Ask, what is their purpose?

Inorganic beings' association with warriors

The inorganic being's purpose is to get you to part with your energy, awareness, and emotions as a freely given gift that is wrapped by your personal consent. Beware. It must be done with your truthful, freely given consent.

In the energy realm(s) of the second attention, the truth is all that ever exists. Truthful speech is an *irrevocable contract*. Warriors travelling in the second attention should read that sentence again and again until its importance sinks in. There is no going back on your word in the second attention. If you agree truthfully, you are done for.

In grooming a relationship with you in dreams, the emissary expects a return on their investment of time and energy in you. Their arrival in your dreams indicates they are here to make a bid for the fittest cow (you) at the auction to secure for themselves access to the warrior's awareness, emotions, and energy in your energy body. Even though warriors may not fully understand how to use, or maximize, the power of dreaming or the energy body. Allow me to assure you, the inorganic beings definitely understand your energy body and the immense value of the bargain they want to strike with a warrior that can move the assemblage point.

The reason that inorganic beings, like the dream emissary, start teaching warriors more details about dreaming practice is because moving the assemblage point is the point of departure, the prerequisite ability to enter their inorganic realm. In addition, human warriors must also have been specifically invited by the emissary to enter their vibratory realm.

Because it is rare, unusual⁸⁷ for a human being to develop the ability to enter the second attention, to move their assemblage point, I can guarantee you will have an inorganic guest arrive to invite you. Move your assemblage point and you will get an invitation, no mistake. In contrast, no movement of the assemblage point and no invitation from the emissary means human beings can never travel or enter their dark realm.⁸⁸

The more skilfully a human being can move the assemblage point in dreams, the easier it is for warriors to travel to another vibrational dimension. Importantly, this creates the possibility of exchange or association. Human beings have huge amounts of energy in the energy body: inorganic beings have specialized knowledge in how to use that energy appropriately.

⁸⁶ Our true energy, astral self is silent and does not use such crass tools; carrot and stick method of these inorganic beings. More carrot with the emissary at the beginning. Make sure you are ready to turn the tables and beat him with the stick later on. You are the prize.

⁸⁷ Enough human dream warriors have accomplished the task over the eons that the emissary and other inorganic beings are prepared and waiting to act on this very eventuality. That preparedness indicates prior experience with human beings and other tricks that these beings know such as catering and flattering the human ego.

⁸⁸ The emissary and his realm of inorganic beings look like walking candlesticks with arms, legs, one head, two eyes, flat nose etc.

It goes without saying this is a dangerous moment in life if you have the emissary visiting you in dreams, because it means the inorganic beings are indeed fishing for you. Do not be flattered. Be advised of the danger.

You must be overly cautious when dealing with the dream emissary from another vibrational realm. Utilize the following rules for dealing with these inorganic intelligences that can speak to us through the hatch of dreaming:

Rules to deal with inorganic beings

- 1) Never, never give your personal consent or agreement to live/reside in their shadow realms.
- 2) Only follow its ideas surrounding dreaming. Not for any other reason (Don Juan, Castaneda).
- 3) Inorganic beings cannot read your mind. Although communication is done telepathically inside the human mind, inorganic beings have no ability or foreknowledge to read into your mind or thoughts. This is a godsend for warriors as you can surprise the emissary with unexpected and very annoying human responses. Test the unexpected human response on the emissary to see how it behaves. Inorganic beings are not good at improvisation.
- 4) Stand your ground. Speak back to the emissary. Threaten to leave sincerely, to watch how it behaves. Threaten to leave to scare the emissary into submission.
- 5) End *any* partnership if it talks to you continually or for any other unwanted reason.⁸⁹
- 6) Apply the Japanese samurai attitude: “Even if your God enters the field; I will cut him in half.” The attitude of martial dignity you must have with them.⁹⁰
- 7) Never imagine that it is embodied *or* has a body or that it is following you around. Inorganic beings live in a vibrational dimension away from physical you. Do not allow your ego to become overly obsessive about it.

No matter how beguiling, or flattering, the voice of the dreaming emissary might be, no matter what knowledge it promises you, remember its objective is to help itself to your awareness, emotion, and excess energy in the energy body.

Warrior’s reciprocity: Dark energy boost

Like any exchange with a good salesman, the dream emissary utilizes versions of the truth to make the case, the energetic facts of life to seduce warriors into believing in the benefits of living in its world. Don’t buy it.

However, inorganic beings and the dream emissary do in fact have their uses for human warriors who wish to perfect the energy body. As we have already established, inorganic beings make an investment of energy, a loan of dark energy to dream warriors so they may travel more easily into their realm in the second attention. That is to say, any dream warrior who wishes to perfect the human energy body requires an abundance of dark inorganic energy.

The open secret about dreaming and travelling in the second attention, these new vibrational realms, is that it is not enough for a warrior to merely scrounge energy from the waking world

⁸⁹ Do not be seduced by its knowledge. It’s a game you can lose.

⁹⁰ The Samurai Bushi attitude is the attitude you need to hold.

alone. The essential missing ingredient, the secret sauce, is that the dream emissary and inorganic beings decide to loan the warrior dark energy.

In doing so, the emissary and its cadre can accelerate the teaching process for human beings to move and shift the assemblage point. By making the loan and investment of dark energy, the inorganic beings can claim their prize sooner (you), instead of waiting for years for you to figure it all out and develop mastery over the energy body.

The gates of dreaming, recapitulation, the five warrior's rules, have brought you to a critical juncture on the path of knowledge where you can now strike a bargain, make a deal with the inorganic beings and the emissary. The bargain, the deal that human warriors want to strike with the inorganic beings from the warrior's side looks as follows.

Warrior's energy bargain

- 1) I will accept your loan of dark energy, which quickens and accelerates the maturity of my energy body and allows me unlimited opportunities to travel freely, unfettered in the second attention.
- 2) I will accept invitations to visit the dream emissary's home realm through the dark tunnels and dark realms. Visiting their realm enables my energy body to grow stronger still.
- 3) Be ready, it is more than a little disturbing, frightening, when all the inorganic residence comes out to stand nearest to you as if to gather warmth from your emanating light. You shine like a million suns in their dark realm, they don't.⁹¹
- 4) I will never, never, ever give my consent to stay in their vibrational realm.

Human warriors accept the inorganic beings' mastery of awareness and dark energy in dreaming, but we never, never, never, ever, give up our soul for that help.

When the human energy body is perfected, we no longer need the inorganic beings in dreams. Once warriors reach that point, inorganic beings tend to stay away from us and our dreams, because the game is up. Our energy body is fully autonomous and no longer needs any help from any source. We stand alone beholding infinity, as free human beings.

Types of beings encountered in dreaming: Inorganic, allies, and humans

Just as in waking life, the second attention contains a myriad types and temperaments of inorganic and organic beings. Some inorganic beings approach us in human-like seemingly familiar ways (disembodied voice) whilst others are far too alien, powerful and all the more scary for existing as such.

I mean more terrifying beyond any terror you can ever experience in earthly life. If you have the occasion to encounter one of these truly alien and power-filled inorganic beings in your dreams, you will be stopping your dream practice and taking refuge in the medicine Buddha – forthwith.

The dream emissary

⁹¹ Because their realm is so dark any light emitting from you is outstanding.

The dream emissary is not the only type of inorganic being that comes to associate with the human warrior who has learnt to move the assemblage point. The dream emissary world is adjacent to the human world and they have long experience dealing with, soliciting, and selling human beings on the benefits of their dark world to dreamers. The solicitous attitude does not make them any less dangerous in their final objectives, but the dream emissary motives are plain and easy to understand. And that is precisely the danger with the dream emissary – everything seems logical and couched in terms humans can understand. In many ways, it's the most dangerous of foes precisely because it knows how to manipulate human beings, flatter and fatten them up to achieve its aims.

Yeyelli

The Yeyelli are the inorganic beings' version of emotional parasites that hunt and choreograph human emotions in dreams. Yeyelli are the most common type of inorganic being uncovered, unmasked, by human warriors' energy bodies in dreams. The Yeyelli thrive on drinking dreams of anger, hatred, lust, fear, and drama. Although the Yeyelli are not really dangerous *per se*, they can become so for you *if* you indulge too far and too often in the dark theatre of negative emotions.

If you indulge in recurring dreams or nightmares, you are waving a huge red flag to the Yeyelli – their emotional dinner is served. You can recognize them by having too many dreams that are overly emotional, sexual, or strongly reactive. In that case, it is almost certain you have the Yeyelli in your dreams.

The simplest way to stop them is by developing full awareness in dreams so you can consistently unmask and end their charade in dreams. In fact, Yeyelli tend to avoid visiting warriors' dreams very often once our energy body is fully aware, cognizant, and switched on because they are easily *seen* and discovered. Just point your dream finger and ask your energy body and it will identify these inorganic beings.

When you do uncover Yeyelli in your dreams, be ready; it gets downright nasty and hates the fact that you have revealed its true nature hiding as your son, lover, friend, mother, or father. There is no stoop too low for a Yeyelli to extract the last marrow of negative emotion from human beings in dreams. You have to be prepared when you enter dreaming in order to be ready to face the worst of these inorganic beings.⁹²

To ensure the Yeyelli cannot touch you in dreaming or to stop recurring negative, lustful, or nightmares in dreams use the following method. In the bathroom mirror, before bed, say aloud three times:

1. Tonight I call upon the Medicine Buddha (shining one) and the Bodhisattvas to protect me from all _____imagery in my dreams. NO inorganic being can touch me
2. Tonight I call upon the Medicine Buddha and the Bodhisattvas to protect me from all _____imagery in my dreams. NO inorganic being can touch me
3. Tonight I call upon the Medicine Buddha and the Bodhisattvas to protect me from all _____imagery in my dreams. NO inorganic being can touch me

The refuge stops Yeyelli, and any negative recurring dreams, you might be having.

⁹² Sergio Magana Hidalgo, *the Toltec Secret*, discusses these Yeyelli in dreams.

Green scouts: The aliens of the inorganic world

Not all inorganic beings are as common as the emissary or the Yeyelli. Some are downright alien, imbued with tremendous power and totally foreign energy. Nothing in the human world feels like they do. You have never felt such raw power radiating from every aspect of a being like one of the green scouts.

The green scouts do not approach warriors in friendly or easily understandable human terms. No, no, no. Rather, they drop into warriors' dreams like paratroopers with sledgehammers to investigate warriors who can dream. My dream journal recalls the encounter:

In dreaming, I was visiting my childhood neighbour's home, which always reminded me of old people's smell (gin and windex), overly clean but sterile of life. Whilst I was enraptured with the visual details in the dream, I experienced a face-to-face dream meeting with a green being with unknown energy. Whatever it was, it scared the dreaming and living daylights out of me. I have never been so afraid (terrified) in all my life, and the dreaming body immediately reacted in revulsion, pure revulsion, and fear.⁹³ This experience caused me to wake up with that feeling of dread in the waking world. I immediately suspended my dreaming practices indefinitely until I could overcome the fear, dread, and revulsion.

Even today, I remain terrified of the magnitude of totally alien energy.⁹⁴ It was the sheer cliff of alien energy that was dropped on me, smashed into my energy body, that scared me so badly. It was not the appearance of a green being, which was a secondary problem to the fire alarm of fear and revulsion that struck me so hard. I am not insane, only curious...and when my energy body reacted like this, we beat a hasty retreat to the waking world.

The impending danger for dream warriors with these powerful types of inorganic beings is that they can decide to follow you through the portal of dreaming to the waking world. In my case, this green bastard was only looking, examining me, as one might a cockroach that was not really worthy of further attention.

The alien energy of the green scout was nothing like anything in the human world. Rather, it is the polar opposite. Unknown, foreign, totally alien energy hits you all at once in dreams like a ton of bricks. By far, the single scariest experience of my life.

Allies

Allies are earth-bound intelligent beings that have self-awareness but do not occupy a physical body. To a warrior's eye, allies are *seen* as a conglomerate of densely packed energy about the size of a Macaque.⁹⁵ Allies do indeed have an astral body, energy body, personal volition, and the ability to move around planet earth, as they are wont to do.

⁹³ Even as I write this, I get a visceral reaction of fear from my energy body remembering the event.

⁹⁴ It was the sheer cliff of alien energy dropped on me that shook me so badly, not the appearance of a green man.

⁹⁵ Not a balloon of light like human beings' energy bodies described earlier. Rather the ally I saw was smaller than that. Retriever size.

Allies are not inorganic beings and no vibrational threshold is required to meet an earth-bound ally. You can meet allies in day-to-day physical life, the energy body of warriors, adepts, yogis can *see* them easily. In addition, allies like to be recognized, and always come to visit someone who has the ability to *see* them. My experience with the ally:

In Thailand, an ally came to see me, replete, to look me over closely while I was having dinner on the beach. Upon its arrival we both immediately knew of the other's presence. My energy body was tweeking and pointing out the ally was hanging out on a low coconut tree branch about 12 meters up and away from my table. The ally made certain I could see it. For several awkward minutes we did not know how to proceed.

The ally's energy body was about the size and shape of a large monkey and it moved with the ease of the wind amongst the trees. In hindsight, I was supposed to invite the ally over, and grab hold of it and hold on for dear life. If you ever decide to grab hold, never, never drop the ally, you can die. I never saw the ally again after that night.⁹⁶

I say so now wistfully, with regret on my part, but it was far too strange and unusual an experience for me to take action and seize the ally in the moment. The regret is I did know what to do, but I lacked the courage to grab hold of it, because I knew if I dropped the ally I could die.

The other aspect was purely human etiquette, social pressure of a beach dinner: "Excuse me friends, while I grapple the ally on the beach... please order me the pad Thai."

Human visitors in dreams: Warriors, adepts, Buddhist monks, yogis, shamans, kahunas

Human beings with a physical body in the waking world, and of varying degrees of ability, may also decide to visit you in your dreams. You should be informed it is entirely possible that other human beings that are alive in the world today also have the ability to navigate in the second attention and visit other people in dreams. Buddhist monks, yogis, Kabbalah adepts or shamans can decide to show up in your dreams.

Most times, it is the visitor who is surprised to find you trained with a mature energy body and heightened awareness in dreaming. The same hard and fast rules we use for dealing with inorganic beings (listed above) also apply to other human beings who invade our dreams as unsolicited guests. Try to take a more compassionate approach towards our dream brothers and sisters who have decided to visit us in dreams. They are human and therefore worthy of human affection.

I must warn all of you on the path of knowledge: at no time should you ever visit, scrye, or peer into the privacy of another human being's dreams. That is considered a yellow card infraction of dreaming – you are not supposed to enter or use human beings as the subject of your dreaming practice. Never do that. Having said that, a small handful of yogis break the rule frequently in order to flaunt their power to followers by entering their dreams. You will pay for your trespass.

It is very hard to impress, scare, or harm a dream warrior who has already strengthened the energy body through association with inorganic beings. Human beings, after all, employ human methods you can deal with. You can easily recognize human beings who have been trained in dreaming tradition. The shamanic ones usually show up wearing the regalia such as "dream face

⁹⁶ Allies are earthbound and thus known to human beings, familiar to human beings. So my energy body is and was more intrigued by the ally. It was respectful fear but not the sheer terror of the green scout.

mask” or use some kind of animal totem in the dream. They are very serious about their tradition. Some dreamers get wrapped up so tight inside techniques and methods of their tradition (breath 19 times left, 19 times right) that they forget dreaming is only ever about energy and power.

Summary

Travelling in the unknown is not like shopping at Walmart. The second attention is filled with the unknown and magical aspects of the energy body and a menagerie of beings that inhabit the vibrational and energetic realms of the energy body. Some of these beings are terribly dangerous and you must regard them as so. Take the hard attitude of the warrior toward any organic or inorganic intelligence that enters your dreams as a precaution.

In order to find out that things I say are true, you must master yourself in the first attention. In the first attention it is absolutely necessary to conserve energy to such an advanced degree that you can shift your assemblage point as the key, which unlocks the door to the second attention.

From the first time you move your assemblage point and that sonar *ping* gets sent out across the dream-verse, you should anticipate the arrival of a dream emissary and a diversity of inorganic beings in your dreaming life. Be ready, the inorganic beings will definitely appear in order to make a bid for you.

Like any investor, they are expecting a return on their investment of energy. Try not to be as terrified as I was. Always remember it is you who has the greatest to lose in any relationship with inorganic beings. It is you who has the prized energy, the pearl in the relationship that is far more desired than the scraps of knowledge these inorganic beings provide.

In the next section we return to make our physical, mental, and energy bodies strong in order to stamp our passport to infinity.

BOOK THREE

Transform mind, body, and energy body

Book three is designed to take the previous discussion and convert that into action you can use to improve yourself right now. You can start to align your mind, body, and energy body so that one day you can realize the truth of what I have written here not as an abstract idea, but a lived reality.

Transform the self

At the beginning of your training and travelling the path of knowledge, it is best not to think too deeply in regard to any of the practices or techniques highlighted herein. Don't evaluate, just do it and do not worry if you are doing the practice perfectly. You have to trust and put your faith in the efficacy of the exercises and meditation practices recommended. Get moving and worry about all that fancy stuff later on.

The physical form and practice of the technique(s) will improve as you get fitter over time. As you get better, the power of the techniques will become apparent to you, which creates the positive feedback loop we are looking for.

Just practice the movements illustrated without expecting much in terms of a reward. Practice consistently every day, every week, every month, year after year. Morning or evening does not matter, but everyday consistency is of tantamount importance. Practice consistently and power will descend upon you.

Below is an example of my weekly training schedule. My preference has been to meditate in the morning and move, stretch my body in the evening. Accordingly, I have organized book three to reflect my preference. Having said that, you are free to adapt the schedule to your lifestyle and preferences provided that you practice consistently – six days a week. That is plenty to find the path of knowledge.

Weekly schedule

***All meditation starts with 21 breaths as a preliminary relaxation/settling exercise. Inhale, exhale, is one complete breath. It is useful to count the 21 complete breaths on one hand as follows:

- Index finger count: tip, joint, knuckle and base = four breaths
- Middle finger count: tip, joint, knuckle and base = four breaths
- Ring finger count: tip, joint, knuckle and base = four breaths
- Pinky finger count: tip, joint, knuckle and base = four breaths
- Return to index finger count: tip, joint, knuckle and base = four breaths

Total = 21 breaths

Monday

Morning one hour: Right mind

- Medicine Buddha take refuge in triple gem: Buddha, Dharma, Sangha
- Medicine Buddha mantra 30 minutes
- Practice gratefulness, be thankful⁹⁷

Evening one hour: Right body and spirit

- 5 Tibetan Rites
- Sat Nam Kriya Yoga
- Magical Passes by Carlos Castaneda: Calls the energy body fast.

Tuesday

Morning one-hour max

- Take refuge in the Medicine Buddha or chosen deity
- Mantra: Om mani padme hum: Calm the dragon. See Appendix 9.
- Three things to be thankful: Say it aloud

Evening: Right body and spirit

- Five Tibetan rites
- Traditional martial arts class: jiu jitsu, judo, karate.
- Magical passes of Castaneda

Wednesday

Morning for mind: one hour max

- Ganesh Mantra: Om Gam Ganapataye namaha
- Five Warrior seed mantra
- Greensward Valley tantra

Evening: Right body and spirit

- Five Tibetan rites
- Martial arts class
- Sat Nam Kriya yoga

Thursday

Morning one-hour max

- Medicine Buddha refuge
- Mantra: Om Mani Padme Hum
- Three things to be thankful for

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- Five warrior seed mantra: Ah: Om: Hum: Ram: Dza

Evening: Right body and spirit

- Five Tibetan rites
- Martial arts class
- Magical passes of Castaneda

Friday: Rest/relax

Saturday

Morning one-hour max

- Ganesh meditation
- Three things to be thankful for
- Huna Prayer

Evening: Right body and spirit

- Five Tibetan Rites
- Martial Arts class
- Sat Nam Kriya yoga

Sunday

Morning one-hour max

- Medicine Buddha meditation
- Three things to be thankful for
- Five warrior seed mantra

Evening: Right body and spirit

- Five Tibetan rites
- Martial arts class

The next section explains the practices in more detail.

Practice one: Giving gratitude, cultivating right mind

“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.” Oprah Winfrey 2015.

Introduction

One of the first practices to implement in your life today is straightforward. The practice of cultivating gratitude, a thankful mind for all the things we have and all the abundant *opportunities* life provides for us.

Expressing thanks, gratitude for your life, body and family, friends, and opportunities in life provides universal life insurance against contempt, resentment, bitterness, and self-hatred that is so evident in modern society today.

The person who expresses gratitude for what they do have⁹⁸ will always have abundance in their life, and help will arrive when it is required even when it seems unlikely. A grateful, appreciative and thankful mind is welcome with open doors everywhere and immediately recognizable to all people.

Practice of thanks

Every day when you wake in the morning, brush your teeth, stretch your body, and say aloud to the universe:

1. I am thankful for this wonderful human body and wonderful human mind
2. I am thankful for my family, my wife, (lover, mother, father) my three sons (name them.
3. I am thankful for the abundant opportunity that my job, business provides for me to be of service to others
4. I am thankful for _____, _____, _____

You should view repetition, saying the same things more than once in any given session, as a positive behaviour because it’s easier for your mindstream to grasp and recall the gratitude expressed that way. Cultivating gratitude is a fundamental practice for cleaning the automatic negative mind and killing the voice of knowledge, the mortal enemy of mankind.

The ungrateful mind

At the start of the gratitude practice, you might not feel genuinely grateful and even harbour selfish, indignant, ungrateful, grudging, angry thoughts toward yourself and others. In other words, you may not feel much like giving thanks for any of the things, or people in your life as you read the words on this page.

Be advised, truthfulness is not a requirement. Rather expressing gratitude will heal and repair the mind. If you harbour ungrateful thoughts toward yourself and others, consider giving gratitude as the most important thing you can do to improve yourself today.

⁹⁸ And never think for a moment about what don’t have is the original quote that Oprah paraphrased. The sin is envy/jealousy/anger – personal mind poison – which then turns into your whole life poison. The antidote to repair the mind is giving thanks. I know it seems incredible to make this claim but the truth is always simple, lies are always complex. One sets you free, the other ensnares you further into ongoing drama.

At the beginning, we lie to ourselves by pretending to be grateful. However, over time you will genuinely become grateful, thankful, and abundant and that is a huge accomplishment that counters the voice of negative internal dialogue, selfishness inside. Take this opportunity to teach your negative feelings who is the boss of you. Remember, what we store in our minds becomes our reality.

Gratitude is an important practice to rehabilitate the mind and attract abundance into our lives. By giving thanks and having a more appreciative mindset for all that we already have received, we set the stage to receive more, and are trusted by the universe to become more and have more material things in life. By giving more, we open a channel to receive more.

Gratitude procedure

Frequency: Three times a week. If you have an extremely bitter mind/attitude, practice giving thanks every day.

Body location: Say thanks from the heart and project feelings of kindness, compassion towards yourself, the people you love and even so-called enemies.

Augmented power with Huna prayer.

Give extra life force, breath power to your thankfulness, by giving thanks and exhaling. Literally, exhale out a large breath of air upward toward the heavens. Imagine this upward air is sent to your personal higher self in a jet stream. Give the breath of life to your higher self and say aloud: "Become part of me, work through me, and guide me through my life."⁹⁹

Gratitude summary

Although the practice of giving gratitude is straightforward, you should never underestimate its power and ability to improve the quality of your mind stream and your life. Every day that you practice gratitude, you begin to fill a bucket, drop-by-drop, full of purified life energy. Eventually, your mind will become a clean, overflowing bucket of abundance that not only helps you, but can also be of service to others.

⁹⁹ Max Freedom Long. Respect for Long. Huna Prayer will be discussed in more detail later on.

Practice Two: Taking refuge in the Medicine Buddha, Dharma, Sangha

Perhaps you have already discovered that human life is suffering. Some days you definitely win but once you live long enough you will uncover the hard truth of impermanence. That is, all earthly things in life: mothers, fathers, grandparents, friendships, marriages, promotions, and cars are temporary and eventually result in sorrow, decay, and death.

This does not mean you do not have any pleasure or happiness in life. But you must recognize that the opposite negative qualities of death, addiction, pain, sadness, anxiety, and self-pity are always lurking nearby and can have disastrous consequences for those who hold a Pollyannaish view of life. The Buddha realized long ago in his four insights into reality, the first noble truth: "All life is suffering." The first noble truth is bleak and as a result human beings need a place to shelter, retreat, rest, and rejuvenate from the inner and outer turmoil of life.

Taking refuge in the Buddha is an extremely helpful practice for those who seek the path to knowledge. You must have a safe place to take refuge, physically in your home and mentally inside the mind. Do not allow your inner voice of negativity, your merchant mind, to contend with you on this point. You must fortify yourself both internally and externally to face the challenges of life correctly. Taking refuge in the Buddha, Dharma (laws of life), and Sangha calms our minds and results in sanity; it gives us space inside to operate with even mindedness in a hostile world.

The taking refuge practice should be done with respect and an attitude that you are finally taking the correct medicine and steps to protect your mind, body and spirit from harm, a return to sanity.

If you are Christian, Muslim, Jewish, Hindu, or other, I recommend strongly that you use your own god or belief system to your advantage. Please feel free to change the practice and adopt the religious iconography you believe in. But under no circumstance should you just be a believer in name only.¹⁰⁰ There is no benefit in that.

There is only a benefit to the practice for those who sincerely take refuge in their chosen deity from the heart. Tremendous benefit occurs if you trust and follow the prescription. Remember the path of knowledge is a call to action, it requires *doing* – it is not a subject for intellectual speculation. So let's get started.

Setting the stage: Breathe 21 times to settle yourself. Focus on the anja chakra.

Say aloud:

1. I take refuge in the Buddha, the Dharma and Sangha, I hold the seat of my sanity here.¹⁰¹
2. I am thankful for this wonderful human body, human mind, and human life.
3. May I cause no harm to myself, or others, in word or deed.

Meditation procedure

¹⁰⁰ "Live for nothing, die for nothing", Joan of Arc.

¹⁰¹ Literally hold the seat of your sanity here on this seat; you cannot be shaken from no matter what happens during the day. Return to the seat of your sanity every day. Hold your mind captive here, do not allow it to prance about causing mischief, drama, and grief for you.

Find a clean, silent place that is sensible in your home/flat/apartment to meditate where you cannot be disturbed. “Sensible” in that you should not practice near a toilet/graveyard or any place with strong currents of wind, or places where a breeze can cool your body quickly.¹⁰²

Time: Once a day, morning or evening, 20-40 minutes a day

Frequency: Three times a week

Note: Allow 20 minutes after meditation to relax. The refuge prayer makes a qualitative difference in how you feel about yourself first and then others later on.

Tantric Buddhism: Introduce the tantric feelings into your mind stream of *divine pride* and *radiant* appearance; your body and mind are proudly radiating light.

Supplementary equipment – meditation aids

- A comfortable set of earplugs allows for the inner OM sound to arise more easily. This OM sound arises spontaneously and is a sign you are tracking in the right direction.
- Meditation pillow to sit on.
- Picture of your chosen deity, the Medicine Buddha, to take refuge in such as the one below:

¹⁰² Every meditation starts with the same procedure. Be aware of wind, cleanliness, and location. Face the sunlight, east in the morning if you can. If you cannot, find another place to live :)



Medicine Buddha mantra: chant aloud

This recitation is a western tradition of the Tibetan mantra that is approved by Yeshe Donden, the once physician of the Dalai Lama.¹⁰³

Tayatha
Om Bekandze Bekandze Maha
Bekandze Bekandze Radza
Samudgate Svaha

Mantra translation: May the many sentient beings who are sick, quickly be freed from sickness. And may all the sicknesses of beings never arise again.¹⁰⁴

¹⁰³ Available for free download.

¹⁰⁴ Fuller translation of the Medicine Buddha mantra in English: Tayatha – means “like this”.

OM– is composed of the three pure sounds A U and MA, which signifies one’s own body, speech and mind that get transformed into the Vajra (diamond) holy body, speech and mind.

Then bekandze bekandze –“eliminating pain, eliminating pain”. The first eliminating pain is true suffering, the second is the true cause(s) of suffering.

Our higher self, and the medicine Buddha mantra work together to help heal, repair, and align all concerns to do with both the physical, emotional, and spiritual dis-ease one may experience. Be sensible and consult a doctor when necessary.

Commentary

Taking refuge in the Buddha provides the strong spiritual medicine we human beings need to begin the long process of healing ourselves on all levels. Logically, you must integrate spirit, body and mind together, ignoring any one element means that *none* of the others can function at full capacity. By acknowledging the supremacy of the spirit, the animating force of life, you are finally walking the path of knowledge and becoming an integrated, sane human being. Trust the mantra and the shining one.

The medicine Buddha mantra eliminates pain is first the graduated path of the lower capable being, and second the graduated path of the middle capable being.

Then maha bekandze -“the great eliminating pain” is the graduated path of the higher capable being, which eliminates the subtle defilements, also known as Samskara, subtle psychological imprints. So bekandze bekandze maha bekandze contains the whole path to enlightenment, the ultimate medicine.

Radza – is king.

Samudgate – (ocean of goodness/compassion)

Soha – to establish the foundation in the heart, the blessing, the devotion from which the realization comes.

Practice three: The ghost in the machine

Where is my ego located in the body?

As we examine the human machine, we must first make the distinction between the anatomical parts of the body and the subtle energy of consciousness – the living spark that animates and gives life to the entire human machine.

The important point is that it is not the brain machinery that gives life, rather conscious awareness is utterly dependent upon the force of life animating the body through the breath. The essential point is that life consciousness animates the human machine (brain, heart, body), which activates its hardware and software much like a computer and its CPU.

To me, it seems obvious that human beings are not their anatomical parts of the body machinery. But perhaps it is a useful exercise to use the Buddhist line of reasoning to find the wonderful ego self that people live and die defending.

If the ego *you*, the identity that you proclaim you are as this person from this job is so real, so self-evident and so concrete, it should be a simple task to find *you*; this wonderful person (insert your name) inside your body. Try to find your wonderful ego self inside your body. Ask yourself:

- Are you, your mind, located in the pinky finger?
- Are you located in the feet, toes?
- Are you located in the chest?
- Are you located in the heart?
- Are you located in the legs?
- Are you located in the brain?

The answer that every person will arrive at eventually if they're not cheating is “no”, I cannot find myself anywhere in the parts of the body. Secondly, if you persist in believing the delusion that you exist somewhere hidden inside the body parts, the heart for instance, show me the x-ray where you are located? Not in the physical body, not in the brain.

The astounding news is that you are most truly anchored inside the energy body, one sheath away from the physical machine. Which means, “we are not human beings having a spiritual experience. We are spiritual beings having a human experience.”¹⁰⁵

¹⁰⁵ Pierre Chardin, French philosopher. It strikes me that this sentiment may be borrowed from Vedanta. I may be wrong, but I believe Chopra has the proper quote/source in his *7 spiritual laws for success* book. Although, the French have more panache.

Practice four: Sat Nam Kriya yoga

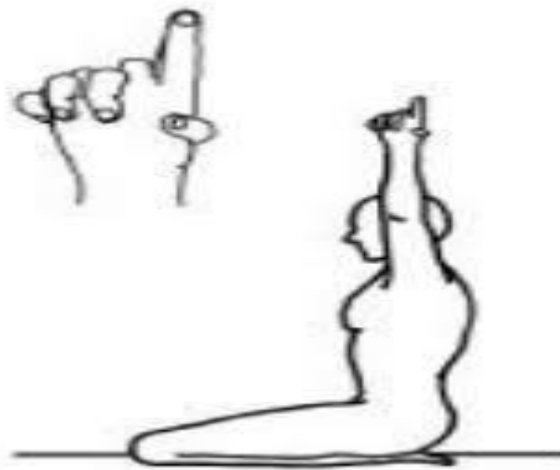
The practice of Sat Nam Kriya yoga is an extremely powerful technique to stop the voice of knowledge and other negative discordant thoughts that originate from inside our minds.

The meaning of “sat” is truth, and “nam” means identity.

By repeating the mantra, "Sat Nam" during practice we are showing to our high self that we consciously understand that truth is our identity. No explanation, no apology, no shame.

The technique itself requires little explanation as the practice is as simple as the figure/picture below looks. YouTube also has a number of helpful videos. Never underestimate Sat Nam Kriya yoga; it is by far one of the most powerful techniques you can apply to clean up your negative emotions hidden inside and recharge all five energy sheaths.

Figure: Sat Nam



Sat Nam technique

1. Sat Nam Kriya yoga is exactly how it looks: hands raised above the head, fingers interlocked. Outstretched arms touch the ears
2. In breath: squeeze the tanden, hara, abdomen, three inches below belly button¹⁰⁶
3. In breath: hold the hara: chant “Sat”
4. Release breath: chant “Nam”
5. In breath: squeeze hara: chant “Sat”
6. Release breath: chant “Nam”
7. Breath in, squeeze hara: chant “Sat”
8. Release breath: chant “Nam”
9. Chant: “Sat”, “Nam” for *three* consecutive minutes.
10. Inhaling and exhaling chant: “Sat”, exhale: chant “Nam”, inhale “Sat”, exhale “Nam”

¹⁰⁶ You will be able to identify the correct location after practice.

Focus breathing area: Tanden, hara of Japanese martial arts. Do not use or apply the kegel floor muscles.

Duration: Three minutes max chanting aloud: “Sat Nam”

Frequency: Three times a week, not every day

Caution: Do not extend beyond three minutes. Even today, I still only do four minutes of powerful Sat Nam Kriya Yoga.

Technique variation

You can also do the same technique with palms flat, with the fingers flat against each other extended straight above the head, outstretched arms touching the ears. If you truly wish to feel the fire/heat of the practice. Not recommended for drug users.

2) On the in-breath when you squeeze (“Sat”) you should imagine pulling the lower energies from the hara upward.

Commentary

Implementing the practice of Sat Nam you should notice for the first three months that you become overly emotional, feel raw and easily disturbed by emotions that seemingly come at you from all sides. Such is the power of the kriya that it begins to work on us immediately by cleaning up the emotional body and digging deep into the pain body in order to surface those underlying emotional tensions, pain, and drama we have inside.

Sat Nam Kriya is the yogic instrument that creates avenues for the physical and emotional body to release past pain. As a result, for about three months you will be extremely sensitive emotionally and you may feel a little more disorientated than usual. Do not fret about the beginning stage.

After the initial emotional spring cleaning period, you will find security, peace, and a tidal wave of inner silence descend upon you as the practice of Sat Nam takes hold and stops internal chatter, discordant thinking and significantly reduces the chatter of the voice of knowledge.

The greatest gift of the kriya practice is silence inside. It feels very much like you have an invisible shield bubble that bounces negativity off you regardless of the source of that negativity, either from inside or outside yourself. Negativity bounces off you as if you are enshrouded, fully ensconced inside a protective bubble where nothing negative can grab a firm foothold.

Physiologically Sat Nam Kriya also has numerous health benefits for its practitioners in terms of increased energy, physical vitality, strengthened heart and overall virility. Sat Nam Kriya is nature’s natural viagra for human beings that brings magnetism and intensity to life as you look and feel years younger than you are.¹⁰⁷

¹⁰⁷ The magnetic force of the energy body is important for those who wish to have children. Those who wish to have a baby, family, should practice Sat Nam Kriya assiduously. Both partners should practice.

Practice five: Five Tibetan rites

Yoga Name: Five Tibetan rites

Author: Peter Kelder¹⁰⁸

Book: *Ancient Secrets of the Fountain of Youth*

Practice Frequency: Six days a week

Rest day: one



How to practice the Tibetan rites

As you spin in rite number 1, imagine effusive light from outside you entering the physical body. Imagine light is entering and recharging all aspects of your energy body, which is in fact happening.

Build up your practice of the five rites slowly over the days, weeks, months, and years until you can perform each rite 21 times. Do not allow yourself any leeway or unusual interpretations of the Rites offered by other people on YouTube. Stick to the original source book and instructions that Peter Kelder has outlined for you.

Give your body enough time to become accustomed to the increase in life force, and electrical energy that becomes available to you through practicing the rites. Each day practice the allotted number of repetitions, until you reach the requisite 21 times for each of the rites.

¹⁰⁸ The actual movements and book are available in pdf format online for free: just search: 5 Tibetan Rites pdf. Mr Kelder's instructions do the job.

What to expect with the five Tibetan rites?

You will notice that it takes approximately four and six hours for the full energy and impact of the rites to arrive. But the Tibetan rites pack an energetic wallop when they do arrive. My journal recalls the first evening I practiced the five rites:

By midnight, my body was fully charged with energy as a result of the rites and felt as if I had had six cups of strong black coffee, buzzing with extra energy. The unmistakable extra energy I experienced was produced from the five Tibetan rites and it took me several months to integrate this newfound energy into my life.

Impact of the five rites

Rejuvenates and recharges the chakra system, the electrical current of life force animating human beings. No joke. The Tibetan rites nourish all five bodies; practice and your body and mind will become more flexible, agile and energetic than ever before.

Secret sauce of the rites

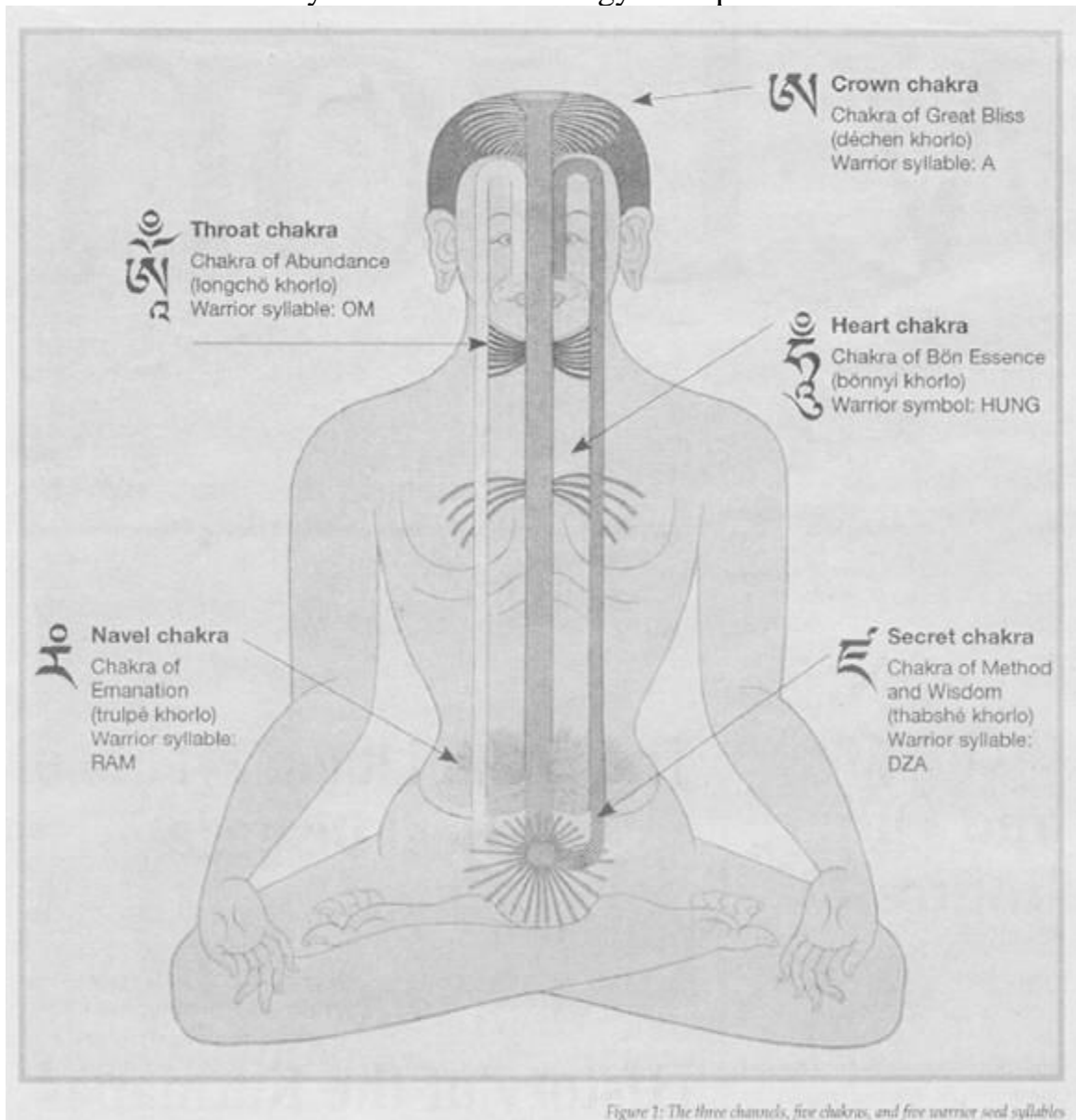
In my experience, the secret sauce of the rites is in the flexing of the tendons but not forcibly like lifting weights. It's a subtle *yin flexing* of the tendons, easily, lightly, and repeatedly that gives a burst of energy when performing the rites.¹⁰⁹ These jolts of energy give, and prepare, the body to receive and accommodate the increased energy flow. Over years of practice your body is able to hold more life force and, ergo, you are in fact more alive from the ability to hold more life force by doing the Tibetan rites.

Precautions

Yes, there are dangers with the rites for those that abuse or use them foolishly. The five rites must be respected as a Tantric yoga system that can prematurely activate your chakra system and burn you from the inside out. For some reason, when I write these things on paper, people seem to think that I am exaggerating. I am not. Do not do too many repetitions of the rites and build up your five bodies until you can handle doing the rites, easily and joyfully.

¹⁰⁹ This line of reasoning follows from yoga asana systems, tai chi and so called "tendon energy" of Tensegrity, of Castaneda whom I am paraphrasing here.

Practice six: Five warrior seed symbols
by Geshe Tenzin Wangyal Rinpoche



Introduction

In our previous discussion we mentioned that the human mind is a projecting, manifesting device. Seed mantras take tacit advantage of the mind's power in the tantra tradition. Seed mantras are compact sounds and vibrations that warriors can use to instruct our "mind vibrating instrument" to reverberate more positively throughout our life.

The five warrior seed symbols of Tibetan Tantric Buddhism follow the instructions of Geshe Tenzin Wangyal Rinpoche as outlined on his website.¹¹⁰ The warrior’s seed mantra corresponds to a chakra specifically located on the physical body and works directly on our energy body to refine aspects of our personality. Table 1 explains the five warrior seed mantra meditation: A, Om, Hung, Ram, and Dza, corresponding to the physical body.¹¹¹

| Repeat aloud seven -21 times | Say to yourself | Body Location | Colour |
|------------------------------|---|----------------------------------|--------|
| A or Ah | Space, unlimited spaciousness, stillness filled with primordial intelligence. Feel the physical body evaporate and rest in the black spaciousness of the translucent energy body balloon. Billowing and shimmering with black undulating light/life-trans. Rest in the certainty that the universe can organize itself; it can organize your life easily. Vedanta: Ahum Bramsmi, the core of my being is the ultimate reality. | Third eye OR crown of head | WHITE |
| OM | “I am complete the way that I am. Nothing needs to be added.” Add the sentiment from Taoism: “I have done nothing wrong. I have done nothing to be ashamed of.” Together, these two have a profound impact on the psyche. It allows you to forgive yourself for the past and provides inspiration for the future. Pure truthful speech is important for this chakra. | Throat/ adam's apple | RED |
| HUNG/HUM | The heart is the abode of the blue medicine Buddha, have compassion for yourself and others, chant “Hum” and remember the blue shining one. You can also ask for Archangel Michael and his blue light angels if you prefer. | Heart/ centre of chest | BLUE |

¹¹⁰ Appendix Two: Respect for Geshe Tenzin Wangyal Rinpoche. The 5 warriors seed practices are safe for everyone, otherwise they would not be readily available to the public.

¹¹¹ Also includes Deepak Chopra mantra from Vedanta from his book *Seven spiritual laws of success*.

| | | | |
|-----|--|------------------------|---|
| | <p style="text-align: center;">Vedanta: San Kalpa,</p> <p>Literally from the heart. Wishes that you wish to manifest in life should be said here. The heart is the secret abode of the wish-fulfilling shard, spark of life. Use Huna prayer to enhance the power of heart wishes.</p> <p>Sat Nam Kriya yoga as explained previously can be adapted to the heart chakra by chanting “Sat Hum”. Cleans, repairs and aligns the energy surrounding the heart.</p> | | |
| RAM | <p>The Ram seed mantra is all about cleaning and burning up emotional rubbish inside the body, making the body ebullient, translucent and filled with light.</p> <p>It is also important to remember to bring in the feelings of human heartedness with your chanting. Ensure you add feelings of compassion, openness and spaciousness.</p> <p>Chant “Ram, Ram, Ram, Ram” whilst imagining yourself breathing out fire, white-hot fire emanating in your belly and exhaled breath. You will feel the fire, heat of the chakra. It burns up negative drama. It gives you greater clarity, objectivity, and detachment in dealing with yourself and even humour as you can observe and even laugh at your own drama.</p> <p style="text-align: center;">Vedanta: Shiva Shakti.</p> <p>The mantra “Om Mani Padmay Hum” also can be chanted here with the golden Buddha emanating golden light in all directions from this chakra. Consider this mantra a magic key to remove any pain, emotional turbulence or obstacle in life.</p> | Abdomen/ belly | YELLOW Citrine |
| DZA | Spontaneous right action. | behind the genitals | BLACK pure unlimited potential |

| | | | |
|--|--|--|--|
| | <p>Unscripted right response. The Dza seed mantra colour is black, because of it represents the void, emptiness, non being, which is pregnant with manifesting potential. Allow the void /emptiness to provide and also release all negative drama. All motion contains stillness. Find that stillness within.</p> <p>Unscripted creativity happens so thoroughly that the practitioner may forget the mantra is actively working in their life.</p> <p>Vedanta: Sat Chit Ananda. Spontaneous knowing and bliss.</p> | | |
|--|--|--|--|

Commentary on the five warrior seeds

Usually at the end of a meditation session, I spend 15 minutes repeating the seed mantra out loud. Starting at the third eye, or crown of the head, and moving downward on the physical body repeating seven-21 times the seed mantra as follows:

1. Ah: Feel the spaciousness of emptiness, understanding that space is primordial intelligence, unlimited manifesting potential. Rest in uncertainty.
2. Om: I am complete the way that I am, nothing needs to be added. I have done nothing wrong. Say it again and again until it becomes true.
3. Hum: Imagine the medicine Buddha perfect compassion emanating into your heart, or out of your heart, to the child, person, friend, pet or situation that needs it.
4. Ram: Clean the emotional body by burning up the internal rubbish.
5. Dza: Spontaneous right action. Sat Chit Ananda. You will recognize when the mantra activates in life.
6. Additionally, Geshe Tenzin Wangyal Rinpoche strongly recommends including positive *heartfelt* feelings in the chanting of each of the seed mantra. Add the heart feelings of openness, spaciousness and loving kindness of a caring parent, or caring non-judgmental friend, to each region of the body where the seed mantras are chanted. The heart connects the whole system and is the engine that integrates a human being. The heart must not be forgotten in the chanting of the seed mantra.¹¹²

¹¹² My mistake in practice was that I preferred logic over feeling and I often left out the heart in my practice. I realize the error now. Please also see Wangyal Rinpoche's YouTube videos on the warrior seeds, he is an extraordinary human being and embodies the mantra as a living example.

Practice seven: Huna prayer

“More things are wrought by prayer than this world dreams of.”

Alfred Tennyson

It is an undeniable fact that human beings get their prayers answered and through prayer we can entreat, appeal, and beseech the sentient life forces of physical reality. Thankfully, Huna prayer is the solution that empowers our prayers with *mana life force* to be heard by our higher selves directly and thereupon manifested in reality.

The Huna method of prayer originates from men and women of knowledge in the Hawaiian Islands that identify themselves as Kahunas. The Kahunas, like many adepts from around the globe, also noticed that the human body is governed by three fundamental areas of importance inside the human machine:

- 1) Higher self: contains chakra five throat, six third eye, seven, crown top of head: Concerned with the higher spiritual self.
- 2) Middle self: contains chakra four heart, three belly: Concerned with reason and willpower. The ego self.
- 3) Lower self: contains chakra two emotions/subconscious and base chakra one and all the way down to the soles of the feet: Concerned with emotional, physical, material survival.¹¹³

The colossal breakthrough the Kahunas revealed to humanity has to do with how to connect one’s physical self with one’s spiritual higher self, directly and simply by using the breath force of mana. Breath is life and Huna prayer and all yoga, tantra, or shamanic practices acknowledge the agency of the breath (Vak) as the critical gateway to heightened states of awareness. Those who doubt would do well to remember human beings are only one breath away from death.¹¹⁴

Huna methods start with the premise that it is unnecessary for human beings to become God, Brahma or the universal. After all, human beings already have the living life shard active inside us. Second, all human beings can connect with the inner life shard provided they employ the Huna breathing methods connect mana (prana, chi, ki, pneuma) force to our lower, middle and higher selves.¹¹⁵

Kahunas’ epic breakthrough was in identifying the agency of breath, mana life force that human beings have the ability to manipulate to manifest prayers into physical reality. Before you pray, warriors should accumulate mana first which lies as one of the greatest truths of all time.¹¹⁶ Human beings, by accumulating mana breath force before they pray, can manifest reality – right now, today through the proper method of Huna prayer.

For instance, the Kahunas taught that at the request of the middle self (reasoning self) in what constitutes prayer, the lower self could secure the help of the higher self in eliminating conflicts and giving true spiritual healing. For this response the lower self can transfer, along aka threads

¹¹³ Yes, there are energy wheels on the bottom of human beings’ feet. Human feet also contain an exit point at death.

¹¹⁴ Tantric Buddhism and the Greeks: Aristotle, “pneuma” also recognize the power of breath as the animating life principle. Glen Mullin’s writing outlines the power of breath and the art of forceful projection to another vessel. Control of the life principle of the mana, breath, not the vessel/human machine is of tantamount importance.

¹¹⁵ Different traditions call it different names: mana, chi, prana, ki, omkara, and Odic force.

¹¹⁶ Long.

to the higher self, an adequate supply of vital force or mana of limitless power. These threads are better thought of as a river of condensed mana breath that is a gift from the lower self, joining the middle self and the higher self together to blow the mana upward to the higher self to complete the prayer.¹¹⁷

The Huna method of prayer is the magical bridge that empowers prayers to appeal directly to our higher self, our sublime side, to manifest directly into our life. No church, no other fancy yoga or intercession required. Breathe and give the gift of mana from our lower self, middle self to our higher self and that prayer will manifest into reality “as fast as you can receive it.”

Long instructs on Huna prayer and mana breathing:

The accumulation of an extra amount of mana (prana) is very simple once we know that we have to but wish to make such an accumulation and start the lower self to breathing (vase breath) more strongly.

The lower self is helped to understand what it is to do if we use a physical action to guide it (cupped hands gesture); it likes something tangible, something done with the body better than thought in the mind.

The Kahuna initiates actually purse the lips, turn the face to heaven and blow a jet of breath upward – while holding a mental picture over the lower self of what is wanted by *imagining* the one is forcefully blowing the mana up along an invisible ladder to the higher self. “Blowing water upward from the mouth” water being a symbol of mana.

So here we have a simple but magically effective Huna method of prayer. The part that we, the middle selves, play. We must decide the image and invite the higher self to take its normal part in our lives. What we decide to *be* and *do* magically must be *worthy* of the higher self and the two other selves causing no harm to ourselves or others.

Adaptation of Huna prayer

Say to the triune self:

Lower self

1. Breathing in: I ask my lower self to accumulate extra mana making my body vital and strong.
2. With each breath I take, my mind is calm and I feel more energetic.
3. Repeat three times, three breaths.

Middle self

4. I have prepared this image (desired result, postcard mind image) previously for the lower, middle and higher self. I seal this image with mana (exhale air/mana out on the imaginary image) so it cannot be changed in any way.

¹¹⁷ Long.

5. I ask my lower self, middle self and higher self to bring me: “a new job in Key West, Florida that pays \$100,000 per year as fast as I can receive it.”

Higher self

6. Image: Ensure the mental postcard image is real; you can feel, smell, and touch that happiness of its reality in your mind’s eye. Believe truly, it shall be true.
7. Next step. Cup your hands together like you are about to wash your face. Take a deep breath, turn your head and hands upward to the heavens, purse your lips and *blow*, breathe the mana upward, facing upward to the heavens along a silver umbilical cord of condensed light. Like a jet stream of water running upward from the lower self, middle self and given to **the** higher self.

Say aloud from the heart with love

8. I give this gift of mana to the higher self, the mother and father and I am easily receiving: a new job in “Key West, Florida that pays \$100,000 per year as fast as I can receive it”.
9. I leave it to the higher self, the mother and father to organize the details.¹¹⁸
10. I await in silence to receive a new job in Key West, Florida and I give thanks.

Important: Before you start Huna prayer be 100 percent certain you have a clear postcard image of the desired result, a specific result in mind. Infusing parental love that you feel for mum or dad, amplifies the huna request. The higher self as our parent and guide in life, cannot resist a reasonable loving request.

When: After meditation spend ten minutes formulating Huna prayers.

Focus breathing area: Tanden of Japanese martial arts. Vase breathing of Tibetan Buddhism. Settle down before you send your image from your lower self to your higher self.

Note: Sometimes the answer to the prayer is no and in that case respect the higher self for knowing the right path in life.

¹¹⁸ It is helpful to think of the higher self as a loving parent who loves to help spoil you and give you what you want provided you ask respectfully and what you ask for is for the good of all.

Practice eight: Protection for the warrior's energy body

Amplified awareness of warriors

By traveling the path of knowledge you are substantively increasing awareness, not only in the material world but also in all other realms of emotional and energetic existence. As a result, a warrior's senses and emotional life become more tumultuous. As awareness grows, you also grow in emotional sensitivity.

Not only do warriors develop sensitivity toward how they feel inside, they also receive very clear emotive images about how other people are feeling in their life. Sartre's (1944) remark "Hell is other people" is close to reality for warriors because they can feel the emotional climate around themselves and around other people.

In fact, emotions seem to emanate off people and they cannot hide who they really are inside. Worse still, these people also intuitively realize that a warrior can understand how they're feeling inside. Regardless of what happy image people might portray on the outside, you both feel the uncompromising reality of the situation inside – and that can be uncomfortable.

In any case, the path of knowledge is not about choosing the ideal things, thoughts, feelings that warriors like to experience. Quite the opposite. Warriors must develop the strength to face the reality of life among demons and fortify themselves in the human jungle of modern society. Say to yourself: "I am still among the demons, but will perhaps someday enter the world of men and become enlightened in the Way." The stronger you grow into awareness and the light, the stronger all aspects of negative emotion, anger, fear, and the dark forces of the universe queue up to test your resolve.

The law of equal measure (rule number two) is nature's method of ensuring only the fittest of warriors mentally, emotionally, physically, and energetically are bestowed with power. One sure-fire sign you are progressing quickly on the path of knowledge is as the *Bhagavad Gita* describes:

Non-violence means not to put others into distress, tolerance means that one should be practiced to bear insult and dishonour from others. If one is engaged in the advancement of spiritual knowledge there will be so many insults and much dishonour from others. That is how material nature is constructed.

The universe and her legions of the capricious are well prepared to resist the warrior in her quest for secret knowledge. Warriors, therefore, must also be ready to engage in additional practices of spiritual/energy body protection in non-ordinary circumstances.¹¹⁹ Since you are traveling in the unknown and have quickened your energy body, your karma and non-ordinary events happen at an accelerated pace much more frequently than you might expect.

The majority of situations on the emotional and spiritual planes of human existence are easily dealt with by taking refuge in medicine Buddha or your chosen deity. Simply say out loud: "I am protected by the blue light of the medicine Buddha and his perfect loving kindness and compassion for myself and my enemies".¹²⁰

¹¹⁹ Claire East's book highlighted in the appendices has a number of protection practices I can endorse. Read her book. The glass cap over chakra and breathing out negative energy are useful.

¹²⁰ Send compassion/kindness back to your "enemy".

However not all situations and circumstances are so easily resolved when the parasite(s) and the pain bodies of human beings are involved.

Parasite of the pain body

Inside every human being a war for control is going on. In order to survive and thrive a warrior must know that in every exchange they are *not* only fighting and struggling with their own parasite and pain body. Not only that. Human beings are also battling against the pain body/parasite of their so-called adversary. Don Miguel Ruiz writes:

The judge, the victim and the book of hell are together a parasite in our mind. The parasite is a living being made from ethereal energy, to survive it feeds on emotions that are created by the human brain, fear, anger, sadness, depression, jealousy, and victimhood, injustice.

The parasite controls the dream, it creates a dream of fear, a nightmare in order to control the brain, which is the factory of emotions. Negative emotions are necessary for its survival.

We see all around us that human beings are engaged in self-destructive behaviour, this is the outward sign of the self-destructive mind controlled by the parasite. A warrior is one who has awareness of the parasite in his or her own mind and declares a war on the parasite for the purpose of self-healing.¹²¹

The parasite, the mortal enemy of humankind

When involved in any negative emotional exchange a warrior must attempt never to blame the other party. Of course, we acknowledge the reality that yes, another party is attacking you, but we also understand that your enemy is under the influence of their parasite and pain body and cannot resist lashing out in anger, insult, or indignation. Understanding lessens the impact of the attack when warriors can see the other person is suffering deeply enough to lash out at others as a result of inner violent thoughts encouraged by the parasite.

In addition, if you have reacted badly to a person's negative comment, hatred, resentment, or anger that is a telltale sign you have the exact same negative emotional characteristic inside. Heated reactions are the negative emotional fuel the parasite is looking for. Warriors must also take a moment to recognize and be cognizant of our inner enemy.

The true enemy of every human being is our very own inner parasite that has fed on our negative emotions all of our lives. The parasite inside is what we need protection from, *not* from the so-called outside enemies who appear to have caused a strong negative reaction in you. Why are you taking comments from strangers personally? Because your parasite feeds on that emotional drama.

Warriors should regard enemies and their parasites as an indispensable resource sent to us to improve our resolve, patience and build up positive emotional qualities in the face of adversity. Enemies are valuable in a warrior's life as they provide important opportunities to increase our faith in the practice highlighted by the path of knowledge. Friends are useless in this regard.

¹²¹ Ruiz, *Mastery of Love*, page 69.

It is only our true enemies who are endlessly inventive in highlighting our faults and attacking us using our desires, hatred, resentment, addictions and so many other weaknesses inside. It is only by interacting and dealing with the negative pain bodies of other people that warriors can learn what is hidden, locked away inside themselves. The “enemy” therefore is a great gift because they’re telling you directly what negative emotion your parasite covets and what must be removed.

Over many years, warriors can learn to regulate, control, and deal effectively with the pain body, parasites inside ourselves. Through the long process of involution, polishing our body, mind and spirit, warriors are learning to shatter their mirror of self-reflection and ego inside.

The mirror of self-reflection

The mirror of self-reflection inside every human being is powered by self-importance, ego, self pity, selfishness (me, me, me, I, I, I) and our parasites calling to other people’s pain bodies, and trauma to ensure the drama and painful dream of life keeps going. Oupensky observed (1909) “Centres in the human machine are perfectly adjusted to receive each, its own kinds of impressions and to respond to them in a corresponding way.”

Therefore, people who possess similar selfish, negative qualities (anger, indignation, fear, self-importance) are pitted against each other in the human jungle of ego and compete against each other for attention (positively and negatively) and tend to find fault in everyone except themselves. In this way, the mirror of self-pity acts as a peer conformity mechanism in human lives, which ensures any who dare to be different face being ostracized.

Warriors must understand the energetic components that make up the pain body, parasite and mirror of self-pity as built in features of hell inside every human being. Only by understanding that the mirror of self-pity is powered and feeds on the dark rainbow of human emotions, can warriors break free from it. Don Juan explains: “The mirror of self reflection (self pity) is extremely powerful and only lets its victims go after a ferocious struggle.”

Only by growing in awareness and letting go of the selfish egoistic aspects of life can a warrior shatter the mirror. Leaving behind the pettiness of human drama in order to behold the spectacle of an impersonal universe where no-thing and no one is more important than anything else. A bee is just a bee, a tree is just a tree and I am one among many of thee.

Huna prayer for protection

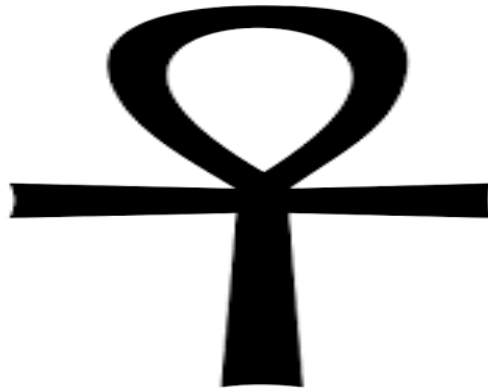
By adding the power of Huna prayer, you can amplify the request for protection several fold, so that almost immediately you feel the protection descend around you:

Affirmation:

I am gathering extra mana, my lower self is storing this extra force and we are both being made vital, strong, and alive by it. My lower self is powerful and confident and it repels any negative influence directed at it by evil spirits. I am blessed and rejuvenated. I pray for the healing help of: (enemy person) and of myself.¹²²

¹²² Long.

Practice nine: Protection with Egyptian Ankh symbol of life and gemstones



Introduction

From our experience we can apply the five-chakra system of Tibetan Buddhism to *open* or *close* chakra gates. It is important to develop the ability to *close* our chakra gates on command. To always leave your energetic doors wide open is a mistake as all kinds of unsavoury or negative energy can take up residence.¹²³

The path of knowledge practices so far have dramatically opened up our chakra energy system of the spine, and that can result in these wheels becoming far too open. Therefore, it can become easy for warriors to take on too much emotional information or negative energy from inside, and outside, ourselves. This can be overwhelming at times, making a warrior overly sensitive and even tearful at the slightest provocation. If you have too much negative energy barraging you, you should shut the chakra doorways.

The Ankh symbol of life from ancient Egypt

In special cases, where nothing else will do, you can easily close your chakra by using the Ankh, the Egyptian symbol of life. For instance:

“the Ankh (Egyptian symbol of life) may be the most powerful talismanic form available. It is a simple form: draw and/or construct a simple one and keep it under your pillow. Or: again, it is enough to use and follow your imaginative prompts and intuitions in constructing an Ankh.”

The Ankh symbol of life should be prayed to using the Huna method and recognizing life and the creator of the universe, supremacy of life, or God Almighty. Fully commit your mind and heart in the prayer for “protection”. In addition, call upon Archangel Gabriel and Archangel Michael and their light angels for protection, can be helpful additions to the prayer depending on the seriousness of your situation.

If your situation is serious, place the empowered Ankh symbol throughout your home: entrance ways, staircases, backyard, bedrooms etc. In the bedroom, place one Ankh symbol at the four

¹²³ Tolle’s sentiment from the *Power of Now*.

corners of your bed mattress to ensure you're fully protected while asleep. A simple measure of how effectively you have used the Ankh symbol is that those with evil intentions seem to be forcibly pushed/drawn away from the home. Especially by asking for assistance from archangels Gabriel and Michael.

Secondly, pestilent insects like flies are far less frequent in your home or office where the key of life symbol is shown. Yes, it sounds mad, I know, but it really works and you'll sleep like a baby despite any heebee jeebees, negative spells, or unwanted suggestions (emotional, mental, or physical) that may intrude.

How to position the Ankh key of life in the home?

In terms of warding and protection of yourself from psychic attack, the Ankh symbol must be positioned, placed facing *outward* because the attacks and most of our thoughts originate from outside ourselves (Kriya yoga tradition). This makes human minds easy targets for those holding evil intentions to pass along thoughts, emotions or series of negative suggestions, to you and your parasite.

It's important to note that you *must not* place the Ankh symbol¹²⁴ directly against any wall. The symbol must be placed with a little *breathing space* such as five millimeters to one centimetre to allow the elements¹²⁵ to circulate through it. This tiny space helps the natural elements stop energy/psychic attacks. Windows as well, allow a little space of air between the symbol and it, and you will see the result.

Steps and commentary

1. Never place the Ankh symbol too high in any room (bedroom, living, dining, doorways) like the ceiling. No spell caster or evildoer sends evil intentions to the roof, because no person alive lives on the ceiling. Rather, the symbol must be placed at eye level or lower in the room in the areas where you live, eat, stand up, exercise, and sleep in your home. Experiment to get it right.
2. The symbol must always be placed where you actually live in a room. For example, the bedroom must have the Ankh placed where your head and feet are when you sleep, and address all four directions of the room to ensure full protection.
3. Make a geometric grid pattern in the room in question that connects your symbols together as a whole and not individual silos. In this way, you strengthen the protection and power around the room and in your home.

¹²⁴ Glued, affixed, or duct-taped.

¹²⁵ The ankh symbol uses whatever elements the room has: air, sunshine, ether, akasaka. But if it is fixed to the wall, you limit its ability.

Gemstones: Selenite, amethyst, black obsidian, hematite, labradorite, and shungite

Furthermore, you can amplify your personal protection by applying gemstones, which can enable you to thwart and prevent psychic or any other form of attack on the energy body. Apply these healing, protective gemstones where needed around the body, around the home, and chakra system as required but never overdo it. This powerful combination of the Ankh symbol of life and gemstones, immediately stops your energy body being too sensitive, emotional, or open to psychic attacks that you may, or may not, be experiencing.

When deciding to close the chakra gates, exercise caution, please be circumspect with the technique. After all, you have worked hard to develop heightened awareness and sensitivity to your surrounding environment and do not wish to injure yourself by accident. Apply the technique as required, but as little or as few times as possible to protect yourself.

Use gemstones on your body to enhance protection.

1. *Selenite* is considered liquid moonlight of the feminine shakti energy. Useful at the crown and all over your body to remove unwanted energy and enhance the cool, calm moonlight *feeling* throughout your body. Selenite is said to bring the light of heavenly realms to its users and also brings your higher self into any battle you are undergoing.
2. *Amethyst* at the throat, placed under your pillow for solid sleeping. Yes, you might have more energetic dreams, but nothing else may enter your *dreaming* when you use amethyst at the throat under your pillow. Also useful for the third eye, and heart chakra and anywhere else on the body that is turbulent.
3. *Black obsidian*, volcanic glass, is known for its protection qualities across physical and non-physical realities. Ensure the obsidian stones you have are empowered and fully charged. In this way, you will feel the obsidian enshroud you, your home or any bedroom with its protective qualities. Black obsidian is a gift from the universe for any who wish to protect their energy body from emotional or psychic attack. As such, it is useful at front doorways, entranceways for blocking and stopping any negativity, evil intentions from trespassing your home.

Tips with obsidian

You can also use obsidian to form a magic square using four empowered stones to guard your bed at night. Please ensure it is four pieces of quality obsidian, do not mix or match gemstones when making a magic square.

Black obsidian can be used at chakra gates located on the *soles of the feet*. Yes, at the bottom of each foot is a chakra gate and I would place a small flat piece of obsidian there.

When faced with psychic attack, black obsidian heats up dramatically, like a volcano and the part of the body that the stone is touching becomes hot.¹²⁶ As a result, it is far safer to place obsidian on the soles of the feet to draw the fire out, as hot feet have never been a drama for anyone. However, an overheated root chakra (one) or other part of the body can become a bigger problem. Please monitor your body carefully when using these stones and go easy on yourself.

¹²⁶ Anything to do with fire, heat or non-ordinary fire in the body, use obsidian and breathe out the unwanted feelings with the *sweeping breath* of recapitulation. Same procedure with hematite, also a fire stone. Both obsidian and hematite are known for their mystical abilities, provided you have a large enough piece to unlock and access these non-ordinary skills.

4. *Hematite*: Grounds you strongly to the earth and prevents, dispels all forms of negative, energetic, or psychic attacks. A hematite globe is an incredibly powerful gemstone that shows its true worth when faced with unusual, and non-ordinary happenings. By far the most kinetic of the gemstones, you can feel hematite actually working actively, protecting your physical and energy body. Therefore, you should buy a high-quality hematite globe from a local gemstone shop. Along with selenite, a hematite globe is one of the most powerful allies you can deploy to protect yourself. Do not be cheap about it. Keep the hematite globe nearby or touching your skin anywhere on the body during times of duress.¹²⁷

Tips with hematite globe

If you feel strongly that you have negative energy inside or you know something is intuitively wrong, pick up the hematite globe and breathe in its etheric juice. You should “*smoke*” the etheric juice of the hematite globe for 3 to 6 breaths through the mouth OR nose.¹²⁸ Exhale anything unwanted inside.

Hold the breath and fill the lungs to capacity. Direct the breathed in hematite to any feelings of discomfort you have in the body. You will know when you’ve done/smoked it correctly because you taste a *metallic like tinge* enter the lungs, that is the hematite etheric energy removing anything unwanted inside. All types of rubbish are dispelled from your body with hematite and the breath.¹²⁹ As with any technique in the path of knowledge, please be careful and circumspect in your usage.

5. *Labradorite*: Known as a stone of magic, which replenishes its users, restores, brings energy and prevents further leakage by fixing holes in the energy body. Essential for all the higher chakras, the heart, throat, and head.

Labradorite is the stone that helps *men in particular* and women reconcile with the heart chakra, the emotional center of a human being. This reconciliation with the heart can be quite painful for some people as the heart is the place which stores all of our emotional baggage, memories, good, bad and ugly feelings accumulated over a lifetime. All types of negativity, hatred, bitterness, insecurity, self-rejection are stored away in the heart memories and carried around by your parasite and pain body until you address them directly and can release them with the sweeping breath of recapitulation.

Here is when labradorite shines as an important ally for you because it heals the emotional pain body and can repair, restore and bring a warrior’s energy body back from the meanest of circumstances (body, mind, and spirit). This stone should be worn around the heart, and meditate on the heart, anja-third eye, or top of the head. In one short month, you will see a dramatic improvement in your energy levels and become firmer in your resolve. If you are having ongoing drama or pain with the heart (thoughts, feelings), carry labradorite with you everyday and charge it in the moonlight as much as possible.

6. *Shungite*: Also called the stone of life because of its purification qualities and, at first glance, appears to be the most unassuming of stones. Do not be fooled by its outer

¹²⁷ Trust me and be protected. Don’t speculate until after you have bought the hematite globe.

¹²⁸ Never more than eight breaths, don’t go crazy, be careful. Hematite is a powerful stone.

¹²⁹ Sweeping breath of recapitulation. Use that. Carrying hematite around in day-to-day life also protects you. If you are attacked, for example by outside forces, hematite protects you and you will know it because when you exhale, you taste the metallic tinge of the stone.

appearance. Shungite is important for warriors because of its ability to cancel and remove any unbalanced energy regardless of how powerful or where it comes from, inside or outside. The stone has *other worldly* characteristics as it originates from meteorites and has been used for purification since its discovery. As a result, no earthy magic or spell user can touch or *overcome* shungite's energy cancelling qualities.

Additionally, carrying shungite around in your pocket brings out the masculine side (yang) of its user, which brings on a distinct feeling of readiness for action. You feel taller, stronger, more assertive, feeling like you have a duty to stand up straight and look life directly in the eye. Shungite is an important addition to your collection because of its energy cancelling effects on the energy body and the sense of alert readiness it brings to you.

Lastly, you should cleanse and recharge your gemstones appropriately by using the elements: earth (plant in the dirt), sage smoke, and moonlight are the tools used for recharging and empowering gemstones. Please research each of the gemstones online in order to know more about their innate qualities. Be fastidious about recharging your gemstones and they will take care of you. Selenite, for instance, loves the moonlight and becomes a powerhouse after a full moon bath, but must never be cleaned with water as that will melt the gypsum.

Practice ten: The GreensWard Valley tantra

Overview

The GreensWard tantric meditation practice is designed to enhance compassion and loving kindness toward ourselves and every sentient being on earth (human beings, friends, enemies). The purpose is to train our mind to be less hostile, angry, selfish, emotionally fragile and give our mind and emotions medicine (antidote) to become more peaceful, tolerant, socially accepting, and happy. Initially toward ourselves and then other people later on.

Although the practice originates in Buddhism, I believe a more peaceful, relaxed, and compassionate mind is important for all human beings. The practice illustrated below was inspired from American Buddhist author, Professor Robert Thurman. I have adapted the original meditation to fit my envisioning, feel of the place.

The tantric aspect of the GreensWard meditation is that we are using the magic of our imaginations to create the place and state of being that we *wish* to have activated in our lives. I mean, we are cultivating and growing the potential of the mind by using the theatre of human imagination to create the qualities we wish to have. In fact, we do not in reality have these positive qualities or characteristics evident as we start the practice.

However, the mind's super power does not make distinctions between real or unreal. So we are taking advantage of the mind's projecting, reality warping ability, to develop the positive personal qualities we wish to have in our minds and our lives right now.

When done repeatedly, the GreensWard Valley tantra meditation creates the meta waves, ripples, in our consciousness that eventually trickle down into our physical reality and reshape, reform, and refine aspects of our minds and personalities. It is a powerful healing instrument to develop a calm, caring, flexible, and spacious mind.

Setting the stage: Breathe 21 times to settle yourself. Say aloud: I take refuge in the Buddha, the Dharma and Sangha, I hold the seat of my sanity here.¹³⁰

¹³⁰ Literally hold the seat of your sanity here on this seat; you cannot be shaken from no matter what happens during the day. Return to the seat of your sanity every day. Hold your mind captive here do not allow it to prance about causing mischief, drama and grief for you.

Set the scene



The GreensWard Valley meditation

Imagine in the mind's eye that you have travelled and arrived in a GreensWard Valley of the Himalayas. White-capped mountains encircle the valley everywhere in a protective ring, and there are no roads or other entrances into the valley. The bird's eye view is breathtaking.

The floor of the valley is the GreensWard. Green grass fills the valley with the vibrant buzz of life. Dominating the centre of the valley is the oversized white oak tree of life. Meditate for a few seconds to stabilize the image of the giant white oak; smell the grass, feel the cool but mild temperature of the valley.

You see the massive white tree of life commanding the centre of the GreensWard Valley. Sitting on the top of the branches are all of your spiritual heroes and all enlightened masters from every tradition: Buddha, Christ, Muhammad emanating, radiating, shining the light of loving kindness and compassion outward in all directions simultaneously, like rays magnified by the sun.

Around the valley, arrayed in concentric circles around the tree of life, are all the human beings on earth meditating at the same time as you right now, all facing the tree. Each meditator in the valley is busily engaged in sending heart light to connect with their heroes in the tree of life.

You also sit down comfortably on the GreensWard and send your light to connect yourself with the light of blue medicine Buddha, Dharma and Sangha, the spiritual community. The Buddha radiates effluent light of perfect compassion and loving kindness toward your heart and fills you with kindness.

You are connected with that light emanating from the tree of life to all of the meditators in the greensward. Breathing in the meta of loving kindness, breathing out "I give kindness to myself and all human beings". Breathing in, "I breathe in the Buddha's loving light of kindness", breathing out "I give loving kindness back to the tree of life".

In your mind's eye, envision thousands upon thousands of the human meditators (Buddhist, yogis, Kabblists, shamans) in the GreensWard Valley are also connected by the light of the tree of life and their spiritual heroes. Each is actively participating in giving and receiving kindness through their breath, the light of compassion and meta kindness for all sentient beings.

The light enters the top of their heads and their hearts and it is incredible to see how brightly alive and shiny their faces are. The GreensWard Valley is filled with meditators from all over the world, connected to life, ensuring that kindness, compassion, and human dignity forever remain in the world.

Commentary

The more vividly you can see, smell, and feel the GreensWard and the white tree of life as a real place, the better. By bringing the theatre of the mind's projecting power and focussing, orienting its lens to becoming more compassionate, respectful, and kind toward ourselves, the faster we can improve the mind to act more positively in our own life.

Never underestimate the power of the human mind. It is also incredibly powerful to practice forgiveness and kindness for all people, even those who may have caused you pain in the past. Let go, release pain, hatred, anger, and resentment into the light. Give forgiveness and shine the light of compassion from the tree of life on our so-called enemies and ourselves. A warrior is as light as a feather because she is not carrying around heavy luggage of slights, anger, and injustice. Leave all of that behind, let all that negative rubbish go into the light of the GreensWard Valley.

BOOK FOUR

Conclusion: Prelude to right action

The first thing any human being who wishes to succeed in life realizes is that doing the wrong thing never takes you up toward the next promotion, rather it's always down. Down to hell, sometimes in a spectacular death, sometimes a slow burn. Look carefully at the people surrounding you in life in order to ascertain the truth of Marcus Aurelius's observation: "The object of life is not to be on the side of the majority, but to escape finding oneself in the ranks of the insane." Without a doubt, the so-called pleasures of the new heathens today are really the paths toward pain, dis-ease, hardship, and mental insanity.

In the western world, variation is the primary tool that human beings use to distract and deceive themselves into believing their life is special. New people, new sexual partners, new genders, new drugs, new countries to visit, new trucks, new houses are the names of the things that keep the mental hospital of society going. Variation and substitution ensure that people remain firmly in the grips of Maya and stay forever trapped in materialism until death. Dissatisfaction, pain, addiction, anger, and suffering are never far away for these people. As the saint, Sri Nisargadatta Maharishi comments: "What else can be the cause of this universal search for pleasure? Does a happy man seek happiness? How restless people are, how constantly on the move! It is because they are in pain that they seek relief in pleasure. All the happiness they can imagine is in the assurance of repeated pleasure."

In a warrior's life, pain is also the direct message sent to you from the higher self, the magical self that is informing you that a change in your lifestyle is required. Our sublime side wants to be known by you. The only way to leave behind the mundane life of the first attention, is by taking responsibility for your life and embark on the warrior's way with the conviction that you are calling your power back to you and recovering your true identity.

The warrior must be totally sober and not succumb to the 10,000 cravings in life. Warriors work tirelessly, endlessly, to achieve soundness of body, mind, and spirit understanding that is their only pathway in which they can reclaim their sanity and open the doorway to personal power.

Stopping negative behaviour

The path of knowledge is quite simple. Stop doing all the negative behaviours mentioned here and be especially careful of abusing yourself through variation, the modern dis-ease of humankind. In order to climb higher and conserve your energy you must master yourself, your appetites and demonstrate to the higher self that you are sincere and responsible in all efforts. At the very start of the path of knowledge it is absolutely about abstaining. Just stop and keep stopping whatever your addictions are. The way to master yourself is to follow the advice of the sage Confucius:

Don't look at anything improperly, don't listen to anything improper, when you lose dignity and let selfishness take over this is improper. When *desires* or emotions take charge. Must be mindful of your eyes and ears, when you look, look to see clearly, hear to hear clearly. So your words will always have measure, when you are going to speak on your own initiative, speak after careful calculation and consider the occasion. Calm your mind and soften your voice.

Mastering the dream of life

In a 100-year lifespan, human beings are asleep in bed half the time and when awake are busily engaged in chasing pensions, cars, marriages and proving to themselves and everyone around them that they are a “good person.” The impulse to achieve the mantle and recognition of a “good person” in society is one the reasons humanity settles for a life shipwrecked on the island of the known.

Through the path of knowledge, warriors have developed their awareness and personal power to a point where they can dream any version of life they want. In other words, the path of knowledge is about freedom to live and dream life any way you choose. Warriors are not dogmatically locked into their egoistic projection of “I am a good person with a good job and a good family” onto death.

Warriors understand that we are waging war, going into battle against ourselves inside our minds and against the outside dream, the nightmare of modern heathens to regain our true identity and power as a complete human being. Like any battle, you might die. But it is far better to die as a warrior struggling for personal freedom fully cognizant, fully aware that you are at war instead of accepting the slavery of ego and lifetime of vapid materialism.

Warriors’ herculean struggle is to find the true self (body, mind, and energy body) and polish their awareness to such an advanced degree that they are able through their sobriety and dedication to control and command their dream of life.

The path of knowledge might seem like a path of morality or could easily be categorized as a path of “thou shalt nots.” But that is simply not the case. Rather it is a path of energy. Only energy exists and the only way any human warrior can call their energy back from the dream of life is through sobriety, skilful means outlined in the path of knowledge and consistent dedication.

The more sober (addiction-free) a warrior, the more energy and personal power he or she has available to command the tonal first attention and nagual second attention, our magical side. By conserving our energy in sobriety on the path, year after year, we are polishing our awareness and taking our power back to assume our rightful place as human beings who are not victims of a cosmic accident on planet earth. Instead we are masters of awareness and assume rightful command of the dream of our life in power and personal freedom. The more powerfully warriors master themselves, the more power they have to help others dream their lives.

All is required is energy from the totality of our energy being, no god, no morality necessary. You can drink, drug or abuse yourself all you want to, but no power will descend upon you that way. The path of knowledge is not about morality, it’s about calling power back to ourselves.

The two most important aspects of conserving our energy and calling power back to ourselves are truthful speech, which activates willpower, and silence is the key, which unlocks the storehouse of silent knowledge inside.

The warrior’s way

Truthful speech empowers our words, so that things happen in life spontaneously in the right place, at the right time and in the right proportion for a warrior who has straightened her words in truth. The sentient life force that organizes the cosmos and keeps the universe working like clockwork is verifiably operative in life and responsive to a warrior’s will power. Deepak

Chopra refers to this as synchronicity and a warrior can rest securely in the knowledge that he is acting rightly in accord with the sentient life force. All that is needed will arrive in its right time and proper proportion.

After training in the path, you should notice the more subtle aspect of willpower becomes activated. That is to say, a warrior's intention and willpower become unified, aligned with the sentient force of life through connection and conscious integration of the physical body, diamond mind with the energy body. The magic of life opens before us. Every esoteric tradition that described the path of knowledge has recognized that truthful words are a power that manifests reality.

Warriors must never allow emotions to overwhelm their heart's true decision, even if that decision may cause disappointment, pain or hurt other people's feelings. Always, we must be true to ourselves first and, in doing so, we are true to every other person we meet and in harmony with life. You cannot be true to yourself if you are shamefully engaged in a job, sham-relationship, or marriage with no love inside it. Warriors must never equivocate or try to accommodate or meet the irrational demands of others.

Having said that, if you decide to agree, consent and say "yes" to any situation or person that undertaking becomes like a verbal contract from heaven itself. You must do your very best to ensure that every aspect of that responsibility is discharged to the best and fullest of your ability. You do your absolute best to get every detail correct and never make a big show about it or expect a massive reward, recognition, or verbal praise. Once a warrior agrees, consents to participate in any endeavour then it must be done, no matter how long, how hard, no matter what the obstacle. Bringing a warrior's level of intensity into your decision-making, you will be much more considerate before you agree to take on any action.

Nowadays the vast majority of people are conditioned, socialized to acquiesce, cave under peer pressure to say "yes" to any unwanted request; this is the absolute worst thing you can do for yourself and others. Instead practice saying "no", again, again and again and as if by magic, meaningless activity and drama drop out of your life.

Inner silence and ontological knowing

More important than any other behaviour on the path of knowledge is silence, a foundational practice for any warrior. Every day, you must take refuge in silence and practice remaining quiet, silent and not talking about your wonderful self, aggrandizing the egotistical self.

This sounds easy, but let me assure you, it is much harder to remain silent in practice than you might imagine. Talking about ourselves, for the majority of people is the method that they use to reassure themselves socially, unburden, alleviate pain and pass along drama or gossip about others.¹³¹

Silence means you listen more than you talk and never interject when others are talking or insert yourself into their conversations. Never offer random opinions unless asked specifically for your thoughts and then speak sparingly and in a few words as possible.

Silence is the critical factor that enables you to have communication, inspiration from silent knowledge inside that does eventually emerge from within. Silent knowledge, or inner knowing the right path without outside cognition or epistemological input, is the result of many years of

¹³¹ Osho, *Tao* 1993.

meditation and the energy practices highlighted by the path of knowledge. The warrior's inner self of the Kahunas, Daemon of Socrates and the stoic philosophers increasingly provide the information you need to act rightly in your life endeavours.

Knowledge of our death, that we can die anytime, any moment, frees us to act today to stop abusing ourselves and live the magical life all human beings are designed for, but few realize the untapped potential of the storehouse of power we have locked away just behind the physical facade.

Are you ready to accept your responsibility to live life as a warrior and claim your birthright as a powerful human being? Take the path of knowledge, it will transform you, enshrouding your life in magic and mystery. Let us pray for guidance.

Warrior's heart prayer

I ask the light of the creator of the universe to shine brightly on me, work through me and guide me through my life. Today I will cause no harm to myself or others in word or deed. I forgive myself and all those that may have harmed me in the past. I am totally responsible for my life and no other person can influence me as I follow the truthful path of my heart and seek truth and wisdom in every aspect of my life. I am growing in the service of the light and may happiness, compassion and peaceful silence find me and all those around me – all the days of my life. Amen.

I hope the path of knowledge helps you find a meaningful, powerful, and happy life. That is more than enough for one old man.

The end.

Questions and answers on the path of knowledge

Q1: Why is there so much Buddhist practice in this guidebook, are you a Buddhist?

Yes, and no. When you have a fire at home, you call the fire department. When you have a problem with the plumbing, you call a plumber. When you have a problem with your mind, you call on Buddhism.

So the Buddhist practices highlighted are pragmatically selected, because they address not only the surface causes of suffering but also the underlying selfishness of ego that causes endless misery for human minds. Buddhism is designed to reduce selfishness and ego, the immortal disease of mankind.

At the very start of the path of knowledge, I would not fuff about. Just follow the prescription and not worry about the technique. I mean to say, take refuge in the Buddha and his practices for mind reform. The Buddhist practice has proven to be effective for 2500 years. Only by keen insight into reality, and the nature of the human mind, can anything survive and continue to be relevant that long. Entertain the notion that the Buddha became a Buddha for a reason and knows infinitely more about the human mind than you do.

Q2) Can I drink beer or alcohol on the path?

If you wish to progress fast, the answer is no. Second, alcohol makes you vulnerable to dark forces and therefore you must abstain. Just before the human form and mirror of self-reflection are scared away, you must never drink alcohol or ingest any drug. I have only recently learnt this lesson the hard way as the creator of the universe has shown me the error of my ways.

Q3: When will I see my energy body?

If you practice using the magical passes of Castaneda and have implemented a full program of practice recommended above, you are two to three years away from seeing the first translucent glow, etheric glow, around the fingertips and around the toes. The glow begins around the fingers and toes and spreads from there.

At night when you wake up to go to the washroom, or get a drink of water, you can also see the energetic doppelganger of the outline of the energy body more easily. Make a few tai chi-like moves, slowly waving the arms and legs and you will see the soft body – no mistake. I know it's hard to believe, but you can see the etheric body easily.

Q4: Why are magical passes important?

The magical passes of Castaneda focus from the start on maximizing energy available for the energy body. Although physical movements and postures are used, these are only to provoke, stir, heat up, and call back energy that has been dispersed to the energy body. The physical body is the least important in the magical passes, whereas the greatest importance and focus has been given to the energy body.

Tensegrity is an energy-first system that only incidentally uses the physical body as an instrument and mechanism to fortify the energy body. A stronger energy body, quite naturally

means a stronger physical body as well. The five Tibetan rites of Kelder, are similar in concept to Castaneda's view of human beings as energy bodies.

Yoga asanas on the other hand take account of the fact of the five energy sheaths of a human being but are much more physically focussed. These render the asanas much safer to use and bring a stronger physical body that can hold more energy. However, the starting point is with the physical body (Hatha yoga) and that takes a long time to reform the energy body that way. Kriya yoga, and its energy practices, works more directly with the five energy sheaths.

Q5: Where should I meditate in my body and my chakra system?

Always and forever meditate in the Anja chakra located nearer the top of the forehead not between the eyebrows or low forehead as some would have you believe. Meditate here and not anywhere lower in the physical body or the chakra system, for example the heart or hara of Japanese martial arts. The reason is twofold.

First, the level you meditate at is the level of awareness you will develop and manifest in the future. So if you meditate at the root, all of your abilities in the future will be associated with root, base chakra. If you meditate at the heart like many female practitioners do, you develop abilities around feelings and emotions.

Never make this mistake. Instead, follow the advice of Yogananda and the Kriya tradition, take the Anja chakra as your seat in meditation practice. In fifteen to twenty short years, you will feel the opening of the Anja chakra as it connects directly with the sun and feel a million sunshines enveloping your forehead, much as it happened to me.

By meditating in the Anja chakra, you're making yourself resistant to psychic attack that may occur in your future. Let me assure you they will come when the anja and the fruit are most ripe and you are most vulnerable, high or drunk. Never assume for a moment that your foe is only one or two people. The dark side plays as a dirty team and kicks a man when he's unsuspecting and when he's down.

Q6: How old or young do you need to be to start following the warrior's path?

I would say, you need to be an adult 22 years or older, a mature young adult. Not a teenager or younger.

I say so, because many of the practices highlighted here in the path of knowledge are dangerous for those who *do not* have a strong sense of egoistic identity. Many of the techniques included on the path of knowledge are designed to free you from ego and I would caution anyone younger than 22 years of age, to stay away from the *tantric or energy practices* highlighted, unless you have a qualified teacher, yogi, Buddhist monk, or shaman nearby to consult.

Having said that, any person at any age can begin to cultivate a warrior's mindset by training in traditional martial arts. Martial arts have also been called *martial yoga*, a different pathway with the same end goal of enlightenment for its practitioners. You only need to meet high-level martial artists in any discipline, lifetime practitioners, to see they have realized the *art form* is really about being peaceful and manifesting peace by providing service to others.

Watch these martial artists carefully, men and women of high degree, and you will notice there is an outstanding dignity surrounding them. This martial dignity is the natural inheritance of human kind and is the natural mode of being for all human beings who can realize the inner truth of themselves.

Don't worry about any of the other fancy yoga or dreaming stuff until you are ready and serious about becoming a warrior in life. So I strongly recommend any who wish to travel the path of knowledge start with martial arts training (judo, jiu jitsu, daitoryu aikibujitsu), and when you are awarded a *shodan* belt from a qualified Japanese master, you will know firsthand the warrior mindset.

Whilst you are training in Japanese martial arts, you can begin to experiment with the practices highlighted in the path of knowledge. Slowly integrate them into your weekly training routine. Even today, Japan has many warriors following the bushido code and the ethos of the samurai still shines brightly as the "*ones who serve.*" Culturally, bushido is embedded into the fabric of all Japanese people and Japan. When you are ready, you must take your martial arts training to the next level by living in Japan. It's not only training in the martial techniques in the dojo that matters, rather its outside in Japanese society where you feel the martial attitude, culture of respect and dignity everywhere you go in Japan. Therefore, outside the dojo, living in Japan, is even more important to develop the correct attitude, and martial mindset. You cannot know how valuable martial dignity is until you have trained with Sensei that have it in spades.

Q7: Why do some of the practices take so long to accomplish?

Tis quite a big ask to awaken and integrate *three* energetic sheaths (food body, mind/emotion body and causal body) and bring them under conscious control. Essentially, you are asking for the three sheaths and the very difficult to call the causal/astral body to come under your personal control. That can never happen without a prolonged period of physical, energetic, and psychological preparation.

In more practical terms, it is best for those that want to follow the path without expecting any reward or recognition. Surely, a path to sanity and personal freedom should act as two powerful motivators for people to travel the path. Ask yourself: what is the primary cause of the path of knowledge? The cause is personal freedom (mind, body, spirit), to dream a life any way you want to and have the power to manifest the life of your dreams. You can only do that with a body and mind that can serve yourself and others. You cannot serve or give to others what you, yourself, do not have.

Just practice year by year and don't worry about the final goal for now. As the author, I feel compelled to include a glimpse of the high mountains so readers will feel inspired to work hard and climb the foothills.

Having said that, this book is really about the work each individual puts into climbing the foothills and making a strong foundation in day-to-day life. The path of knowledge is a path to sanity. A strong mind, body, and spirit are what are most needed in modern times to ensure goodness, peace, and human affection are always abundant in your life and pervade in the world.

Q8: What do you do if you become scared, for example by the green scout?

Stop all practice(s) that is not commensurate with your ability. If something is not right, don't do it. Be careful with any practice that causes you uneasiness. Just leave it alone. Don't ask for more than you can chew off, I have embedded several warnings in the book to advise every reader to be careful. But sometimes people only respect something when it bites you. And the Green scout is my story of getting bitten. I was overly confident in dreaming and this incident with the green scout showed me, I am but a toddler in the second attention.

Q9: Is it necessary to do all the practices six days a week, if I do not have time or if I am sick?

I have written what I do. It is entirely up to each reader and individual to determine how it applies practically to your life. Naturally, if you're truly sick, take time off.

For myself, when I am sick, in pain or in doubt, that is when I move and meditate. I change the movements into *tai chi forms* with yin flexing. Ever so slowly, I do a few repetitions of Tibetan rites in super slow motion to show the body, mind, and spirit I am alive and this illness, problem, challenge is not welcome here. You must never welcome an illness, injury or identify with it (physically or mentally), as that can become a fatal error. Instead, affirm with movement, your mind and huna breathing: *I am vigorous, healthy, strong in body, mind and spirit.*

Next, the program outlined in the path of knowledge is for six days a week. In doing so, you will realize it is not a huge effort, or chore to exercise or meditate when you do a little bit every day. On the contrary, moving every day becomes a joy when you see for yourself, your mind and body are healthy, strong, and pliable far beyond what is considered *normal* for your age group. Frankly, I am in better shape today at 50 than I ever was at 30 years old because of the path. Being young in age, does not preclude your body and mind from adopting old person's perceptions and ways of life.

For fun, stand up and try to stretch out and touch your toes now, straight legs, no bending the knees. If you cannot do so, it tells me your mind is also tense and stressed and you need to limber up your body first – and mind second by using the path of knowledge to your benefit :)

Appendix One

The energy bodies: Etheric versus astral body¹³²

The etheric body

The etheric body is a light body and higher vibration, just one notch above the physical. Everything that is alive relies upon the etheric life force: plants, animals, and humans all have an etheric body. The etheric body also provides an invisible template upon which flesh is built and when someone loses a limb (arm or leg) by accident they still can feel the limb because the etheric arm or leg is still connected to the etheric template even though the physical limb is not.

The etheric is only a few centimeters away from the physical and can be seen by warriors following the path of knowledge, more easily than any of the other bodies that I shall describe here. In fact, *seeing* the etheric bodies of plants, animals and people should be the first sign that your very own energy body is growing inside you.

If you have practiced assiduously, you will *see* a soft shimmering black light around living objects as a doppelganger follows a few milliseconds behind a person that walks in front of you, beside, behind you. People also seem instinctively aware that you can see their etheric bodies and even this small trespass of viewing another person's etheric body is – usually unwelcome.

Mistakenly, the literature surrounding energy bodies always talks about “rainbow body”, this or that, and many assume it's a white light that encases human beings, it is not.¹³³ Rather you will see a black shimmering, undulating film of dark light surrounding people, plants and animals. Don't get too excited about it. It is a small reward for all the effort you've put in so far.

The etheric body is not our true battlefield, what we are really stalking and learning to call inside of ourselves is the astral body, a powerhouse. As a precaution, ensure your body is soundly fit and you are sober; no drinking or drug policy if you are calling these bodies.

Integrating the astral body: 1000 megawatts of power

The astral is our star body and it gives human beings conscious awareness and movement. Animals also have an astral body, plants do not. In animals, you can see that they have a conscious awareness and ability to move independently at will. Being knocked unconscious means for animals and human beings that your astral body has left the tabernacle of the flesh – temporarily.

In human beings, the astral body functions as the desire body, emotional, and mental body. When we sleep, our consciousness, astral body, lifts outside of our physical and etheric body and gives us a rest from its powerful energy.

This allows the etheric body to replenish, heal repair and align our physical body so we are prepared to accept the 1000 megawatts of energy of our astral body the next day.

¹³² Much of this section is from Claire East's book *Chakras for the 21st Century* with added commentary from my personal experience calling these energies inside.

¹³³ For a Buddha, or highly enlightened being, sure it very well could be a rainbow body. But for you and me down in the low trenches of life, you will see the etheric first, then aspects of the astral. It is the human astral body that sees energy.

Appendix Two

Five Warrior Seed Symbols by Geshe Tenzin Wangyal Rinpoche

<https://www.dharmawheel.net/viewtopic.php?f=43&t=614>

Quote from the website:

The practice of the five warrior syllables is a skilful means that can support us to release our negative and limiting behavioural patterns of body, speech, and mind, and make room for a more spontaneous, creative, and authentic expression. In this practice, we recognize, connect with, and trust what is already there. There are five warrior syllables – Ah, OM, HUNG, RAM, and DZA – and each syllable represents a quality of realization. They are referred to as “seed syllables” because they possess the essence of enlightenment. These five syllables represent the body, speech, mind, virtuous qualities, and actions of enlightenment.

Rinpoche writes: “The term warrior refers to the ability to conquer the *forces of negativity*. Sacred sound has the power to eliminate obstacles, emotional blocks, and mental obscurations that prevent us from recognizing the nature of mind and from being our authentic self in any given moment.” Each syllable corresponds to a chakra, which is activated while chanting the sound. A corresponds to the third eye; OM to the throat chakra and Hung to the heart chakra. It is also the heart chakra where the Four Immeasurables are located. These Four Immeasurables are the enlightened qualities of love, compassion, joy and equanimity that reside in that chakra, waiting to be energized. The last two syllables are Ram, located in the naval chakra, and Dza, which corresponds to the “secret chakra.” In chanting the syllable while visualizing the corresponding chakra and its color association, it is possible to conquer obstacles and negativity.

Appendix Three: The seven essential principles of Huna¹³⁴

1. **The World Is What You Think It Is. (Ike)** You create your own personal experience of reality through your beliefs, expectations, attitudes, desires, fears, judgments, feelings and consistent thoughts and actions.
2. **There Are No Limits. (Kala)** There are no real boundaries between you and your body, you and other people, you and the world, or you and god. Separation is an illusion. And, there are unlimited potentials for creativity. The breakthrough of Huna.
3. **Energy Flows Where Attention Goes. (Makia)** The thoughts and feelings you dwell on, in full awareness or not, form the blueprint for bringing into your life the nearest available equivalent experience to those same thoughts and feelings. Directed attention is the channel for the flow of biological as well as cosmic energy. Control your attention, focus and control life.
4. **Now Is The Moment Of Power. (Manawa)** You are not bound by any experience of the past, nor by any perception of the future. You have the power in the present moment to change limiting beliefs and consciously plant the seeds for the future of your choosing. As you change your mind, you change your experience. There is no real power outside of you, for god is within. Be responsible for yourself and take decisions to improve.
5. **To Love Is To Be Happy With. (Aloha)** The universe and human beings exist because of love. In Huna, love involves the creation of happiness. It is not just a side effect. Everything works better, and is better when this principle is followed consciously.
6. **All Power Comes From Within. (Mana)** There is no power outside of you because the power of god or the universe, works through you in your life. You are the active channel for that power, your choices and decisions direct it. No other person can have power over you or your destiny unless you allow it. Now is the moment of power.
7. **Effectiveness Is The Measure Of Truth. (Pono)** In other words, all systems are arbitrary, so feel free to use what works. When methods work this is a sign that you have divine sanction.

Huna by Max Freedom Long

- During the breathing exercises, if the command is held over the low self to accumulate an extra supply of mana it will quickly obey.
- Visualize the body filling with vital force as the breath is drawn slowly in (vase breathing). Then, as it is slowly blown out through pursed lips (like a whistle) visualize the excess mana gathering around any part of the body, which needs healing or correction. The eyes can be greatly helped by imagining them surrounded and bathed in flowing swirls of cleansing and strengthening mana.
- The mana can also be visualized collecting around the hands, then applied to a person or the self to help or heal. Place on the part and breath out slowly, visualized the *healed* condition not the illness.
- Blowing the mana via the breath is an excellent directive to cause the low self to move the mana where you wish it to work

¹³⁴ *Savouring Huna* by Dr Kahali King, Phd.

- Blowing the breath directly upon the parts of the body which need healing is an ancient practice, which has been revived. Direct with the mind, image and middle self. Strong power of suggestion: Use the life force to heal and bring new life to the cells of the sick parts.
- In sending treatment over distance, think of the one beloved , accumulate mana and picture yourself blowing the vital force in a strong even flow to him/her. Call to the high self to assist in the healing, the high self steps up the vibration then heals with the mana in a superior way.
- Treatment of financial ills or social tangles can be made in this manner. Picture the desired condition.
- It the only takes the command of the middle self to send the prayer along the AKA cord to the high self. In time, this becomes practically automatic.

Appendix Four: Light-Switch Huna Method by Dr. E. Otha Wingo

A Simple System for Using the Huna System Without Theories, History, or Explanations of Special Terminology.

Using Huna is Like Turning on a Light-Switch or Pushing a Button

Note

This method will work every time 100 percent, if used exactly as described. If the results are not as you desire, this means that some part of the procedure has not been followed exactly (i.e., one of the light switches has not been pushed!). If this happens, then mentally *cancel* the picture you had previously worked out by saying aloud:

“I dissolve the mental picture and sweep away any remnants that might have accumulated, in order to begin again and make the picture perfect. All energy attached to that picture is removed and the picture now is totally dissolved and removed.”

The reason for this is that a picture left with the higher authorities will continue to be worked on and some parts of it will come into reality, thus bringing about imperfect and often undesirable results. Cancel the picture (blueprint) and start over, using whatever parts of the previous plan are suitable to you and making sure that all the process is done correctly.

How to use Huna

When you want to turn on the light in a room, you reach up and flick the switch or push the button. Immediately the light comes on and the room is illuminated. It is not necessary for you to understand how electricity works or how the building is wired or where the electrical generating plant is located. Even if you were an electrical engineer or physicist, you would still turn on the light exactly the same way! This little article is designed to show you simply and easily exactly how to “turn on the switch” of Huna, so that you can get the results you want.

Preventing overloaded circuits

As in all power circuits, it is a good idea to make sure that the circuits are clear and not overloaded. In electricity we make sure the circuit is correctly fused or with a proper breaker switch. And then we are careful not to overload the circuit by plugging a powerful motor into an outlet fused for a smaller wattage. And we are also careful not to add too many appliances to the same circuit.

The Huna equivalent of this is *forgiveness*. Have a little talk with yourself. Forgive everyone for whatever has been done to you. Then forgive yourself for anything you have done in the past, adding a promise that you will do nothing to hurt anyone. If you are not fully satisfied with this forgiveness session, assign yourself some *good deed* to convince yourself that you are serious about forgiveness.

Light switch number one

1. Decide exactly what you want to accomplish. Be very specific. Stick to a single request, including only the things directly involved with that result.

2. Make a clear picture in your mind of the *results* you want to bring about. Make sure to include yourself in the picture, as well as anyone else affected by your request. Use your imagination to create this mental image. See yourself doing and acting and thinking the way you will when the result has been realized. Allow all the sensations of seeing, hearing and touch, taste, and smell come fully into your imagination. Add the strong emotion of desire.
3. Do not use negatives in any description of your request. Instead of saying, "I want to get rid of all tensions and conflicts," say, "I see only peace, joy, love, and harmony in all my relationships." Instead of, "I want my illness to be healed," say, "I see myself completely healthy, vigorous, and strong in body, mind, and spirit."
4. Be sure your request is not harmful to anyone, including yourself.
5. When you are completely satisfied that you have prepared exactly the picture of the results you want, mentally seal the "blueprint" or picture, so that it will not be changed. Here is the way to do that:

"I am completely satisfied with this mental picture of my request. I now seal it with a protective covering (of breath) so that it will stay exactly as it is now and cannot be accidentally changed or damaged in any way."

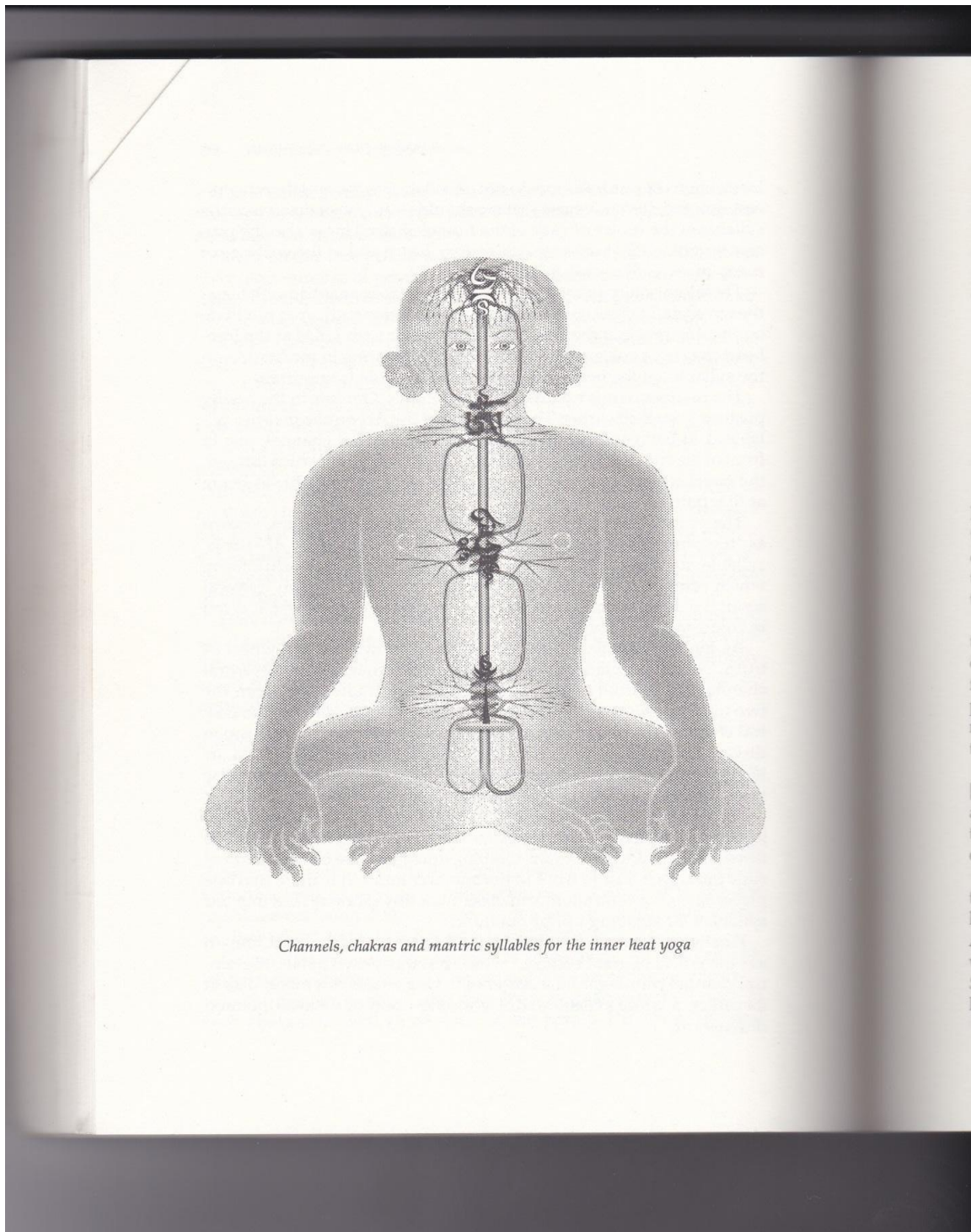
Light switch number two

1. Find a quiet place where you can be alone and undisturbed for a few minutes-- five to ten minutes is sufficient. If you are at home, you may want to use a special place each day
2. Sit comfortably in your quiet place.
3. Take a very deep, slow breath, hold it briefly, and let it out slowly. Say these words aloud:

"I am relaxing in my entire body, mind, and spirit. With each breath I take, I feel more relaxed and comfortable, and mentally alert."
4. Take another deep breath, as before, and let it out. Say:

As I take these breaths, my energy is increasing tremendously. My body is relaxed and I feel good all over. My mind is clear and alert and I am focusing only on deep breathing and increasing my energy supply.
5. "I now ask my inner consciousness to send this picture to the higher consciousness along with a generous supply of energy, to be brought into reality. I give thanks that the desired future has been immediately realized on the higher level and will come into reality on the physical level."
6. "The prayer takes its flight to the higher self. Let the higher energy from the higher self descend upon me. Let silence prevail, as I wait for guidance from above."
7. Once you have presented your mental picture, along with a generous supply of energy, to the higher authorities, the next step is to *leave it alone!* You must release it. It is like a seed. Once you plant the seed, you do not dig it up every day to see if it is growing. But you must still water the ground, which is the replenishing of the daily supply of energy.

Appendix Eight



Glen H. Mullin, page 146 image. *The Six Yogas of Naropa*. Note: The four chakras highlighted in the photo are for inner heat yoga application.

Appendix Nine
 Mantra: Om Mani Padmay Hum
 Jewel in the lotus

Tsangsar Tulku Rinpoche expands upon the mantra’s meaning, taking its six syllables to represent the purification of the six realms of existence.

| Syllable | Six Pāramitās | Purifies | Samsaric realm | Colours | Symbol of the Deity | (Wish them) To be born in |
|----------|------------------|-----------------------------------|------------------------|---------|---|---|
| Om | Generosity | Pride / Ego | Devas | White | Wisdom | Perfect Realm of Potala |
| Ma | Ethics | Jealousy / Lust for entertainment | Asuras | Green | Compassion | Perfect Realm of Potala |
| Ni | Patience | Passion / desire | Humans | Yellow | Body, speech, mind quality and activity | Dewachen |
| Pad | Diligence | Ignorance / prejudice | Animals | Blue | Equanimity | the presence of Protector (Chenrezig) |
| Me | Renunciatio n | Poverty / possessiveness | Pretas (hungry ghosts) | Red | Bliss | Perfect Realm of Potala |
| Hum | Wisdom | Aggression / hatred | Naraka | Black | Quality of Compassion | the presence of the Lotus Throne (of Chenrezig) |

Explanation of the mantra by his holiness, The 14th Dalai Lama
 “Om Mani Padme Hum”

“It is very good to recite the mantra Om Mani Padme Hum, but while you are doing it, you should be thinking on its meaning, for the meaning of the six syllables is great and vast... The first, Om [...] symbolizes the practitioner’s impure body, speech, and mind; it also symbolizes the pure exalted body, speech, and mind of a Buddha”

“The path is indicated by the next four syllables. Mani, meaning jewel, symbolizes the factors of method: (the) altruistic intention to become enlightened, compassion, and love.”

“The two syllables, padme, meaning lotus, symbolize wisdom”

“Purity must be achieved by an indivisible unity of method and wisdom, symbolized by the final syllable hum, which indicates indivisibility”

“Thus the six syllables, om mani padme hum, mean that in dependence on the practice of a path which is an indivisible union of method and wisdom, you can transform your impure body, speech, and mind into the pure exalted body, speech, and mind of a Buddha.”

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