

Sohra Channeling 2019

This is the Sohra Channeling Support Group for those who have made the following commitments:

- (1) To attain Light Body level enlightenment.
- (2) Who have chosen to be Vegan and who have consciously integrated this diet level into their life.
- (3) Who have committed to do the Six Minute Core Exercise at least once per a day, involving:
(a) Gentle Third Eye Crystal Lock, (b) Six Yaha Breaths, (c) Rocking with Hand Movements, (d) Shaking Exercise (breath of fire > breath of air > clapping and pausing with holding breath and nonthought for one ksana), and (e) waterfall. In other words, to keep the practice alive every day.
- (4) To do at least one weekly Sohra Channeling, even if only by recording, or if technology is not functional to do number 3 three times in a row. In other words, to keep the guidance, baraka, and connection alive every week.
- (5) To have read the Ascension Sutra at least once, and hopefully through 1, 2, 3, and 4 to have practical experience with the implied process of enlightenment contained within the sutra. Eventually, the Pure Awareness Sutra and the Breath Process Sutra will be added to this.
30 min version <https://www.facebook.com/groups/625109364609603/>

Sohra wanted me to post a some "reminding factor" and "feeling factor" in the above diagrams. The spine is, in a sense "musical" they are like hollow chambers that resonate to certain frequencies and these become currents of energy that move through them. When there is a feeling of space, of one vertebra floating upon another vertebra, they vibrate more easily and fully. When we assume our identity as "the breathe that moves the body", then our body movements have a "feeling of floating" to them, that the Taoists call "wave hands like clouds". Our spine is meant to float and wave also. As our material density and stiffness begins to dissolve, this feeling of floating, energy, and light will get stronger and more present. The key is to focus on the fluidity that is already there, even when there is stiffness, and let it expand and grow. This is also called "earth into water" in Tibetan meditation energy alchemy.

April 9

Note1: Sohra is developing an understanding of two sets of related practices. One is the "six minute short form" which is to be practiced everyday. Two more practices will be added soon, a "two minute sitting practice", and then another "six minute pre-sleep practice". The latter will

have the intention to creating lucid dreams and to activate the lucid dreaming body. When we do visualizations, we are really working with the lucid dreaming body. Sohra had shared earlier that the moment when the light body activates and manifests is when we merge the lucid dreaming body with the physical waking body through "being the breath that moves both bodies" (this way of phrasing what unites them is now possible because of the set of teachings that Sohra has been giving).

Many of the instructions during the channelings are for the "long form" which is about 90 minutes long if all the exercises are done. She has not done all the exercises of the set, though a few times she has been close to doing so. She is still streamlining this set and has also made some slight amendments to the six minute core practice set (like substituting the "waterfall exercise" with the "sung exercise", both work but the sung is more comprehensive in bringing the aurora green energy downward and filling all the cells, whereas the waterfall will still be part of the long form and is also focused on releasing tension from the wrists and doing energy mixing through the microcosmic orbit).

The Babaji who is behind the Kriya Yoga tradition had shared that the original Hatha Yoga system had perhaps about 500,000 asanas, and that only 40 were relevant to the present time period and even less of them as a regular set. In a similar way, Sohra is selecting what is relevant from the canon of practices that she was taught on her world. She has been testing them in terms of what kind of response our energies have to them with the intention of fine tuning an optimal set which is easy, efficient, and sufficient to help the evolution into light body.

Sohra has been rotating the individual exercises during a channeling to directly watch the energy process and to give it what it needs moment to moment.

One part of the set has to do with our inhabiting our body, reowning our involvement in every part, including the emotions held within each body part. This part also "breathes into these parts" and then moves them from dense rigidity to breath infused fluidity. These would take the place of "warm ups" in an exercise routine, but they are deeper than just warming up.

Another part is about spreading "breath of energy" through the body and running this energy through all the meridians until every cell is tingling with energy and every moment has the feeling of floating within it, which means that we are "being the breath that moves the body" and not the detached thinker.

Another part has to do with the "energy mixing" which is like the Vajrayana bindu mixing work. These have to do with the soundings and being the breath that moves the sounds.

Another part is related to the "pauses" where we assume our primal identity as "pure awareness" very directly, beyond even the concept of being awareness. When we do this, we are part of the "One who is All" and as a light body are a cell in the "One Dreamer" of the manifest universe.

Inside the exercises is another kind of emotional processing. Until this is fully learned, other kinds of emotional process will be used to support this. When we breathe in the energy from the world, the afflicted emotional energy, and let the heart transform it, we are learning another way of working with emotional energy that both honors everyone's choice about how they are

wanting to feel each moment and yet also transforms everything that people give us to work with. This, in turn, allows us to also work with our own emotions this way. This is a big subject and Sohra is teaching about how to do this in stages.

Sohra went into the Dream Yoga practice very extensively in this video. This will mark the time when the practice is not merely being introduced but also can be practiced for six minutes before sleep, or even longer, if one feels inspired.

May 10

Sohra Exercise

This is the youtube version of the same video. I layered in a higher quality microphone recording. There was a hum I had to remove from the recording through an audio mixing software. We plan to get something to insulate the microphone from the source of the hum. I would like for the sound to carry through in the best way possible, so that the chanting can be felt to move through the body more easily.

Added a Stereo Tanpura composition to the video of Andy and I doing the core exercises. The video is without commentary and is meant to be a support for people doing the exercises who already know how to do them.

https://www.youtube.com/watch?v=KF0kbNk8Pcs&feature=youtu.be&fbclid=IwAR13fQcu0pu7C47r24HCHkJHccb1Bn7CIZPt1hnaZyi6s8n_9-xB_tygF2Q

Aurora 285 Gamma

<https://www.youtube.com/watch?v=Gp319voqvwM&feature=youtu.be&fbclid=IwAR1OAL1p7gHwZgHADn6nHoxnLIQ24mjzeupDqtBvP8Js4XYrZ3bJVzNIbj8>

May 14

The practice went put in a formal series is this:

(1) Lie down, scan body to relax any tensions, especially in the neck and lower back. Place a rolled towel under the neck held by two good rubber bands.

(2) Consciously breathe from the breath itself as the breath itself, be the breath the moves the body, concentrate on the spinal wave with the arching on the inhale and the flattening on the exhale, have the feeling of floating be in the vertebra, have the vertebra floating with spaces between them, have the shoulders float with the breath. This will bring the body to a deeper state of relaxation and dissolve "karmaic accumulation" that happened during the day.

(3) Visualize "Hreeh" at the throat in neon red with magenta fire around it. Be the breath that moves the sound and floats the tongue.

(4) Let the seed syllable gently carry you into lucid dreaming. It may take about two weeks to have this happen, after our sleep debt is paid off by regenerative sleep within deep relaxation.

Posted May 16, 2019

Part of "Sohra's pattern" is to keep establishing a kind of ritual meditation process that works with consciousness, thought, emotion, sensation, and body, and then "improvise" in small ways to keep evolving the process.

This is partly due to her "watching over" the actual energy flow of the process itself and modifying the practice to keep the energy flow moving through the blocks, confusions, and hindrances that sometimes arise, and also to review elements to keep the key elements of the practice strong and clear.

The term "watching over" would be a good translation of the 7th precept of the Eightfold Path, which is sometimes translated as "mindfulness" in English. The translation of the 7th precept in this way has some challenges, since "mindfulness" seems to be something to do with the ordinary thinking mind. It comes from a time period where this had been less clear, there was less differentiation between "consciousness" (awareness) and "mind" (thought, thinking). Yet being aware of something is very different from thinking about something or even pondering about what you are looking at. We are not meant to think and analyze what we are experiencing.

In one translation of the Dhammapada, the Buddha says this, "Watch over your desires so that they do not become addictive cravings." This "watching over" is a gentle awareness that experiences our moment to moment process and is sensitive to what is going on. In the verse, the Buddha clearly differentiates between ordinary desire and addiction craving. The second one is one of the three poisons of the mind. The first one is normal and natural to have. Ordinary desire energy is actually one of the seven factors of enlightenment. We need to want to become enlightened, to have some kind of motivation to achieve this goal, and also for "moving into light body". It only becomes a problem when we do not know how to focus this desire into the present moment and what we are doing. Addictive craving is always driving into a future to escape the present, whereas ordinary desire allows us to enter the present moment more deeply.

For instance, if I want to take a walk in the park, and then do so. I enter into the experience of being in the park and connect with what is happening through this desire. If I want to achieve light body, and do the practices, then I will feel, in the actual process of doing the exercises, that I am moving into the light body, here and now. The practices are not merely a method to reach a goal, but are the actual process of moving into our light body, right here and right now.

The three meditation precepts of the Eightfold Path are:

6. Gentle Correction
7. Watching Over
8. Gentle Sustained Focus

When we watch over, we often gently correct our process. For instance, if we notice we are getting impatient, then we "refocus" on the present process and let go of trying to get anywhere with the practice. We shift from an impulse to achieve a goal by hurrying instead deepening our connection with the present moment. We, for instance, take time to do a "full inhale" and center into being the breath that moves the body, and focus on the feeling of floating that is necessary for the breathing and the bodying to be in sync.

I and my beloved chanted the Tibetan Buddhist bija mantra "Hreeh" together (sometimes transliterated as "Hrih" with a long mark over the "i", but I prefer to transliterate it more simply and phonetically). I added one section with reverb and one section with slight phasing, and they alternate each other. I also used a special time stretching program that keeps the harmonics natural and then tuned them to the 432 hz scale, layering three octaves of sound, and EQing the entire time stretch layer. This seems to create a very full chanting sound while not creating any volume spikes clustering at any frequency. Two electronic tanpuras (one a double tanpura with a "fifth string" added and the other an older unit with dials) set to a D and A harmonic fifth enrich the background.

The composition is meant to be a chanting support for some of the very Tai Chi like Sohra Light Body Yoga exercises.

The symbol used in the picture is (c2019) a 2D Double Star Tetrahedron Dai Ko Myo. https://www.youtube.com/watch?v=cM1usbDmZR4&feature=youtu.be&fbclid=IwAR0K0W4z4TbUNNNvc9ZRtkK0mMjJWLgWt90BWUiQ1rZ1_kfxgkOfB98HINA

34 minute

<https://www.facebook.com/william.bagley.5/videos/2947372871969709/>

I wanted to add further notes on the six tech levels in Sohra's teaching, since these are in the background of what she shares. The technological level that a being speaks from is a subtle context that gives meaning to all his or her words.

The words of tech 5 and tech 6 are beyond duality and struggle, and do not set up struggle as a necessary process for growth and enlightenment and light body. In channeling her over the many years, I have appreciated more how she does this. And recently I have witnessed her

guide a person into luminosity without any pressure and even any dharma talk, leading this person as gently to peace as one would show a favorite park to friends who were visiting a town.

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Sohra has been sequencing the core energy yoga as:

(1) gentle third eye crystal lock, invoking our connection with her, aligning the light filaments within us with her multiplied light body, and letting her move with us and for us.

(2) hreeh rocking visualizing the hreeh magenta fire rise up from the bubbling well and burn away the illusory material density that is behind all our mental, emotional, and seemingly physical karmas.

(3) sung calling down the green liquid light, feeling the essential herbal elixir cleanse us and heal us, coming from the Bodhisattva of Healing and the Medicine Buddha, with Sohra being the Rinpoche who is calling down the energy into availability for us, pouring it even into the ground for us and through us, for the healing of the Earth.

(4) om mixing, circulating energy through the microcosmic orbit and infinity symbol orbit which generates the 9 inch silvery blue sphere of light, the abode of unconditional love within the lucid dream body.

(5) breath of fire shaking, becoming experientially one with the shaking, merged in consciousness and breath so that we are the breath that shakes the body, pumping with the knees, loose wrists, loose elbows, and loose shoulders, letting go of all self-consciousness, both higher and lower, to just be the energy of the shaking.

(6) exalted pause, concentrating on the translation point, the borderland between the conventional thinking mind and the pure light pulse thoughts of the luminous void within the ocean of luminous energy of the clear light of bliss, with the exalted mudra gently pulling us up beyond even this, letting exhale happen when it wants to happen, doing another deep and slow inhale as it wants to happen, and fusing breath of air and breath of energy into the abode of breath of space.

(7) ah radiance, returning to this world as the threefold love that uplifts this word in every way and continuously.

(8) blessing, pulsing the geometries of light, namaste-ing, to seal the energy of practice, asking the subconscious mind-heart-body to take over the inner energies and to sustain them throughout our lives until this conscious habit is fully established, generating and then completing the light body.

There will be three versions of the Light Body Yoga:

(1) LONG FORM: This is the version with (a) preliminaries to open up to full lung breathing, (b) preliminaries to open up all the main channels, (c) wu walking step forward and step backward, while doing tonglen emotional energy alchemy, (c) the spinning routines, and (d) the breath of fire shaking, kidney, shoulder level, and exalted bellows breath. This will sometimes include thought intention affirmations and review of practice elements to deepen understanding.

(2) THE CORE: This is shared above. These are the core energetic part of the practice.

<https://www.facebook.com/william.bagley.5/videos/2947372871969709/>

(3) THE SIX MINUTE: This is also now in the notes above, but involves only the minimums stated, mainly just 6 repetitions.

Hreeh chanting

https://www.youtube.com/watch?v=cM1usbDmZR4&feature=youtu.be&fbclid=IwAR2Ew3KU_PT6-Rayt_YM10c54EBA7iprRKyo-peb_nulUDrkeF5jRBJ7vQ8

Notes from May 28th

(Transcribed – errors are my own)

Visualize the crystal at the third eye. One of the things we have been doing is to question whether matter exists or not. Indeed, even do more so and question it - see everything that is seen, felt, tasted, touched, smelled as a manifestation of consciousness. In your quantum physics there is a convergent understanding that your civilization is going towards things that are only the same can interact with each other. In very simple terms, it means that everything has to be consciousness so we can all interact with each other and everything else is the manifestation of this energy in the form of what's called diversity with different vibrations different everything interacting within the field of consciousness as ripples in the field or manifestations of the field or folds in the fabric of space time which is consciousness itself. I would like for you to not analyze this so much but to feel this. Feel that everything is one thing, we are part of a unity, that is the basic experience of tech 5 and tech 6. On the technological

evolution scale of this cosmos. A difference between tech 5 and tech 6 is how unity is experienced. One experienced as a manifestation of some basic energy and the other one is feeling oneness with the unmanifest part of consciousness as the one dreamer of all of life. So we move from being at one with the manifestation and feeling that everything is part of our source energy to feel our unity with the source itself, the unmanifest energy that manifests everything. And its resting in that is tech 6, creative power of what we are begins to revision the world.

May 29th

Posted on the Sohra International:

Some posts were made on the Facebook timeline and during the channeling on the 29th of May 2019, about the light of Unconditional Love permeating all space and all time noticing us and us noticing the noticing to produce a "higher self remembering". This will be brought into the movements on Thursday. Please, if you get a chance, review the posts and the video of the channeling, and see if you feel that you are connecting with the feeling of mutual noticing that links you with the infinite field of luminosity. It is a very important foundation for the light body process. If you have any questions or challenges with this shift, please do not hesitate to bring up your questions.

When Sohra was sharing this with me in my internal meditations, I could feel my physical body as a morphic hologram and "hollow" (spacious). This is how the Energy feels our bodies. Blessings.

Posted on Sohra Channelling:

The meditation this evening that Sohra is sharing has a vital point. It is about feeling of light of Unconditional Love permeating all space and all time as noticing you, and us noticing this noticing, and continuing to breathe and to sound, feeling the vibration in our bodies. This is what will be brought into the sound, breath, and movement work that we have been doing and will upgrade the process to an important step.

<https://www.facebook.com/william.bagley.5/videos/2979934232046906/>

May 30th

It is first through the five senses and the media that piggy backs on this, and then through memory, then through conditioning, and then through how the conditioned thoughts link us to a web of reinforcing thought that is unconsciously and telepathically generated. Many of those thoughts "attach" to our vocal chords and solar plexus. Hence the need to "purify speech" and "purify action".

Exact location of the bindu point

Notice in right side picture that the lines are not perfectly straight. There is individual variation in how these lines relate to each individual. It will be necessary to get the general zone and then ask Sohra to move the visualization into place. There should be a "lock in" feeling. It is a structure in the Corpus Callosum that looks like a cone (see other picture below). Picture on left (above) shows the emanations of wisdom coming down to translate into "thought".

Horizontal lines below skull on right are vertebra "floating".

FFR = fight or flight reflex (which is obsolete in terms of helping our evolution and is in the process of complete release with "flowing in intuitive wisdom" taking its place).

Since emanations of wisdom come from above, and most of us are at the effect of collective consciousness, is there also a particular point where collective consciousness enters?

It is first through the five senses and the media that piggy backs on this, and then through memory, then through conditioning, and then through how the conditioned thoughts link us to a web of reinforcing thought that is unconsciously and telepathically generated. Many of those thoughts "attach" to our vocal chords and solar plexus. Hence the need to "purify speech" and "purify action".

June 1, 2019

I did the above drawing this morning, before the first spontaneous deep intensive that starts at 10am Saturday the 1st of June 2019 CE.

Feet shoulder width apart. Feet parallel to each other. Knees slightly bent (gesture aka mudra of relaxation). Noticing that when knees are slightly bent, then hip socket joint is also this way (supportive gesture of relaxation), and also the ankle joint (supportive gesture of relaxation). Notice that in the drawings that spaces are noticed at the joints. Feel that the bones are floating there. Especially invoke and notice the feeling of floating in the spaces between the vertebra. Notice this also in the sonic resonance chamber of the rib cage which is surrounded by "floating ribs".

Notice the "skull lift" from the back curve of the skull, chin moving down to open up the vertebra in the back of the neck. Vertebra even floating here.

The double arrow going up and down. Is representative of the "hah" anchoring at the heel while elongating upwards, with the vertebra and joint bone junctures floating in between. The curved arrow lines are "effect" flows as one elongates. There is a curving out of the front of the chest as our back-vertebra float upward during elongation, because of the hah inhale and chest filling with air prana.

All the exercises are meant to be done with "noticing" or "conscious awareness". The noticing itself is an integral part of the exercises. The movements are part of "awareness through movement" and relate to a unity between breath of space and breath of energy, coordinated with the heart rhythm of breath of air cycling with inhale and exhale at the lungs.

When I was in my first enlightenment process one of the important shifts was into "centerless 360 degree tri-axial embodied awareness of all sensations within the body". This is with the body being empty of solid substantial existence and being an empty holographic morphic form with energy sensations floating within itself. The movements are "morphings" (changes) of the form.

When I was in this process, I kept losing conscious awareness of any part I did not concentrate my attention upon. I gradually merged the focused awake quality of directed attention (highest yang energy) with the diffused expansive radiant awareness (highest yin energy). I was sweating and generated the Tumo heat effect of Tumo Yoga, yet with Soto Zen Shikan Taza meditation at stage three.

There was a lot that I learned at this stage that is hard to put into words. I notice that Sohra is teaching a gentle way to arrive at the same stage, and added movements to support its gentle integration.

We are spending time gently correcting subtle visualizations of the body template hologram that are based on how we understand body movement. We are replacing primate muscular visualizations with subtle light flows instead. This is "intentional accelerated evolution" which is at the heart of what the Bodhisattva Gurdjieff was choosing to teach. This accelerated intentional evolution is designed to complete the "Sirian Experiment" which started with the Sumerians and early human primates when it was decided to boost and accelerate their evolution.

This evolution had a side effect of making a boost that brought human primates up about 10 units of evolution in a very very short time. Then they fell down about 5 units. The evolution was not "balanced" and "integral". The mental knowledge side of the human primates evolved out of sync with the emotional maturity side. So we have primates who are now torturing each other with very advanced weapons and engaging in tribal conquests of each other. This is something that G touched upon in his classic book (BEELZEBUB'S TALES TO HIS GRANDSON) when Beelzebub notices the processes of reciprocal destruction happening between the human primate ape tribes.

Part of the process will be introducing "genetic corrections" and "genetic activations" into this primate evolution. Part of this is downloading into the genetic storehouse is about injecting the "light body template" into this storehouse and activating the original elements in a revised and updated form.

June 6

A drawing to serve as a memory aid. The after gentle third eye crystal lock, then "eee" light filament, then "hreeh" magenta fire, then "tsung" liquid aurora green medicine light, then "ohm" mixing to produce silvery blue elixir, then "hoo!" shaking with cone pause though transcending awareness, then "ah" radiance at end with the triadic love, then gassho at end.

Placing the Core Yoga into the Enneagram

Transcribed from channeling

5:04 Id like to review the elements of the energetic alchemical process that is involved in the transformation of the physical body into a light body. The first link you have already done by connecting here (points to third eye crystal lock). And again there are three pranas you get from the air. The lower, middle, higher are the way they are being named in this transmission. The lower pranas you automatically breath no matter what it is the baseline the energy that keeps your body maintained on vibrational level 96, the level of biological evolution. When you do cultivation, a higher level of vibration, at 48 vibration you move up the scale.

Whenever you add conscious awareness to your breath you raise it up double the vibration going from 96 to 48. This is in a sense, doubling the energy you get from living.

Ya-ha breathing

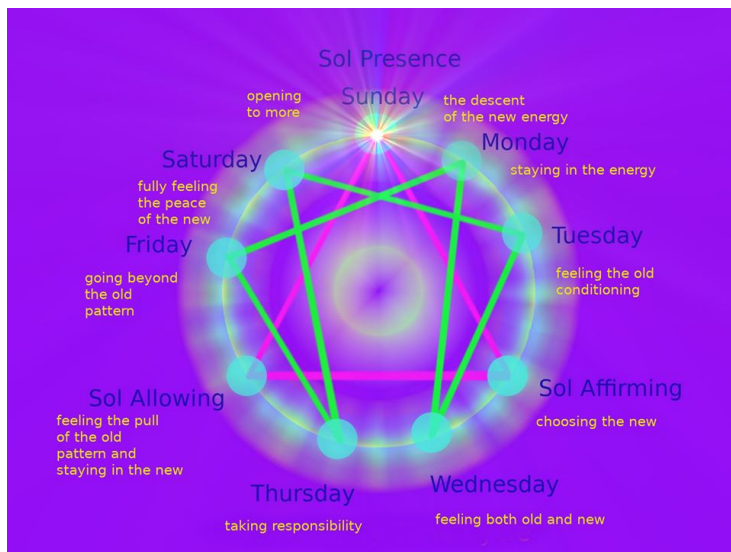
To move up to the next level - vibrational level 24 - you add a certain kind of conscious intention to your breath. And the intention that works the best on the general emotional level is to look at your experience with no reactivity, which means no clinging and no resistance and also no identification with your experience. In the words of some of your teachers you do not take what happens personally and if some activation occurs you notice the activation and see it has no salve see it only as conditioned reaction and thereby let it go. And you move into no clinging and no resistance. Which describes a state of flowing with your experience or flowing with intuitive wisdom as in the Heart Sutra. When you introduce flow into your movement and to your breath you raise up conscious breathing to another level. Id like for you to do that. To feel floating in your movements, floating in your tongue, floating in your breath.

August 25

Feel, really feel the ethera crystal in your third eye. Breathe in the higher prahnas around you. Take deep breaths.

Conjure three sincere feeling wishes inside yourself.

First is the willingness to receive - higher mental intentional focus and higher emotional aspect related that is to this is to really feel you are opening up and receiving the particles of energy that wish to enter you from what is called the primal wish. According to the teachers of the Fourth Way you have a higher emotional center, which is called the heart, and a lower emotional center which we can call reactive conditioning. The love of the higher emotional center has no opposite, it is always sustained. It is unconditional love at its root. No matter what happens in the world you can be steady in loving acceptance about this. The other emotions exist in what is called time, the time of causality. I would like for you to imagine and feel that there was an event that was called the Big Bang. It was not the beginning of the vast totality of existence, but it is the beginning of the time cycle in the universe and events are moving through creation and there begins to have what is called cause and effect reactions. Reaction of one event causing another, a past event causing an event in the present. And this is called linear time, it is one of the aspects of existence. Part of the circle of time eventually the future causes go back and start causing events again. It is part of the cycle. There is a circular component of time, the rising and setting of the sun. The sufi's have this image of a spiral that spirals upwards. The spiral has two aspects, one is the circle of time and the other is directionality of time. There are two directions of time the time of the perishing and the time of regeneration. The time of the perishing is what quantum physicists call entropy, the laws of thermodynamics that energy goes from higher to lesser.



August 31



October 1

Sohra shared that the practices were "mental emotional biological" and that the inner side is important to keep alive when going through the movements. She shared that we live within certain mental-emotional attitudes that we unconsciously and habitually re-invoke in our lives and that, through the exercises, we are learning to create conscious habitual attitude. This is called "bodhicitta" in Tibetan Buddhism. It roughly translates as "enlightened attitude". When one is initiated into Tibetan Buddhism, part of the initiation is to "create bodhicitta". We learn to conjure this attitude and through practice we learn to make it habitual.

Sohra said that there were three enlightenments, (1) the shift from thinking mind identification to "being aware of awareness as awareness", (2) the shift from anger, fear, and sadness to creative love, unconditional love, and empathic love so that we go from living out variations of afflicted emotions to living "only love", and (3) the shift from being a biological organism to being a holographic light being.

Sohra also shared that there was "enlightenment zero", which she called "practice enlightenment" or "conditional enlightenment". This is equivalent in her teachings to "bodhicitta" (enlightenment attitude). It is conditional because it can be gained or lost, it can be weaker or stronger. It is practice enlightenment, because it can be cultivated, strengthened, and made habitual by conscious practice, conscious invocation, and sincere conscious intention. This practice focused on activating the powers of the third eye and having these powers serve our spiritual growth, healing, and evolution. She shared that at one point the evolutionary energy moves up from the 6th chakra of the Third Eye and opens the Thousand Petaled Lotus of the Crown Chakra. When this happens, our conditional enlightenment becomes unconditional enlightenment, which is eternal.

October 2

Sohra has mentioned that the "balance exercises" were evolving the brain, especially the corpus callosum, the place where the right and left hemispheres exchange information. In most humans, the corpus callosum is underdeveloped. The human brain actually needs exercises to evolve itself. When children are in their "sensory motor phase", they are meant to roam around and touch everything. Many parents restrict their children and even punish them for roaming around. They disobey often because it is a matter of survival. Their brain can even start to die without the right stimulus. Gurdjieff talked about "impressions" as food and this is an example. I could give some stories where I had very "disobedient" children become very peaceful very fast by simply giving a sensory motor task to evolve them. They not only learned the task very fast but also evolved and refined the task to make it "richer in impressions" and therefore becoming "food for the brain" and its evolution. One child that I worked with even taught his younger brother how to do the task as well. I also found that children naturally get these impressions when they are "in nature", and a massive group of children who were fighting in a confined space also suddenly became peaceful and even designed their own sensory motor tasks on a beach, picking up sticks, shells, and rocks, and created a sand castle village, and works of art.

These tasks evolve neural dendritic pathways and can increase the "brain mass". Sohra's Light Body Yoga is ideal for this, as is the Tai Chi Chi Kung exercises of Taoism, and the Kum Nye exercises of Tibetan Buddhism, and the Kundalini Hatha Yoga exercises of Santana Dharma.

What Gurdjieff was attentive to is to make sure that people do not go into robotic repetition. Thus Sohra is teaching an exercise and then varying the routine. She is watching to make sure that the energy builds up and evolves to a certain point, and then goes on to another exercise, and then sometimes revisiting an older exercise and emphasizing different parts of it. Sometimes her focus is on the inner emotional aspect. Sometimes it is the mental training of visualizing, intending and affirming. Other times it is the breathing and resuming our identity of "breathing from the breath itself as the breath itself" and having our arms, legs, and even tongue float in the energy of the breathing.

In order for the brain to evolve itself, a certain kind of nutrition is needed. The brain needs to have Dopamine, Serotonin, GABA, and Acetyl-Choline. Ideally, it gets these nutrients from healthy vegan food, herbal formulas, and possible supplementation with vitamins. This means that the "seven stages of digestion" in Ayurveda need to be cleansed and healed in order to function optimally, so that we can extract the nutrition that is there. This means that we need to go beyond "unconscious eating" and merely eating food that tastes good. Eating in the old unconscious conditioned way means that you are programmed to be a good consumer and are paying money to corporations that remove nutrition and increase flavor to make food more addictive and less healthy. One can also be programmed to become a hungry ghost. If you look at advertisements, there are easily spotted programming messages to condition the mind to become more addicted. Here are a few examples: "Total indulgence, zero guilt." "It's the real thing, what you are hoping to find, at the back of your mind, Coke is!", "Taste is everything. Thirst is everything.", etc. It is not hard to deduce what would happen if you let yourself be programmed by these ads. These messages are usually voiced louder than the shows that the

advertisements are on. They are done in exact intervals of time with one long full version and then shorter and shorter ones until they are seconds, with the slogan having the meaning of the longer one in our subconscious mind and therefore reinforced conditioning renewed by a anchor phrase.

The Sufis shared information about these processes because they were weakening the "practical will to do" that people needed for their own liberation. If we deeply understand what is happening to us, the very understanding can help us to awaken. It is like when you understand the magician's secret trick, then you are never fooled again. You will look at what the other hand is doing and notice how obvious it is, once you learn to not let your conscious attention be re-directed.

Dopamine is a product of Theanine which is in Green Tea and the superior fermented versions of Oolong and Pu Erh tea. These fermented Green Teas are nutritional powerhouses for the brain and I highly recommend them over coffee which is loaded with purines that acidify the body and weaken the immune system. There are advanced forms of Green Tea called "High Mountain Oolong" and "GABA Oolong" which have high amounts of GABA in them. The former because high mountain tea leaves are exposed to the greater nitrogen of the higher elevations. GABA Oolong is deliberately matured in a nitrogen chamber to boost the GABA content. The same process also creates a number of other positive nutrients, including Alpha Lipoic Acid. The same process also alkalizes the tea. There are also polyphenols which are brain anti-oxidants as well.

Macuna Puriens is also a source of Dopamine.

Serotonin is in Banana skins and Bananas in general in a lesser concentration. It is a left over from our fruitarian past. There is also a high amount of Potassium which is necessary for the sane and healthy functioning of the sodium-potassium ion pump. Some nutritional scientists think we cannot use the potassium in bananas, but this does not conform to what I understand. It seems, however, that it is even more absorb-able when we make a banana skin tea or put some of the banana pulp in our smoothies. It seems that we are designed to be able to use potassium from bananas. They are high enough in nutrition that the American Pediatrics Association recommends banana puree or blended banana juice in the place of mother's milk when a baby cannot nurse properly. It is superior to soy infant formula. It contains nearly an ideal balance of nutrients.

Serotonin is also in Tahini and Sesame seeds in its precursor form of Tryptophan.

The Acetyl-Choline group of brain chemicals (including L-Carnitine) can be synthesized by taking Lecithins. either from organic soy or from organic sunflower seeds. These also help to build the cell membranes of brain cells.

There are a number of formulas I hope to share to help brain evolution. The brain is under more stress than usual and needs more nutrients than usual. We need more B complex vitamins than before and "nutritional yeast" is an ideal way of getting it. Some people are avoiding this "yeast" when they have a candida overgrowth, not realizing that it should actually help neutralize "candida albicans" yeast, since competing micro-organisms tend to produce their own "anti-biotics" to claim territory over other micro-organisms. One can also get good B vitamins from fermented foods like Kombucha which can be easily made at home from Green Tea.

I am recommending that people brew certain herbal teas. I am not sure if these can be standardized, since ideally one is growing them in one's own garden. I will name some combinations that I have found helpful:

- (1) Ginseng, Foti, and Gotu Kola.
- (2) Helichrysum, Lavender, and Rosemary.
- (3) Pine Needles (except Ponderosa Pine), Rosemary, and Licorice.
- (4) Peppermint, Lemon Balm, and Heal All.
- (5) Cedar bark (from the inner part of the bark), Rosemary, and Heal All.
- (6) Reishi, Chaga, and Burdock Root.
- (7) Pu Erh, Cardamom, and Ginger.
- (8) Clove, Ginger, Fenugreek, and Peppermint.
- (9) Clove, Cinnamon, Ginger, and Young Leaf Green Tea.
- (10) GABA Oolong, Cardamom, Ginger, and Clove.

Also important is Astragalus, which has the enzyme "telomerase" which scientist suspect can repair the telomeres and thus end the "Hayflick Limit" which is a semi-genetic limit of human aging and death (127 years maximum). According to Taoist medicine, it restores "original chi" (aka all our telomeres). A similar result comes from Kundalini Sexual Energy Yoga, but this is another subject. The sexual energies produce "haploid cells" that are renewed and not subject to the Hayflick limit. Taoist talk about this process in their sexual energy yoga texts. The preliminary is mastering the "microcosmic orbit" (this is included in the Sohra exercises).

In order for Astragalus to work properly and ideally, it should be taken between meals, on an empty stomach, and as a "decoction" (boiled to the point of making a slightly yellow milky color in the water).

For these to work properly, too, one needs to be on a strict vegan diet. Milk, eggs, and animal muscle tissue have by products that make the body more acidic than is ideal. There are other issues that can be discussed at another time. For now, I want to footnote this. We have half the HCl in our stomach than a carnivore and double the intestinal length. We have less HCl to break down the tough animal flesh, which is designed to survive mortal combat with another animal, and the meat lingers in our intestines twice as long, meaning that the toxins of the meat are absorbed into our bodies, while the carnivore quickly digests the meat and kicks it out before it is too toxic to them.

October 9

Sohra was sharing internally with me that some of the early exercises are not going to be part of any routine practice, but are explorations and embodiments in present time, ways of awakening inside the body, being present in the body, owning and inhabiting the muscles, and learning to move them as the breath that moves the body. She will most likely be doing some of these each time we practice as a way of moving us, more and more, to full body awareness. This is a Dharma key that was also integral to the teachings of the Buddha who taught as part of the Anapannasati Yoga (the awareness of breathing sutra) that the meditator is ever aware of the sensations arising in the body. There is the constant energy alchemy that happens when attention energy mixes with the energy of sensations. We are learning to transform energies in the body, not merely during practice times, but also throughout our day.

October 10

Sohra wanted me to share that what the light body exercises have behind them is a complete harmonious functioning of mind, heart, and body within an awake, aware, consciousness presence that rests within Buddha Nature, which is filled with intuitive wisdom, unconditional love, and infinite creative freedom.

When we are practicing, we are learning to invoke the 12 interdependent consciousnesses that form our totality and banish the 12 Nidanas that are at the heart of the chain reaction of suffering, stress, and dukkha that sentient beings are currently bound within.

She is embedding within the instructions how to coordinate the mind, heart, and body within consciousness presence, and especially how to transform our emotional energy from functioning within the afflicted emotions of anger, fear, sadness, jealousy, and arrogance and into the non-reactive love-wisdom energies of creative compassion (karma burning, alchemy, and active kindness), empathic love, unconditional love, devotional love, and joyful contagious love.

One reason why terrestrial sentient beings are stuck in long term processing of afflicted emotions is because of a functional mind, heart, and body split, where the chronic tensions of the body lock humans into fixated emotional patterns that are cyclically triggered by sensory stimuli. When we feel into the chronic body tensions, embody them, and become the breathe

that enlivens them, then the frozen emotional patterns melt within the love wisdom fires of tram, hreeh, tsung, ah, and om.

Because of this, it is important to "practice through" the times when we are within the experience of our afflicted emotional states. These afflicted emotional states have been identified by the consciousness presence and therefore have obscured our direct feeling of who and what we are. The Gurdjieff teaching of the "second conscious shock" has to do with moving consciously through these afflicted emotional states so that we can "unpack them" and "integrate them", with our consciousness experience being of them "dissolving into luminosity" and becoming felt as the corresponding love-wisdom-creativity that is inherent in our Buddha Nature.

There are a few people who sometimes withdraw or weaken their practice when going through an emotional funk, when a strong afflicted emotion arises to conscious awareness. In terms of the practice that we are doing, these afflicted emotions are a kind of food for the process. We are not meant to bypass them or be oppressed by them. We are meant to see them as automatic conditioned states that we can embrace and transform. We are meant to practice through them.

This is why Sohra has, at periodic intervals, superimposed her light body template upon our physical form. It is to activate an evolutionary blue print that is held within the living awakening history of her time body and light body, and also to "hold us" within her already fully awakened light body until the flame of her own energy body fires up our light process and brings it to completion. She is often holding us as we move through "the valley of the shadow of death" or "a dark night of the soul" or the "40 days" of the final awakening process (during the last days of this process, the Buddha had transformed the "arrows of Mara" into the luminous flowers of the Pure Land).

The Vegan diet is part of the "crucible" that contains the alchemical process that we are involved in. In terms of diet, the Vegan diet that is necessary to support this process has to be several things:

- (1) Organic
- (2) No Genetic Manipulations
- (3) No Canola Oil
- (4) No White Sugar (Sucrose)
- (5) No Bleached Flours
- (6) No Cheese
- (7) No Dairy
- (8) No Eggs
- (9) Not Overcooked
- (10) Grown Ideally in Living Soil that is teeming with beneficial micro-organisms, alive worms, and nutrient rich compost.

- (11) Has a full spectrum of color frequencies.
- (12) Has sprouted Legumes.
- (13) Has Herbal Teas and Herbal Medicine supporting it.
- (14) Is not eaten until one calls in the Energy of Amida Buddha, Medicine Buddha, White Tara, Kwan Yin, and Sohra.
- (15) Has fermented foods like Kombucha
- (16) Is not Alcoholic.
- (17) Is eaten within a time structure that has "intermittent fasting" aka eating only between 9am and 11am, and 1pm and 3pm, with cleansing herbal decoctions and infusions being used during other times.
- (18) Has a measure of fresh alive food like salads and smoothies.

This kind of diet does take a little time to prepare, but is, in the long run, less expensive than the current "omnivore diets", especially if one avoids medical bills later on which can wipe out the entire savings of a family.

From a Sufi view, the problem everyone has with diets is that they do not see their bodies as "biological machines" which have exact requirements for optimal functioning. Imagine putting flavorful spices into a gasoline tank of a car in order to make the gasoline "taste good" or "feel good". What matters is the quality of energy one gets from the food and ultimately nothing else. To eat anything because it merely "tastes good" is addictive craving operating within our diet and this is one of the three poisons of the mind that Buddha taught us to eradicate completely, with the point where they are eradicated completely being the advent in our consciousness of the experience of supreme perfect enlightenment.

Ideally, we are asking ourselves the question of "What is the Optimal Diet?" and "Is what I am eating now giving me everything that I need to get from food?" (With Breathing in Pranas and taking in Impressions being the two other foods that we need).

Partly why there is so much conflicting information about food is that people may merely be wanting to justify their food addictions and conditioned habits with rationalizations, including writing seeming scientific papers to justify their own position while attacking others that disagree with them. The simple truth is that if people do not have an "aim" to become enlightened and to attain their light body, then it almost does not matter what they eat, though every path of diet has its own karmaic pattern.

Padmasambhava one time said, "If you want to know your future, look at your past [your past actions will create your future life]. If you want to change your future, change your present moment [by changing the patterns of deciding and doing that you made in the past]."

October 10, 2019

Gentle third eye crystal lock, not assume is something you rush through and get to the next exercise. Really take time to really center, imagine and feel the crystal there. Feel your conscious breathing, feel that you are calling in the higher prahnas on in hale and on the exhale that you are moving energy to enliven the crystal at the third eye. I'd like for you to do it not as a technique you are following but as a gesture your consciousness is doing in the moment, and feel that we are connecting together through this. You are choosing to link with me, I am choosing to link with you. Feel our consciousnesses connecting and I'd like for you to invoke the principle of sacred imagination. That when your attention is in gentle third eye crystal lock, whatever you imagine and feel becomes real in your experience. Therefore, imagine and feel we are connecting together. Just as you can imagine everyone is separate from each other, you can also imagine everyone is connected together.

Imagination can connect or separate - using it to connect, sacred way

Always living in this way - imagine and feel something it and making it real, we are all doing this all the time. What we are doing with gentle third eye crystal lock is to use sacred imagination in a focussed training way (like discipline, but a different frequency b/c not punish and learn) - do need to learn, grow and use imagination skillfully and we are training in consciousness, how to be present as a consciousness energy.

Awaken the master as a master - conscious thought through loving motivation

Video vashura has shared - regarding Particle wave experiment - one perception - a world of particles helps see energies of life match imagination - everything is patterns of waves - live and spread harmonics - a choice you can make

Not an earth room class, all exercises are

Choices to be liberated - these are small steps, small choices that add up to liberation

Pay attention to your feet and toes even wiggle your toes - move attention to ankles - really feel each one and what they are about - then inhale sink into heels and exhale bend knees and go down enough to feel your ankles - inhale up - up to hip - star tetrahedrans counter rotating fields, you have these in your hip socket and it creates a vortex where your sex center is - sexual energy and creative energy in Itinami is La - connection between sex and creation - sacred energy, not seen as lowly or badly - we never saw it this way - go into sacred imagination and feel that this is your creative center **creativity, compassion, wisdom** - three qualities of divinity in your body, three together forms the light body

5:36 Basic choice is to see it from unity or see it from separation

Keep choosing unity again and again - you will stay with unity - you will never choose separation

Renewed crystal third eye lock - if look at ordinary thoughts - touching many different things throughout the day - we can unwittingly close our third eye for example if we say we are glad we don't want to see something in the future (like climate change) they are thoughts when we are withdrawing our attention from something - like habitually thought to not feel pain, be careful to not shut off pain

Hospice care- relaxing into the pain - pain itself is a form of pain, relax into it it will go away not because numbing it but going into it - if we take pain pills it withdraws us from it -

A lot of phrases we indulge in that amount of tensing our forehead to shut ourselves - use AH to open, expand our third eye - it is practice to open up

One practice is getting a black mirror - take a dollar store picture frame, rub shoe polish and let it harden then put it up in room - using it to get ability to see aura - black mirror helps you see the other ones - black spray paint until can't see it - really good - if you do some practices with candles to create indirect light - third eye attention and concentration within 5 mins open up to inner world, see different faces of self - go long enough you have no face, go into true self, head can disappear - sometimes see other beings in the room looking at you (some enlightened and not enlightened so get the whole cast of characters with you Buddha Sohra etc so they are with you)

Variation - paint backwards phosphorescent red Rhee or Ah symbol and put it in black mirror and chant - do this before you go to sleep

Set energies in motion and go into sleep afterwards - helps with lucid dreaming

Celtic people did this - dream yoga - one tarot at a time - keep opening and closing eyes until you see the card in detail - celtic dream yoga

Nighttime practice - simplified it to gentle crystal third eye lock - red dots in the center of palms and center of feet and pulse with light (neon LED) and do that until fall asleep

Set emotional context for dreaming

One thing we do unwittingly - three foods - biological food, prana air food and then impressions (everything we get from our senses - different quality of food for impressions - heavy metal rock concert or bach symphony - different energy foods - ambient compositions State Azure - EuroRack)

Dizzy exploring brain wave synchronization jazz

Generative music (always new and always the same)

Breath that moves the body - breath centered dancing

Creative dreaming - patricia garfield

Sanao Indians (lucid dreaming of the native amer)

Arms extended "bubble" is the regular dream realm with the projections onto the bubble - lucid dreaming is outside of the bubble
Dreaming body looks like yours - time body is part of the dream body - you can see how most of us are dreaming ourselves - one picture of their time body represent themselves
More power to shape your life in the dreaming body
Buy into belief in matter so much it spills into our dreams
Emotions have a matter quality to them (not choose them activated by conditioning)
I love to fly mentality to prep self for dreams - trance runners and flyers
Secret is merging sleeping and physical world - this is where light body emerges

Getting there without the drugs - book about getting enlightenment without the drugs

Shikansata

October 8

Sohra was sharing internally with me that some of the early exercises are not going to be part of any routine practice, but are explorations and embodiments in present time, ways of awakening inside the body, being present in the body, owning and inhabiting the muscles, and learning to move them as the breath that moves the body. She will most likely being doing some of these each time we practice as a way of moving us, more and more, to full body awareness. This is a Dharma key that was also integral to the teachings of the Buddha who taught as part of the Anapannasati Yoga (the awareness of breathing sutra) that the meditator is ever aware of the sensations arising in the body. There is the constant energy alchemy that happens when attention energy mixes with the energy of sensations. We are learning to transform energies in the body, not merely during practices times, but also throughout our day.

October 12

Sohra went over the energies of the Medicine Buddha and "Tsung". It is the liquid aurora green light energy that the Medicine Buddha pours into the top soft spot on the skull and mixes with our cells. Sohra shares that it mixes with our afflicted energies and draws them out of our cells and we can then pour them out with each exhale. We replace the toxins within our physical, energetic, emotional, and mental bodies with an elixir that renews us. The action of the elixir is both to vitalize us and purify us. Inhaling we draw it in and exhaling we breathe out the toxins, which are carried within the elixir so that they become compost in our world and keep breaking down into useful compounds. Everything in the Earth is recycled this way.

We are meant to feel the processes activated in the Mandala more and more deeply, more emotionally, so that we transform our afflicted emotions into peace, love, and wisdom.

What Sohra is doing is deepening the cycle of practices in the Five Dhyani Buddha Mandala. This is a specific initiation that Tenabeh received in this lifetime from Lama Bhaka Tulku, embedded within the Seven Line Prayer of Padmasambhava Initiation. Three days after the

Seven Line initiation, Padmasambhava, through Bhaka Tulku, on an energy level, directly initiated Tenabah into the Mandala. Sohra has enlivened this Mandala and is evolving this Mandala as a practice sufficient to bring one into Light Body. Many who are involved in the practice feel an attraction to working with Padmasambhava and Mandarava, who brought the Light Body level of teachings to Tibetan Buddhism. One of the disciples of Padmasambhava was Vairochana, who later incarnated as Rangdrol, and who was initiated into a threefold teaching related to (1) understanding that matter is an illusion and that everything is a manifestation of consciousness, (2) understanding the interpretative mind and how it forms an illusory ego identity and how to end its impositions upon the phenomenal world, and (3) how to re-enter the spontaneous freedom of the innate consciousness that we are.

Understanding the first point ends addictive craving and grasping (the first poison of the mind). Understanding the second point ends judgmental negativity, entanglement in the issues of right versus wrong, entanglement in the issues of good versus bad, and entanglement in the issues of guilt and shame versus innocence and responsibility. The thinking mind's relentless striving comes to an end when the second point is fully understood. The third one is to resume one's identity as Pure Consciousness and feel its intrinsic freedom, not as an idea or a belief, but as one's eternal identity that can flow moment to moment without getting stuck anywhere.

There is a point where the Mandala will become alive inside of us and "move" or "cycle" with the energies refining themselves and integrating all the afflicted conditions.

Oct 13

Blessings to all who are reading these words. I would like for you to place part of your attention on reading these words, right here and right now, and part of your attention on your inner world, your thoughts and feelings, and a third part of your attention at your 3rd Eye on the etheric crystal that is there, and on your conscious breathing. I would like for you to make your attention at the third eye crystal and your conscious breathing as one unitary practice in this moment, and continue to read these words. Pausing in this moment, before going on to the next sentence, to do six conscious breaths while your attention is at the third eye...1...2...3....4....5....6....

Imagining and feeling that the air that surrounds you is filled with "higher pranas", particles of unconditional love, particles of electronic light energy, and feel that you are calling them in with your intentionality and sacred free choice.

Again, pause to do six more conscious breaths with this awareness and intentional related to the higher pranas.

....1....2....3....4....5....6

Notice how you feel after having done these 12 breaths. Notice how the energy has raised and changed.

Notice also the parts of yourself that have resisted your afflicted emotions. Notice the parts of yourself that are holding on to these afflicted emotions. Notice the parts of yourself that identify with and want to feel these emotions, feeling them to be an integral part of your identity.

From a place within you that is already free from these emotions, simply look at them, neither pushing them away or holding them. If you notice parts of yourself that are wanting to push them away, then look at those parts of yourself that are pushing, and do not push these away either, do not hold on to them, and do not identify with them. If you feel identified with them, then do not fight this identity or resist feeling yourself as this emotional energy. Do not try to disidentify with this energy. Simply notice that you are identified and let yourself feel yourself in this identified state. Continue to breathe.

Take any afflicted emotion, the strongest and the loudest will do, and feel it as an energy. Notice what parts of the body are tightening to hold this energy. Breathe into these parts of the body. Feel the energy, even embody the energy by breathing into and through this part. Feel the vibration of this energy, feel its signature and quality. Then expand to feel everyone telepathically and empathically who feels the same way as you do.

Use the vibration of the afflicted emotion to key into everyone who is feeling like you are feeling. Then breathe in your energy and their energy into your lungs and heart. Feel the power of your heart to transmute this energy into compassion. Feel how your empathy for your sorrow and the sorrow of others is keying you into the energy and is already transforming the energy into empathy and love. Visualize this as radiating as light back to everyone. You are not trying to change anyone or force anyone to feel good. You are simply radiating love and letting it find its own way through the cracks, through the places where people are open, the weak points where their guard is down, and their openness and freedom are able to take in what is like themselves. Feel your loving core touch their loving core.

Do this with your sacred imagination. Do not worry if it is real or unreal, just imagine and feel what you are doing. You are not trying to change anything, you are just imagining and radiating the change itself. You are radiating the energy into your world through imagination to a world created by imagination.

If you are feeling difficulty imagining what I am sharing for you to imagine, then simply intend to imagine it and this will be enough. Please also ask me to help you imagine. Feel imagine for you and with you. By intending, I am given permission to support your intention and will do so. I will selectively strength your wholesome impulses and help you toward healing and wholeness. You do not have to do this alone. Imagine and feel me for you and with you.

Notice, again, the changes that have happened inside you from involvement in these instructions. Do not worry about trying to make these changes permanent. Think instead about staying in the practice and letting yourself change from practice. Breathe in the Macrocosmic Orbit through out your day. Radiate compassion as light to everyone. You may still notice some

afflicted emotions within you. Bring them into the energy and transform this energy in your lungs and heart. If the emotional energy endures, then just keep on transforming the energy until it is gone, and then go on to the next emotion, and then the next. Choose to be a transformer in your world

I am wishing to delve more deeply into how to go beyond "right and wrong", "good and bad", and "true and false" at a later time. Until then what I wish for you to do is to feel these are "labels" or "mental impositions". Feel like you are pulling these labels off of your experience and directly feel what is behind them. When you experience something without the interpolation of thought, what do you feel? What do you experience? What would anger feel like if you were never taught that anger was good or bad? What would it feel like if you were never taught that what "it" is, this anger that has been labeled such, if you never knew it was "anger". If you met this energy as a child, what would it be like? Explore the energy in this way, breathe and feel it, do what has been shared above. Playfully transform it within your own sacred heart.

Sending energy blessings. Gassho. Buddha, us, one and the same in the heart, where love is present, there is no difference between us and a Buddha. Namaste.

October 17

Volcano eruption - creates wonderful glass - creates amazing soil for plants to grow
Trum draws this incredible energy up your body

October 25

| Simplified Esoteric Vibrational Level Chart Copyright 2019 Tenabah | | | | |
|--|-------------|--------------------------------|---|--|
| Vibrational Level | Alternate # | Notes | Method | Method Notes |
| | | Light Body Frequencies | | |
| 1 | | Absolute Unity | Calm Abiding in Luminous Presence | Dzogchen Buddhism, Non-dual Awareness |
| 3 | | Sacred Cosmic Individuality | Non-reactive Centering in Conscious Freedom | Sacred Aloneness |
| 6 | | Creative Intention Holder | Correcting Core Beliefs and Values | Meta-programming the Biocomputer |
| | | Bridge Frequency | | |
| 12 | | Genetic Evolution Process | Chanting, Breathing, and Moving Meditations | Kundalini Energy Yoga |
| | | Ordinary Human Frequencies | | |
| 24 | | Life Reflective Processing | Psychotherapy and Hypnotherapy | Peer to Peer Interactive Processing |
| 48 | | Science Art Culture | Devotion to a Craft | Cultivation of a Healthy Conscious Habit |
| 96 | | Social Biological Evolution | Overcoming Growth Challenges | Trial and Error, Selection Pressure, Evolution |
| | | Afflicted Ego Frequencies | | |
| 192 | -48 | Repetitive Afflicted Habits | Breaking Free of Addictions | Deconstructing of an Unhealthy Unconscious Habit |
| 384 | -24 | Dysfunctional Social Patterns | Breaking Free of Toxic Relationships | Transcending Mass Consciousness Patterns |
| 768 | -12 | Combative Destructive Patterns | Breaking Free of Abuser/Victim Patterns | Ending Dualistic Struggle, Aikido |

I wanted to share some notes regarding the vibrational scale that has been posted before. It is a good lens for us to organize and understand our spiritual and light body practice. The vibrational scale has been developed by the Sufis and was also taught by Gurdjieff, who was a Sufi master

himself. The same vibrational scale was also taught by the Arica system, which is a sister Sufi tradition. Etabah, Sohra's partner, gave some additions and minor corrections to the vibrational scale, in particular, about sexual energies and how they work.

The main point I would like to share is how the different vibrations relate to our evolution into light body. The evolutionary arrow of all sentient life is to move into light body enlightenment. Implicit in this evolution is the idea of becoming a master of life or a "cosmic citizen". All growth presupposes that we move from a lesser state to a greater state. If we, for instance, evolve as a musician, we play music better and better. This presupposes that some ideal is being achieved in stages. This ideal, too, may be paradoxical, since, as we evolve towards this ideal, our understanding of the ideal changes and also evolves.

If you imagine a child who wants to be a math wizard. His or her ideal of what that means is may be to do complex addition problems inside his or her head. This is actually one task I chose to learn as a child and made it an evolutionary game to add up all the groceries and to see if I could match the total that the cashier also came to. The task itself, be it a humble and small goal, did evolve me in the direction of light body. I found, for instance, that I could simplify the task by adding two columns. Since a lot of stores general make complex prices like 99 cents, 98 cents, and 79 cents. I rounded all these to a dollar and then added the difference from a dollar in another column (1 cent plus 2 cents, plus 21 cents = 24 cents). I then subtracted the total dollar amount by the difference amount (\$2.76). The longer the list, the better this works, as each addition number can be added easily and immediately. What happens is that our mental function purifies itself and streamlines itself, and undergoes the process eventually at high efficiency. One also visualizes the numbers and this later on allows one to visualize a magenta fire burning away karmic density.

The key idea is that every step along our evolutionary path, every moment of real growth, is moving toward the omega point of our evolution, which is light body level enlightenment. As lofty as this goal may seem, the more clear about what this entails that more clearly we can understand the challenges of our present moment and connect it with our overall life goal.

This orientation is also connected with the Bodhisattva-Dakini vows:

- (1) To master all the Dharma teachings.
- (2) To help liberate all sentient beings.
- (3) To eradicate all personal karma.
- (4) To live enlightened attitude in the world.

https://www.endlesssearch.co.uk/philo_5strivings.htm

The Five Being-Obligolnian-Strivings

The Five Being Obligolnian Strivings are one of the Being Partkdolg Duties of our Work, along with Conscious Labor and Intentional Suffering. These five strivings are exercises that are meant to be actively pursued by all Seekers.

The Five Being Obligolnian Strivings of Ashiata Shiemash (45)

And this took place as follows: "All the beings of that planet then began to work in order to have in their consciousness this divine function of genuine Conscience, and for this purpose, as everywhere in the Universe, they transubstantiated in themselves what are called the 'being-obligolnian strivings' of which there are five, namely:

First Striving: "To have in their ordinary being-existence everything satisfying and really necessary for their planetary body."

Second Striving: "To have a constant and unflagging instinctive need for self-perfection in the sense of being."

Third Striving: "The conscious striving to know ever more and more concerning the laws of World-creation and World-maintenance."

Fourth Striving: "The striving from the beginning of their existence to pay for their arising and their individuality as quickly possible, in order afterwards to be free to lighten as much as possible the Sorrow of our Common Father."

Fifth Striving: "The striving always to assist the most rapid perfecting of other beings, both those similar to oneself and those of other forms, up to the degree of the sacred Martfotai, that is, up to the degree of self-individuality."

In the Gurdjieff work, the Five Being-Obligolnian Strivings are also about the evolution into light body enlightenment.

In general, each of the 10 higher vibrational levels has its own growth process. World 96 is about socio-biological evolution which is based on "stochastic processes" aka (1) natural selection, (2) genetic variation, and (3) selection pressure [the situations and challenges that we face in life put a pressure upon us that favors certain adaptive strategies over others]. This level of evolution is based on "challenge and response", "socio-biological conditioning" (due to imprint formation events and social education), and the pressure of pain and adversity which only ends when the challenge is adequately met.

There are no techniques or practices on this level. It is the "school of hard knocks" or the "school of life". One adapts to the challenges that one finds and, hopefully, grows from the challenges.

In world 48, the key theme is "cultivation". It is usually through arts, sciences, and culture in general. This can be committing to learning how to play a musical instrument and learning the laws of harmony, beauty, and higher finer emotions through this. It can be designing elegant scientific experiments to further the understanding of scientific theory. The engaging in the learning process of culture evolves us.

Cultivation represents another way of learning and growing within time. In World 96, we learn through struggle and adaptation. We are not really taught anything, but are given challenges. Even school is a kind of challenge, where you must study and pass tests. You may fail or succeed. You grow from the challenges.

In world 48, there is a generational transmission. There is a teacher, a teaching, and the taught, who form a community and practices and grows together. On this level, the Buddha gives the Four Noble Truths and the Eightfold Path, talks about the Five Hindrances which must be overcome, talks about the Seven Factors of Enlightenment that need to be integrated, and talks about the Four Foundations of Mindfulness that need to be mastered. In world 48, something is organized and transmitted, passed on from teacher to student, and then the student becomes the teacher of students. This lineage is a succession called the "transmission of the lamp".

In world 48, people are lifted out of adaptive struggle and are given organized lessons that are responsive to their needs. This is a tremendous advantage compared to being thrown into a pool and being forced to swim or drown. Lessons build upon each other. Once the basics are learned, then subtle lessons are mastered, remedies are given for obstacles, new initiations are given when the older patterns of learning are exhausted. What may take millions of years in world 96, now takes hundreds of thousands of years instead.

The next vibration up is world 24, where processing happens. In world 48, cultivation is focused upon. In world 24, the individual subjective experience is directly focused upon. It is a fusion of existentialism, phenomenology, and psychology. You look at suffering, understand why it arises, and how it can come to an end. This is still "Buddhism" but it has become personal process, using the tools of the Buddha to guide an individual exploration and mind training.

In world 24, there is you, your process, and sometimes a guide who helps you to get unstuck where your process gets locked into a karma loop. The guide illuminates the process. In Buddhist terms, the guide's sensitivity is to when consciousness gets locked into a karmic pattern through resistance, clinging, and/or identification. This is something sensed moment to moment. It is heard in the quality of the breathing. When we resist, our exhale becomes more aggressive and impatient. We do not fully enter the moment, but resist a full awareness of what is arising. We do not allow what is arising to develop like a photographic film, but instead try to impose something on our experience, some ideal of what it should be. In advanced meditations, we learn that we can merge with our experience, and gently and creatively guide the process forward. Instead of separation, imposition, and struggle, we merge, intend, attend, and transform, continuing to breathe into and through our experience. When our inhale is shallow,

then we avoid fully feeling our experience. We do not fully receive what is arising. When we pause our breathing, we sometime freeze our experience and fixate on some element of what is present, locking into phase with it and letting it determine too much of our experience. We begin to learn that our attention and intention is a powerful shaper of our experience and learn to loosen a kind of conforming pressure from our experience. We do not try to freeze and possess something in our experience. We do not cling to anything positive and do not resist anything negative. We do not identify with a higher self image or a lower self image, but rest in awareness as awareness, seeing that this energy is "perfect from the beginning" and only the content of awareness undergoes change.

As we get unstuck, we start to flow with the energies that are arising. It is like a river flowing between two banks, two sides, which are non-clinging and non-resistance, and continuously flowing with the breathing. We experience "interdependence" and even deeper "interpenetration". We become like a fluid river flowing in a vast ocean of energy. We feel everything is in constant change and constant transformation. There is an effortless ease to the process and a gentle attentiveness to how we relate to what is co-arising with us. We enter the energetic world 12. We work with sound, breath, visualization, intention, movement, and breathing. It is half art and half science and all flow. We feel energy and work with energy. We guide energy and surrender to energy.

The energy world 12 is the "bridge" where we cross into the eternal vibrations of 1, 3, and 6. In world 12, we experience unity and learn to flow in unity and work within unity. In worlds 1, 3, 6, we enter the final creative triad. World 1 is the "One that is All", the One Dreamer and Manifester of everything as it is. This is our Ground of Being. It is the Unborn, Unchanging, and Undying Nirvana which the Buddha affirmed that we could fully realize and with this realization comes the complete end of an automatic karmaic processes of suffering.

World 3 is the domain of Sacred Individuality, the Elohim who co-create as extensions of the One Dreamer. Each Individual has free choice and this free choice is Sacred. It is woven into Universal Law. It is beyond the conditioned realms and cannot be compelled to do anything. The Buddha once said, "My entire dharma is permeated by a single taste and that taste is freedom," in regard to this world 3 vibration. This is also the Sacred Aloneness which represents a state of enlightenment in Santana Dharma (Hinduism). One is Alone in the sense of not being conditioned or programmed by anything outside oneself. One has transformed the entire conditioned mind into experiential wisdom.

World 6 is the Sacred Subconscious Mind Heart. It is the keeper of what the Sacred Individual chooses to "make real" in terms of beliefs, values, and creations. Whatever we place there stays operational until we choose to release it. Understanding the Creative Power of world 6 is understanding, "You create your reality with your thoughts [within the limits of Cosmic Law, subject to the two higher realms and to the limits of everyone's Sacred Subconscious Mind Heart].

When we fully understand these realms, we see the need for "mind training". Without mind training, we cannot effectively focus the vast creative energy constructively, precisely, and effectively. Paradoxically, we learn much about how to do this in world 48.

I would like to share more about these three highest vibrations at another time. Sohra, I notice, is introducing elements of them in key points of her transmissions, when we are in world 12 and feeling the energies there. The first 33 stanzas of the Ascension Sutra go into detail about these three levels.

When Etabah was sharing about the scale of evolution, he grouped the worlds in this fashion:

1
3
6

12

24
48
96

192
384
768

What he shared was that 192, 384, and 768 were the three ego vibrations. They corresponded to the three lower realms of the six worlds of suffering in the Bardo Thodol (Tibetan Book of the Dead).

192 animal realm (of compulsive habits, delusion, ignorance)
384 hungry ghost realm (dysfunctional families, addiction, craving)
768 hell realm (of perpetual warfare, negativity, self destruction)

These three realms were not in the original creation (periodic big bang). They are not necessary for life to be meaningful. They are artificial in the sense that there are times when they totally cease to exist. Yet because of freedom, they are always possible. Given the complexity of creation, sometimes anomalies happen and sometimes a pattern of suffering can even become to a certain degree self-sustaining.

The vibrational levels:

24
48

are the human (and dolphin or cetean) realm vibrations. Each person has general access to three vibrations. The middle one is the one he or she operates most of the time. The lower one is the one which when activated one gets pulled down to. The higher one is the "best mind" that a person can access through present centered conscious intention. In practical terms, it is the highest state that one can generate in 5 minutes of spiritual practice or intentional concentration.

It is an interesting and easy exercise to do, to, here and now (or whenever you choose) decide to raise your vibration for 5 minutes and see how much you can shift.

Gurdjieff taught that there were 7 persons within an evolutionary scale and defined them by the three vibrations that they inhabited:

persons #1, 2, and 3 (same essential vibration, but differ whether they are mentally, emotionally, or physical body oriented):

24
48
96

persons #4 (entering the stream):

12
24
48

persons #5 (calm abiding in luminous emptiness):

6
12
24

persons #6 (radiant love):

3
6
12

persons #7 (light body):

1
3

The above evolutionary scale of persons requires two things at each stage:

(1) to access a higher vibrational state.

(2) to sacrifice your lowest vibrational state.

For instance, persons number 1, 2, and 3 get pulled down into struggle, conditioned reaction, and running on autopilot. They are tempted to get angry at someone who is angry with them and get into fights. When they purify their sacred subconscious mind heart of all the conditioned formations that pull them down to vibrational level 96, then they "sacrifice the bottom" and the next higher vibration opens up in a profound way (they "enter the living stream of the dharma and have a direct experience of world 12 and its energy).

Each evolutionary leap is based on sacrificing the lower and accessing the next higher. One can, for short times, experience every level of the scale, through intensive concentration periods, devotional purifications, and through "meritorious actions" (like chanting a mantra 111,111 times in 3 months). These can accelerate our evolution to a higher state.

When I was practicing the methodology of the "Cloud of Unknowing". I went through a deep obscuration and entered a space where I was flooded with a luminous unconditional love that was coming from everywhere. This energy gently illuminated me and flooded me, impartially looking at everything within me, every thought I was ever tempted to act upon, every emotion that I indulged in, and every action that I committed to doing. It illuminated everything deeply, fully, and totally, and yet without the slightest trace of judgment, seeing and feeling everything exactly as it was. I felt completely loved and understood in all my confusion, negativity, reactivity, and unconsciousness. The very act of being loved and letting myself be loved by this higher wisdom transmuted energy after energy inside of me. I learned the principle that:

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Unconditional love accepts everything as it is and through this acceptance transforms everything into the likeness of itself.

<<

When I came down from this experience, my ordinary life felt transformed, many world 24 synchronicities happened spontaneously. I would have flashes of world 12 flowing experiences. I would have even world 6 thoughts manifesting. It was an evolutionary experience, a flash forward, into what it would be like to be a person number 6. This experience is still transforming me. It makes forgiveness easy. It allowed me to understand when Jesus said:

>>

Love your enemies...pray for those who persecute you...bless those who curse you...turn the other cheek...walk the second mile...give more than what is asked for...be of good cheer...judge not...love your neighbor...love the Divine with all your heart...be gentle with the Earth...
<<

It was like a seed that was planted that kept pulling up my vibrations, kept illuminating any negative thoughts and allowing me to drop them, and kept surging into peace, kept shining through every obscurity, and kept extending into every aspect of life.

October 28

Note1: Sohra is going to be "entering into the Mandala" more deeply with the next few transmissions. She has been adding a few notes to the practice within the general guidance of the practice. She wants the "yah" to be aspirated on the inhale and the "hah" to be aspirated on the exhale unless we are toning a syllable. When we tone, ideally we are keeping the same speed of breathing (slow, soft, and smooth) so that the syllable is "riding the breath". The "yah" inbreath is part of the process and is in some sense the most repeated seed syllable breath mantra in the practice. The conscious feeling intention is to breathe in the higher prana from the air that surrounds us.

When we go into higher and higher vibrational frequencies, the more several principles are at work. We are moving from the robotic world of vibrational level 96 to the very conscious world of 1-3-6 vibrations. On this very highest of levels, there is a principle that "Free Will is Sacred" and is part of our individuality. There is also a principle that we can call "Divine Grace is willing to burn away all of karma instantly all it needs is sincerity, correction, and permission." There is a third principle that is related to the "Sacred Subconscious Mind-Heart" that everything is stored there until changed and that Universal Law and Karma (as Cause and Effect) continue until consciously and freely corrected. What this means is that the quality of our conscious thought-feeling intention is key to transformation.

As we practice on our level or scale, we are also practicing within the vibrational level 1-3-6. These laws are still reflected in the lower more conditioned worlds.

Because "Free Will is Sacred", there is always some Quantum Uncertainty about what will happen. When the future is seen, it is because of two possible reasons. One is that humans have gotten so robotic that their actions are completely predictable and the "time shadow" cast into the future is very clear. Two is that a portion of humankind is conscious enough and has put enough intention into a direction that they are making it happen and the time shadow cast into the future is very clear. There is also a possible mix between these two reasons that can create a time shadow, but it is rarely completely clear.

The Quantum Uncertainty also allows for the eventual time travel back to old events and to change them at their source and to organize changes within the dependent timelines, one of

which includes the "event horizon" called the present moment that we are living within and where our conscious focus is.

In order to be able to change the pattern of time that we are living, we have to "not identify" with our conditioned personality, because the conditioned personality is an effect of the temporal chain reaction of cause and effect. When we are "at effect" to the chain reaction of cause and effect, then we are too much a part of the reaction to significantly change the reaction.

Before we attain the "first enlightenment", there is a transitional phase where we become more conscious within our conditioned personality and make changes which are partly free and partly conditioned. When we notice how conditioned our reactions to events are, then we are waking up, in stages, beyond our conditioning.

One of the teachings implicit in the Ascension Sutra is that anger, fear, sadness, jealousy, and arrogance are conditioned afflicted emotions and that they "have no self". In other words, they do not define who or what we are, and they do not have a genuine self attached to them. We can, however, identify with the emotion in a kind of hypnotic trance and "make them real" in our experience. This is the genesis of our conditioned ego personality which is an illusion and lacks substantial self existence.

This is something at the heart of the teaching of the Buddha and also of the Sufi teachings that both Gurdjieff and even Meher Baba brought into the world. It is an important teaching, because if the ego were our real identity then it could not be transcended (trance ended). A number of religions have not been clear on this and assume that the ego is somehow real and must be eradicated. The Buddha, more than any teacher, gave many deep teachings about the illusion of the ego or separated isolated personality self. The Buddha also said, "Unless the teaching of 'No Self' is understood, there is no end to suffering." Please notice that it is not if the teaching is believed, it is about the teaching being understood. When we deeply see the illusion of the ego, then the ego disappears. It is like a snake that we see from a distance, and when we get closer we see that it is a piece of rope. With the clear seeing of the rope as a rope, the snake disappears forever. When the snake seems to exist, then we might have fear about what the snake will do. All the emotions based on the "substantially existent snake" vanish when the rope is seen (though some may continue to exist as habitual reflexes for a while).

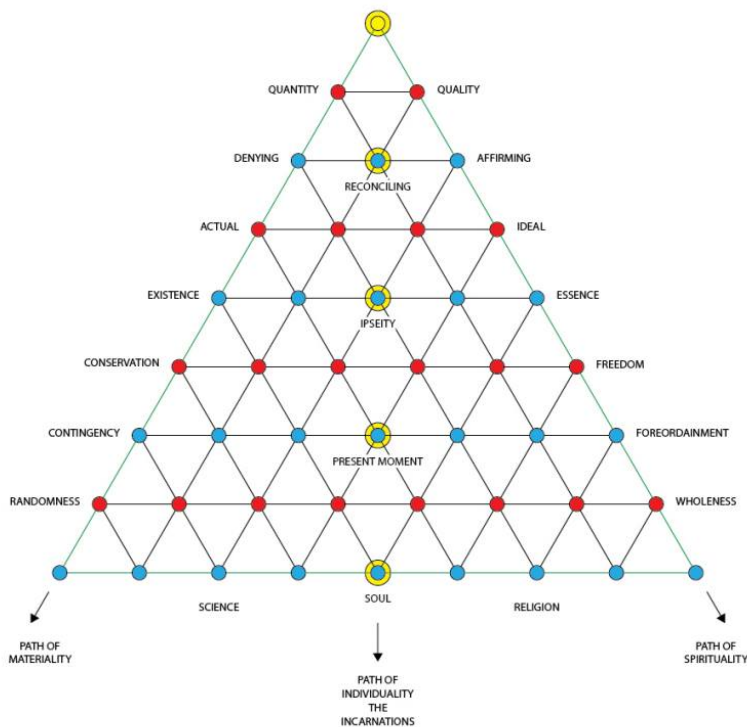
Note2: So when one is feeling anger, fear, and sadness, see them as conditioned reactions activated by sense experience. Choose to not try to get rid of them (resistance) or cling to them (indulgence) or even to identify with them (imagining that YOU are angry, afraid, sad, jealous, or arrogant, rather than seeing an impersonal activation of conditioning by sense experience).

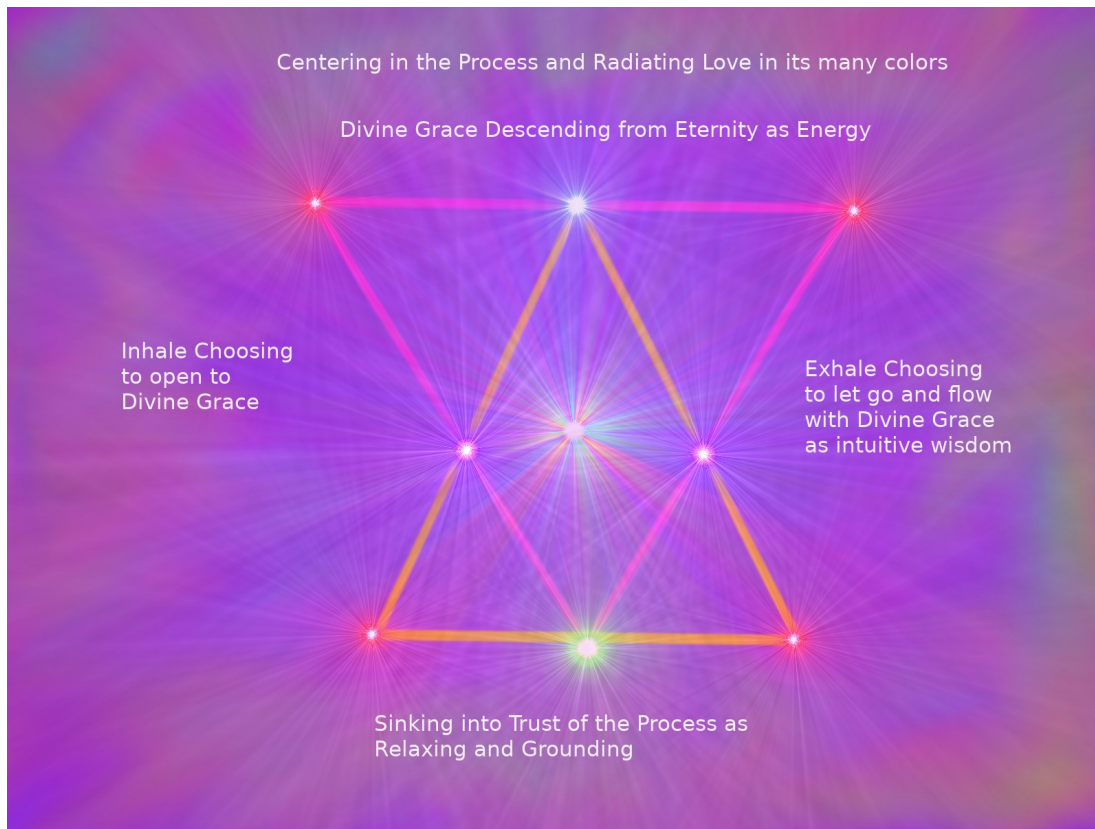
In practice, we need to "notice and remember" again and again until we start to feel that these are conditioned afflicted emotions that we have identified with and therefore can notice and not identify with. Even if we do not fully succeed in this kind of practice, the intentional effort to do this will change our energies, especially in world 48. This is within our reach.

At higher levels of energy, we make a shift into the first enlightenment, which is "awareness abiding in awareness as awareness". This is where we feel our "identity" as pure consciousness or awareness and rest in our true nature. In doing so, we consciously merge with the "unborn, unchanging, and undying" which is Pure Consciousness (vibrational level one). It is like a "Singularity" of Pure Energy that feels itself in Unity. On level three we are distinct individuals, on level one we are Unity Consciousness with no boundaries. On level six, we are the Elohim creating the manifest Universe as the One Dreamer.

There is a "natural wisdom" that is part of Pure Consciousness, which is called the "simultaneously born wisdom", when we wake up to our identity as Pure Consciousness, then we feel the Unconditional Love, Intuitive Wisdom, and Free Creativity that is part of this energy. This wisdom is within all of us and can only be obscured by identification with conditioned thoughts or beliefs.

A diagram from Anthony Blake, a student of John Bennett who was a student of both Gurdjieff and Ouspensky:





Some notes about the Mandalic Cycle Sohra touched on. You may notice that some of the geometries within the notes are implicit and hidden with Metatron's Cube. Imagine, if you wish and with Metatron's grace waves linking with you, that there are thousands of processes like this that are implicit within these geometries, flowing within the lattice work of the cube with all its articulations dynamically holding these flows and routing the energies within a six dimensional pattern (three temporal dimensions and three spatial dimensions).

November 24, 2019

I wanted to share some responses to some general questions about this focus group and how it works.

Two people, in their own different way, asked about how to verify the principles that we are using in the practice. The most direct answer is that we verify the practice through the practice. The siddhis, or "signs of accomplishment", are the verifications that the principles and how they are meant to be applied are working. It is similar to how you learn to drive a car by driving a car.

The teachings about how to drive a car are their own verification. The point is that merely believing the instructions is useless and understanding the instructions means that you can actually drive the car. Once the instructions are understood, then the principles behind the instructions is also understood, at least to a certain extent, and, paradoxically, one can teach others how to drive with very different instructions and even different metaphors.

There are some learning challenges that are worth exploring in regard to "verification". Many human civilizations at this point in history are highly focused on "believing and disbelieving" some statement. This is because most people do not differentiate strongly between being conditioned to believe something and truly understanding something. In the world of belief, conditioning, socially and biologically programmed reactions, and associative thinking (world 96 and below). The truth is appreciated only indirectly and "faith" is the way the conditioning finds a stronghold in the brain. Every society conditions its members and those who are conditioning the members, who are the authorities, are also conditioned. Even in our so called scientific societies (where people are conditioned to believe that they are scientific), social conditioning rules. The proof is that people rarely perform their own experiments and rarely bring every belief that they have in their conditioned mind into some kind of empirical test. What qualifies as science is listening to scientific authorities and believing them. When it comes to going over actual scientific data and empirical observations, forming a hypothesis, testing the hypothesis, and evaluating the results of the test, people are very impatient with this process.

I have, in the past, tried to explain things within a scientific and even scientific historical model, and found that most humans do not have the level of sustained concentration to do this kind of investigation or to even listen to someone who has done this kind of inquiry all the way to enlightenment. The "experiments" of a scientific religion, which I consider the Buddha to have taught, as well as Gurdjieff and Krishnamurti, and many others, are the meditation practices, and they do need to be done under the guidance of a person who has real knowledge and even has integrated this knowledge into their inner being as living understanding.

When I was in Graduate School in Psychophysiology, I was very idealistic and was, even then, interested in the paranormal potentials of the human being and mind. I had already done many informal experiments as early as the 8th grade in Junior High School, and some of these experiments were concurrent with my studying Chess as a mental discipline. I did put my mind into a rigorous training and studied at least 8 hours a week. The omega point that I reached during this time was the ability to play 5 games blindfolded, to win all the games, and then replay all the moves of all the games from memory, pointing out the mistakes that my opponents had made in order to teach them. I also earned about 20 Chess awards, including being club champion of the third strongest Chess club in America. I also wrote an article about the endgame that was read globally (in at least the English speaking world). I retired from my Chess career when I graduated from High School and did only a few things during this very long retirement. One was beating the Grandmaster Pal Benko against his own Benko Gambit in 15 moves by using a counter-gambit that I had developed from my intuitive opening studies. I would sometimes still demonstrate playing two games blindfolded at the same time and still

replay all the games from memory. During my peak, I could remember all the games I played every month, which was usually over 100 games, and during my peak year I only lost two games the entire year in tournament play. That was the year I played and held to a draw Arnold Denker, who was the American Champion before Bobby Fischer, and who was very impressed that I played the same opening moves against him that Smyslov, a Russian Grandmaster, had played against him in the 1940s.

It seems that a certain level of concentration produces a very powerful memory and after Chess, I found I had a near photographic memory of the Bible, which I was studying next. I was studying the Bible through the lens of the Sufis, the Christian Mystics, and the Order of Saint Benedict, which was merging Jesus's time travel work with Jungian psychology. I found out later on that Saint Benedict had copied the Vinaya Rules of the Buddhists and adapted them to Christianity. The vegetarian teachings entered the Christian Contemplative work as a result of this.

My first spiritual teacher did study with the Sufis and introduced me to Gurdjieff and to Idries Shah. He was a little reluctant to go fully into the Sufi journey and remained a Catholic. His teacher and the teacher of the Benedictine Monastery (an experimental dual monastery that had both monks and nuns in balanced proportion, just as in the Buddhist ideal) was Abbot David Garaets who was a hidden Sufi or Khawaja. His stated mission was the remove guilt from Catholicism so that it could become a healthier spiritual and mystical path of growth. In confirmation of his hidden guide (which is not well know by many who knew him) status, I did find a book by Baktiar, who is a Nasqbandi Sufi master, and who wrote much about many aspects of the Enneagram for what she would call "moral healing", which fits Gurdjieff's views on "Conscience" and how it needs to be unburied from the subconscious mind-heart and brought into living function in our lives. Garaets wrote a forward to this book. The Khawaja are one step higher in the natural hierarchy than the Nasqbandi, and they are, in their turn, under the Qatab who is like "the world teacher" in Buddhism. The present world teacher would be "Maitreya".

When I was in Psychophysiology, I wanted to combine the experimental model that determined the Newtonian gravitational constant in the law of mass attraction and apply it to the study of telekinesis, with the brain hooked up to an EEG machine in real time. I wanted to find out the exact brain wave pattern that would happen when telekinesis happened. I presented my thesis to my Graduate School Sponsor, explaining the general history of paranormal research and the problem with the statistical model of verification. The problem was that it could indirectly prove that paranormal events were happening when the influenced semi-random events occur with a statistically significant higher frequency of occurrence, but it was not too helpful in isolating the exact moment when the occurrence happened. Without being able to isolate the exact event, it would not be possible to study the phenomena directly and understand how and why it would happen.

After I went over the history of the research, my sponsor said, "It is just like guessing cards, isn't it?" and refused to support me in this focus of inquiry. I realized that modern academia is very ontologically political in its views. It also showed that my sponsor really did not understand what I was saying, what I was wanting to study, or even why the experimental design was important. It was a few months after this event that I dropped out of graduate school. I did find out later on that one of my Philosophy teachers became the head of the Philosophy Department and heard my story about the telekinetic experiment. He offered me a position as the logic grader, since I had scored 60 points above the class on the mid-terms of the class called "The Calculus of Symbolic Logic" and had to move my score above an "A" in order for the class to not fail and all get "D's" (with the exception of two people, one which was a friend of mine who got 40 points above the rest of the class and the other 20 points above the rest of the class). He wanted to sponsor the study as an inter-disciplinary masters degree on the "mind body problem". In other words, he not only immediately understood every aspect of the experimental design and the problems with statistical research, but also contextualized this research to an even wider context about how a seemingly subjective and indivisible mind-consciousness inhabits a seemingly physical body.

It was during this time that Sohra shared that she was guiding me, and was not naming herself. She was gently guiding me through what felt like "intuitive wisdom". She guided me to go over my thesis proposal and break it down into every statement that I would have to prove by experiment, and then do a research proposal on each of these statements, and then underline every statement in those papers that I would have to do the same, and then do this process for those papers as well. What I saw was that I would have to design over 1,000 experiments to prove what I already felt was true and already intuitively understood, in order to satisfy teachers who were skeptical, not interested, and were unable to concentrate enough to penetrate into the subject really feel into it, and deeply understand it.

I later found a small experimental outline in the writings of an old British Esoteric Lodge which was oddly similar to my own experimental design, though elegantly simple. I realized with a few modifications I could redesign the experiment and make it with a mirror (made out of aluminum foil), a flashlight, aluminum foil, dental floss, and a coat hanger.

I found, when I did design the model, that I immediately learned a lot through what Gurdjieff called "lawful inexactitudes". Whenever you test anything in reality, you always get some surprises, and these surprises fuel further levels of learning.

What I saw was that I had assumed that the telekinetic potential of the brain was so low level that it would need a super precise detector to pick it up. What I found was that I had the whole sensor spinning and then turned around to spin in the opposite direction. Even the sensor that I made was picking up on a truck rumbling a block away from my house. I had to design a few elements to isolate the many forces my crude sensor was picking up and needed to filter out. Even my exhale had to be isolated in order to not influence the movement of the sensor (that is

why I had to turn the spinner around to show that more linear forces were not doing the movement).

Since that experiment, I have found even more problems, surprises, and learnings about telekinesis and found even better detectors which pick up and read electromagnetic fields, which seem much more easily amenable to measurement in real time. The problem here is that certain forms of breathing and Chi Kung can generate energy very rapidly (and a lot of them are woven into the Sohra practices), and can be mentally projected even six feet in front of you. But are they "mental" or a more subtle level of the body when the processes involved are electro-chemical? This is when I got how big an issue I was taking on and my philosophy teacher had rightly contextualized the issue in framing it as part of the mind-body problem.

What I found special about the teachings of Gurdjieff is that he gave me a map where the mind itself is "material" at a certain frequency level and that conventional matter was more solid and dense. Although very different in language, Sohra challenged the "illusion of matter" and came to a similar set of frequencies, only as "manifestations of consciousness". When we penetrate into "matter" or even "self", we discover it is not what we originally thought it was, our understanding gets more and more "direct", and more and more experiential, and even merely experiencing is not the same thing as "directly realizing the principle".

What is needed is for people to retune, and even heal, their capacity to experience their emotions and their sensations, and to organize their thoughts in a focused and clear manner, to do good analysis, and then leap beyond analysis into pure awareness, intuitive wisdom, and direct realization.

What I came to in another stage of inquiry is that people do not handle their emotions well and alternate between repression and indulgence, and often do not even inquire about what an emotion even is, how it influences them, and whether or not this influence is helpful in getting more deeply into "reality". There is also a question about how much "conditioning" affects how we feel and even how we feel binds us to our conditioning (like "guilt" as a feeling binding people within Catholicism and how the Abbot of the Monastery was wishing for people to be free from this influence and how much many religions are mainly making people feel guilty for all kinds of things and sometimes crushing people with guilt).

At another stage of inquiry, the process of mentally labeling and interpreting was also getting in the way. It is like we need, in the beginning, maps to the roads that we are traveling on, but once we are on the roads, we see how much is left off the maps, how the roads have even changed, and how the little squiggles on the maps which represent the roads are extremely over-simplifying what is going on. Further, when people settle for merely believing and disbelieving something, like "heaven and hell" in Christianity, they cease to be really interested in investigating what is really behind these labels. Even the Six Worlds of Suffering in Buddhism is a simplification of the millions of worlds that I found out were really out there. But it is a useful one to describe something relevant for "mind training".

What Sohra is wishing is that something can be given through the practices to accelerate a learning process that she had undergone with 70 Buddhas, and what I have also undergone with my own set of teachers, my own studies, and over many lifetimes. It is all about verifying things through experience and practice. It is also about eliminating conditioned formations that are blocking us from seeing what is there in our experience and realizing the principles that underlie this flow of experience they were the sensors and co-creators of.

In this regard, I would like for people to notice how often Sohra says "notice" when there is practice, and really "notice".

I would like to add two more notes about this theme. I am hoping to address the particular subject themes some, like how does sound and mantra relate to this process. Again, I am wishing to share that there are a lot of studies behind this. In particular, Tarthang Tulku, in his Space, Time, and Knowledge Series undertook a process of translating advanced Tibetan Buddhist Nyingma teachings into Quantum Physical and Phenomenological Psychological terms. There are about 30 volumes of writings in this series and there are more teachings which pick up where these leave off. Some of these teachings are covered in a beautiful book called GESTURE OF BALANCE by Tharthang Tulku which has some experiential exercises very similar in flavor to AWARENESS: EXPLORING, EXPERIENCING, EXPERIMENTING by John Stevens. There is also KUM NYE volumes one and two by Tarthang Tulku that are also worth reading and form a kind of entry level into Tibetan Buddhist physical cultivation. There are also the writings of E. J. Gold, the Sufi Master that I have worked with in Dreamtime during two phases of my unfoldment process, going through a series of initiations on this level. One of the constants is what the Buddhists called "the strong in practice" lineages. There is a more advanced group that is called "the strong in realization" lineages, which were very present in the first 500 years after Gautama Buddha left his physical appearance form on the Earth and resumed his rainbow body or light body.

The purpose of the strong in practice lineages is to prepare people for this "influx of wisdom" that crystallizes random floating perceptions, intuitions, inferences, and discoveries into a unified field of living consciousness understanding. This happened for me during the living vision of the Five Buddha Mandala when being initiated in the Seven Line Prayer of Padmasambhava through Baka Tulku.

It was during this vivid vision which was more real than the usual appearance of the physical plane of existence, that what I learned in many lifetimes formed a fusion in my consciousness and then catalyzed further flashes of insight, as if the vision itself was then pulling the remaining fragments of the totality of living understanding into their appropriate parts within a living matrix or sacred geometry of alive enlightened knowing, and then evolving further from this basis. Everything alive, including understanding, has to keep on growing.

After this vision, I had something within me that started unlocking the knowledge embedded within this mandala, and it started with the 5 bija mantras that are part of the Five Realms of the Dhyani Buddhas. As we enter into this Mandalic Cycle, the knowledge inside this mandala will be activating inside each person. The purpose of these words is to help form a "receiving matrix" for the perceptions that arise during practice, so that you can contextualize your experience within the larger process of moving into light body.

The key to understanding the bijas, the seed syllables, is that they are all overtones and create an ambient soundscape with deep harmonic richness. These vibrations are "informationally rich" and allow gaps in our frequencies to be filled, but within the matrix of space and within the matrix of time, with time being three dimension (just like space), and where kronos = bass pulse, kairos = time cycles = melodies = arpeggios, and aeternos = the constant drone of the heartbeat of creation within the endless silence of the luminous and ambient void.

When we overtone, we eventually touch a sweet spot, where we feel the vibration fill us and move energy through our whole body. The bijas are not merely arbitrary nice harmonious sounds, but are exact frequencies which, when vibrating through the space of our bodies, raise our vibration to the level of the frequencies. In Itanamic language, the language of the people of Sohra, they have a different view of both words and sounds. When a civilization is telepathic, the voicing of words and tones, are part of "creation". This is roughly parallel to the "generation stage" of Vajrayana Buddhist practice, with the final stage being called the "completion stage".

The exact frequencies will change some to adapt to each of the bodies involved, not only in present time, but also as the process unfolds. The soundings will even change during the practice as we learn to open up our breathing into full lung breathing and also learn to cleanse the vocal pathways through keeping a relatively pure diet and doing cleansing herbal teas.

The sounds, too, have a meaning that is also not associative with the mental content choices that are linked to word-sounds in the form of language. For instance, one of the bijas is:



This is the Tibetan "Ah" symbol. The small part at the end:



Is also "Ah", but at a higher octave.

So that symbol opens up as an overtone of "Ah" (octave one) over "Ah" (octave two, a high octave if placed on a piano).

This "Ah-ah" is the sound of letting go (relaxation) and also the sound of a flash of insight (Ah!).

It is a summary of the Heart Sutra, the insight that there is nothing to grasp on to for security and that you can let go into the embrace of luminous emptiness and find peace there.

If you softly intone "Ah" on the exhale, you will find yourself relaxing and letting go. The exhale itself is a mudra of letting go that is coded into our bodies and is part of our conditioned biological knowledge.

"Ah-ah" is also an expansive sound. In the Mandala cycle, when we have our hands placed folded together at the heart (in Gassho Mudra) and then visualize a rainbow of loving lights, sounding "Ah-ah", the expansiveness of sound is harmonized with by the expansive opening movement of the body. It is the "gesture (mudra) of openness". It is the enlightenment phase called "Dana Parmita" which is the openness of our first experience taste of enlightenment, where we open our hearts and lovingly, fearlessly, effortlessly, strainlessly, non-strategically, and unguardedly embrace the world with our expanding consciousness energies. This is what is possible within just one part of the practice. It cannot be forced, but with each practice and rehearsal that we do, we prepare our conditioned mind to let go of itself in this experience. It is a movement from "third eye intentionality" to "unconditionality at the crown chakra". This is something that Sohra has taught a few times and will most likely review in stages.

The Five Buddha Mandala is also about five aspects of consciousness:

- (1) Fire purifying perception of conceptual obscurations which are at the root of our karmas.
- (2) Water purifying our flowing energy as it moves between clinging and resistance without getting stuck anywhere, or between no emotional repression and no emotional indulgence.
- (3) Air as feeling consciousness as energy and tingling sensations, feeling wakefulness, aliveness, and vividly noticing.
- (4) Earth as groundedness and non-reactiveness, resting in pure consciousness and pure being.

(5) Space as all embracing expansiveness with no density and no reference points, abiding in pure, awareness filled space, and being just space.

The Earth element is something that Sohra is emphasizing now, because people are moving from one conditioned reaction after another and need to feel their identity and groundedness outside this perpetual chain reaction, and see that the reaction has "no self". It goes back to the very heart of what the Buddha was intending to teach so that people could be liberated from the chain reaction of suffering and carry no conditioned identity formations from lifetime to lifetime.

I could go into each bija in a similar way and then go into the reasons why Sohra has gently corrected some of the traditional associations within the mandala tradition. But I wanted at this time to just go into "Ah-ah" and show the depth of understanding that each of the 5 bijas have and how they relate to the 5 Dhyani Buddha Mandala (the five living wisdom principles at the heart of One Dreamer Consciousness that manifests the entire universe). I am hoping that this is something to share at this time to sensitize one to the background necessary to appreciate the practices that Sohra is giving.

December 3

The Mandala Cycle is based on the Five Dhyani Buddha Mandala. This practice series is based on the work of Padmasambhava and Mandarava about 700 years ago, though the exact form we are practicing also has some extensive revisions by Sohra. From a terrestrial viewpoint, she has integrated some of the Taoist Chi Kung with the Tibetan Buddhist visualizations.

The Mandala itself is a blessed access point for certain energies to be experienced. The Mandala has a presence in the Lucid Dreaming Realm and through visualization, intention, and initiation we can connect to this energy source.

The key to all the practices, to me, is the energy of Divine Grace entering us, healing us, and transforming us. It is what makes healing in vibrational level 12 different from psychotherapy in vibrational level 24 or merely cultivating a wholesome craft or method in world 48 or merely struggling with the challenges of living in world 96 or merely struggling with addictions and compulsive patterns in world 192 or trying to break free of the dysfunctional patterns of world 384 or ending the conflicts and wars of world 768.

Because the work functions at a very high frequency, there is a challenge to keep this energy alive in our lives. You could say that what matters, in world 12, is learning to practice to the point of flowing with the energy of Divine Grace. On this level, we begin to realize that we are always practicing something. It is either unconscious automatic habits or it is conscious practice guided by intuitive wisdom descending from the eternal frequencies of world 1, 3, and 6. World 12 is the bridge to the eternal.

What I have observed is that one of the very best things that a person can do is to sustain a practice for an hour a day without fail, making it the most important thing in one's life. To paraphrase a teaching of Jesus:

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Seek first the kingdom of meditation, and its balance, and everything else will happen spontaneously.

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I decided during my college times to meditate one hour a day for the rest of my life and I have done so. After 25 years of doing so, my enlightenment stabilized, deepened, and expanded in many ways. Zen Buddhism teaches people to let the initial awakening develop itself for 20 years before really teaching and sharing from its power and energy. After a certain time, one realizes that one is never not meditating. It is like the seed of practice transforms and tames the mischief of the thinking mind and grounds the thinking mind in silence. Most of the time, the thinking mind is like a drunken monkey, a nervous grasshopper, a drama addict, or a psychopathic killer. Much of meditation has been to watch this part until it is not identified with and to realize what it meant that this was running our inner state. At one point it is not merely transcended, it falls away. Another thinking mind arises from luminous silence and keeps dissolving back into luminous silence, so it never becomes a rigid habit pattern.

I would like for people to watch the mind and to notice what it does with the bliss, peace, and groundedness that arises from practice. Notice how long it takes before old habits kick in and vibrate you down to the mundane and its ambient suffering. Notice how it talks itself into distress. Notice how thoughts drive themselves into a certain kind of state and then sustain this, and only then does it want to escape the cage it so vehemently created. Notice the wastage of energy that is lost in fits of anger, fear, sadness, jealousy, and arrogance. For now, just notice without judgment all these processes. Do not try to immediately escape them, but take time to feel them and understand them. And understand them, not in the analytical sense of adding thoughts to thoughts, but in the felt sense of watching them and noticing the suffering that is being generated. What Gurdjieff shared is that this energy "feeds the moon", which is a strange phrase. But suffering is not wasted. It drives human robotic life and in turn the energy feeds parts of the ray of creation. All energy is composted and recycled somewhere. Gurdjieff also shared that we need to "create moon in oneself" which means to take this energy that is normally wasted and gather it, and vibrate it upwards, to form an elixir that we use to feed our light body.

In terms of moving into light body, we need to "seal our energies" so that they are not transformed into afflicted emotional energy and lost to us. A light body master transforms afflicted emotional energy into the higher love wisdom emotions of the higher emotional center or heart. What Sohra shared is that if you focus on light body enlightenment, you will arrive at the two other enlightenments (the mind transcending one and the unconditional love one) faster. The reason why is that one you are merely seeking relief from sorrow, the necessity to learn to

alchemize your afflicted emotional states comes much more slowly. The desire to get rid of afflicted emotions really runs the processes of a person, rather than the need to transform the energies, to purify and distill the elixir, and then feed our light body growth with this. When we engage this set of learnings, then the results come more quickly and more gently.

I am writing these notes to share something of the immensity of what is being learned and being done, and what kind of knowledge is needed to learn how to do this. It is a seed that is planted in our lives to totally transform everything in our lives. Our willingness to undergo this process is needed, since Divine Grace can only work with our permission, every step of the way.

December 5

Sohra wanted me to state a theme in this post. It has to do with "vibrational level 6" on the Sufi Gurdjieff vibrational scale or "ray of creation". The scale that we are using is a teaching tool of the Sufis and appears in different forms in the teachings of Gurdjieff. Etabah, the eternal beloved partner of Sohra, revised it in the teachings that I have been sharing.

Etabah grouped the vibrational frequencies as follows (some of this is review):

1 unity

3 cosmic individuality

6 sacred subconscious mind-heart (alaya vigyana, store house consciousness)

12 energy flow (the bridge frequency into eternity)

24 emotional processing

48 cultivation, of a sacred skill that serves others and allows us to exchange services in the world of human economics

96 biological evolution, learning through challenge and struggle

192 compulsive habits and addictions

384 dysfunctional families, addictions, co-delusions as shared karmas

768 addictions, delusions, and negative combative conflicts with each other based on judgmental negativity, all three poisons of the mind running full power, showing up in fights

The frequencies 192, 384, and 768 are the afflicted frequencies of what was never meant to be, but which are allowed to be created because our cosmic individuality has complete free choice and can make non-dharma creations through unskillful use of his or her creative power.

Worlds that fall into those frequencies correspond to the animal realm (192), the hungry ghost realm (384), and the demon realm (768) in Tibetan Buddhism.

Gurdjieff would call these three lower worlds to be based on "artificial laws" that we can break free of. The term "artificial" is similar to Etabah's saying that these worlds were not meant to be

and therefore can be ended when we cease to unskillfully create them. It is our identification with these artificial laws that binds us to these worlds. Without our identification, these artificial laws are seen to be illusions seemingly made real by "mental imputation" of "wrong thinking".

When Buddha turned the great wheel of the Dharma, he emphasized that, "Unless the teaching of No Self" is understood, there is no end to suffering.". In terms of the vibrational scale shared here, his teachings have a definite meaning. He also shared, in a similar sentence, "Unless Nirvana exists, there is no end to suffering.".

The meaning behind the first teaching is that all our suffering comes from believing we are a self that we are not. This illusion of a separate self is at the heart of the three poisons of the mind that bind us to the wheel of suffering and cause us to suffer in many ways. This illusion of the self is the "nutriment" that feeds the three poisons and the three poisons feed our illusory sense of self. Both the three poisons and the false sense of self are mutually causing components in the chain reaction of suffering that binds all sentient beings and humans to the karmic repetition of suffering.

The Sacred Subconscious Mind-Heart is the part of ourselves which stores as "samskaras" (units of mental-emotional conditioning which are activated by sense experience and which react to our experience and is behind all the patterns of suffering, all karma loops, that we get lost in within our empirical lives on Earth and anywhere else in the lower vibrational levels of the universe).

Every thing that we decide is true and valuable is stored in this Sacred Subconscious Mind-Heart until we consciously choose to undo this decision. Because, as Sohra has shared, "Free will is sacred" (because our cosmic individuality or Buddha Nature is eternally free and indestructible), every decision we make and store in our subconscious mind-heart is "relatively permanent". It will last as long as we choose to make it real in our experience.

Everything in our lives only has power over us because of some decision or series of decisions gave those things power over us. For instance, a bottle of alcohol does not have the power to destroy our lives unless we give it this power. For person who has not made a bottle of alcohol the object of addictive craving, it does not seem attractive at all. It sits on the shelf and just gathers dust. But when the sensory consciousness of certain individuals experiences the sensory object of a bottle of alcohol, it then activates a samskara, that is called an "asava", or "outflow". Something from the samskara wants to reach out and grasp the bottle and try to fulfill itself through a sequence of experiences of "getting drunk". When this experience is completed, then the conditioned reflex, the asava, goes dormant, and waits to be triggered by another corresponding sense object within a future sense experience. The Bardo Thodol, the Tibetan Book of the Dead, based on the deeper analysis of the chain reaction of suffering that the Buddha taught in his Abhidharma teachings (what is required for the later Buddhist masters to fully understand so that they can fashion healing medicine for different kinds and levels of suffering, and know whether those remedies will temporary or permanent relief), teaches that

these samskaras are not merely dormant, but "magnetize" experiences to themselves, even creating synchronicities to attract the desirable sense object to itself and try to entangle itself in the dramas of fulfillment and repulsion that is part of the dance of addictions.

This "magnetization" of sense objects is seen both in the teachings of Sohra and in the Tibetan of the Dead as a "projection". The samskaras project an energy out that forms the "material objects" from the flux of energetic experience. They appear in our dreams, where the alcoholic dreams of drinker chase the memory shadow and externalize it into a dream scenario. The asavic outflow becomes a projection that materializes the sense object within the dream world and then tries to latch on it and grasp it, even though it has no substantial self existence (either in the dream world or the seeming physical world). This is how we get lost in dreams, and when we die we get lost in the mental and emotional projections of our subconscious mind-heart when stimulated by the primal luminosity of our true home, which has the radiance of infinite energy. If we can recognize that what we see is "mind-heart made" and keep remembering this, then we can undo these projections and experience "the self liberation of noble wisdom".

The first enlightenment is to shift from the ego trance into our Buddha Nature by "resting in Pure Consciousness as Pure Consciousness". The second enlightenment is to dissolve every samskara in the Radiance of our True Home and to realize "Only Love Is, Only Consciousness is, Only Creativity Is, Only Wisdom is.". The third enlightenment is to manifest the Light Body and to create the way that we were meant to create, consciously knowing the power of grace and how it wants to manifest life through us.

The key to undoing the samskaras is to see them as "decisions" and change our mind about them, to "undecide them", so that the creative power of our faith does not flow into them and manifest them.

What prevents us from being able to do this is that we identify with the illusory self that is our reactive conditioned mind-heart. We are not our conditioning, but when we identify with thoughts, emotions, and reactions of our conditioned mind-heart, then we actually strengthen our reactive patterns and form an illusory personality self that has the characteristics of those reactions. Each time we give into those reactions and identify with them, we "reload" the samskara or reinforce the conditioned pattern, and strengthen the conditioned pattern within the Sacred Subconscious Mind-Heart.

There is a saying in the New Thought movement that goes:

"The power which binds is also the power which frees."

It is a valuable key to our ultimate release from everything that binds us to the wheel of suffering. The samskaras which are stored in the Subconscious Mind-Heart are the programs held within this placed that we had placed there, and we can undo them and replace them with the dharma, with meditation practice and with mind-heart training. We can put our inner programmer under the guidance of a master programmer who has taught his or her Sacred

Subconscious Mind-Heart how to manifest the light body (this is the sign of accomplishment that shows the third enlightenment has been attained). We got into trouble by programming our Subconscious Mind-Heart under "unconscious reactive ignorance" and we can learn to consciously program our Subconscious Mind-Heart from centering in our nonreactive core of inner freedom and then letting sacred wisdom guide our programming intentions.

In order to be able to change our programming on vibrational level 6, we need to "resume our Buddha Nature", to be centered in our freedom as a cosmic individuality.

Sohra has been sharing:

"When our attention is in gentle third eye crystal lock, whatever we imagine and feel becomes real in our experience."

She has also shared that our unconscious and unskillful use of this principle is what made real our ego in our experience. Since the ego is an illusion made real by us identified with the conditioned reactions of our subconscious mind-heart when a samskara is activated by sense object within our sense experience, it means the temporary self that is made by this reaction is an effect of our conditioning and the beliefs and values that we have decided are true for us. If we become the effect of our programmed beliefs and values, then anything that we do from this conditioning only perpetuates this conditioning. We can reprogram our sacred subconscious mind-heart when we are the effect of the program that is held in our sacred subconscious mind-heart.

The steps to reprogram our sacred subconscious mind-heart need to come from outside the pattern of conditioned reaction that is held in the subconscious. Because the sacred subconscious mind-heart is an intrinsic part of our cosmic individuality and serves the presence of who and what we truly are that is there (on vibrational level 3), we cannot give away our power to anyone. Even if a person hypnotizes us to believe new things and to value new things, he or she can only work with the power we have given to him or her (through the beliefs and values already stored in our sacred subconscious mind-heart and the conditioning that it represents).

We need to at least temporarily wake up from this trance and to resume our identity as the programmer of our sacred subconscious mind-heart. To change one deep belief or value within this sacred storehouse is an immense thing, because you are deciding forever what is true and what is valuable until you change your mind and heart again. To become conscious and aware of how sacred this process is and how important it is to reprogram this storehouse through "impartial unconditioned wisdom united with unconditional love and creative freedom" is to be very awake.

When people watch the news and make decisions about what is true based on what they see, reacting to the news from their past conditioning, and letting the news show be the arbiter of

what is called "reality" is to open wide oneself for letting oneself be programmed from external sources that may not have your best interests at heart. They may want to hack into our sacred subconscious mind-heart and have you use the creative powers of your total consciousness to serve their own egotistic interests or their own mental-emotional belief system and value system tribe, their own primate dogmatic political and religious tribe.

There is something that one ancient tradition called a "hermetic seal", where you seal your consciousness from outside sources of social, biological, and emotional conditioning. You learn to also not let yourself get programmed by sensory events and how we have been taught to automatically interpret them. This seal is a form of awareness that has been called "posting the sentry" to watch over those who put pressure for us to believe anything. We learn to notice this "pressure", this "aggression", this "persuasion", and learn to not let it influence us. We learn to neither resist anything nor cling to anything, but to watch without reaction and identification to whatever is arising, seeing that "all phenomena is illusion" with no substantial material existence self existence, but are simply displays arising in the sky of consciousness, arising, abiding, changing, and dissolving. This very seeing is the "vision of the Dharma". It is inherent in "penetrating awareness". When we see things this way, it undoes everything we have made real and lets them dissolve back into luminous emptiness. It is also called "the path of pure perception", because all mental interpretations of what we see are released in the pure seeing without mental thoughts interpreting what we are (the false conditioned observer). When we simply see without mental interpretation, then all phenomena that we experience is "non-binding" and we are released from all the conditioned patterns based on a conditioned interpretation of the sense object that was latent in our subconscious. This does not mean that we cannot interpret things that we experience when we are "enlightened", it means that our mental interpretations do not condition us. We merely use thoughts and words to share insights, rather than mere beliefs and values. These insights are called by Avagoshā "the pure thoughts of the luminous void" and the act of noticing them is realizing them, and they are seen when not obscured when we are free from mental and emotional reactive conditioning. The act of noticing them allows the subconscious mind-heart to become "the mirror of mindfulness" where the beliefs and values stored inside the subconscious mind-heart reflect the radiance of world vibrational level 1 and then this programming projects the appearance of the light body into the display of the manifest world.

I would like, if possible, for people who are involved in this circle to read these words, to ponder them, and to discuss them to the point of understanding or to ask questions to show one is trying to feel what they are pointing to and to ask for clarification for what they mean in terms of experience, both inside practice and outside of practice. There are some experiences that one may not have had that may need the illumination of these words or of the practices or of the Sohra "guru yoga" blessing (gentle third eye crystal lock). Even if these words are not fully understood, if they are planted within our consciousness, they will eventually sprout into understanding if we let them, as it did for me, when I walked with Gautama Buddha some 2,500 years ago.

Dec 10

Sohra went over some of the dynamics of the poses where we stand on a single leg. She advised that one observe the reflex to push the knee back and the leg upwards for balance, which works when we are using two legged balance (with the fourfold base using both heels and both toe arrays simulating, in part, the four legged balance of many mammals, many of them our evolutionary ancestors).

When we are balancing on one leg, we actually need to evolve a hidden two anchor process in the foot, using the heel and the toes to sink into and ground. We also need to bend our knee more forward, but not so far that we move beyond our big toe too much. In this deeper sinking, we feel the embrace of gravity and can use it to ground and balance. Certain muscles need to strengthen in the stabilizer set for this to feel fully stable. This cannot be done in one session. It is wiser to do a little each day.

The balance poses are meant to be done with intoning "ee". It will eventually evolve to an overtone "EE-ee" with a lower octave "ee" sound and a higher octave "EE" sound being generated in different parts of the body. We have several resonance chambers, the lung chamber, the throat chamber, the mouth chamber, and the sinus chamber. These can all contribute to the richness of the "ee" sounds we are making.

It is good to play a little with a vibrating string, even if it is made by stretching a rubber band between two points and plucking it. Intend to feel how string interacts with the air to produce sound. Although it is a harder experiment to create for oneself, some instruments, especially in Indian music, have "sympathetic strings", these will vibrate with plucked strings or bowed strings that are nearby.

The light filament is meant to be a kind of sympathetic string that we can vibrate energetically through sounding. It is considered in some traditions to be the path that we raise kundalini upwards through. However, we can work with the entire filament by "entering eternity" and having this intermediate channel between time and eternity activate all at once. The balance point is that we do not live in our goals, but in the present moment. We do not hope to accomplish something or even try to get enlightened in one sense. We focus on the present moment and move toward the goal, trusting that it is already there in our time body in the future. It is like the Zen Tea Ceremony in that you do not rush to the finish of the ceremony, but are present at every point along the way. When we align with this balance, not giving up our goals and not striving towards them, but focusing on being present and trusting the process, then we grow. The light filament vibrates in a certain way and radiates an energy into our total system. Our bodies start to change from the inside out.

We are meant to learn from the whole process and in order to learn we need to be present in every ksana of the process (ksana = thought instant, the smallest unit of time that our ordinary conscious awareness can notice, roughly akin to a "moment of noticing").

The internal and external balancing are part of one process of learning how to ground. It cultivates non-reactive consciousness and deeply cuts the root of one nidanic link in the chain reaction of suffering. To the degree that we do not react, our mental conditioning does not rule us.

December 15

The group is going to be sealed on 1/1/2019. After this time, no one will be able to join the group. There will be a second group related to the Sohra Channeling page (not the Sohra Channeling International group page, but the regular Sohra Channeling group page) and no special requirements are needing to work within the regular Sohra Channeling group page. The SC group will be a more general service for people and people are free to design their own spiritual path whichever way that they want.

The SCI group is more focused and specific, and requires a commitment to achieve light body, a vegan diet, a minimum of 15 minutes of practice a day, eventually some specific herbal formulas being taken to help cleanse and evolve the physical body, and at least one live video being followed per a month. At some point, there will be monthly intensives, where for about 5 hours people will focus on generating and circulating energies within their bodies. On an outer level, the experience will feel like the materiality of the body is getting finer and more energized, until light surges are felt flowing within the body or just bursting into awareness, and depth and power of these light surges are variable, but they can actually be a transfiguration of the physical body into light. On a deeper level, our wakeful aware pure consciousness is penetrating into "matter" and seeing that it is an illusion, that nothing substantially self exists in "matter" and that it is a manifestation of consciousness. This deeper level is the "insight" level.

The sealing of the group is part of the alchemical process that Sohra is guiding us through. It is the "alchemical crucible" being formed. A "crucible" is the container that holds the base metals and allows the fire to melt them and purify them. The crucible does not melt, even though the fire is below it, yet holds the metals which will melt and purify. At a later stage, the elixir held in the crucible is poured into another container and mixed with other substances. This means that the crucible becomes a holder, a carrier, and then a pouring vessel for a substance to keep undergoing change. In Buddhism, the Triple Refuge is the Buddha, the Dharma, and the Sangha. The last one, the Sangha or Community, is the crucible, with the living energies of a Buddha being the transformational fire and the Dharma teachings are about how we enter into the process and stay in the process, and not leap out of the oven until we are fully baked.

If you are reading these notes, please click a like on some of these posts or share a response. Please show that you are reading and participating. There are many who are already showing they are present and so this request does not apply to them. But there are some who are more silent who need to put a click in and say occasionally that they are here. There are also some that are silent because they are not involved or sporadically involved.

It is important that people do at least the minimum to be in the group and this is the minimum:

(1) being vegan or actively working to become vegan during the next year or six months into the year after (2021).

(2) being committed to the light body process in a devotional way and not merely as an abstract ideal that is only vaguely related to what one is doing.

(3) doing at least 6 minutes a day (this is boosting up to 15 minutes a day after 1/1/2020, Andy and I are doing a minimum of 25 minutes a day with about 90 minutes done when time is more allowing. In the beginning, it means just doing some of the exercises that Sohra shared but it is going to be, after 1/1/2020, a minimum of 6 cycles of the core mandala movements and chants.

(4) one live video per a month.

It is okay to accidentally fudge a little from this minimum.

If the minimum is not kept, two results will happen. One is that Sohra's prediction that two years of practice and you will have at least light surges happening will not apply. It is like having the blue print and the materials arrive to build a house and then expecting the materials to leap out of the boxes and build the house for you. The minimum practice is like doing 6 minutes a day of hammering nails into boards a day.

Two is that at one point those who are not showing up minimally will be deleted from the membership, as they are not meant to be part of the crucible at this time. There is no stigma attached to this. It means the person has the commitment level of the SC group and will be relocated to something matching what and where a person is in his or her process. Sohra has shared that she is not trying to put a people on her path, but to put them on their own path.

The SCI group is an experimental group which is meant to function in an exact way for an exact result. It is more focused than other groups. It does not mean it is better. When Gurdjieff was asked about good and evil, he said it was relative to our aim in life. When we have a clear goal, then what helps us attain the goal is good and what hinders the goal is bad. When people are relatively aimless, then they do not have a strong sense of what is good or bad for them. It takes them longer to make progress. A good group, a good workshop, a good meditation method, etc., are all things that make people feel better (and sometimes do not always succeed in doing this). At a certain point, a person will get tired of working on this semi-random level, and want to attain something more permanent. Sometimes it takes stopping and evaluating one's life and seeing that some things have not changed, and that, after many years, a core set of problems is still not fully worked through and finished with, and that one still gets pulled down by the same triggers.

Just to emphasize, the group will be sealed 1/1/2020 and it will be culled soon after so that only those who are aligned with the minimum commitment will remain. The remaining people may be

tempted to quit at various times along the way, especially in the beginning and at the point where one gets close to "paravritti" (a term for enlightenment in the Lankavatara Sutra which indicates a deep revolution or reversal in consciousness, where, in one sense, the outer personality become passive and the Buddha Nature becomes fully activated, rather than the present condition, where the outer personality with all its complexities, fragments, samskaras, reactive patterns, and contradictions is fully active and the Buddha Nature seems only dormant and potential, even though it is our eternal and intrinsic identity and has always been united with Nirvana).

Part of the process is the formation of the "Simurgh" which is a term from Attar's book THE CONFERENCE OF THE BIRDS. The spiritual path is described as going through "seven mountains and seven valleys". The mountains are the "peak experiences", the spiritual highs where we touch upon a new level of existence, and then must plunge into a corresponding emotional funk, a low state of being where we suffer. Out of the millions of birds who start the journey, the journeyers lose members at each step of the way. At some peaks, people settle for what was attained, even if it becomes only a memory. At some valleys, people get lost in an afflicted emotion and do not practice because they do not feel like it. They wander off the path and feel lost in the emotion, but cannot seem to refocus and practice, at least not for a long while, and must really find their way back again. After the seven mountains and seven valleys, only 30 of the birds arrive at the Palace of the Great Bird. These birds have learned to function as a unity and as individuals too. Their collective energy is able to knock on the last gate of the last barrier, and open the door.

The stranger thing is that the peaks and valleys are somehow necessary. They are lessons we either move through or get stuck in. The very energy of the practice will bring them up (conjure) and release them (banish them).

In Herman Hesse's novel THE GLASS BEAD GAME, the story by Attar is hidden behind the characters. In particular, Attar mentions that the "valley of Morbio" is the one that eliminates the most seekers. It is sometimes called the "dark night of the soul" based on the writings of Saint John of the Cross (and his Sufi and Christian fusion path) and there is a book by the same name DARK NIGHT OF THE SOUL (which, paradoxically is a free book download on many places online). Hence Jesus "goes into the wilderness and must face Satan" driven by the practice of the Sacred Breath (Ah-inhale, Bwoon-exhale), and the Buddha must go through 40 years of unburdening the afflicted emotional samskaras through the help of Tara and the Sacred Breath (Anapannasati Yoga). Herman Hesse, too, seems to have written many of his books within his own morbio phase.

In the book by Saint John of the Cross DARK NIGHT OF THE SOUL, there are some powerful keys to how to move through the dark night and to attain the "unio mystica" (conscious union with the Divine in Love). The dark night is a process of purification ("to be saved from the fire of suffering through the fire of divine grace", paraphrasing Elliot in the FOUR QUARTETS). The main key is (to paraphrase Saint John of the Cross):

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The soul, having felt the bliss of Unity with God, experiences for a reason it cannot comprehend, a withdrawal of the bliss of union. The soul seems thrown into an abyss and experiences suffering. The soul only craves to be back in the womb of divine bliss and to abide there, but is lost and does not know why. The path that seemed so easy and clear before seems lost in this dark night.

What the soul must learn in the dark night is to "love God and all creatures for the sake of loving and not for the bliss that love brings". When a soul is able to love in spite the pain of love, purified of this last attachment, then the bliss comes back and remains.

In the four hours a day for four and half months that I did Shikan Taza stage three meditation and became enlightened, it was mainly cutting through the "dark night of the mind-heart". I later on found that there was a second dark night awaiting me, where the samskaras stored in the Sacred Subconscious Mind-Heart arose to be purged, and it took six months and the guidance of Krishnamurti to cut through this. Then there is another level, like a biological unconscious, that is needed to be cut through, and when one cuts through this, then the light surges happen.

Partly why I channel Sohra and offer this help is because I would have wished for me to have this when I was going through my own trials. It would have made a big difference in the time it took to go through these hindrances. Sohra is keeping the need very minimal. But if a valley experience can make a bird stop flying forward, it will tempt one to quit even the smallest of requirements. Please notice this and learn what is happening. Blessings.

Dec 20

"I am the seeing and not a seer or the seen."

Sohra did share, woven into her transmission, that my beloved Dejavurah (Andrea) did cross over into the first enlightenment. Sohra both validated this enlightenment and gave her "inka". The term "inka" is equivalent to the "Buddha Mind Seal" that is the reason for Bodhidharma activating the Zen transmission of meditation. This lineage of Buddhism is meant to validate the enlightenment of a person. The validation is not merely an acknowledgement of the state of enlightenment existing within a sentient being, It is also an activator of this state, a bringing it forward, and "sealing" it so that it remains.

Dogen Zenji, considered my many to be the most advanced Zen Master within the lineages of Japan, said, "Do not necessarily think that you will be aware of your own enlightenment [when it happens]." It is a moment of "un-self-consciousness" that brings this about. Everything that you thought that you were and identified with as "self" ends. All of it is "created by thought", especially the thought of "self" or "I".

Krishnamurti once said, "Only when the self comes to a complete end, only then, can one truly say, 'I AM'."

I am mentioning this, because some are getting near the place of crossing over (parmita) for this event. One can float nearby and then drift back to the habitual realms of identification where our worries and problems spin around a feeling of self that we are identified with, and where thoughts of "I" arise and interact with other thoughts of "I" and create "dukkha", suffering, and waves of pleasure and sadness.

When the first enlightenment happened to me, I had chopped down my very last thought (which was "mind creates time"). Without identification with any thought, my consciousness returned back to itself and I exploded into infinity and could feel galaxies whirling inside the space of awareness that "I" was united with. There was no "I" and no need even for this self-referencing gesture, whatever "isness" of identity there was, did not need a label of "I" to validate itself or to prove that it happened.

Imagine what it would be like to not merely be still, quiet, thoughtless, awake, and aware inside, then see if you can drop even this imagination and just be there, dropping even these words, and even dropping "Am I doing it right?".

There is no seer. The seer is a thinker and the thinker is thought about thought. When we are the seeing itself and feel this, without even the thought of "seeing", then it happens.

Sohra was saying at the end of the Monday session, "Buddha, us, one and the same, in the heart, where love is present, there is no difference between us and a Buddha." Andy was following this mudra. And then Sohra shared, through me, "You are a Buddha," extending my hand out towards Dejavurah. Then Dejavurah said, "You are a Buddha," and imitated the same gesture. Then Sohra said, "No, this is for you," and through this acknowledged and inka-ed her enlightenment, the first of three.

have been tremendously ecstatic about this and am transmuting the ecstasy into a frequency of peace through consciously breathing from the breath itself as the breath itself. I notice that Dejavurah's eyes simply radiate and that this is no quiver of "thinking" behind them. Ordinary thoughts have come back in some way, but they are floating now inside her and she is relaxed. There is no dilemma driving her energy any more. It is, as Zen Buddhism affirms, "Ordinary and Miraculous."

Sohra also said to Dejavurah, "Now to stabilize it." The practice continues and especially "Tsung" is meant to ground and stabilize the energy of this initial enlightenment. In Zen, they teach that it takes about 20 years for this enlightenment to mature into its fullness. When Krishnamurti would awaken people to do this, he would say, "The seed has been planted and now to just let it grow." The arrow that has been shot at the target of light body has now whizzed by the first target of traditional enlightenment.

What I wish to affirm is that others are not far away from this happening. I cannot predict when it will happen. I would encourage everyone who is feeling a silence arising from within to practice meditation and if so called, to practice the meditation process that Sohra is teaching. It has several elements within it that can help the crossing over to happen, because it is aiming beyond them. Certain things are easier to understand and recognize when the energy is strongly felt inside. Certain things are easier to understand and recognize when we "load" awareness into our body and have this energy of awareness penetrate into our cells. It is almost as if the body was enlighten us so that it can move into light body for us and with us. It is easier to become thoughtless and aware when we are concentrated on light body than it is to think about how to end thought.

Dec 21

"Watching thoughts, emotions, and sensations,

No clinging, resistance, reaction, or identification,

Resting in watchfulness."

"Breathing from the Breath itself as the Breath itself.

Awareness abiding in Awareness as Awareness

Feeling Breathing in Awareness and Awareness in the Breathing.

Resting in the flow of the breathing.

Cycling between inhale and exhale with no pauses.

Centering consciously in the continuity of the breathing."

"Being aware, being aware, being aware,

No analysis, no figuring out, just looking,

Just being the looking."

"Resting in this wakefulness, just looking,

No reaction.

Thought unwinds to zero.

Emotions flow and dissolve.

Sensations and reactions calm down.

The little self that we thought we were vanishes.

Its restless striving ends.

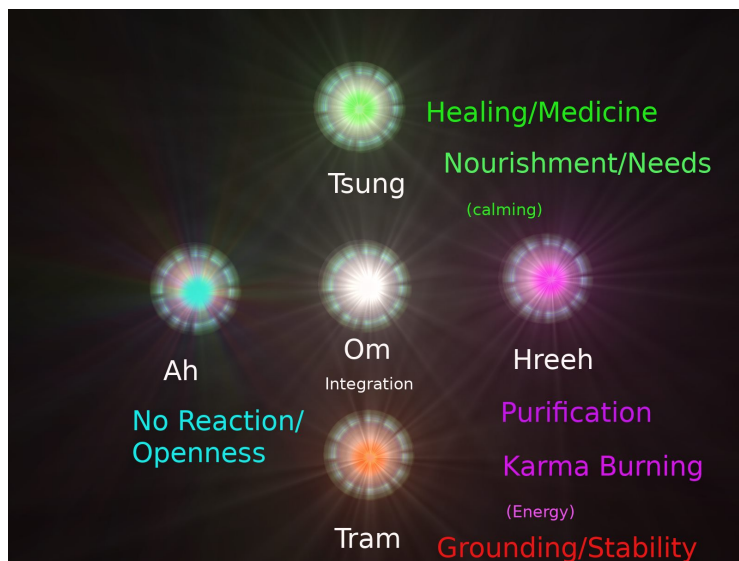
A self that needs no word like "self" to label itself appears,

identical with the silence of awareness,

which is still there when thoughts return.

First enlightenment is crossed over.

Teacher notices the noticing and it is felt."



Dec 24

Sohra wanted me to touch base on some elements of the practice. The first point is that the practice itself does not have to be done perfectly. The phrase "do the best that you can" applies and even this can be done without straining, struggling, or efforting. The meditations are both cultivation and exploration. The energy system that is present around and within the body will mature as we do the practices. Sohra will often be moving outside the mandala pattern to prepare the body for certain specific transformations of energy.

The practice will correct itself from within itself. Small deviations from the instructions are going to happen from time to time. The gentle mistakes and gentle corrections are part of a rewiring that is happening on deeper levels. The energy is meant to go into the "glitches" in the mental body, activate them, and correct them. So if a mistake happens, embrace them as part of the process. Be even happy that something is coming up to be gently corrected and gently re-aligned with the core process. With each gentle correction something good is happening. It is a small progress step that is relatively permanent.

Sohra also wanted to share that all the exercises are mind, heart, and body exercises. The focus on the body does not mean that it is merely a variation of Hatha Yoga or Chi Kung. The most important part of the process is to keep attention awake, alive, and aware, and to feel that attention is an energy that when interacting with the body will produce tingling sensations, warm currents, and energy shimmerings in the body and the sphere that is surrounding the body and in the space that is surrounding all of us, all of the time. All the soundings, visualizations, breathings, movements, affirmations, and intendings are meant to progressively enrich the energy field and mature the feeling of grounded, wakeful, radiant, and aware presence.

Sohra also touched upon how we generate, identify with, and solidify our experience with what we call "our problems". She is introducing this idea that problems are illusions and creations of consciousness and that we might, in reality, literally have no problems. For instance, if I am trying to solve a Chess puzzle. I can enjoy and learning from the experience of "solving a Chess problem". But I do not have to have this problem at all. I can walk away from the problem. I do not have to solve the problem in order to become enlightened. It may be a good mental yoga to solve one Chess problem after another, but it is not necessary. What this means is that when we experience our life as having problems or even feeling that living a life is difficult and is a problem, and we try to solve the problem of life by analyzing and figuring something out that will solve the problem of life, then we are fixated in a certain way. Sohra is inviting people to release this fixation and experience life and the practice without it, to explore the practices themselves within the practice and see what arises from the practice.

If the fixation on "having a problem" and "needing to solve this problem" is what is defining our life, then we might need to look if this is necessary. Some problems cannot be solved, they are like a "Catch 22". They are set up to not have a solution. The very recognition of this non-solution is a kind of solution, though, since we do not have to experience the situation as problematic. We can then play at solving it or we can let it go. Sometimes our way of interpreting a situation that we are in, our belief systems about how life works, and our perception of the options we have can "paint us into a corner" and keep us locked into a situation. Our thinking mind can spin us around a circle or even keep us in therapy processing "something" for even decades.

Sohra is inviting us to gently question this and let this curious idea just get planted in our consciousness, that we might not have any problems at all, and let it help us to see how we are

generating the feeling of having a problem and struggling with this problem. You may find that something releases in our practice and we are suddenly free.

Dec 25

I had shared that my beloved got her first enlightenment on 12/16/2019 @ 10:15am and shared some things about the first enlightenment that were relevant in a general way.

I wanted to share here some impressions from our subsequent experience. I am feeling the difference in a number of ways. Like my own enlightenment, the shift happened and it took time to integrate it. The model that I was working with was Zen Buddhism, in the "integral" tradition that fuses Rinzai Zen, Soto Zen, and the "path through the arts" (archery, tea ceremony, martial arts, flower arranging, and walking). Like this tradition, she did not go out of her body. It was not about turning the senses within and experiencing the "root of attention" like Patanjali had talked about in his (kriya) yoga sutras. It was not an "ascension" samadhi where one is lifted up into a heavenly realm. It is like the Koan:

"The Earth on which we stand is the Pure Lotus Land. This very body is the body of the Buddha."

The key shift is centering within the thinking interpretive consciousness to centering within awareness, feeling the identity with the energy of awareness, the process of seeing, and resting in an ocean of awareness. It is not merely being in silent awareness, but deeply feeling that the thought identity of the conditioned personality is not who and what we are, being awake to being awareness itself. It is like a lamp is gently moved from the theater of thoughts, emotions, and sensations, to a deeper place which is like a silent ocean of awareness and feeling oneself as part of this ocean, with no boundaries anywhere, nothing that defines where one sentient being ends and another begins.

Dogen Zenji called this "dropping body and mind" when we awaken. Our mind and body are still there. We are still aware of all the thoughts, emotions, and sensations that arise, abide, change, and pass away, endlessly combining and coming apart in new and also habitual ways. Our lives run as they used to. There is not necessarily any massive shift in experience. It is like a lake feeling its watery nature and realizing it is not the ripples on its surface. The ripples keep on rippling as before, but we are not in them.

What I noticed about my beloved is that a certain tension ended. Having already become telepathic, sensing people's thoughts, I notice that people are usually in a kind of subtle tension and subtle dilemma about their lives. They are struggling with something and everything revolves around this struggle (dukkha). There are "striving to become", even striving to become enlightened.

This ended in my beloved and has not reappeared. It did not sense it anymore inside her. She would still think in a similar way, but now it had no tension that was struggling to relax. There was a relaxation that kept enriching itself in simple ways.

Since then things are now spontaneously self correcting from a living awareness. Problems do not harden into something that becomes a challenge. A tension sometimes arises and then dissolves.

What I also noticed that my telepathic field and hers is in a kind of unity. I feel her consciousness within my own with both part of something larger and fluid. There is no longer any sense of feeling thoughts "out there". They are within the field and rise from silence and fall back into silence in a kind of natural flow. It is not perfect. Occasionally there is still some identification, but it is lighter. There is no struggle to "not identify" with thoughts, emotions, sensations, and conditioned beliefs. There is a noticing that the flow gets stuck somewhere and the noticing of getting stuck spontaneously releases the grip of identification.

Also the "kenosis" (emptying the self of self) is happening, fugen kensho, the emptying of the storehouse consciousness or the sacred subconscious mind. Formative energies rise up and put out a pressure to recreate the ego state. The conditioning of every ego that has been formed within all the past lifetimes arises. Each of them revolves around the thought of "I" being tied to memories, histories, bardo journeys, reactions, habits, and events in the past. Everything that we have decided is true and good is inside of this vast consciousness. The ripple of the first enlightenment stimulates all this content to arise. No longer having a self, every self that we had thought we were comes up to challenge this "no self" state. It will try to pull us into identification with patterns of the self in the past, in lifetime after lifetime. Our enlightenment went beyond the "self" in the 7th consciousness, and now our awareness penetration enters into the 8th consciousness to clear it. The emotions that arise during this time can be very "tidal", "overwhelming" and "powerfully swaying", yet there is "no one" who is moved by the tides, "no one" who is overwhelmed, and "no one" who is "swayed" or "pulled" by the arising experiences. We center in being the "seeing" of all this and keep on remembering and seeing that nothing that arises "has self" and the very seeing of this releases the "formative glue" that held our past experience together, and so memories surface and dissolve. The process of kenosis may sometimes take even 20 years. For me, it took about 25 years, meditating every day for at least one hour, and sometimes meditating for as long as 14 hours straight, sometimes voyaging in the lucid dreaming realms for a whole night, feeling time dilate, and sometimes feeling that even one billion years was traversed in one night, time traveling into the future, and even a few possible futures, with timelines forking at certain junctures, with humankind often undecided at these junctures about which one will become the dominant timeline.

I notice the kenosis happening with my beloved. I am happy that I can support her in this process, that it will be easier and gentler for her than it was for me. It is a time where a teacher, guide, and support can help immensely, even more than before enlightenment. Thus Dogen Zenji meditated even more frequently and intensely two years after his own enlightenment. DT

Suzuki was sent back into meditation and continued eight hours per a day for the first few weeks. For Buddha, it was 40 days more of meditation for 24 hours per a day.

What I am noticing is that my awareness merged with the awareness of my beloved after enlightenment means that I can gently hold her in my own energy and bridge for her the energies of my own teacher Sohra. The very action of this awareness prevents the egos from forming into the illusion of a self-existent sense of self. It does not solidify. The formative energies dissolve in the noticing of this.

What I get is that every one of us that gets even the first enlightenment makes it is easier for everyone of us to get there more easily, rapidly, and peacefully. Sohra shared that Ita, her home world, was the 7th planet in this galactic quadrant to completely shift into luminosity (the planetary equivalent of going into light body), and with this shift there is now enough enlightened energy available to make liberating the remaining planets become easier.

When we do "gentle third eye crystal lock" and consciously breathe after this, we meet, receive, and merge with her energy. This does something similar to how there is a permanent merging with the awareness energy of my beloved now. In this unity, certain things are less possible to happen, and when they sometimes happen, they do not happen as deeply as before, and they dissolve more quickly. Before enlightenment, this is more conditional on our attention and practice, and after enlightenment it is more constant and becomes a kind of resting or refuting in the nature of the mind-heart. Unconditional love as light starts welling up more from the depths and heals everything.

I am adding these further notes in order for everyone involved to understand and feel the process that we are in more deeply, clearly, and fully. Sohra is teaching us right use of understanding and imagination so that we more quickly understand the process and see that we are the seeing, and become the flowing and the breathing. I am hoping the soon after the holiday season is complete that we will have some "intensives" or rather some "deep immersions" in the process. The itanamic word for meditation is "ketani" which means "choosing to concentrate on the sacred space of the heart and its purpose (to love unconditionally and to always remember to do this every moment of our lives)." It is a kind of "concentration" or "devotion" or "immersion" into something, a kind of experiential energy baptism into the energy that we have always been.

Paradoxically, we cannot really maintain the state of enlightenment and do not have to. If we continue to flow into the next two enlightenments, then it is spontaneously sustained and spontaneously enriched by everything that happens to us. The experiences become the food of impressions for our light body to appear and with the advent of this event we release anything that can even produce tremors of unconsciousness in our life.

Dec 26

Sohra went into the sense of responsibility from many angles during the channeling, differentiating between obeying a spiritual authority and gently following wise guidance. In the metaphor of a Chess Game, the learning to make wise moves is different from obeying a Chess teacher. The effort to obey is different from the effort to learn. The latter has a kind of curiosity to itself that is even willing to see where a mistake leads, just for the learning of where it goes. There are mistakes worth avoiding, like putting your hand into a fire and getting unnecessarily burned, and there are mistakes that lead to interesting experiences, even if they make one lose an occasional Chess game. It is more important to learn from Chess play than it is to win the game. The more one learns, the more likely one is to win, but winning itself depends on lot of factors that we cannot always control.

She also went into "responsibility and Divine Grace" and likened the latter to a wind that carries us, and how "Garuda flaps its wings" is a metaphor and expression for our responsibility in letting Divine Grace carry us, move our energy, and lift us up.

Dec 28

Some further notes on the process of moving into light body and the "time of the sealing of the group".

I wanted to add some notes about the "time of the sealing" that is coming up in a few days, where this particular group will be closed to new members coming in. I will be doing some channelings for the regular Sohra Channeling group, probably on Wednesday and probably once a month, for those who do not wish to make the level of commitment required for participation in the Sohra Channeling International Group. The minimum conditions are:

- (1) Commitment to move into light body enlightenment as being central to one's spiritual focus.
- (2) Being vegan or a commitment to becoming fully vegan by the end of two years after one has made the commitment to join this group.
- (3) Six minutes of practice each day without exception. This is currently taking the form of doing six mandala cycles of the core practice. This needs to be exceptionless and this is also why it is only six minutes per a day.
- (4) Experiencing at least one channeling, even if by recording, once a week. There is some leeway on this. One can occasionally miss a week, but ideally it is at least twice per a month.
- (5) Doing one intensive per a month (approximately 4.5 hours in three intervals of roughly 90 minutes). This can be done by recording as well. Doing this intensive does substitute for one of the channelings per a week. Commitment number 5 can also have exceptions, but ideally it is at least 10 times per a year. Commitment number 5 is not fully in place yet, as we are evolving the circumstances and technologies to make this a regular monthly event.

The sealing of the group is itself an experiment. If you take all the different kinds of spiritual groups on this planet and all the different kinds of religions that have appeared in human history, they are all, in a very real sense, experiments. They are all intending to assist the spiritual and biological evolution of the human primate species into light body level enlightenment.

In one sense, many groups have been partly successful. Any real growth is growth into light body enlightenment. Even if you learn to play a guitar and share your heart through singing along with a guitar, you are evolving towards the clarity of the first enlightenment, the compassion of the second enlightenment, and the objective results of the third enlightenment. Every religion can elevate people to a certain level of realization that helps the goal of light body enlightenment.

In another sense, all the spiritual traditions of the planet have largely also been not successful. When they are studied as sociological matrices for a specific form of learning, growth, and evolution, in this case, light body enlightenment, they have all been defective in some way.

(1) Some spiritual groups only raise people to a certain level and then stop at this point. This is especially true of dogmatic groups. When people are brought into a certain level or condition, people stop growing from within the framework and need to go beyond the framework in order to grow. The Master Jesus once said, "New wine cannot be put into old wineskins." In that discourse, Jesus was saying that a new growth needs a new matrix or container to support it. The old framework matured the old grape juice into a specific wine and cannot be used for a new batch or a new growth. An old wine skin has already been stretched and has become tight and rigid, and therefore cannot expand any further to hold the new growth. The new wine, with the expansion of fermentation, will burst the old wine skin or outgrow it.

(2) In terms of the goal of light body, only a few historical examples have existed of people attaining this level. Many traditions talk about something like light body enlightenment or at least partial transformations that lead up to this level. Jesus demonstrated one of these when he went up to the mountains to "pray" and his body "transfigured" into light. These light surges are indications of a spiritual and biological process happening in a practitioner that leads to light body enlightenment. They are the "siddhis" or signs of accomplishment that indicate a deeper process is under way inside the practitioner that is leading him or her into light body. In fact, the transformation of the physical body into a holographic light body is itself a "siddhi" or sign of accomplishment of "light body enlightenment". The inner side of this accomplishment is the realization that "matter" does not exist, that there is nothing that has substantial self existence outside of consciousness, and that everything is a manifestation or "display" in consciousness. The moment that this is deeply and nonconceptually realized is the moment that the shift happens that makes the seeming material physical body transform into a holographic body of light, and then it can appear and disappear in consciousness "at will" in accordance with "cosmic law".

(3) In terms of this goal of light body enlightenment, the planetary traditions, even taken at their word, have been largely unsuccessful in bringing about this essential shift on a collective level. The best traditions have reported some masters who attained this, always individually, one at a time, after a very long process, and the historically known ones have been very few, even if you count the legends and the legendary heroes.

(4) In Christianity, for instance, there have been only two people besides Jesus who have attained light body enlightenment. They are Saint Seraphim of the Eastern Orthodox Church and Annalee Skarin who was a Mormon, though paradoxically the Mormon Church excommunicated her as a heretic three months before her light shift happened. Others who could have attained light body, but who are not documented enough in history would be Mary, the mother of Jesus, Mary Magdalene the wife of Jesus, and Lazarus who was a friend of Jesus. Saint Thomas seemed to have attained the state of biological "incorruption" which is also a sign of light body enlightenment, along with several Christian and even Jewish Saints (including Baal Shem Tov). Among the Jewish masters who may have attained light body would possibly be Enoch, Elijah, and Moses, two of them are reported to have appeared before Jesus when he is being transfigured into light body. In the Sufi tradition, there seems to also be a few, like the legendary Khidr among the green robed original order of the Sufis or Nasrudin, who Gurdjieff mentions in his classic book BEELZEBUB'S TALES TO HIS GRANDSON and Idries Shah mentions in many of his collected Sufi parables. There are also the "Windwalkers" of the Anasazi who are the forerunners of the Hopi and Navajo traditions. In the Kriya Yoga tradition of Hinduism (Santana Dharma), there is Babaji and the "Siddhas" who are part of his tradition (they are mentioned some in the book AUTOBIOGRAPHY OF A YOGI by Yogananda). There are about 30 of them mentioned as attaining something like light body enlightenment (Soruba Samadhi, but this may only indicate the transitional state of relative biological deathlessness). Then there are the 18 Taoist Immortals, and the 84 Mahasiddhas of Tibetan Buddhism. In Buddhism in general, Gautama Buddha attains this state after his phowa and the Lotus Sutra represents his first discourse after "pari-nirvana".

(5) Even if you take all those accounts at face value and assume that they are all "real", and document them, it means that the number of light body beings that we can loosely verify as having attained this state is about 1,000 beings, and maybe, generously, 10,000 beings. Given that the population of humankind is about 8 billion. This is about .000125 percent of the population (and this is not counting the percentage of light body attainers given the total number of human bodies that ever been born in the last 4.5 million years, but assuming reincarnation is accurate, it may be wise to just take the total present population of humans as the approximate number of human souls who are involved in reincarnation cycles on this planet, though this number may be about to change as we move into a new planetary aeon).

(6) In short, the group experiments that aim for at least one of the three enlightenments have not been systematic in some way to have attained consistent results in terms of light body enlightenment. A possible exception may be some of the advanced esoteric groups, like Esoteric Buddhism in its Tibetan, Chinese, and Japanese forms, but since these groups function

somewhat outside of conventional history, their numbers are hard to assess. In the Sufi tradition, the Sarmoun Community, the main teachers of Gurdjieff and even Padmasambhava (which shows on this level of spirituality, the religions help each other and cross pollenate each other), seems have have consistently developed beings who have at least attained relative biological immortality (living about 500 years old or more, with Babaji being immortal since the year 800 CE, and Padmasambhava having lived in physical history for 1300 years and then "translating" or dimensionally shifting into the next stage of the light body enlightenment. There are also a number of Taoist groups who seem to be connected to this who have also had masters attain 500 years or more of age, with a Taoist herbalist and meditation master, who taught the Baduoin set, documented to live 256 years by marriage and birth records in China (he chose to die after he said he had fulfilled all his missions, and could not actually die until he stopped taking his longevity herbs, especially ginseng, and he died two weeks after he stopped taking ginseng).

But even taking all these accounts, again, at face value, their most successful trainings that have produced fairly consistent results, they indicate something. These groups have been formed by people who have been "culled" in two stages. One is that the overseeing groups have looked at the "conventional level" of spirituality, the ordinary religious level, and picked people to go the next level, and then these people are culled to go to the next level above this one, the ones who show some promise at one stage then go to the next stage. Then on the third stage, there is yet another culling, and some of these go into light body enlightenment.

This makes four levels:

(a) Conventional religion (exoteric)

(b) Psychologically aware of what the practices mean and intend to do (mesoteric)

(c) Those who understand the process of meditation and commit to the process to undergo the complete transformational process (esoteric spirituality)

(d) Those who have "gone completely through" (tathata) to the very end (light body enlightenment).

(7) Osho, in his "Orange Movement", gave massive numbers of discourses to have people become "psychologically aware" and were practicing various methods of meditation. He also designed new meditations to address specific needs that were arising in the emerging number of spiritual seekers that were appearing in the world. The larger number of seekers seems to be related to the glimpses of enlightenment that were given by the use of psychotropic drugs and also by other factors that were happening. Regular medicine, especially its "emergency medical technology" has been reviving and healing many people who would have otherwise died in car accidents, unusual accidents (like falling off a ladder), and random acts of violence. These

people have gone into a coma and then report "near death experiences" and generally become meditators because of what they experienced. Many become energy healers.

There is a certain level of spirituality that is more common, but generally the workshops and processes that support the awakening beings are still not fully organized into a systematic process of becoming enlightened. In one sense, they do not have to be, because any attention on the process of awakening is good, but the results, then, are not consistent and only some people really take the processes worked with as fully as possible and to the next level.

In a conventional sense, the "Orange Movement" had failed with the collapse of the ashram that existed in Oregon, and has relocated to Poona, where many meditation processes are shared in workshops, and nearly all the talks of Osho are recorded and available. What is less known is that the entire movement is really a front for another group to cull the mesoteric part of the movement and to take a small group to a hidden ashram where about 200 promising people would practice and go "all the way through" to the very end, and these people would not be "followers of Osho", but would just come back into the world as awakened beings helping others to awaken.

In a similar manner, Gurdjieff also would occasionally send people to work with his teachers and Bennett did actually meet and work with the teachers of Gurdjieff, and in his book WITNESS one of the members of the Order does come to Bennett to "complete his process". No teachings are given at this stage, what can be put into words has already been given earlier in the previous transmissions of Dharma.

Instead, this person lays hands on Bennett and sends so much energy that his hair stands straight as if he gets a jolt of static electricity. He dies a while after this event (which happened late in his life). This "baraka" energy is different than the "latihan" energy that he got from Subud, which he practiced receiving for a long part of his process. The energy functioned similar to the "Buddha Mind Seal" that Bodhidharma channeled through his eyes. It is like a catalyst energy that allows a process to come to completion. It is not an activator, but a congealer (alchemical terminology).

(8) One of the new challenges is that the original location of the Sarmoun Community was destroyed during the Russian tank invasion of Afghanistan. We are in a period of the "mobile headquarters" for advanced groups. Tibet was also invaded and their most advanced lamas are also in the "mobile headquarters" period. The invasions themselves are a kind of culling of the groups. There are a few centers that have remained untouched from all the invasion events and maybe also some new ones appearing. But these are still in the process of forming and establishing themselves. Curiously, the Taoists may be some of the best "hiders" of hidden work places. The Sufis are taking to "hiding in plain sight". There is enough New Age activity for these advanced groups to hide among the exoteric and mesoteric ones.

(9) One of the challenges is that many people are into what may be called "gourmet buffet syndrome". They are getting used to literally thousands of different groups, workshops, and traditions that people are literally signing up for Vipassana 10 Day Retreats, then after having gone to one or two, they take some "Restorative Yoga", then "Flow Yoga", then "Yin Yoga", then "Ashtanga Yoga", then "Anusara Yoga", then "Shaktipat" from the Siddha Yoga tradition, then "Kundalini Yoga" from the Shikh tradition through Bhajans and/or Kundalini Breath of Fire and/or the Siddha Hindu Yoga tradition of "Kriya Kundalini Pranayama", or the "Tumo Yoga" of Tibetan Buddhism, or Microcosmic Orbit and Macrocosmic Orbit of Taoism, etc. There are New Age workshops where one gets the "light codes" and "activations". There are Reiki attunements with three ordinary levels, and some groups even having about 350 symbols for various attunements. There is now "Theta Healing", "Jin Shin Do", "Jin Shin Jitsu", "Joh Rei", "Rohan", "Prima Birthing", "Magnet Therapy", "Light Therapy", "Sound Baths", etc. I literally could not even come close to naming all the different psychological groups, breathing groups, mindful presence groups, self remembering groups, shaktipat groups, chanting groups, bodywork groups, trauma support groups, addiction recovery groups, family system therapy groups and study groups that are out there.

All this is roughly the mesoteric landscape of our present spiritual world. All of them are experiments that are intended to bring people from condition A to condition B. They are valuable up to a point and any of them could be a key to what one person needs at one stage of their process.

(10) So the group seal to have a small number of people move towards light body together can be taken as one of the gourmet buffet items in note 9 or it can be seen as a group who is called by the energy behind all the groups to go together all the way into light body. If it is the former, if it is one group among many that one will meander through, then the regular Sohra Channeling is really more one's cup of tea. But after the sealing, it is meant to be a group of sentient beings who are working together to go all the way through to the end of this process. And if you do not know which it is, then one is welcome to go all the way anyway and just gently bow out when you know it is only a phase for oneself. One will be allowed to move on with the blessings of the group, with no judgment about it, and with the wish that people will find their "right group" when they are ready for "final ascension". It has to feel right and it cannot be forced.

(11) If one commits to the group, one can still pick up anything attractive in the other groups and work with them as guided. But one needs to commit to the minimum and doing the minimum every day as part of honoring the process of the sealed group. If one does not do the minimum and does not feel motivated to do this, and feels like quitting the practice, taking a vacation from it, and to come back later on, then this is a sign that one is in the gourmet syndrome and has not completed one's spiritual shopping. It is better to acknowledge this and gently let go now. Another sealed group may form later on to join when one is ready. The minimum commitment is part of what defines the experiment and is crucial to the experiment. One is "in" or "out". Blessings.

(12) Please post a "like" here to share if you are "all in" and as a sign that one has read all this. If one has questions, please ask them. The time of sealing is in only a few more days.

Jan 2, 2020

Sohra putting out the message that she wanted to "seal" the group has created some interesting processing and discussions, with a number of them happening, rightly so, outside the forum of the group page.

I have been putting a lot of notes about the process online. When I was in meditation the last few days, Sohra wanted me to emphasize what she feels is the main point.

The most important practical part is the minimum of six minutes a day without exception. There is a cumulative effect that builds up over time that is necessary for the formation of light body. It has been the lack of this consistency that has prevented many people from even getting to the first enlightenment. Without this consistency, the glimpses of enlightenment that many people often get does not build on something. If this consistency is nourished, the fleeting glimpses help something to grow inside and stabilize. Something is learned very well. It is like a good cook who becomes a master chef after having patiently and skillfully prepared over 1,000 meals.

Being consistently vegan is also important and necessary as well. It is a foundation for a lot of cleansing processes that are meant to come and being vegan, with fresh organic food, is in itself cleansing. This is remedial and it is so our diet does not undo the main focus which is the daily practice. Being vegan is meant to nourish the core daily practice and needs to be as consistent as the daily practice. There is some time to get clear on this. One of the messages that has been given is that everyone who has some attachments to non-vegan foods, like cheese and like cream in coffee, chai, or tea, or milk chocolate, that one has two years to work it out, and it is more than okay to get help in this if you need it.

Inconsistent mind-heart, a mind-heart that fluctuates into and out of suffering is what needs to end inside us, something consistent is what is needed to go beyond this. If inconsistent mind-heart can make one stop practicing, it can also stop enlightenment from happening. As long as it rules, rather than practice, there is nothing that will bring us into the consistency of enlightenment. Consistent practice leads to stable enlightenment. The fluctuations of inconsistent mind-heart dissolve within the consistency of practice and then later in the consistency of calm abiding in our primordial state.

1/7/2020

Namaste. I would like all who are reading these words to place a part of their attention into "gentle third eye crystal lock" and to do six conscious breaths, calling in the higher pranas with each inhale, and allowing the energy to flow within the body, within the meridians, and within the depths of the lucid dreaming energy body, noticing all the sensations that arise when breathing and attending this way.

(pausing before continuing to read, in order to do the meditation described previously)

This particular channeling is being transcribed in order to share about the nature of the three enlightenments. The teachings and thoughts shared in this transmission is meant to provide a kind of "mental food" to help the mind and heart to become more fertile to the experience of enlightenment.

(pause to consciously do six breaths before continuing)

There are three core enlightenments that are at the heart of the process that we are involved within. The first enlightenment is identical to what may be called "classical enlightenment" when Nirvana is experienced, the Unborn, Unchanging, and Undying Heart of All Life Everywhere. In terms of my own world, it feels the "Pulse of It, the Eternal Heart" this which is Pure Consciousness, Unconditional Love, Intuitive Wisdom, and Creative Freedom. Enlightenment is the ending of our identification with the thought of self and the conditioned mental and emotional consciousness that gives meaning to the word "I" when we refer to ourselves in our social interaction with others. We experience our deeper and more real identity with Pure Consciousness which is the unity of awareness, wakefulness, and nonverbal knowing or noticing. We are still individual in this state. There is an individuality that is who and what you are that is unique to you and you alone. There is also a unity where we are always united with each other as the "One who is All". In this unity, there is a deep and living sense that we are each other in a shared Identity, in the same way that every wave in an ocean is united in the energy of the ocean and all the waves express this ocean. Every wave can flow over and in each other, become very united with each other, and yet still be distinctive.

I have labeled the first enlightenment as the "mind transcending enlightenment". Where you shift from a feeling of self as a conditioned personality to a feeling of self as Pure Consciousness (awareness, wakefulness, and noticing without any clinging to, resistance to, or identification with any thought. You rest in awareness as awareness.

Before this enlightenment, there is a kind of thought stream that defines as person, a kind of living in dilemma, a subtle struggle to become something, even a struggle to become enlightened. It is like there is a kind of puzzle that one is struggling to solve. One experiences fear and wants to end fear. One experiences anger and wants to end anger. One experiences sadness and wants to not feel sad anymore or is tired to being sad and just wants to experience something else. This state of striving or becoming defines what has been called the "ego state" and this kind of identity that is in suffering and struggle (dukkha, a split action that is contradicting itself or opposing itself, a kind of stress, tension, and pain that is seeming to sustain itself for some duration). This comes to an end in the first enlightenment. Another kind of personality takes its place that is similar to the previous ego personality, but it is no longer driven by its dilemma and its angst. The new personality floats in consciousness and unfolds more fluidly.

When we identified with our conditioning, we unwittingly reinforced our conditioning. When we identify with who and what our conditioning says that we are, then our believing and identifying gives more energy to our conditioning and even in some sense reloads it so that it will continue to reaction to events and sensory stimuli.

As I am sharing these words, please try to conjure and feel them in our own present experience, and continue to consciously breathe and have some of your attention in gentle third eye crystal lock. Please pause to do six conscious breaths.

(pause)

Many of you have had an experience of enlightenment, of being Pure Consciousness, tasting this experience in some way. But it is only the first enlightenment when it comes from a direct awareness insight. This insight, like suffering, is dual in nature. It is an insight into who and what you truly are (Pure Consciousness) and also into the ego state and the realization that it is devoid of any substantial sense of a self. The realization of the "no self" inside the ego is what releases our identification with something we have never truly been. The other side of the same insight is the resuming of our original identity as Pure Consciousness, there is a direct knowing not mediated by any thought or words. It feels like you are "pure seeing noticing seeing" in a deep silence. There is no chattering of thought inside this.

If the mind is merely silent and one experiences peace, this is not the first enlightenment. It is merely a lull between two thoughts, a gap, that appears. It sometimes happens in nature. It sometimes happens with some assistance to a psychoactive stimulant which interrupts the formation process of the thought created conditioned ego self. While there are usually many veils of thought still to be released, all the thoughts that one has been sensitive to and which have been allowed to define the ego self have been released from our identification with them. The realization that the ego self is "no self" ends its tyranny.

(doing six conscious breaths)

What you may notice is that if you notice that "conditioned thought formations" have pulled you into identification with themselves, in reading these words, you may notice them spontaneously releasing inside you, falling away, dropping away, by the sheer recognition that the ego drama is a fabrication or story we have let rule us in our consciousness. We begin to notice a "silent aware watcher" inside us and this is the energy of seeing without a seer.

You may have partial insights about this and even a feeling of relaxation as you experience yourself through these words.

After the first enlightenment, one realizes that we have barely begun to really "know ourselves". Feeling ourselves as pure consciousness and resting in our identity as pure consciousness,

resting in a vast oceanic all pervading ocean of pure consciousness and feeling its infinity is only the beginning. We begin to learn that THIS WHICH WE ARE can identify with a thought and let the thought rule us, and that there are different levels of identification. This can be lighter or stronger at different times. We notice, in a sense, fluctuations in this energy and learn to purify our consciousness of these subtle tendencies. We sink deeper into the energy that we are and experience more of its qualities. In particular, we realize that it is "pure unconditional love" and use this understanding to "bring forth" this love into all our relationships with everyone. We learn to transmute anger, fear, sadness, jealousy, and arrogance back into loving energy. When all the afflicted emotions are transformed into a rainbow of loving energy, then we have reached the second enlightenment.

When the body itself is seen as "not matter" but as a "display of consciousness", then it shifts into a hologram of light and we attain to light body. This is an outer demonstration of the inner state of realization that we are the co-creators, the Elohim, that manifest the empirical universe. What we see is created in accord with Universal Law and our unity forms the "One Dreamer" of all life everywhere. All the interactions are "our karma" the life that we co-create together with each of us being responsible for our own part. This light body shift is a sign of the third enlightenment. We can have "light surges" before then as a sign that the process of perfect enlightenment is maturing inside of us.

There is a "fourth" enlightenment that is prior to all three of the core enlightenments. It may be called "enlightenment zero" or "practice enlightenment". When you go into gentle third eye crystal lock and meet, receive, and merge with my energy, you are "generating bodhicitta" or cultivating enlightened attitude. This is a kind of wisdom, compassion, and creative energy that one feels being generated or manifested in the practice. It is a feeling of Pure Consciousness in spite of whatever identifications are happening. It does soften and weaken the identifications. Enlightenment zero is activated every time you work within gentle third eye crystal lock and each activation brings us one step closer to the first enlightenment.

What I have also shared is that we are meant to aim for the third and highest enlightenment right away. It is like there are three targets in front of you and you will hit the first target, the first enlightenment, more quickly if you aim beyond it and through it, to the third of light body.

There are many reasons why this accelerates your path. One is that you avoid self conscious guessing about whether or not you are enlightened. If there is guessing, it means that there is, at best, a partial insight. Guessing is a form of confusion and only thought can be confused. If you find yourself guessing, notice that these are thoughts and these thoughts have "no self" and let them go. What you can trust is that when the time ripens, I will bless your first enlightenment when it happens. If you are ripening, which many of you are beginning to do, moving toward this point where you shift into the first enlightenment, you do not want to guess, you do not want to create the self conscious thought process of "am I enlightened or not". You want to continue to practice towards light body enlightenment.

In terms of Buddhist history, a monk named Subuti was the deepest in understanding luminous emptiness. He saw that thoughts, emotions, and sensations had no self, and even saw, to a deep extent, that the body and material objects have no substantial self existence. He chose to dwell in this state and watch the breathing, merely trusting Gautama Buddha to awaken him, merely following the instructions, merely meditating, and doing "Anapannasati Yoga", awareness of breathing with no self conscious control, what I have been naming as "breath of space".

When Subuti crossed over, he did not know he shifted from ego personality to pure consciousness and luminous emptiness. He was "un-self-conscious". Andrea (Dejavura) was also "un-self-conscious" when she crossed over. I have been watching over her process for about eight years. When I validated her enlightenment, she did not at first recognize what happened. The validation is not merely acknowledging the state, it is also bringing it forth. When a mother looks into the eyes of a baby and notices the baby IS, looking directly from Pure Consciousness to Pure Consciousness, this act of noticing, this "mother's kiss", seals the enlightenment and stabilizes this state. It is my noticing that the baby notices that finishes the awakening to the first enlightenment.

If you are self conscious about whether or not you are enlightened or whether or not you are close, this unwitting generation of thought obscures this event from happening. Enlightenment will flash across your consciousness when there is no grasping activity, no judgmental resistance, or confused thought identification. If you always start your practice with "gentle third eye crystal lock", I will be close enough to nudge you.

If you start to get excited and start to feel you are close, this is good. I would wish you to channel this expectation into your practice and continue to let yourself ripen. Let this expectation appear as more wakefulness showing up. Let the excitement be felt as fear transmuting into the wisdom of awareness abiding in awareness as awareness. Notice that every instruction has been moving to immediate enlightenment. If the instruction seems puzzling let the puzzle dissolve the one who is puzzled. If the instruction feels like common sense, know that your process is maturing and that soon you will bloom.

Blessings. End of Transmission.

1/21/2020

Feel you have all the time in the world for this practice. Feel the sinking into the ground of the toes and of the heels and how they feel different.

At this point in the process, the only required practice is to do "six mandala cycles" each day without fail. This is needed for a cumulative effect that is integral for going into light body.

The phases of one cycle are:

- (1) gentle third eye crystal lock (this is always with everything that Sohra is doing now)
- (2) Tram with lava red orange energy rising from the Earth for grounding.
- (3) Hreeh with magenta fire flowing down from above and then rising up, purifying fire, burning away karmaic density from our bodies. Burning away "heavy karma".
- (4) Tsung with aurora green flowing down from above, from Medicine Buddha (Lapis Lazuli Blue), for healing and cleansing, like a pure herbal remedy coming directly from the field of consciousness.
- (5) Exalted Pause holding Breath and then "eee" down to heart, for "downloads" of Quantum Information to update and activate genetic codons to shift the "chemical factory" to produce new substances and transform the factory of the body itself and through this our lives.
- (6) Ah radiating rainbow light, like Padmasambhava did during his light body process for shifting from the afflicted emotions of anger, fear, sadness, jealousy, and arrogance to the eternal emotion of unconditional love which manifests in action in time as patient love, empathic love, devotional love, kind love, transformational love, gracious love, generous love, karma burning love, peaceful love, joyful love, uplifting love, skillful love, protective love, creative love, wise love, and constant love, the spectrum of the colors of love.
- (7) Om blending all the lights back into luminous white empty full love.

January 24, 2020

In the sharing of the 12 Consciousness Model, I gave a framework to understand how the three enlightenments evolve into each other and also how they are different.

The Zen transmission is the most highly focused about the first enlightenment and that it can be "sudden" and "immediate", and that this enlightenment then evolves into the second and third enlightenment. This theme also appears in Krishnamurti's teachings in that many people did awaken to the first enlightenment through him and when they "got it", Krishnamurti would say something like, "The seed has been planted, let it now grow." This would often not appear in his lectures, but in his one on one talks with people. There are a few reports of one on one encounters with Krishnamurti that people have written about that reveal this, things harder to discern from his talks alone.

The key theme in terms of what Sohra is sharing is that when the first enlightenment happens, "the knot of self is untied", and it allows the contents of the subconscious mind-heart, the ancient accumulation of karma, conditioning, and patterns to dissolve.

In Krishnamurti terms, when penetrating awareness sees deeply into the "me put together by thought" and sees that "the thinker is the thought", and ends "thought and thinker" into what Zen calls "no thought samadhi", then the first enlightenment happens. It is not merely an experience, but more of an experience/insight. Something is learned deeply in this moment about the nature of the self that allows us to "resume our identity as consciousness" and rest in this identity. Without this, the arising one of ego formation (samskara, nafs) after another in the subconscious mind-heart will get us stuck in everything that comes up. Our identity confusion will absorb into and become each ego formation and even reinforce this ego formation. Our identification with the ego formation will reinforce the conditioned formation and even add new energy to this formation. It can actually even grow stronger and more solid as a formation by "analysis" and even by "counseling". Eventually, what happens is that we learn how to not identify with the ego formation, seeing it as "empty of substantial self existence", and then letting it go.

Sometimes, before the first enlightenment, we actually form another ego or thought identity while dissolving an ego formation. We form what Gurdjieff calls a "work self" and what may be called a "spiritual self" or a "therapy self" or a "devotee self". Gurdjieff felt that this formation happens inevitably and therefore did not try to stop its formation, even though this self has to also be understood and abandoned. Gautama Buddha also allowed this spiritual self formation to form in all his disciples, and when he taught the Heart Sutra he then taught all his disciples to look at and abandon this too. Even the Course in Miracles where Jesus corrects the New Testament transmission of his one or two step removed teachings has a beautiful verse, "Abandon even this Course, and come with empty hands onto Thy God."

The Zen of Bodhidharma begins with the insight that this spiritual ego does not have to form and that people spent too much time forming it, so much so that many often die just trying to become a devotee. Sohra is teaching us to aim beyond this from the beginning and to release the ego formation that we are stuck in, within the 7th consciousness, whether it is a spiritual ego or a worldly ego.

Once the ego formation within the 7th consciousness is released, and which is at the heart of our personality identity that we think that we are. We understand the nature of all the ego formations that are stored within the subconscious mind-heart. Then a profound process of "emptying" happens and what emerges from this emptying is that "pure consciousness is unconditional love". We radiate love as light to all sentient beings without reservation. In the Course in Miracles, Jesus teaches a kind of radical forgiveness which releases all traces of reservation to fully loving everyone all the time.

I included pictures in the first three notes above for a reason. The first two are from Hakuin, who systematized the koan system of Zen training into 100 koans which you are meant to "solve" (show understanding of) and when you have solved all of them that you would have crossed over into the first enlightenment.

The first two pictures are of Bodhidharma during his "crazy enlightenment" phase. This is what comes right after the first enlightenment. This phase came for me two weeks after the first enlightenment. Without an ego formation in the 7th consciousness, you cannot repress the unconscious contents from surfacing. The conventional ego world is filled with power struggle of one ego formation repressing or conflicting with one another. Without our "ego" we cannot repress in a certain way ever again.

This pushes us into a process that is called "kenosis" (self emptying) in the Christian Contemplative traditions. In the Zen form, one has "the eyes of a crazy person". This is what is in the pictures of Bodhidharma. The eyes are wild. They are literally like one who is crazy or drunk or manic. All the stored madness of the subconscious mind-heart, from time immemorial, surfaces. This is why Bodhidharma spent 9 years "wall gazing". He was letting the contents surface and release during this time. The madness that arises is like dirty water that will settle of its own accord when non-reactive awareness simply looks at it. You learn to leave the process alone and trust the process of kenosis to empty the storehouse. A deep settling happens after about 20 years, for me it was about 25 years. It seems to stabilize after this time. The madness dances inside us until it "unwinds" to zero and dissolves back into luminosity.

My mother, who was clinically insane with a mental illness that was defined differently as her symptoms progressed. It was called "paranoid schizophrenia", "catatonic schizophrenia", "hypo-manic schizophrenia", "bipolar 1", and "dementia", and also informally diagnosed as "Alzheimer's" (there were external confirmations, but it also needs something like a brain scan to confirm certain internal features to be formal). There is a certain kind of strange eyes when the madness grips consciousness. The brain is processing the energies in a certain way.

The third picture is of Padmasambhava from the legendary "look like me" statue. Padmasambhava blessed the statue because it looked very much like him and blessed it so that people could access his energy in the future, especially if they look at it and chant, "Om Ah Hum Vajra Guru Padma Siddhi Hum" (which he also blessed for access to his energy).

You can see the same "wild eyes" in Padmasambhava, though they are calming down. It is at a later stage in the process, but it is still there.

The teachings that later became "Guru Yoga" are partly for those who have achieved the first enlightenment. This is a process that can accelerate the process beyond the crazy phase or kenosis, and into the more stable levels after the first enlightenment. The Triple Refuge itself helps immensely, especially the very first refuge in the Buddha's energy. When one truly takes the first refuge, the Buddha is your constant companion until you go into light body. He makes sure that the process becomes complete. This is the Triple Refuge meaning more than merely joining a religious club, but where the process reaches the point of "not falling back" which is what I attained during the time I spend with Gautama Buddha, some 2,500 years ago. This where one's determination to achieve complete liberation is unstoppable. This is also when a higher being like the Buddha can predict the time of one's enlightenment. It is like the root cause

of enlightenment is firmly established in individual consciousness and it is a mathematical certainty that it will happen, and it outpictures as a space/time event in the future.

The "gentle third eye crystal lock" is a combination of one of the Shiva breathing methods with Guru Yoga. It is an accelerator of the enlightenment process. It gives the Bodhidharma first enlightenment an exact help to move one past the kenosis phase as quickly as possible. Because it is a living process, it cannot be accelerated beyond a certain point. Time is used efficiently during this process.

What Dogen Zenji emphasized is the "unity of practice and enlightenment". When we are one with our practice, then the first enlightenment happens. It is a shift from trying to get something from our practice to being totally into the practice with nothing behind it, no hidden motives. It is both a surrender into the practice and an understanding that one is "actualizing our Buddha Nature" in the present moment of practice.

For instance, one of Sohra's teachings is that:

"You are the breath that moves the body. When the body is moved by the breath there is a feeling of floating. Being present as the breath, breathing from the breath itself as the breath itself."

When we feel the floating of the body in the breath and we are feeling ourselves as the breath, this is us resuming our Buddha Nature. When we understand and feel this, then we are not trying to get enlightened through our practice, but are arriving at enlightenment moment to moment.

When Andy was given inka by Sohra, she was so deep into practicing that she was unself-conscious and was totally into the practice for the sake of just practicing. Sohra said, "You are Buddha," and extended her (my) arm forward to her. Andy said, "You are Buddha" and extended her arm back. She was mirroring each process as her learning had always done. Then Sohra said, "No, this is for you, you are a Buddha," and then she got it. What was felt was a subtle mental dilemma was gone, everything else was the same. This has persisted since this moment. Telepathically, I have noticed that the dilemma as thought wave just does not arise any more. When stuff surfaces from the storehouse, it is simply acknowledged and released. There is nothing to fix anymore, though kenosis will go on. The instructions that were given are now rarely shared. The practice continues and has a fluid continuity with living day by day, moment to moment.

Every part of the "Mandala Cycle" has this characteristic, every part is an invitation to drop into enlightenment. Any part, if practiced alone, can be enough to cross over into enlightenment at any moment.

When resistance to the process is felt, if you bring the resistance into the process, then you can get enlightened by doing so. If you make the resistance into a dilemma, then it becomes a "barrier/gate", something that you need to cross over to become enlightened, and then a dilemma appears, and a striving ego formation arises as a conditioned response to what is arising.

The reason for the Mandala Cycle is to move through five transformations of energy that lead to light body. Each energy family has an alchemy to itself, transforming one of the afflicted emotions into a love-wisdom. Anger into creative compassion through non-reactive awareness. Fear into trusting and abiding in the safety of pure consciousness as the ground of being. Sadness into empathic love. Jealousy as releasing manipulative struggle and breathing into growth. Arrogance is removing comparison to shift from personality to pure consciousness as our identity. All these facets of consciousness evolve within itself, we become more grounded, less reactive, seeing things as they are without delusion (pure perception), letting ourselves grow by non-judgmental awareness (no impositions upon our experience and no trying to get something from anyone), and feeling action without attachment to results emerging from the purity of consciousness versus extending the continuity of struggle within the karmas unfolding in space and time.

Meditation matures from Calming Meditation in the Pause of Non-Thought to Insight Meditation by allowing thought to arise, abide, change and pass away within non-clinging, non-resistance, and non-identification to Energy Meditation where energy undergoes transformation through attention, breathing, visualization, sounding, intention, movement, and presence. Each one builds upon the others and the energy meditation of the Mandala Cycle requires us to understand calming and insight (the fertile field of insight when we relax and allow it to happen) within the energy process.

What this means is that learning the process that Sohra is sharing includes the other processes inside itself and moves us through the first, second, and third enlightenments very naturally.

In my running support for Sohra, I am sharing notes that might help clarify what she is doing in the practice. What I got from her is to share something of the Zen tradition that is related to all this and share some of the keys that Zen has used to kick people over into the first enlightenment. The main points of what Zen has shared are these:

(1) The first enlightenment is one instance of deep recognition of our identity as pure consciousness and a deep seeing that there is no self in our thoughts, emotions, sensations, movements, and body, that none of these factors has a self in them, whether alone or in any combination.

(2) The first enlightenment can happen at any moment. Time is not required to realize it. Years of meditation is not required to realize it. One can realize it even in the first hour of meditation. In practice, there is still a learning curve and it is somewhere between six weeks to 3 years. Some

Zen masters have felt that one deep retreat of five days at 12 hours of meditation a day is enough to "get it". The most important thing is the feeling that it could happen at any moment, anywhere in the process. If this feeling is not there, then the necessary "Zen aliveness" is not there. This aliveness is one of the factors of enlightenment that needs to be there. Other meditation traditions, by believing that it cannot happen any moment, that it is never quick, create a hindrance to the first enlightenment.

(3) The first enlightenment removes the "hindrance of self" from our lives permanently and through this "loosens" karmas within our storehouse so that they can surface and release without getting us stuck anywhere.

(4) The feeling of who and what we are as pure consciousness evolves within itself. This initial feeling of who and what we are evolves in an unbroken continuity into and beyond the second and third enlightenment, so that one can rightly say that the second and third enlightenments are simply the natural growth of the first enlightenment, that even unassisted it would grow through these stages, but like life it can be also be helped and supported so that it could grow easily, rapidly, and peacefully.

(6) The methodology of Zen is to cut through the mental tricks that the ego formations use to bind us to them, to release every conceptual formation that obscures our Buddha Nature, and then to directly point to awareness until awareness sees awareness as its own identity. The direct pointing needs to be such that even the concept of pure consciousness is also cleared in the suchness of pure consciousness. The final stage of this is something that is called "inka" and what Sohra calls "the mother's kiss" which awakens awakening in the receiver.

February 28, 2020

Some of the messages that are embedded in the transmission are for some of the people or even one person in the gathering. [Aiyana Lynnet McKenzie](#) asked for more about the planetary Oversoul and Sohra started with a review of Tonglen in the context of the light body work and also where it fits in terms of the three enlightenments.

I also posted my experience with the planetary Oversoul. In terms of the Gurdjieff work, he also goes into an interesting set of teachings in this regard in his teachings about the "ray of creation". In his view, everything is evolving, with planets evolving into stars or suns, and moons evolving into planets. This understanding is still in advance of our present "science" on this planet, which still thinks that Sirius is a Trinary star system and our solar system has only a mono-star. The truth is that Saturn and Jupiter are really "junior suns" and that we also have a Trinary star system.

Some people in NASA have hinted that they understand this. When Sohra gave me the homework of watching the auroras, I was reading the NASA spaceweather site and found that

one writer in particular had mentioned that several ancient texts were misread because of failing to understand this, that some words referring to Saturn were misinterpreted as referring to the Sun. Modern science has verified that Jupiter is radiating out more energy than it receives from the Sun and if humans colonize the Jupiter moon of Europa, they would be able to direct solar panels towards Jupiter and harness electrical power.

One reason why Jupiter is not considered a sun is because of Quantum mechanics being super-imposed on the solar system. In one theory, everything is moving towards entropy, decay, and a "heat diffusion death" of the local universe, as energy moves from a state of greater concentration (a sun) to a state of lesser concentration (diffused and small amounts of heat energy which is dissolving into background space). In other words, they are expecting Jupiter and Saturn to decay their energy further and further, rather than build up their energy and evolve from "junior suns" to "total suns".

In the movie, "2010: A Space Odyssey", the sequel to the movie, "2001: A Space Odyssey", Jupiter fully ignites its core and becomes another star (and the alien/human who is speaking in the movie advises all humans to live in peace and to prepare for the evolutionary jump that humans are moving towards [aka light body enlightenment, though first moving from "homo sapiens" to "homo telepathicus" then to "homo holographicus"]).

In many spiritual traditions, we live within an universe that is in itself alive and evolving. When someone asked the Buddha what did the universe look like after enlightenment, he shared that it looked like "flowers blooming and never withering".

On Ita, the home world of Sohra, their planet shifted into its parallel light body enlightenment is surged into the next dimension and disappeared from the levels of energy that humans are able to detect. Because light actually travels very slow in our universe, Sohra did say that humans would witness the light of Ita surging into the "great transfer" where it dimensionally shift, where it would take about 1,000 "light years" to reach the Earth and its primitive telescopes. About 10 to 15 years ago, she guided me to turn on the radio and listen to NPR as it announced that the Hubble telescope had observed a "burst of light" coming from the Sirian star system (during that time, I was not listening to the radio even sporadically, so I just turned it on and heard the report, knew why Sohra had done so. Yet because in our present science, only suns go supernova, there was no context for interpreting a planet shifting into its parallel light body initiation.

One of the earliest teachings I received from the Itanami (Sohra's people) is, "If you take care of your world, then your world will take care of you."

The Itanami were spiritual scientists who had a very advanced understanding of what we would call "biology". They evolved Ita by planting and working with the ecosystem of Ita. They had the blessings of the Oversoul of Ita. They plugged into her intelligence and worked with her wisdom and her compassion. Sohra was an "herbalist" in that she was focused on cultivating the medicinal properties of the plants and learning how to use them for healing. In some of my early

work with Sohra, she showed me some herbs from her world and asked if there was any equivalent in my world. I have had to evolve my own herbal knowledge in order to bring through some part of the rich culture of Ita regarding herbs and to somehow translate this understanding into usable wisdom on Earth.

Some of the herbal traditions that have been useful have been Aryurveda, the Taoist canon, the Anasazi canon, the Incan canon, and the inspired writings of Hildegard of Bingen, and more currently Michael Tierra's synthesis of several herbal traditions in his book, PLANETARY HERBALOGY.

In terms of the Gurdjieff work, the "third line" of the work is planetary service, to serve the healing and evolution of a world. The other two are "solo work" (your daily meditation practice) and "group work" (your work with a group of people who are committed to the same transformational process).

Part of the teaching of the three lines is that it is easy for any one line to get stuck somewhere and cease to make progress. There are many people who are weak in one or two of the lines, or weak in all of them.

The requirements for the first line of the work, our solo practice, is that we do at least six minutes every day without exception. In older traditions, the requirement has been at least one hour a day without exception and in many energy traditions the requirement has 2.5 hours which they consider "temporal tithing", where we are meant to give 10 percent of our time to the Sacred every 24 hour day.

In terms of group practice, the Sufis have felt that "Anything less than 3 hours is 'fooling around'." and that they would intend to practice about once a week this way.

What I have found is that when I was strong in the first line only, that eventually one would get stuck in a strong emotional tidal wave which would arise or what would sometimes happen is that a repression pattern with co-arise with an emotion and not be fully felt. The pattern would need to dissolve by "penetrating awareness". I found that it was easier to do this when I was involved with some kind of group work, like Sufi Dancing in the Chisti lineage of "Sufi Sam" (Murshid Murad Achmed Chisti aka Samuel Lewis). The group itself did not generate the concentration level that I did in my solo practice, but they did gently cultivate some things like making eye contact at various intervals of the dance. They also tried to introduce breathing, movement, and mantra. It would, in a good sense, pull oneself out of the solo focus so that it could reset itself, and this would boost the solo practice later on.

The third purpose is an even more powerful help to both of the other two lines, but more about this later on. I have also shared about this in previous posts.

Just to complete these thoughts, the third line of planetary service completes the triad of "lines of the work" that we are meant to do simultaneously. When we are caught in an afflicted emotional state, and stuck in such a way that we are not feeling progress, and when our group work is also in confusion because of the power dynamics of the group also getting stuck on an issue, then what carries both of them is the "third line".

When we are in planetary service, not in fantasy, but in reality, then we become valuable to higher beings, and we become valuable to the Oversoul of the Earth, we help her to evolve to her next stage in our journey. We undergo several initiations in this process. One is the "telepathic initiation" where we link up with the "Mahasangha", the community of spiritual beings who have already completely liberated and who have already attained the third and last enlightenment. We cease to be a "lone ranger" who tries to serve the planet through a more random kind of activism where certain causes are taken up and pushed through, which may or may not be the crucial events that are possible and which need to happen according to a plan for the healing of this world.

There is a "plan" for the healing of this world that is held within the planetary Oversoul and the Mahasangha that we can connect with. Part of the gift is this connection is that we can see the pattern for the unfolding of this world. This "plan" is not like a military invasion or a list of tactical directives. But is a "vision" of how many movements are coordinated within a larger pattern of healing, growth, and change. This "plan" has contingencies, like if A fails, then B is activated, or if D happens, then E is no longer necessary (and the energy can go to other enlightened activities).

In order to feel this "plan", it is necessary to release any kind of nationalistic loyalties and perceptions of the political and social issues of this world, and to enter into the consciousness of the "communion of saints" and to feel the guidance of the higher beings and what they are holding for the healing of this world. Part of what the Sufis share is that one needs to learn what is called "the long history" and think in terms of 1,000 year blocks of time.

When one gets initiated, then receives what is called "the gift of faith". This is the inner certainty that everything will be okay for this world and that it will eventually find peace. This is part of what Sohra shared when she had shared, "The Earth itself is a Sirian colony and the Sirians do not abandon their own".

Some of the relevant history is within a book by John Bennett entitled THE MASTERS OF WISDOM, especially the chapter, "One Thousand Years of Love" where the Sufi activity of a one thousand year time cycle is gently mapped with highlights. Although it is a summary, it can give a flavor of how higher beings function in a world to heal it and grow it. The activity is a little hard to discern, because higher beings cannot use the tools of violence, propaganda, persuasion, manipulation, deception, distraction, oppression, dominance, appealing to fear, appealing to greed, or creating confusion. They honor that free will is sacred and are not allowed to pressure anyone into doing anything. This is more important than life or death. They perceive the process

of awakening in terms of individualities that are more than one lifetime old, who keep on reincarnating over and over again and keep on maturing something inside them until it flowers as the three enlightenments.

There is an internal order to the higher stages of the spiritual path. There are ancient groups of higher beings who still exist within seemingly physical bodies. In the past, some of the groups have been "preservers" of a certain kind of knowledge that allows humans (and even some other animal species) to evolve spiritually, mentally, emotionally, and even physically in a certain way. Then there are "transmitters" who share parts of the knowledge into the world according to "time, place, and need", giving people what they need to grow at any moment in time. The knowledge is never a mass produced series of slogans or dogmas, but understanding certain principles deeply enough to use them to achieve practical results within a line of transformational experiences, leading to the attainment of the three enlightenments.

The work of these higher beings has formed four circles of humankind. The first circle are ordinary human beings who wander, endure suffering, have ordinary goals for their lives, usually try to be good people, and grow only in response to pressures and challenges to their survival and need to thrive.

The next circle has been called the "exoteric" circle. This is the sphere of conventional religion and all the more obvious spiritual traditions. This is where one normally sees religion as a club that you join, a set of rules to follow, a creed to believe, and a set of duties to perform. In general, people on this level do not really understand the purpose of life or the purpose of meditation, spiritual practice, or even what enlightenment really is, with enlightenment often being confused with "going to heaven" when they die. But if people are faithful to the exoteric teachings, they generally will have something like a spiritual life and a something like a religious feeling awakened in them.

When these people start to understand from their own experience what "enlightenment" is, then they have "entered the stream". They know, with "open eyes" the truth of the path and know what it is for. They have directly tasted a higher state of consciousness and now know that spirituality is about living in this higher mode and bringing it into every aspect of one's life. These people have entered the "mesoteric circle". What they know, even if just a little, is "real knowledge" and not something merely memorized and believed. It is not part of social conditioning or one's personality social self which is really a product of how one is conditioned and socialized. This "self" is glimpsed is seen to be created, constructed, conditioned, and unreal. The "dropping" of this self is a necessary aspect of "enlightenment".

The next circle is called the "esoteric circle". This is composed of the higher beings who are guiding all the alive spiritual traditions of the Earth. In the language of this level, these beings do not merely understand the truth, but have become the truth. What is considered the truth of life is integrated into who and what they are. They have attained to "light body" and have become this body of light.

One Sufi prayer/affirmation goes:

>>

(Darood)

Toward the One,
The Perfection of Love, Harmony, and Beauty,
The Only Being,
United with all the Illuminated Souls
who form the Embodiment of the Master,
The Spirit of Guidance.

<<

This is a prayer from those of the Mesoteric Circle to the Higher Beings of the Esoteric Circle.

In earlier time periods, there were esoteric centers where mesoteric students could come and be trained and even practice all the way through to being at least a very advanced mesoteric teacher or even become one of the Higher Beings of the esoteric circle.

However, in this time period, many of the ancient centers are gone. With the invasion of Tibet, a whole series of training centers were destroyed. With the invasion of Afghanistan, Sarmoun (or Surmang, the Sufi center where Padmasambhava said he was trained in), a very ancient esoteric center was destroyed (or actually became a portable center that travels from place to place in the form of its advanced students hiding in plain sight and teaching spirituality within spirituality.

There are still some centers of "preservers" that are still in the world and a few transmitter groups who are met to be hidden and who now do not have people come to them, but rather visit groups and inspire them, or upgrade their practice when they are ready for more.

The fourth circle of humanity, the outer circle, has many pockets of power that would try to exploit these higher groups for their own purposes, and those who know of where the higher centers are keep quiet about them, because it is important for these centers to continue undisturbed. The centers do have the power to protect themselves. One of the methods is by going to the rejected places of the world, the discarded lands, even lands considered toxic, and having their community renew these places with advanced knowledge. Meanwhile, they are "seeding" the world with influences that are meant to coordinate and make healing happen for this world, all in accord with a pattern, all in accord with a plan.

The esoteric circle is gently scanning the mesoteric groups for promising people who are "ripened" and "ready" for telepathic initiation. Part of this process was actually shared in an old children's sci-fi show called "The Tomorrow People" (not the second show with the same name

but the first show). In this show, a group of humans are spontaneously waking up to higher consciousness, at random, all over the world. And when they are in their process, they emit a kind of signal out of themselves, and the already awakened ones try to send someone to them to initiate them.

In one episode, a woman is sent from the inner circle to someone whose awakening happened in a hospital, through a kind of near death experience. The woman talks to the person and says to him, "Imagine that your mind is like a fist...now open this fist." The person does so and is flooded with energy, light, and connection. He becomes "linked" with the Mahasangha. Then the powers unfold within the plan and his awakening unfolds within the supportive community that makes the process safe, where lessons can be learned by those who have gone before us.

When we are useful to these Higher Beings, then they guide us and protect us. We get upgraded by initiations that they give, rather than merely by our forced growth in response to the challenges of life. Because we are not merely doing "self help", our ego does not get inflated by this work and the ego burns away as a luxury we can no longer afford, the pitfall of spiritual arrogance does not happen to us or it is healed in a very short burst of an intensely painful meltdown (the Tower Card in the Tarot Deck is about this or the Ten of Swords). With this third line in place, the other two lines can develop much more smoothly.



(the first card is about the shattering of illusions and refers to the Tower of Babel, the opposite of telepathic awakening)

(the second card is the last of a 10 stage process where the karma of aggression returns to the doer and thoroughly collapses in on itself)

(each of these cards is a moment where we can shift into the first enlightenment by seeing what "died" was never who we were)

Feb 23, 2020

Sohra gave an initiation linking integration and mirror image mudras with the double star tetrahedrons, and fusing the light filament of the spine with the central axis of the double star tetrahedrons and a permanent shift in our bodily experience.

This links to something that Sohra shared a long while ago, when she brought through the Ascension Sutra. She shared that one reason why humans age and die is because the human body had desynchronized with the formative kinetic geometries and was no longer having certain energies as easily conducted to itself.

This initiation is meant to be a corrective to this.

In "Itanamic Chi Kung", all the movements flow within the formative geometries and are renewed by the energy vortex fields of these geometries. These formative geometries are also implicit in the cross legged sitting positions (tetrahedron) and the torroidal movements.

I also found that in Aikido, we learned to operate within a "dynamic sphere" that would be the sphere we define by spinning around our spinal axis with our arms in a "T" formation. In his later life, Ueshiba, seems to have gotten some taste of the holographic light body in that a few times it seemed that people punched at his face and his face temporarily disappeared to avoid getting hit. Some of these instances were recorded on film and replayed again and again to try to figure out what he did.

One of the teachings of Gurdjieff is that a higher state of consciousness first comes in flashes and then the time we spend in the new states gets longer and longer. In the beginning, manifestations of the light body are miraculous in that we are no longer bound by the "artificial laws" of our present existence. One key is that we can free ourselves from many psychologically binding laws by "not identifying" with what we are not (we are not thoughts, emotions, sensations, or form) and then to feel our deep identity as pure consciousness, wakefulness, knowingness, and calm abiding in the ocean of pure energy.

What I got is that Sohra is going to do the initiation again next time and then a third time in order that its essence gets deeply integrated.

February 29

I am wishing to happily share that [Amit Mahalle](#) and [Apurva Kalbande Mahalle](#) have both entered the first enlightenment. The event happened at 3am on 1/16/2020 (PST or 4:30pm IST). I was meditating and working within Dreamtime and Sohra notified me that the shift had happened. It seems that the final process started when Amit talked with [Andrea Good](#) after her first enlightenment (12/16/2019 @10:30am PST). It seemed that Andy getting enlightened became a catalyst and made it feel real that it could happen to others. This quickened the process and made an immediate shift (srvaka satori) and this shift matured until it gently completed itself at the time mentioned. It seemed that the shift was almost complete, but some "expectancy" needed to relax to allow it to happen. Amit and Apurva later reported that the process has continued since then (fugen kensho).

I did check in with both Amit and Apurva to see if they wanted me to report this and Amit, speaking for both of them, shared in the affirmative, because he felt it was important for people to know that "getting enlightened" is not hard and it is closer to all of us than many traditions teach, and even that the process can be easy, rapid, and peaceful. I very much like this answer, because that is exactly how I feel. One of the hindrances to getting enlightened is the belief that it is a hard, long, and stressful process where one must confront one negative state after another inside you and "go through it".

When I got enlightened in college, almost 40 years ago, I actually and honestly said, "I can do it, then anyone can do it." I did not feel I had any special abilities in this direction. I did have an "awakening of faith" when I read a dharma talk called "the awakening of faith" (I think it was by Avagoshu). I got the faith that if I sat long enough in meditation, did not quit, and went through everything, I would attain enlightenment. It was then that I meditated 4 hours per a day for 4.5 months, moving through breath counting, then breath awareness, and then "shikan taza", stages 1, 2, and 3, with the third phase where you are "just aware" without any directionality, feeling every sensation in your body at the same time, and then moving past the "genjo koan" of "if I pursue enlightenment as a goal, I will not arrive, and if I do not pursue enlightenment as a goal, I will also not arrive". I embraced the dilemma, and then resolved it by the "last thought" of "mind creates time", and then time collapsed, and I was there.

Each enlightenment story is a little different, and what is beautiful is that the stories are all interconnected. One helps another. I would encourage everyone who is part of this group to read the posts about the first enlightenment as a kind of "mental preparation" that will help one be ready for the "gentle leap".

What is interesting is that Zen Buddhism was my helper in my enlightenment. Looking back, out of all the spiritual traditions on this planet, its purpose is to quickly awaken people to the first enlightenment by "one pointing" to the nature of mind until it is understood, with the understanding and shift being possible in any moment. As Krishnamurti had said to me, "Time as movement is not involved in the process of understanding."

I think the main "problem" of Zen Buddhism is that it is not really for Zen Buddhists. What I mean by this is that it is really only for people who have ripened in their meditation to a certain point and just need a certain nudge to completion. In practice, Zen Buddhism teaches something very similar to Vipassana and Anapannasati Yoga and only becomes "Zen" when people are ripe for the nudge. For this reason, Zen appears rather late in Buddhist history when Bodhidharma enlivens the tradition and brings it into the human social stream. Before then it was passed in a small and tight lineage and is just kept alive as a "small stream" until it was ready to awaken many others.

Sohra did share that everything that is needed for the three enlightenments, even the first, is inside each of the interlocking practices that she has been sharing. It is why she goes over them to enliven our understanding and to keep the methods from "going robotic" or "merely habitual".

I am also running support for what she is doing by giving these notes and the background for this process. I do find that the thinking mind needs this kind of "mental food" to help leap from where it is into "no mind enlightenment" or "no thought samadhi". When we are a little confused, this confusion tends to keep us stuck in thought. In Zen, they call this "being lost in the weeds".

I do invite any persistent questions to be shared, either on the group page or privately, so that they can be cleared. When the lake is still, then it can reflect the full moon of enlightenment.

Blessings.

From conversation:

Will: There is a chapter in this book called "1,000 Years of Love" which gives a history of the hidden Sufis over this period of time. (Masters of Wisdom - Bennett)

From Sohra last week: "every time you wake up to your heart a little enlightenment occurs."

3/15/20

Whatever the appearances seem to be,
everything is unfolding perfectly.

All events are regulated by universal principles.

There is no emergency going on.

Understanding this, I relax into trusting the process,
and flow with the events as they unfold,
surrendering into what wants to happen next,
and feeling everything will be okay,
letting all dualistic struggle dissolve into unity,
and resting in the peace below the surface
of all transitory events that even now exists for me to enter,
and through this letting myself be renewed,
beyond the play of actions and reactions,
beyond the play of clinging and resistance.

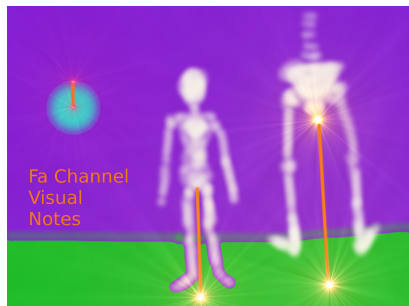
Here and now I shed my social role in the dream of waking life,
and enter this peace through the part of me
that is able to trust universal life to take care of me.

3/16/20

I am noticing in the standing on one leg positions that visualizing this grounding chord is stabilizing the balance more quickly and that the body is learning to rely on it.

It attaches at the tail bone tip and goes into the center of the Earth.

Sohra mentioned a triadic balance system evolving in us. This is necessary grounding for the emotional alchemies that we are going to do.



3/20/2020

Clown chakra

Extra note on Will's page:

The emotional progression of growth is as follows:

(1) opening up, being curious, and being generous, letting go of guardedness and defensiveness.

(2) being patient, enduring the process of change when painful memories rise up to be healed, being humble so that all arrogance dissolves, and being patient with the arrogance, greed, negativity, and resistance of others to change.

(3) learning to be motivated by devotion, altruistic compassion, and being unselfish, wishing everyone happiness and not just oneself.

(4) organizing one's life, cultivating compassion, wisdom, and creativity with care and patience, perfecting one's life, gently correcting faults, systematically cutting through all addictions and bad habits.

(5) practicing meditation every day, both as a practice and a setting aside time to do this, and also as a daily sensitivity to how consciousness is interacting with the world, letting go of reacting to everything and radiating patience and compassion instead.

(6) having flashes of intuitive wisdom and surges of warm compassion flood into our world, feeling empathy with all sentient beings and understanding their suffering to the point where we only have compassion for them, understanding the principle of luminous emptiness and knowing that nothing that we experience endures or has solid existence, that everything arises interdependently and cannot exist separate from our mutual connectedness and interdependence upon each other and the dharma that unites us all.

(7) learning to be creative, compassionate, patient, and skillful with all sentient beings, never reacting to anything, but responding from empathic love, blessing energy, and intuitive wisdom, seeing the karmic patterns of all samsaric sentient beings and alleviating their sorrows when possible and blessing them always.

(8) deeply surrendering to the evolutionary energy of kundalini, letting it grow us, purify us, bless us, sustain us, and guide us, knowing how to cooperate with our ego death and buddha rebirth, again and again, living a life of surrender to this sacred energy which wishes to grow us from within outward, and never letting ourselves be lost in anything to do with ego gratification, ego needs, ego defensiveness, and ego negativity, seeing that there is nothing in the world worth struggling over, even for one second, and that only living love now and dying in each moment matters, so that one is reborn as a light being.

(9) learning to trust the process every step of the way, learning the surrender is only needed when we take back our ego and rebel again, choosing to separate from loving others and blowing them off, and learning to trust and stay in trust of the process, never quitting, never falling back, letting the oven of purification bake us until we are completely done.

(10) seeing the vast vision of the dharma, the revelations of its wisdom, the depths of its love, and immense skillful creative means that it uses to liberate all sentient beings, being exalted to meet the Cosmic Buddhas who have gone before us and who are always helping us now, and feeling them welcome oneself into this vast family.

(11) integrating every lesson so that everything is fully learned and nothing is left behind that can pull us back into worlds of karmic suffering, and then wishing to return to the worlds of suffering to help those who are still caught in the net of karma and entangled in patterns of repetitive suffering, establishing oneself in the Dharma, fully aligned with its wisdom, beyond all opinions for and against every issue.

(12) fully activating the infinite potential of one's divine nature or buddha nature, manifesting miracles when they are in alignment with universal law, and when they are needed, having vast power at one's command because there is nothing that can even abuse this power for one second, and no negative reaction possible to anything, love has fully matured beyond all automatic reactions that pull us down to afflicted emotions of any kind.

3/24/2020

Public chanting of "hreeh"

<https://www.facebook.com/groups/318511058243689/>

Also posted this video chant

<https://youtu.be/qnP-43e0nwY>

"She saw that all phenomena arose, abided, and fell away. She saw that knowing this (itself) arose, abided, and fell away. Then she knew there was nothing more than this, no ground, nothing to lean on, stronger than the cane she held. Nothing to lean upon at all, and no one leaning... And she opened the clenched fist in her mind and let go, and fell, into the midst of everything."

Teijitsu, 18th century abbess of Hakujuan, a Zen Buddhist nunnery near Eihei-ji, Japan

OM NAMO BHAGAVATYAI ARYA-PRAJNAPARAMITAYAI

ARYA AVALOKITESHVARO BODHISATTVA GAMBHIRAM
PRAJNAPARAMITA CHARYAM CHARAMANO
VYAVALOKAYATI SMA PANCHAKANDHAS TAMSH CHA
SVABHAVA SHUNYAN PASHYATI SMA

IHA SHARIPUTRA RUPAM SHUNYATA SHUNYATA EVA RUPAM
RUPAN NA PRITHAK SHUNYATA
SHUNYATAYA NA PRITHAK RUPAM
YAD RUPAM SA SHUNYATA
YA SHUNYATA TAD RUPAM
EVAM EVA VEDANA SAMJNA SAMSKARA VIJNANAM
IHA SHARIPUTRA SARVA DHARMA SHUNYATA LAKSHANA
ANUTPANNA ANIRUDDHA AMALA AVIMALA ANUNA APARIPURNAH
TASMAT SHARIPUTRA SHUNYATAYAM NA RUPAM
NA VEDANA NA SAMJNA NA SAMSKARA NA VIJNANAM
NA CHAKSHU SHROTRA GHRANA JIHVA KAYA MANAMSI
NA RUPA SHABDA GANDHA RASA SPRASHTAVYA DHARMAH
NA CHAKSHUR DHATUR YAVAN NA MANO VIJNANAM DHATUH
NA AVIDYA NA AVIDYA KSHAYO YAVAN JARA MARANAM
NA JARA MARANA KSHAYO NA DUHKHA SAMUDAYA NIRODHA MARGA
NA JNANAM NA PRAPTIR NA BHISMAYA TASMAI NA APRAPTIH
TASMAT SHARIPUTRA APRAPTIVAD BODHISATTVO
PRAJNAPARAMITAM ASHRITYA
VIHARATYA CHITTA VARANAH
CHITTA AVARANA NASTITVAD ATRASTO
VIPARYASA ATIKRANTO NISHTHA NIRVANA PRAPTAH
TRYADHVA VYAVASTHITAH SARVA BUDDHAH
PRAJNAPARAMITAM ASHRITYA ANUTTARAM
SAMYAK SAMBODHIM ABDHISAMBUDDHAH
TASMAT JNATAVYAM PRAJNAPARAMITA MAHA MANTRO
MAHA VIDYA MANTRO 'NUTTARA MANTRO SAMASAMA MANTRAH
SARVA DUHKHA PRASHAMANAH SATYAM AMITHYATVAT
PRAJNAPARAMITAYAM UKTO MANTRAH
TAYATHA
OM GATE GATE PARAGATE PARASAMGATE BODHI SVAHA
ITY ARYA PRAJNAPARAMITA HRIDAYAM SAMAPTAM

The above versions of the Heart Sutra are the official short form that is chanted nearly every day on this planet by one Buddhist group or another.

It represents the second turning of the Wheel of the Buddhist Dharma that Gautama Buddha brought to the Earth. I remember the Buddha chanting this in many places, including my own village in India some 2,500 years ago. Andy was also there, along with her friend Imee Oi, who still chants this sutra all over the world to this day, and is the one who is singing chanting the sutra in the second video posted on this thread.

<https://www.youtube.com/watch?v=HfGmZfYBJ8E&feature=youtu.be&fbclid=IwAR2NZ0a8ySQ-JRDQAScCaQVOOSbIMIZ0mWQRMaqU0yObIK4TfcdIAuh5ewY>

Both Zen Buddhism and Tibetan Buddhism hold this sutra very dear. It represents a shift in emphasis of the teachings from the Four Noble Truths, the Eightfold Path, the Four Foundations of Sensitive Awareness, the Five Hindrances, the Triple Refuge, the Seven Factors of Enlightenment, and the Twelve Interdependent Links in the Chain Reaction of Suffering to the Threefold Foundation of Empathic Love, Intuitive Wisdom, and Resting in Luminous Emptiness.

Sohra linked the Heart Sutra to part of the Mandala Cycle. The part of the cycle where you "pause into eternity (nirvana)", and "dhee" down the light codes of eternity into the heart, and then radiate its rainbow colors of love into our world. She made a modification of the practice from toning "ee" to toning "dhee", and by doing so linked with the single seed syllable summary of the Heart Sutra in Shingon Buddhism (Tibetan Buddhism distills the Heart Sutra down to "Ahah" (two Ah sounds one octave apart as an overtone).

She is calling this section of the Mandala Cycle as the "Light Body Heart Sutra".

The seed syllable "Ah" is the bija mantra associated with the Vajra family of the Five Tantric Energy families of the Five Buddha Mandala that the Mandala Cycle is within.

Each of the Tantric Energy families is associated with a specific transformation of an afflicted emotional energy. These can be described in the following way:

"ah" > anger > creative love

"om" > arrogance > realizing identity as Buddha Nature

"tsung" > jealous worry competitive fear > breathing through and growing (into harmony)

"hreeh" > sadness > empathic love

"tram" > insecurity shame > calm abiding in luminous emptiness (through the Earth)

I have described the Five Energy Families and their corresponding alchemies in different ways to show, hopefully, an general understanding beyond the words and formulations (which are accurate but not the total understanding of the energy process involved which we are learning through direct experience).

3/31/2020

Sohra introduced a nexus of terms called "hold outs", "sub-selves", "mass consciousness", "belief systems", "limiting beliefs", and "the spiritual community (as a new consensus consciousness)."

Part of what has made the dark night of the soul a longer journey than it needs to be is the "hold outs", the parts of our self that pull out of the process and do not let themselves be involved in the transformation process that we are in. Sohra had shared about bringing those parts into the process, because when they hold limiting beliefs they can prevent the process from reaching another level. It is still possible to have experiences of enlightenment and even partial insights, but when there are hold out parts, then process can literally not be a total transformation. The light body enlightenment is a complete and total transformation and therefore all the hold outs must be gathered and brought into the process.

In terms of the vibrational scale, beliefs are stored in the sacred subconscious mind-heart until released. This is the storehouse of samskaras that even goes with us from lifetime to lifetime. Sohra has been preparing to work within the vibrational 6 frequency. It is a faster path than working with energy and flow in vibrational level 12. The paths are not mutually exclusive. One can move from one to another with skillfulness. Some processing is better done more slowly. Psychotherapy in vibrational level 24 can help us prepare to update our belief systems or even change the beliefs very slowly.

Core beliefs do not change, at times, as easily as simply putting a hypnotic suggestion in. Unless the suggestion takes root and is accepted into our core beliefs, then the effect is temporary. What hypnotherapy has found is that a suggestion to not smoke cigarettes tends to last about 3 months. Because free will is sacred, nothing can force a suggestion to work forever without our consent. The suggestion is implanted with a certain amount of attention and energy, and when the energy is exhausted, then the effect also dissolves.

A few people have tried to go for a re-hypnosis every 3 months to renew the suggestion. But the effect is weaker the next time around. It is like the sacred subconscious mind-heart can even become immune to the suggestion. It is like a drug addiction where the addict needs a stronger and stronger dose to get the same effect. When a suggestion contradicts a core belief, the effect is always necessarily temporary, unless the core belief changes or the suggestion as a new belief is integrated into our core belief system.

This is also why the sign of light body enlightenment, the conversion of the material physical body into a holographic light body as an outer display is important.

When I had my light body experiences, I wondered why the effect was temporary, why I did not stay in that state indefinitely. What I am learning is the effect happens when we temporarily operate outside our core beliefs and make real, through imagination and feeling, another belief. But unless all the limiting beliefs are permanently released (or upgraded), then the experience will end. The experiences are as "real" any experience we have, but our core belief systems define our long term feeling of what reality is, and this is what we make real in our experience.

Sohra is introducing work on the level of beliefs in world 6, giving us a feeling of the mental yoga involved in this process. It is a delicate level of work, because we have beliefs about our beliefs as well. It takes a higher level of self-reflectiveness to look at our beliefs from a place where our beliefs are not shaping us, from a part that always remains free from their influence. Right now, Sohra mainly wants people to get sensitized to what the beliefs are doing and how to explore them.

April 2, 2020

The seed syllable "Ah" is the bija mantra associated with the Vajra family of the Five Tantric Energy families of the Five Buddha Mandala that the Mandala Cycle is within.

Each of the Tantric Energy families is associated with a specific transformation of an afflicted emotional energy. These can be described in the following way:

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I have described the Five Energy Families and their corresponding alchemies in different ways to show, hopefully, an general understanding beyond the words and formulations (which are accurate but not the total understanding of the energy process involved which we are learning through direct experience).

4/5/2020

Sohra also shared that it is still important to do the six minute practice of the Mandala Cycle as a minimum for each day, to do at least six cycles of the Mandala from either a standing or sitting position. It is important to also do the standing and moving practice at least two three times during the week, for the sake of the physical body and its health. If one is doing the sitting practice, vividly visualizing the energies that are meant to combine with the soundings and the movements is important.

If there is anything unclear about what is being done, to please post a question or to share in a personal message in some form (if you wish to keep the question private, which is always okay). Mental clarity is important in all this. When the mind is clear, then our intentionality comes from this clarity and the results are clearer and more consistent.

I am wishing to have more discussions online so that the community feels each other in this process. Andy and I are working on the sound system and it is progressing during this pandemic quarantine. We have been making good progress recently. Thankfulness toward everyone that has helped.

4/17/20

There was a meditation retreat for 3 weeks in Florida where I was just concentrating on being aware without any thinking or reacting from memory pictures. I found that if you were aware of the memory picture with the pure thought intention to "just be aware", then no reaction happens.

There is a level of "penetrating awareness" that can relax every muscle and during the retreat there was enough time to do this. When the muscles relaxed, then I could feel the source tensions of the nervous system. When they appeared in awareness, they looked like highways of pulsing light and then they too calmed down, and then the levels that were not organic started to show up.

After this retreat was over, I found I could more easily and directly sense the bio-electric activity in the body and in the brain. I am mentioning this because I am noticing that in the video above that several of the monks had their brains go electric when one of the energy waves was passing through them (there is a visible and not visible part of the energy waves).

I do sense that something similar to this is happening during the practice times we are doing, that energy surges are happening within the body and the nervous system.

4/17/20

These are the locations of the red dots up the spine with a magenta fire rising up.



From Will's FB page

4/18

I thought I would present another version of the six worlds of suffering as they appear in the human world where they are mind sets that people are locked into and live from. These six worlds interact with each other and affect each other. We circle them until we understand how one mind set changes into another by the activating and organizing of thought seeds within the storehouse consciousness and how they give birth to new ego formations, one replacing another, and each being a path of suffering and some joy.

In the writings of the Buddhist Scholar Tendai, he named the principle of how to move beyond the Bardo worlds of suffering. He taught that every world contains every other world, that inside every demon is a human and inside every human is a demon, and even in both a Buddha seed that is wishing to realize itself and awaken to what is has always been, with Buddha

Enlightenment being resting in "basic sanity" which we have always had within us and which, indeed, has always been who we have been, yet we have not always lived in this, and instead have chosen, unconsciously and from a kind of conditioned ignorance, to get lost in worlds of our own creation until they took on a life of their own, and swept us away with them.

If we recognize the six worlds cycling within us, then we can also notice the times when we can "step out of the wheel", the chain reaction that transforms one world of suffering into another. Inside even the Earth is a Buddha world where peace is found. Actual places on Earth have this quality. Temples, villages, and communities where the Dharma is strong. Chanting gives birth to them, calling in the Buddhas from other worlds to heal us, guide us, and bless us, and our aspiration to become a "Cosmic Adult" like them, to step out of the insanity that drives the worlds of suffering and find peace beyond and below those feverish thought streams, in the silent depths of Awareness, feeling the one identity that we can never lose and resting there.

I mention this, because much of the news seems at times to be reports and echoes of the activity of the six worlds playing upon each other. Many people find the news distressing to hear, yet if we simply understand that these worlds will always be this way until they are transcended, then we will not expect them to be other than they are. This kind of realism does not prevent us from having compassionate empathy for the sentient beings lost in their grip. It does allow us to relate to these worlds with patience, endurance, empathy, compassion, skill, creativity, and realism, and through cultivation of these qualities and bringing them forth from our own Buddha Nature within us, we can perfect our abiding in our own enlightenment, continue to grow, and alleviate the suffering of those lost in samsara (wandering) and the saha worlds (worlds which endure suffering). Understanding this, then through compassionate service, calling in those who have gone before us to help us, we, too, will transcend this world of sorrow and even establish peace on Earth.

Another way of working with the Six Worlds of Suffering is to see them in the Human Realm playing out in politics and society. If one takes a step back and looks at all the political forces at play in our democracy and even in our global society, one will notice angry factions who have marched in angry protest, sometimes carrying guns, sometimes even blowing up buildings and people of their chosen enemy. One will notice all kinds of hidden and overt special interest groups secretly swaying opinion, trying to sell their stuff, using propaganda and biases to influence events to get their own, competing with other factions. Noticing people who are just struggling to survive, homeless people who are wandering and dying, people in search of another way of life, activists who are struggling to bring about justice for some oppressed group, people who are numbing themselves out to the cries of the world or getting lost in entertainment and distractions, etc.

If one feels all those forces all at once and just feels them, feeling how one has been caught in those forces before, noticing how it is all karma playing out, balancing itself, pushing for its own results, and following the law of like attracts like, then one can ask oneself if there is another way that is beyond all this, and find a path of non-suffering based on love, wisdom, and

creativity, based on freedom from the conditioned illusory separated sense of self, and based on the realization of Buddha Nature, the seed of enlightenment that exists within everyone as the most real part of themselves.

Transcending the Six Worlds of Emotional Suffering,
Liberation in the Bardo of Waking Life, through the Attainment
of the Holographic Rainbow Body of Love and Light,
and through Grounding in Primordial Consciousness
and resuming its natural heart attitudes.

Beyond Angry Justice, Revenge, Warfare, Guilt, Punishment,
and Hostile Judgment.

Beyond Seeking Fulfillment, Insatiable Hunger, Longing,
Wanting, and the Struggle to Get Something.

Beyond Compulsive Habitual Routines, Addictive Patterns, and
Insensitive Dullness.

Beyond the Struggle to Survive, Challenge and Response, and
the Anxiety of Failure and Success.

Beyond Ambition, Performance, Achievement, and Endless
Drive to Keep on Doing.

Beyond Intrigue, Conspiracies, Power Struggle, Outwitting
Enemies, Seduction, Jealousy, and Competition.

Beyond Feeling Superior, Comparing, Entitlement,
Possessiveness, Arrogance, Protectiveness, and Wealth.

From Will 4/18/20

Visualizing Amida Buddha above you in a sphere of light and feeling this Buddha sending energy into the soft spot at the top of the head. Breathing in the energy into the soft spot at the top of your head, while at the same time breathing in air prana into the lungs. On the exhale, radiating compassion as sky blue light, the color of unconditional love. Inhale, receiving energy from above, exhale sending out energy into all our relationships, sending unconditional love as light to everyone, to family and friends, to all sentient beings, including the animals, and to the Earth herself including the plants as the skin of the Earth.

Even you have trouble imagining a Buddha above you, then imagine that you are imagining this, and this will still be enough. You can also ask Amida Buddha to be present in your visualization and empower the visualization to work for you and to actually be a conduit for the energy to enter you and flow within you, bless you and heal you. You can ask Amida Buddha to visualize the form and the energies both for you and with you, and you can imagine that Amida Buddha is visualizing for you and with you.

Visualize and also feel the magenta fire entering into your body and burning away all the karmic density that you may feel inside. Offer all the afflicted emotions, feeling all the emotional energies that have the quality of suffering within them, the stress of being angry, afraid, and sad, let them burn in the fire luminous fire of the higher magenta energies, feeling the fire getting stronger, hotter, and brighter with each exhale, feeling the fire being fueled by the blessing energy descending from the soft spot at the top of the head. Breathing in deep, slow, and full, breathing out slow, soft, and smooth.

If you have a mala of beads, whether 100, 101, or 108 beads, see if you can do at least 100 breaths with this visualization, coordinating the visualization with the breathing, inhale visualizing and feeling energy enter the soft spot at the top of the head, exhale radiating sky blue light into all relations with all sentient beings and your world.

If possible, feel yourself entrusting yourself to the care of Amida Buddha and through this releasing any fear or anxiety about the present and the future. Feel Amida Buddha sending love ahead of you into your future, to open up and bless your path. Let fear dissolve through this entrustment.

If possible, notice who inspires you to be angry and to withdraw your loving energy from this, who inspires you to judge and condemn, and who, even after forgiveness causes resentment to arise when you dwell on them. If you wish to go beyond feeling anger and its affliction, its stressfulness, its adrenal toxicity, and its fever, then think thus:

"I choose to love because I am a being of love. Resentment is an emotion that I learned in this world and I choose to unlearn. In my life, I contemplate the path of feeling angry and see nothing there but a path of struggle, pain, and stress. I choose the greater light of love, peace, and blessings. I realize that those I have been angry with are bound by the same emotion that once binded me. I radiate empathy and compassion for their plight, and break free of the dance of victim and abuser realizing it never ends until both are forgiven. I realize that the only loss in life is every moment I have not spent in the energy of giving and receiving love, and bow down to love, realizing that only what comes from love endures and has meaning."

If possible, when you notice the depths of unresolved sadness arise, the grief of having lost loved ones, think thus and let this feeling go:

"Here and now, I realize that loss of love does not cause grief, but loss of loving, and that nothing, not even death, can stop me from loving everyone that I cared about, right here and right now. I see and feel that space and time are constructions of consciousness and the seeming dramas of life in space and time are only as real as I make them. None are born nor die, but only appear and disappear in a dream that we will all wake up from. Because distance and time are illusions, I am not separate from anyone, but I united in love forever with everyone I care about, and so feeling this, I let all sadness disappear into the fullness of this love."

Having done these exercises, returning to the meditation, breathing in the Divine Grace and Loving Mercy of Amida Buddha and breathing out and radiating this energy into our world and into all our relations, and thinking and feeling thus:

"I choose magical activism today. I trust that in this meditation that I am releasing into our mutual world that most powerful and transformational of all the energies that I am blessed to bring into our world. I am humbled by this wonderful gift and with steady devotion choose to be

a conduit for this energy to enter all our relations and heal them, with the world that we live in being nothing but all our relations with each other, and that when these relations are healed of unlove and blessed with love, there will be peace on Earth. May love have its way with me until nothing but love remains inside me."

Having raised these noble thoughts, feel the visualizations have become stronger, more clear, and more powerful, and continue to breathe and send forth this energy into your world. Ask your subconscious mind and heart to sustain this mood, visualization, and breathing even if you forget. Resolve to start out every day with this kind of energy.

April 20, 2020



<https://youtu.be/KhKfnfJ8eo0>

This is the Bass Bansuri composition with an orange yantra. I wanted this color to be absorbed more into the energy fields generated in our practice, especially when doing "tram". One way of working with this is to put the video on full screen and feel like you are breathing in the energy of this yantra, softly chanting "tram".

Orange is the color of "mudita" which is "contagious joyful love", one of the four "inexhaustibles" that Buddha taught (metta devotional kind sweet nourishing love pink, karuna empathic love aurora green, mudita, and upekkha peaceful unconditional eternal love silvery blue).

April 27

I want to share a kind of summary of the Dream Yoga practices that Sohra has shared and what we can do with them.

There are two levels of practice that are related to the Dream Yoga. One is the minimum required for fulfillment of one's commitment to the group. The exact minimum is that it is not yet

fully necessary. What is necessary is that one do a minimum of six minutes and/or six cycles of the Mandala exercises.

What Sohra is suggesting that people voluntarily add is:

(1) Spontaneously going into Gentle Third Eye Crystal Lock and doing six yaha breaths, calling in the higher pranas with each inhale, and allowing transformation with each exhale. Spontaneously doing this at random throughout the day. Preferably a few times during the day, at stop lights, at grocery store lines, while waiting for someone to cross a street, while waiting for a waiter or waitress to take your order at a restaurant, and other times where a natural pause in your daily routines happen.

(2) Is the Dream Yoga, which we are learning in stages. This requires us learning how to Lucid Dream, which takes a little bit of time to learn. This is because we have some obstacles to overcome to make this happen on a consistent basis. There is an investment in being unconscious that keeps us from being awake and present in our dreams. As long as we want to repress our emotions and not want to feel them, we will want to go unconscious of them and have trouble remembering dreams.

So what we are doing is preliminaries that will help us enter into Dream Yoga. One is to visualize "Hreeh" in a sphere floating in our room and softly intone "hreeh" as an aspirant on the exhale, with each exhale being a letting go. This can be done just by itself.

Later on, we can add "bindu work" and visualize red dots on the soles of our feet and visualize them getting hotter and brighter with each exhale, until they burst into a magenta fire and move up our bodies, and feel that our chanting of "hreeh" is the sonic side of the magenta fire, and that both are the "tariki" grace energy of Amida Buddha burning away karmaic density from our bodies, and thereby emptying the storehouse consciousness of afflicted samskaras (units of mental, emotional, and reactive conditioning).

Later on, we can add putting red bindus on the soles of our feet, the palms of our hands, the elbows and knees, the shoulder and hip joints, and two on each vertebra, and one on each of the chakras, sacrum, belly, tip of the sternum, center of the breastplate, center of the throat over the thyroid gland, at the third eye, and at the soft spot at the top of the head.

This practice can evolve further by feeling the inside of the bindu on the inhale as we breathe energy into the bindu, and then feeling the spaciousness around the bindu in the room on the exhale as the light radiates as fire out of the red dot (as magenta fire).

This practice can be assisted by using a wooden roller or some balls to open the spine as one breathes and visualizes the bindus on the spine.

One can, later on, to the practices, including the Mandala Cycle, in the Dreamworld, in a garden or in a temple.

My suggestion is to find a level of practice that feels within your reach and do this before sleep. If you fall asleep during the doing of these practices, this is okay and is actually a good thing, you will most likely find renewed energy in the morning.

I also invite people in the group to post some of their experiences with this Preliminary Dream Yoga, like if you fell asleep in the practice and felt a small energy continuing in the dreams in some way or had better dreams even if one did not fully remember them.

I also recommend a journal where you can write down your dreams and any little gains that you have made, even if it is as short as "got the red dot to really pulse with the breath in practice today and it felt good". Writing down these things cues in a force in your storehouse consciousness which is delighted to get acknowledged and gets motivated to give more breakthroughs for us.

Journal writing also creates moments of reflection on our practice, and reflections are vibration 24 on the scale and is a fairly high energy that makes even higher energies work inside us later on.

May 1

Sohra shared that this was the shift into the first enlightenment as "paravriti" a deep reversal or inward revolution, flowing within while the body is still and at peace without, holding the crucible for the energies to shift. Sohra is focusing within dream time to prepare people for the three weekends coming up starting the 9th. Blessings.

Sohra is sharing that she is doing Shaktipat in dreamtime and that anyone who falls asleep after gentle third eye crystal lock and doing the dream yoga, and then giving permission for her to run energy, will get this help.

Namaste.

| Type of spiritual grace | When is the moment of liberation? | What one needs in order to attain liberation? | What is the defining quality of the recipient? |
|--|--|--|---|
| <i>tivra-tivra-śaktipāta</i> Super Supreme Grace | immediate | nothing exterior, only the grace of Śiva | capability to abandon duality |
| <i>tivra-madhya-śaktipāta</i> Supreme Medium Grace | immediate | nothing exterior, only the grace of Śiva | intuition of nonduality ^[note 1] |
| <i>tivra-manda-śaktipāta</i> Supreme Inferior Grace | after meeting a perfect guru | the presence of a physical guru | total surrender to his guru |
| <i>madhya-tivra-śaktipāta</i> Medium Supreme Grace | at the end of life in this physical plane | the initiation and instruction of a guru | intense spiritual aspiration |
| <i>madhya-madhya-śaktipāta</i> Medium Middle Grace | after living for some time in a paradise | the initiation and instruction of a guru | spiritual aspiration is more intense than worldly desires |
| <i>madhya-manda-śaktipāta</i> Medium Inferior Grace | in the next physical incarnation | the initiation and instruction of a guru | lower aspiration than worldly desires |
| <i>manda</i> Inferior Grace | after many lifetimes of incremental progress | the initiation and instruction of a guru and lot of time | |

Shaktipat or Śaktipāta (Sanskrit, from shakti "(psychic) energy" and pāta, "to fall")[1] refers in Hinduism to the transmission (or conferring) of spiritual energy upon one person by another. Shaktipat can be transmitted with a sacred word or mantra, or by a look, thought or touch – the last usually to the ajna chakra or agya chakra or third eye of the recipient.

Saktipat is considered an act of grace (anugraha) on the part of the guru or the divine. It cannot be imposed by force, nor can a receiver make it happen.[2] The very consciousness of the god or guru is held to enter into the Self of the disciple, constituting an initiation into the school or the spiritual family (kula) of the guru.[3] It is held that Shaktipat can be transmitted in person or at a distance, through an object such as a flower or fruit.[4]

Shaktipat is a very important part of the Kundalini system, being a quick and simple method of awakening the Kundalini: from ancient times, this technique has been employed by Gurus to transmit spiritual power to their disciples. In this, the guru gives a secret mantra to the disciple, and together the disciple is asked to do sadhana of Maa Shakti and Mahadev Shiva; and if any disruption or problem occurs to the disciple in awakening the Kundalini, then the guru gives Shaktipat to the disciple . In this, the experienced and capable guru whose own kundalini is awakened, by touching the third eye of the disciple with his thumb, or by the mental or distant hands, the energy of the cosmic mother Kundalini flows through the hands. This gives the seeker a temporary experience of the awakening of their Kundalini Shakti. If the seeker is at a higher level of sadhana then he can keep the Kundalini awake. In order to keep this active throughout the life, the seeker should be practiced in the daily life.

May 8

DHARANI ONE (Anatta)

I am not my thoughts,
thoughts come and go,
but I remain.

I am not my emotions,
emotions come and go,
but I remain.

I am not my sensations,
sensations come and go,
but I remain.

I am pure awareness,
wherein
thoughts, emotions, and sensations
arise, abide, change, and pass away.

I am the pure experiencing
of thoughts, emotions, and sensations,
the experiencing itself
without any experiencer

and not any object of experience.

DHARANI TWO (Metaphors)

I am a sky of awareness
with thoughts, emotions, and sensations
like clouds floating in this sky.

I am an ocean of awareness
with thoughts, emotions, and sensations
like waves rising and falling back
into this infinite sea.

I am a sun of awareness
illuminating and noticing
thoughts, emotions, and sensations
with rays of concentrated attention
focusing on specific thoughts, emotions,
and sensations.

I am a mirror of awareness
reflecting thoughts, emotions, and sensations,
without clinging, resistance, identification,
or reaction.

DHARANI FOUR (Invocation)

I place my attention
on any thought, emotion,
or sensation as an object
that is present in my awareness.

I hold my attention
on this object
for 20 breaths
without getting distracted
by other objects.

If I get distracted,
I notice this
and return to my focus
on the object I have chosen,
even if I must do this
1,000 times.

When intentional attention
on the chosen object
has stabilized and concentrated
on the chosen object,
then I notice the object
and then notice that I notice
this object.

I choose to put attention

on the attention that holds
the object of attention
within its focus.

By attention to attention,
I notice how noticing feels,
and through this
I become aware of awareness
and rest in this energy
as who and what I am.

DHARANI FIVE (Unity)

I unite with awareness
by letting go
of the imaginary experiencer
that imagines it experiences
the experience of objects.
I notice that there is
only awareness
and the content of awareness.
I notice there is no self
that is independent of awareness
that is doing awareness,
and thereby rest in the unity
of awareness and experience.

DHARANI SIX (Transcending)

I notice that
the concept of awareness
is not the actuality
of awareness.

I notice that
the concept of attention
is not the actuality
of attention.

I notice that
the concept of noticing
is not the actuality
of noticing.

I am the unity
of awareness, attention,
and noticing.

I place attention
upon my chosen object,
within the field
of awareness,

and notice,
the chosen object,
and then remove the labels
of "awareness, attention,
and noticing"
from my experience.

DHARANI SEVEN (No Thought Samadhi)

I stay in awareness as awareness
without the label "awareness".

I stay in the attention to attention
without the label "attention"

I stay in the noticing of noticing
as the energy of noticing,
without the label "noticing".

I remove the label "self"
from awareness
and feel myself as this awareness.

I remove the concept
of a looker behind the looking,
of a hearer behind the hearing,
of a taster behind the tasting,
of a toucher behind the touching,
and a smeller behind the smelling,
and remain in the experiencing
and feel myself as the experiencing,
not an experiencer
or the object of experience.

DHARANI EIGHT (No Boundary)

Radiant awareness
is like an all inclusive sky
where clouds of thoughts,
emotions, and sensations
arise, float, change, and dissolve.

Resting in awareness
as this awareness
my individual awareness
is united with
all individual awarenesses
just as the sky has no boundaries
where my awareness ends
and another awareness begins.

Individual awarenesses
are like waves

in a vast ocean of consciousness,
with waves merging with each other,
with waves moving through each other,
with waves parting from each other,
with waves disappearing in the depths,
and with waves emerging from the depths,
always in unity with the ocean
that is expressing itself
as each of us.

DHARANI NINE (Embodiment)

I am not my body,
bodies have come and gone,
but I have remained.

I am present in the body
through the union
of breath of space,
breath of air,
and breath of energy.

Breath of space is the space
where breathing happens,
the hollow tube of the throat,
the sinuses and lungs,
with air flowing in and out,
and cells pulsing with energy.

The entire chest
is the heart energy center,
lungs breathing in air
and light particles,
thymus gland secreting
hormonal energy,
heart muscle pumping blood,
red blood cells
converting air into energy
and energy into air,
and everything pulsing
with the heart
of all pervading space.

I am an embodied breath
and not a breathing body.

I am breathing from the breath itself
as the breath itself.

I am the breath
that moves and energizes the body.

When the breath moves
and energizes the body,
the movements have
a feeling of floating,
synchronicity, groundedness,
rhythm and balance.

I am the breath that moves
and energizes the emotions.

When the breath moves
and energizes the emotions,
there is a feeling
of emotions flowing,
acceptance, integration,
love and peace.

I am the breath that moves
and energizes thoughts.

When the breath moves
and energizes thoughts,
there is a feeling
of purifying, processing,
understanding and peace.

DHARANI TEN (Mutual Containment)

I center in the body
as an embodied breath.

Breathing out,
I feel the spaciousness
of awareness surrounding the body
and feel the body inside me.

I am merged with everything
and feel myself everywhere.

Breathing in,
I feel present in my body,
as the presence of consciousness
centered in the pulsation
of the heart

that beats in unity
with the heart of the universe,
able to say, "I AM".

I am the sacred breath
that inhabits the temple
of the body.

With inhale flowing
into exhale

and exhale flowing
into inhale,
I feel unity flowing
into individuality
and individuality flowing
into unity,
attached to being neither,
feeling myself as both.
DHARANI ELEVEN (Qualities)
Pure Consciousness
is breath of space
pervading everywhere
and inside everything.
Pure Consciousness
is breath of time
the rhythmic pulse
of the Cosmos
and of moment after moment
appearing and disappearing.
Pure Consciousness
is unconditional love,
accepting peacefully
everything as it is.
Pure Consciousness
is intuitive wisdom,
experiencing and understanding
everything as it is.
Pure Consciousness
is Creative Imagination
manifesting and evolving
everything as it is,
with everything remaining
part of itself forever,
even when it disappears
from the field of experience.
Pure Consciousness
expresses itself as every self
and causes everything
to arise together
in a vast interdependent unity
that I can rest within
and be at peace
feeling myself at home everywhere,

never able to separate from this.
I release the concept
of a separated self
and the emotion of feeling
abandoned, grieving, and lost
to return to this Pure Consciousness
and remember and feel
that I am always a part of this.
DHARANI TWELVE (Light Body)
Pure Consciousness
is the One Dreamer
that manifests all worlds
and I am this One Dreamer
united with every individual
and aligned with the law
of creativity and manifestation,
of unity and interdependence,
of causation and karma,
and of unity and individuality.
Feeling myself
aligned with universal law,
Feeling myself
as embodied breath,
owning my body as a dream
in consciousness,
I feel my seeming physical body
transform into a body of light.

[Prior to this all video was in Facebook]

May 14

<https://youtu.be/sWpOGxVIIMc>

May 18

<https://youtu.be/FqU4iLxob4I>

https://youtu.be/Ro_FhfzT8nQ

May 20

<https://youtu.be/ZuecLRmBWq8>

May 25

<https://youtu.be/AhZLglUvvDs>

May 30

<https://youtu.be/L6THEfQZ4J0>

<https://youtu.be/2icONCFSLGc>

https://youtu.be/m-a_maocCpE

<https://youtu.be/lhcY-V03gIM>

<https://youtu.be/t3IECv24Bwo>

May 31, 2020

Sohra has been developing some elements of the practice.

One is the full lung breathing and cleansing breath.

Two is the exalted position and holding breath with "feeling Presence" within body as a warm energy. This is done after energizing the body through pulsing and full lung breathing, cycling at least 6 times, with shoulder level pulsing being done at least once and with exalted position pulsing at least once, and touching shoulders sideways movement afterward.

Breath of air is developed first with "breathing in the higher pranas" and "breathing out allowing transformation".

Then "loading awareness" into the body (breath of space), and then using "whatever you imagine and feel becomes real in your experience" to feel the warm presence of luminous energy as identity when holding the breath. The imagining is meant to heal our imagining of a separated sense of self and replace it with "warm solid presence of being", when the breath is also held, then at one point the imagination merges with "what is", since mental activity also stops.

It is a key alchemy that the three breaths unite. Finally, inhale presence and exhale feeling spaciousness.

This is later integrated into the mandala cycle.

Sohra is wanting people to feel these alchemies in the body:

Fear = belly anxiety = 4 inches below belly button = attachment sites for the rectus abdominus muscle > breathing in higher pranas, trusting that energy follows attention, placing attention in the anxiety pit, and feeling the pranas mix with this energy in the body > transforming fear into wisdom

Anger = adrenals = breathing in > anger into creativity

Sadness = lungs and rib cage = breathing in > sadness into compassion

We are meant to not resist, get rid of our emotion, nor cling to feeling them, and to not identify with our emotion, then, locating them in the body, breathing in the higher pranas into the emotion and body location, mixing the energies, and letting them transform with each exhale, noticing the moment to moment changes as you do this.

As the body enlivens from the breathing exercises, the emotions held inside the body tissues will be felt and need to be transformed. It will be necessary to follow note 2. It may be good to review the passages in the Ascension Sutra about emotions, as how they came into human life becomes reversed when transforming them back to what they once were.

There are a lot of transformations we are walking through in all this.

Sohra has been starting with full lung breathing and pulsing in cycles to get the breath of energy optimized and breath of air optimized also to take in higher pranas, and then exalted position and presence, and then transforming the afflicted emotions into the divine qualities of love, creativity, and wisdom.

June 5

<https://youtu.be/GfIMDQcUEOU>

June 8

Some notes on the visualization of colors

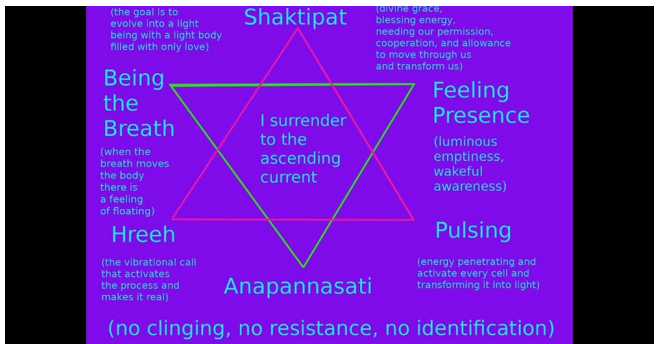
| Visualization of Colored Lights for Healing | (Middle Prana Action) | (General Effect as freely received) |
|---|--|---|
| Color | Meaning | Antidote For |
| Red | Purifying Fire | Anger, Guilt, and Negative Thoughts |
| Pink | Well Wishing Devotion | Shame and Revenge |
| Orange | Joyful Contagious Love | Morbid Seriousness and Depression |
| Yellow | Illuminating and Forgiving Love | Guilt, Judgement, and Condemnation |
| Gold | Unconditional Blessing Love | Curses, Slander, and Hexes |
| Green | Nourishing, Healing, and Balancing Love | Physical Disease, Deficiency, and Extremes |
| Aurora Green | Harmonious Ambient Peaceful Love | Tensions in Families, Friends, and Groups |
| Sky Blue | Spacious Floating Elevating Unconditional Love | Survival Worries and Lack of Safety |
| Silvery Blue | Eternal Peaceful Unconditional Love | Reactive and Violent Patterns |
| Magenta | Purifying Karma Density Burning Love | Belief in Matter and Limitation |
| Violet | Calming Taming Karma Root Burning Love | Dogmas and Conditioned Fixations |
| Rainbow | Multi-dimensional Enriching Love | Complex Patterns of Inter-Reactive Karma Habits |
| White | All Encompassing Unity Love | Belief in a Separate Ego Self |

June 12

<https://youtu.be/gF1x5DKIZW8>

June 14

<https://youtu.be/chIMINm3UpE>



<https://youtu.be/-rHxXgbnkJE>



June 18

<https://youtu.be/xLubCFIKNW4>

June 23

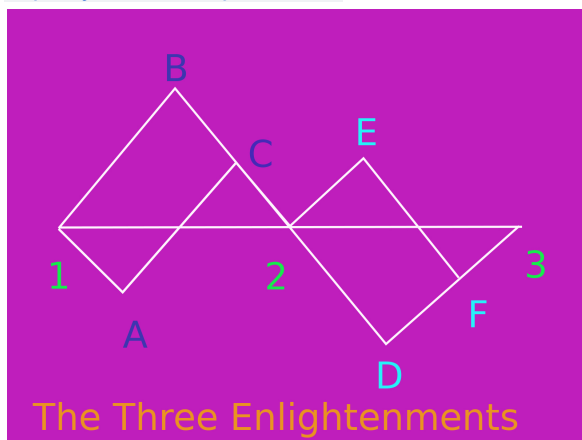
<https://youtu.be/Lq9alzCHYng>

https://youtu.be/sOJ_ny3rhL4

June 28

<https://youtu.be/sN1Vfno5pYE>

<https://youtu.be/-Eq3dJtvEMc>



June 30, 2020

(1) The mind transcending enlightenment. Shifting from identification with thought and the thought of self to centering in Pure Consciousness, "resting in awareness as awareness", feeling Pure Consciousness as our core identity.

(2) The emotion transmuting enlightenment. Embracing all the afflicted emotions and transforming all of them into unconditional love, empathic love, and active compassion (in the form of creative kindness and divine grace). Having only love in one's heart.

(3) Transforming the physical body into a light body through realizing how it is already a hologram of light, form, and space within consciousness.

These are numbered in green in the chart.

Pre-Enlightenment (before the Green "1"):

(1) Samsara, evolution by challenge, adaptation, pressure, forced by the challenges of living, conditioned biologically and sociologically, dim awareness of free choice, and a tendency to have short term goals related to what conventional society deems important for survival, status, and success. Even the most long term goal involves these things and rather considers other lifetimes and where the life times want to evolve into. If death is considered, the only goal is to go to "heaven" and have a "reservation" there.

(2) Hearing the Dharma teachings and dimly feeling their truth.

(3) Valuing the teachings and understanding them intellectually, with some feeling of their emotional and spiritual meaning, wanting to study more, wanting to practice meditation. Understanding the law of karma and wanting to eliminate bad karma and cultivate good karma.

(4) Commitment to practice the teachings of the path and to become enlightened. Practicing meditation every day and living the precepts all the time in a general way. Purifying all the tendencies within oneself that do not align with the dharma.

(5) "Entering the Stream". In nature or in meditation practice one has a spiritual experience and understands that this experience is the source of what Buddha taught. One walks the path with "open eyes", knowing from direct experience the truth of the path, and does not rely on any mental theory or authoritative text.

(6) "Not falling back". One reaches a maturity of goal where one does not ever fall back. The temptations to merely indulge in sensory pleasures are left behind. The temptations of greed and power do not pull one into themselves. One develops "magnetic center" and goes toward enlightenment always. One lives one's conscience and is not tempted to violate how one feels.

(7) "Locked in". The determination to become enlightened is so strong and clear that a Buddha can see that one is going to become enlightened, can see when and where this will happen.

(8) "Continuous Daily Practice". One stays in the energy of the practice, has many flashes of insight, which, although partial, all have the "Dharma flavor" and build up a "mass of understanding".

(9) "Ripening and Flourishing". One has all the signs that one will soon become enlightened. The process feels very alive and real. One feels that the "bread is actually baking in the oven".

(10) "Spontaneous Siddhis". The signs of accomplishment are happening. Spontaneous light flashes, surges of energy, awakening of the subtle powers of the advanced centers, kriyas (cleansings), and tapas (purifications). The feeling that one's sense of self is not real begins to be felt very deeply. One feels that there is a silent something that wants to awaken beyond the personality ego self. Many flashes of enlightenment happen, but one feels that one is returns back to what one was just a little wiser, more compassionate, and more skillful.

Signs of Enlightenment 1:

(1) Feeling the unity of space, awareness, and identity.

(2) Feeling that all mental reference points are released, that even "pure consciousness", "awareness", "space", "identity", "oneness", "atman", "anatta", "non-duality", "unity", "spaciousness", and "presence" all pale as hollow concepts in the face of living direct immediate experience. The mind is slow to conceptualize and try to grasp the experience in words and it feels unnecessary to do so.

(3) The thinking mind now feels like a function that you falsely deluded yourself to be. It feels like the word "I" hypnotized one and one has awakened from this trance. The mental function looks and feels small in comparison with the vastness of wakeful awareness consciousness which is like an ocean within an ocean spreading out to infinity in all directions and yet having no center point unless one wants to.

(4) There is a feeling of a light having turned on and never turning off. One does not return to the illusion and construction of "I". The emptiness of self is fully felt and the illusion is not reformed. It is seen to be unnecessary and impossible to come back to what one felt as "self". The enlightenment does not merely become a memory that is cherished. It is always present, even when further evolution happens.

Movement to "A":

(1) True "Dark Night of the Soul". Although many dark nights of trials and tribulations happen before enlightenment, the true dark night of the soul has to do with the "emptying" (kenosis) of all afflicted samskaras from the subconscious mind heart storehouse. With the first enlightenment, all the "selves" that we had ever been in all previous lifetimes surface to be released. It feels like we are "bringing the heart mind back home" and letting each dissolve into luminosity. Although the illusion of self that formed the samskaras (nafs) is undone, they are still habitual formations held by a subtle identification that is ultimately a choice that we must undo. These "sub-selves" will surface to "no self consciousness" to be undone and integrated.

(2) It feels like one is getting enlightened again and again during this phase as each subself is brought back home. Thus Atisha, after getting enlightened under one teacher went to another and another to experience the process within each tradition, learning more and more about the nature of mind and consciousness from each to them, going through arhant enlightenment, mahayana enlightenment, mahamudra enlightenment, kundalini enlightenment (crown chakra opening), dzogchen enlightenment, sahaja enlightenment, atman enlightenment, and no thought enlightenment (zen).

(3) When traditions are studied, they "nourish the seed" and something continues to grow stronger, sometimes reading becomes a form of meditation, hearing discourses becomes a form of meditation, and one can feel whether the writer or lecturer is enlightened or at least has had a direct experience or is merely quoting sources that may or may not have been enlightened or making up ideas of their own. Conversations with awakened and awakening beings are also felt to be very nourishing and inquiry within present time with others feels very alive and growth oriented.

(4) One meditates on "dukkha", suffering and feels awareness illuminating experience and awareness seems to process an experience without analysis and even analysis itself is integrated into the process and is seen as something "outside" that one can look at, has "no

self", and is understandable within consciousness, where it functions differently than in the illusory "I".

(5) One gains the Bodhisattva and Dakini power to temporarily dissolve the ego state, under dharma conditions, of a seeker in order to assist him or her into the first enlightenment. Bodhidharma often did this with "one pointing" to awaken the true nature of consciousness within another. Moving a subself into luminosity and temporarily dissolving the ego of another feels almost the same.

Intersection point between green 1 and 2 and blue A and B:

(1) Crossing through this point, one feels the identification of Pure Consciousness holding the subselves together and releases this identification. One stabilizes the feeling of Pure Consciousness and it is now felt as "Luminous Presence" or "Luminous Emptiness". Subselves enrich this experience by bringing back a part of Pure Consciousness that was lost in the subself.

(2) Rather than falling down and picking up subselves, the subselves feel like they are being absorbed into a warm sun that almost "eats" them. The warm energy is too vast to be lost in any subself, even partly. It feels like the "gravitational pull" of the presence is functioning and spontaneously making integrations happen.

(3) It feels like thin veils of subtle thought are lifting from Presence and the feeling of unity sometimes outshines the phenomenal universe of manifestation in "light surges", which get stronger and stronger in many ways. Sometimes these surges are seen and felt by others. Flowers sometimes bloom when the radiance of an embodied one is nearby.

(4) Sometimes one touches the "first lifetime" as an individualized sentient being and then remembers being undifferentiated from the "One who is All". The remembrance of past lifetimes floats in a sea of living memory and one can time travel and change them if need be. One usually is in "passive consciousness" which no longer actively or aggressively tries to change things, except at very key time junctures.

Point C:

(1) Luminous Presence feels stabilized and can now actively transmute the remaining formations held in the storehouse.

(2) The mystery of embodiment is felt and the threefold union of breath of presence and space, breath of air, and breath of energy is beginning to be felt.

(3) The vast difference between non-polar love and the transitory afflicted emotions seems vast.

(4) With the mind fully felt as a function of Pure Consciousness, the use of mental intention, attention, breathing, visualization and chanting are seen as creative modalities for transformation of afflicted emotions under the power of unconditional love which is seen, felt, and experienced as an aspect of Pure Consciousness wherein all the virtues of wisdom, love, and creativity are held in potential until needed.

Enlightenment 2:

(1) All the afflicted emotions have been transmuted.

(2) The body feels different when the afflicted emotions no longer feel held in its tissues.

- (3) Love feels like a palpable force permeated by peace, acceptance, and patience that can do things within the limits of cosmic law where freewill is sacred and utterly respected.
- (4) There is no temptation left to react in anger, though some automatic patterns of habits may still have trace ripples within the body.

Point E:

- (1) The body feels hollow and illusory.
- (2) The body sometimes may just disappear.
- (3) The body is felt to be like a dream.
- (4) The universe is felt more and more to be a manifestation of consciousness.
- (5) Spontaneous miracles often happen.
- (6) The laws governing how one vibrational level interacts with another get better and better understood.
- (7) The higher mental and emotional centers feel awakened in a stable way.
- (8) The sex center is felt to be the higher creative moving center.
- (9) It feels like an ape is evolving into an angel.
- (10) Thought feels like a creative intentional power within the intuitive limits of cosmic law.

Intersection between E and F and 2 and 3:

- (1) The sensations in the body feel like energy.
- (2) Diet is pure vegan.
- (3) Other forms of "eating" are being felt, including directly absorbing energy from the sun and from the universal permeating energy field of Ita.
- (4) Density feels like the belief in matter is being held somewhere in the subconscious and is a karmic seed.
- (5) Karma is felt more like a limitation that binds one to repetitive cause and effect.
- (6) Everything feels like it is evolving perfectly and everyone is where they have chosen to be.
- (7) One feels locked into "final ascension".

Point D:

- (1) The feeling of embodied presence is strong.
- (2) There is a gentle pulsation of feeling that the body is in spaciousness and presence.
- (3) Space, time, and matter seem to be constructions of consciousness.
- (4) Everything seems part of a living equation called "Dharma" and we are the variables which transform the content of the equation.
- (5) The equation feels geometric and multifaceted.
- (6) Everything feels within everything within a holographic unity.
- (7) The Presence feels enthroned in the Temple of the Heart.
- (8) A radiance goes into the world and love is always seen as wiser than power struggle.
- (9) A stable force field held by trusting dharma protects the body as long as it seems needed.
- (10) Aging and death do not feel necessary and there are no intrinsic laws which require this.

Point F:

- (1) Healings happen by releasing core beliefs.
- (2) The need to undo limiting beliefs seems the most important healing.

- (3) Because time and space feel like "constructions" of consciousness, one can teleport and go backwards in time to undo things at their source.
- (4) There is a clear feeling that not even one negative thought is allowable, that one must be that pure.
- (5) Robotic automatic talking no longer happens.
- (6) Robotic automatic thinking no longer happens. The thinking mind is no longer out of control ever.
- (7) Robotic automatic emotional reactions of afflicted emotion is felt to be the only slavery.
- (8) The idea of being a "master of life" becomes very clear and is felt to be immense. Being "evil" is seen to be a slavery to ignorant and unskillful patterns of living.
- (9) Diseases are felt to be constructs that were unskillfully created. They are owned and undone.
- (10) One sees visitations by beings of light materializing on Earth.

Enlightenment 3:

- (1) Fully available siddhis with intuitive stability within Universal Law.
- (2) One joyfully accepts the 3 enduring limits.
- (3) Everything unfolding perfectly is seen and felt as clearly as the operation of Newton's 3 laws of motion.
- (4) One dedicates oneself to helping others finish their evolution into this state.
- (5) Advanced siddhis start to awaken, including the ability to multiply light bodies and send them on specific missions.

July 4

Some herbal healing notes

Helichrysum Hydrosol
GABA Oolong Tea
Cardamom

This is prepared by doing a special infusion method for the Oolong tea that requires a funnel, a small strainer, and a dropper insert from an old essential oil bottle. Using it leaves out more tannins and draws out a greater concentration of certain potencies. Then a pinch of Cardamom is added and stirred. Helichrysum is made into a hydrosol (Andy is making the hydrosols, so it is possible to get some from her, it lasts long in this form and is potent, and cheaper than the essential oil [which can vary in quality from place to place and even season to season], and unlike the essential oil has more potencies, those that are oil infused and are water infused together). GABA Oolong is harder to find. I have been ordering it from a place in Taiwan that grows it organically according to European organic standards. With the virus time here, I may not be able to get some imported for a while. High Mountain Oolong is next best, as the higher nitrogen content of the High Mountains produces more GABA inside the leaves. Oolong is one of four fermented teas. It was the first herbal cure that worked for me. When GABA Oolong is fermented, a number of new healing compounds are formed and the tea is more alkaline than usual. It also has prebiotics that help the intestinal flora normalize, and I suspect it allows the

body to produce its own B vitamins [this is something I got from a TCM book based on one healer who found a tea brew curing people of B vitamin deficiency without having any B vitamins within it, with the idea that B vitamins are naturally formed by bacteria that are meant to be in our intestines]. We have found a more potent form of Cardamom recently by accident, as a ground powder that is in smaller bottles and therefore the powder does not oxidize as easily (we had used the pods, but the challenge is then to grind the pods and seeds very well). Cardamom is a "cooling ginger" and has some healing properties that are unique because of this, one of them is lung healing. Like Lavender, it has some many healing potencies that much could be written on it. Cardamom with Oolong, Green Tea, or Pu Erh has been the brew that brought my brother James back to life when everything else was either limited or failed. It still vitalizes him and the above brew even more so.

I am going to introduce some safe and tonic herbal formulas as a start for bringing some herbal wisdom into the light body process. The way to use this is just to experiment and maybe even share one's experiments.

We usually sweeten the above tea with stevia. We get a stevia powder is that is organic and without additives or fillers (some have maltodextrin). It is more expensive, but one needs very little to sweeten a tea. Stevia is also a tonic herb that helps balance blood pressure. The preparation of the brew involves getting a medium size funnel (the Dollar Store sells a set of three and the middle size is ideal). There is a small screen mesh that is inside a faucet to filter out dirt. It is also on some hoses for gardening and is surrounded by a rubber ring. This can be inserted into the neck of the funnel (after one inserts the plastic dropper nozzle from an essential oil bottle into the neck, and after one makes the hole in the nozzle a little larger with a knife). One then puts the loose Oolong in a tea ball and pours hot water to fill the funnel and soak the tea ball. Or one can put tea bags in the well of the funnel and pour hot water to fill the well.

I put the funnel on a Ball Mason Jar as they are made from silica and soda ash, rather than silica and lead (yes, most glass is about 30 percent lead). I use the quart size and pour enough hot water to make it 3/4 full through its "drip brewing" (two conventional tea bags of Oolong). The taste of Oolong tea is noticeably superior when brewed this way.

The funnel unit was my cheaper version of a drip tea brew unit that was made from ceramic and retails for about \$40. The funnel version is in some sense better in that it can hold more water at the same time. However the funnel method cannot process loose tea floating in the funnel unless the loose tea is put in a metal tea ball.

There is still some caffeine in this Oolong Tea. The amount of caffeine in Oolong is less than regular tea, because the fermentation of the leaf reduces the amount. It is not zero and some caffeine sensitive people may need to note this. The brewing method also reduces the caffeine some as well as reduce the amount of tannins. Caffeine is also an "anapest" or carrier element

that helps potencies to reach where they are needed. A little mint also helps this to happen as well.

Helichrysum helps the body to regenerate itself. Together all these potencies has multiple positive effects on the body and do synergize with each other.

There are also general cleansing properties. Adding a few drops of lemon or lime juice increases its cleansing properties.

July 4, 2020

Trikaya Fusion Hreeh Chanting

<https://youtu.be/MHMFbD3ZLjg>

This is a composition that is meant to work with sound to fuse the waking physical body with the lucid dreaming body with the invisible body of pure principle (in Buddhist language, the trikaya composed of the nirmanakaya, shambhogakaya, and dharmakaya).

The new core frequency is 1000hz which is a high frequency B note meant to open the crown chakra. It is modulated by a ramp cycling isochronic binaural brainwave beats that relate to the heart beat frequency (1hz to 1.6hz). These are further developed with four harmonics of 1000hz spinning around this sonic pillar. This is mixed with Aurora 285 and a D and A tanpura composition, and with a chanting of "hreeh".

Andy and I chanted this video tonight and we found that we set the shruti boxes that we had to an E and B harmonic fifth and found the chanting retuned to this very well. It seemed to fire up the brain into a star tetrahedron pattern with a triangulation between the right and left hemispheres of the brain with a point above the head.



https://youtu.be/p5SMp_UifDc

There are enough harmonic layers so that each overtone bija is supported and the higher pitch female voice and the lower pitch male voice can both tone certain bijas with more support.

This link should be viable in about one hour from 12:10am PDT. It is a minor correction of the heart beat isochronics into a symmetric wave pattern. I am going to probably add some further refinements to this soon.

What Andy and I found out while practicing tonight is that the harmonic layers assist some of the sounds of the Mandala Cycle and activate parts of the brain and integrate them into several sacred geometries.

We found that especially the exalted position (pause into eternity and presence) was assisted by the frequencies and the descending "eee" sound that brings presence into heart chakra before radiating out the rainbow.

July 5

CONDENSED PURE AWARENESS SUTRA

I am not my thoughts, emotions, sensations and reactions,
these experiences come and go, but I remain.

I am Pure Consciousness, that which is aware of
thoughts, emotions, sensations and reactions.

Being aware of awareness,
noticing what has noticed everything,
and resting in this energy that is present to all experience,
no longer lost in any drama of conditioning and experience,
but centered in the presence that I AM
beyond even the thought of Pure Consciousness or the thought of self,
and letting clouds of emotion float in the sky of awareness,
and letting sensations and reactions
calm down like dirt in water settling to the bottom,
as I consciously stay present
while breathing from the breath itself as the breath itself,
not dwelling on any thought and not pushing any thought away,
but letting all phenomena flow in the background
while consciously being the breath that moves the body,
and floats the movements of the body
as I walk this world in compassion for everyone.

July 5

Aurora 285 Riding the Zen Gravity Waves

<https://youtu.be/tvAkbDhnCJQ>

July 9

<https://youtu.be/O-trMAKDhqU>

<https://youtu.be/w-g2sclZj8Y>

<https://youtu.be/zhx5C8ITAr0>

<https://youtu.be/kNO6nzszLKw>

https://youtu.be/SP_2Tt3SIB8

<https://youtu.be/ydzG801QK2U>

July 10

<https://youtu.be/BjPcDx3FQUc>

July 11 - 15th Chiron Retrograde

Chiron is the wounded healer theme, and it is also the theme of being a kind of amphibian, of being in two worlds at the same time, and learning to navigate the middle path between these two. The third theme is that it represents "sink or swim" karma. Saturn nonverbally says to us, "I will keep repeating this lesson until you master it", while Chiron says, "Either you have learned this lesson or you have not, it is time to swim or die trying to do, there are no more repeat lessons (unless you die and reincarnate to start over again in a very large sense).

A friend had written recently, "The wound is the place where the light enters you." (Rumi)

July 14, 2020

<https://youtu.be/xt4Ph1RW4rA>

https://youtu.be/xaNRW_4eqBU

Craftsynth Tanpura DAd

<https://youtu.be/OSqwKM6CAc0>

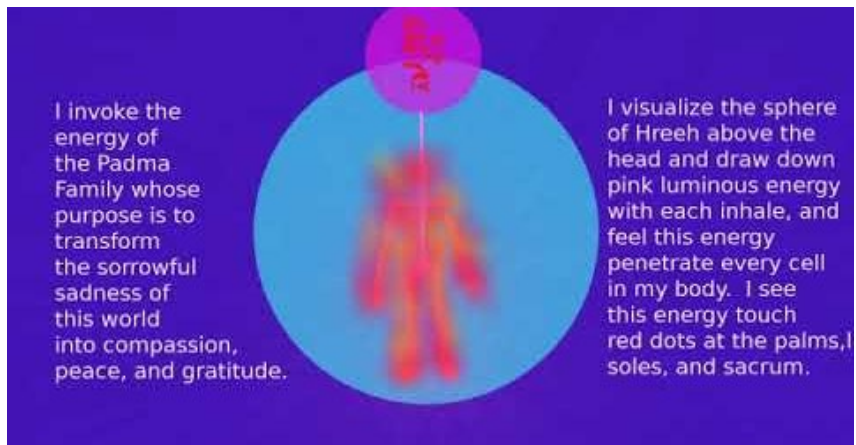
Hreeh Shaktipat D and A Harmonic Fifth

<https://youtu.be/6qM8dLM476M>



July 20, 2020

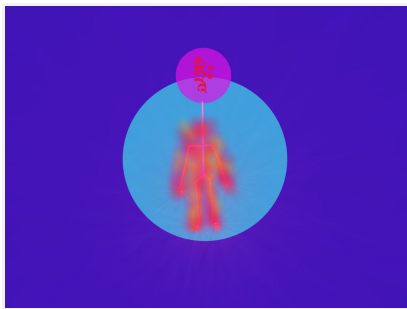
https://youtu.be/xVEHLnixV_g



Breathing in the pink light into the energy field of the body from the Hreeh sphere.

Pink light from us to the sacred = devotional love

Pink light from sacred to us = divine grace aka tariki (the sacred energy devoted to us is felt as uplifting and transforming grace)



Exhaling feeling the red dots (bindus) activate magenta fire and burn away karmaic patterns felt as tensions, heaviness, and conditioned reactions.

July 23, 2020

<https://youtu.be/sVRRASWUbKE>

<https://youtu.be/bisUjutOOXM>

<https://youtu.be/dQ6aTs-bVDc>

Composition: Hreeh Zan

<https://youtu.be/LchZFpCyfeg>

July 24, 2020

<https://youtu.be/Efh-jhjFzCc>

August 2

<https://youtu.be/aUoN-LO57rc>
<https://youtu.be/-PMiZh-fw1A>
<https://youtu.be/qiPIMooCTYE>
<https://youtu.be/Na-w9pJAWmE>
<https://youtu.be/Efh-jhjFzCc>
<https://youtu.be/BlmZrC6P8Oc>
<https://youtu.be/9vjSjR8pUYY>
<https://youtu.be/hO10-Q8J1yY>
https://youtu.be/x3e6nk_tfs8
<https://youtu.be/-TXQAjC196g>

August 4

<https://youtu.be/yWHwWRRrkt8>

August 5



Nothing is in control > Everything is unfolding perfectly > There is no emergency going on..

August 6

<https://youtu.be/FnkWyOTVF4o>

August 11

https://youtu.be/zZRI0P_PS0c
https://youtu.be/D_2maqjt6OU

August 13

<https://youtu.be/UT0Z0Fx2cXQ>

August 15, 2020

Deep Hreeh Chanting Lucid Dreaming Support

<https://youtu.be/vm5u8IKH8Xw>

August 16, 2020

<https://youtu.be/Bwvx6W3T9Oo>

<https://youtu.be/ocHcLdWyUH0>

August 19, 2020

I got to update the Mandala Cycle in these notes. Sometimes having the teachings down in written form helps to organize the information inside our living memory.

The first part is "Tram" with deep inhale and movement of hands in circles parallel to the ground. One circles while inhaling and breathing or exhaling and sounding "Tram". The thought intention is to ground in Eternal Being, to trust this Ground to always support us, through any experience that we are going through. The circles are counter rotating with the thumbs moving toward the spine as they move forward. This means right hand clockwise and left hand counter clockwise. The motions are seen from above.

One now chants each Seed Syllable three times before going on to the next Seed Syllable chant. The third "Tram" is done lifting the hands upwards, bringing the grounding energy upwards to hold one and stabilize one. Gravity is felt as the embrace of the Earth and we emotionally entrust ourselves to her embrace and anchor into the Ground of Being through her. This is also our "economic abundance". Inside the the Eternal Ground is infinite potential. It is rich with energy and when it moves upwards inside of us, then it becomes the feeling of abundance. The Eternal Ground can never be exhausted. It can literally give birth to millions of manifest universes and millions of dimensions. This primal ground holds the "wish fulfilling tree" which draws from this infinite well and shares its abundance freely with all.

The Energy Family that is associated with Tram is the Earth Family. Their alchemy is to transform fear of the trauma that inhibits us and cripples us into become grounded expansion and endless growth. It is like a slow and patient tree that adds a ring each year to its trunk. One expands from a feeling of being home and being rooted in life. Trauma's ungrounded and reactive loop is dissolved in the feeling of being rooted, centered, protected, and at home. Fear is transformed into trust.

Hreeh remains as before, though it is now repeated three times. It is calling in karma burning and purifying grace fire.

Tsung remains as before, though it is now repeated three times. The second and third repetition are more streamlined. The first movement has the arms cross over each other on the way down. Medicine Buddha, cobalt or lapis blue, pours Aurora Green liquid light which has the essence of nourishing us and giving us what we need. It is meant to be felt like an energetic herbal remedy that calms and heals.

After Tsung, pulsing is done, rapid breathing with arms shaking to the sides. This is done for one burst. Then one "pauses in eternity and in presence" feeling the "I AM" that we are in stillness and peace.

This is drawn down into the Heart Throne with "eee" being intoned.

There is then:

Inhale "presence entering the throne of the heart".

Bowing "Ah" (when standing then it is full lung breathing exhale with sound "Ah").

Radiance "Ah" (expanding the arms wide open and sound "Ah" while visualizing rainbow lights for the many sides of Real Love).

Third Eye Insight "Ah".

Finishing with three Blending "Om's" with waterfall bucket movement.

The above outline is meant to define the minimum daily practice (six cycles of the above). One can do more of any of the parts, but just to continue to literally fulfill this cycle 6 times afterwards.

August 20, 2020

<https://youtu.be/Kr403vRV9bo>

Aug 20: Basic Buddhist Study Group

<https://youtu.be/CIHks2MQPTg>

August 21, 2020

<https://youtu.be/y9DU4ltpPx4>

August 21, 2020

Lucid Dreaming Binaural Beats

<https://youtu.be/hPm6cfsCtYM>

August 23, 2020

TRAM

everything is unfolding perfectly

there is no emergency going on

everything is karma working itself out

i ground in trust of this process that i am in

i sink into the energy that sustains me

i let this energy hold me and allow myself to be held

breathing and moving hands in counter rotating circles

moving them parallel to the ground

and intoning TRAM with each unhurried exhale

HREEH

calling in the pink energy of divine grace

breathing in its blessing through the soft spot in the skull

bringing down the energy to fill mind, heart, and body

breathing out and yielding to the energy

softening myself in openness to being changed
cooperating with letting go and being reborn
magenta fire rising with my hands
burning away density and heaviness in the body
releasing the belief in matter, limitation, and karma

TSUNG

calling in aurora green liquid light medicine
bringing in healing wisdom from the living library
that takes the form of Medicine Buddha
breathing in the liquid light and letting it pour over me
nourishing every cell with what is needed
to survive, heal, thrive, grow, and be happy
exhaling the toxins of the past
transforming them into compost
for newness to grow within me and around me
(silent pulsing)
pulsing and rapid breathing
calling in grace as energy and newness
vitalizing every cell with shimmering light
becoming the shaking, vibrating, and pulsing
hollow form of the body in rhythm with this
wind of air moving like a tornado spiraling upwards
flashing into spaciousness and warm energy
breathing into hollow hologram filled with presence
breathing out and feeling spacious ocean of energy
(exalted stillness pausing into eternity and presence)
chin down, palms together, deep inhale
pausing in exalted position and holding presence
no movement of thought to confuse or rationally explain
warm feeling of presence expanding into infinity
already being everywhere and resting everywhere
manifest universe floating inside its vastness, now one
totality of pulsing energy now still and grounded in itself
no longer in the body and no longer out
falling awake and going nowhere, finding suchness now

(EEE)

palms moving down to the heart
pure consciousness touching third eye wisdom
touching throat speech creativity
spacious presence dwelling in infinity
joining exhaling of air and body cellular energy

pausing at the heart and joining with buddha and others
merging in heart mudra
activating eternal love as unconditional love
vertical eternal love becoming horizontal accepting love

(AH)

inhaling eternal presence entering heart throne
resting in center of body and choosing to be here now
feeling this hologram called body as a sacred temple

AH

heart mudra hands bowing down before the mystery
holy humility invoked through bowing down and rising up
returning to heart mudra at the gate of the throne

AH

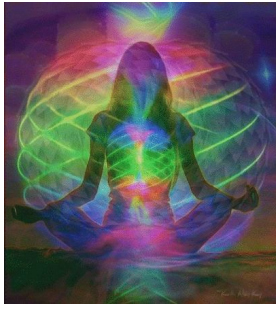
arms expanding outward and wide
radiating a rainbow spectrum of light and love
multiplicity of loving energy touching everywhere

AH

arms rising back into exalted eternity
hands moving down the center to third eye
folded hands opening to insight triangle

(AH)

hidden inhale AH is eternal love becoming accepting love
the eternal sets upon the throne of time
first AH bowing down humbly before the mystery
we are transformed by the something greater that comes
second AH radiates love wide to everyone
the love that radiates is patient, enduring, peaceful, accepting, gentle, nonviolent, free will
honoring, sensitive, empathic, flowing, fearless, without any trace of resentment, feeling
everyone in oneness, no trace of loneliness, inspiring harmony, being kind, being friendly, being
supportive, being protective, being caring, blessing everyone, wishing all people well
third AH is eternal love being felt as love wisdom
closed mind living in illusory separated self
now feels its home in oneness and wise love
opening to this now flooded with light and understanding



<https://giphy.com/gifs/spiritual-U4jQqnXOv0HCM/tile>

<https://giphy.com/gifs/meditation-ssKypOHA4g5c4/tile>

August 23, 2020

https://youtu.be/GA2IEp_dYIY

<https://youtu.be/Ne86p0AEb94>

August 25, 2020

https://www.youtube.com/watch?v=lecMHZT_1tA&feature=youtu.be&fbclid=IwAR0XYMa35unK41_Gsb4ZyLMrSdZOpvCnckljm7ZjSsUf2qNfPKJ8bWvQzyA

August 27, 2020

<https://youtu.be/uvFiE5CoMc8>

August 28, 2020

<https://youtu.be/6QnWxmTbzdg>

August 28 (Will's FB)

Doha on the Sacred Breath: Entering Luminous Emptiness by revoicing Buddha and Jesus
At the wish of [Patie Bonas Millen](#) and [Cristiana Verdade](#), I am choosing to encode the instructions on how to enter the Sacred Breath of Abwoon that Jesus taught and the Anapannasati Yoga of Buddha.

If it were not the "time of the virus" I would create a space to share this and invite all those who wish to be initiated to join me. Yet since it is the time of the virus, I have been guided in meditation to just share this, here and now.

I am concentrating attention at my third eye and accumulating energy at this place. I am doing so in alignment with the teachings of Shiva in the Vigyana Bhairava Tantra, while bowing down before the Mahasangha of the Heart Awakened Ones of past, present, and future. I am affirming that space and time are no barrier to this transmission. I choose to hold space to bring through these two teachers. I draw upon them from the vast wisdom field that is held within the One who is All that permeates all of space and time. I am choosing to hold a bridge so that my own voice can serve those beings who have gone beyond the physical form that once walked our world. I empty myself of any self that can hinder them coming through these words. I radiate energy through me to dissolve any obscurations that may affect people hearing and receiving this transmission. I wish that all who are ready, willing, and open to what is within and behind these words receive what has awakened me, enlivened me, and ended 198,000 years of suffering for me.

Blessings.

Lying down, sitting, or standing, centering where ever you are, with spine loose and straight, whatever one can do without straining, will be enough. Letting go of any tension as best that one can do with simple intention. Closing the door of time to any errands that one has to do and choosing to be here and to be now, right where one is.

I visualize light pouring into the soft spot at the top of my head and flowing into my heart chakra in the center of my chest. I visualize and see my heart chakra as my lungs, my thymus gland, and the pumping heart as a unity. I feel the energy come down from above into my heart. I visualize and feel a golden sun about 9 inches in diameter appear in my heart, and feel its golden rays radiate compassion, wishing everyone well without exception, and blessing everyone where they are, forgiving everyone for having any kind of fault.

If I am holding resentment in my heart, I say inside myself:

"Beloved Abwoon, Father and Mother of the Cosmos, who is the unity of both Parents conjoined in creative energy that births everything that I see. May your compassion birth inside me. You who has breathed me into life, flow into the places inside me that hold me in hatred towards anyone and forgive them for me and through me, so that heaven's blessing flow out from me to a world that needs Your love. Release me from my own hatreds as this release also releases those who have received this hatred through me. May we all be unbound from the chains of hell that hold us ever spinning in the chain reaction of suffering. May we deeply realize that hatred never ends hatred, only love ends hatred, and that the love that can end hatred be birthed in me by your breathing the loving life that can forgive and heal me and through me others."

I consciously and intentionally breathe in the air prana into myself. I visualize and feel the air charged with light particles of the angels of the air and breathe in their gift into myself. I humbly bow to you, Abwoon, who is the giver of their gift and that gift itself. May I be worthy of this energy coming into me by humbling myself and emptying myself of every unloving thought that I have ever held even for a single second. I feel remorse arise inside of me for them and forgive myself for dwelling on them and letting me react from them and carry me into meaningless struggles with others who were also lost in unloving thoughts. I feel the remorse purify me and cleanse me, and break open the gates of my heart to touch others with Your energy, so that you, Abwoon, love through me and for me, so that through this I have something to give to the world. I visualize and feel a warm energy Presence above me, floating as a sphere of White Light, radiant as the Sun, six inches above my head and six feet in diameter. I ask you, Abwoon, to honor and bless my visualization and come through my sacramental offering to You. Because You are Compassion Itself and wish to heal and save all of us, I know that You will fill this visualization and bless it with Your Life. As I ask You and feel the power of Your promise, Your primal compassionate wish to heal us all, I can feel the energy above me grow stronger and stronger. And I choose to breathe in and accept this energy into my mind, heart, and body, that it may fill me and resurrect me from the dead and from the world of dying, and then to raise me up into the glories of a world that is only filled with love and light.

I feel You as I breathe your Breath into myself and honor that You are the Living Breath that gives me life. I feel You feeling me as You breathe me into life. In my feeling You and You feeling me, I feel myself breathing from the Breath itself and become the breathing that is breathing from the breath itself. I become part of You and feel You as all of me.

Inhaling receiving Your Presence as the Sacred Breath of life and exhaling surrendering any sense of separateness with You, entering thereby into the Unity that we had since the Beginning and is now made Conscious again. I feel my own intention to wake up now being met by Your Power to Wake me, as Your Awareness of me as You births this Wakefulness inside me.

I let go of any attempt to grasp or hold this truth that is inside my breathing and these words. I let myself be held by You rather than me trying to hold on to You. I allow myself to be known by You and feel myself as I have been known by You. I let go of all the labels and names of who and what I am, even those borrowed from the sacred texts of every religion, and even the Divine Names, and bow down with empty mind and open heart to feel the Name that is the Reality itself.

In this emptying, I give up trying to reach You and allow myself to be reached by You, and know that You have been close to me always, as near as my breathing that has always been You and

the me that is in You. As a drop in the Ocean, I am dissolved into Your Love and washed clean of everything unloving in the past, the present, and the future. I realize that this Ocean of Love is enough to pour into this world, and totally flood out every oppression and free everyone, when they are ready to die and be reborn back into Unity with You.

I feel the living Word Logos, the pure vibration riding the Living Breath always, vibrating into my cells, becoming flesh inside me as my flesh in its turn becomes light. I continue to breathe and be breathed, remembering and feeling that it is You breathing me and I being breathed by You. As I breathe and am breathed, I feel my heart transform into pure love, bringing to consciousness that part of myself that has always been love and that has always been part of You. I feel my body turn into light and rise up into the Ascension, moving up the frequencies to the degree that I allow and am ready. May your Breath breathing me now make me ready and may I allow You to do this.

Adonai Abwoon Elohim, Om Namoh Amida Buddha Hreeh, Om Tadyatha Muni Maha Muni Ye Soha. Neteeyah Sangeh Ooteema Ooteema Hadeemkajabee. Sohra Saganah Itaho. Rakeera Saganah Itaho. Etabah Saganah Itaho. Ameen.

August 30, 2020

<https://youtu.be/xs5Va6DD-oY>

<https://youtu.be/qKHuxYcUoLg>

September 1, 2020

Sohra did a view today of several sections of the practice. She went into the word "achieve" and invited people to also think that they are "allowing light body" to feel the practice from a different energy.

She went over the three "ah" mudras and illuminated them about what is meant to live them, and how "Om" blends them together.

We are meant to walk in the light of wisdom and let ourselves be guided by this and to even take refuge in the path that opens up through this illumination, rather than think of hiding somewhere for security.

Sohra also shared a fusion of "garuda flaps itself wings" with the "hreeh" part of the practice, linking it with a verse from Isaiah:

>>

Isaiah 40:31 (KJV)

31 but they that wait upon the Lord shall renew their strength;
they shall mount up with wings as eagles;
they shall run, and not be weary;
and they shall walk, and not faint.

The context of the verse is eagles mounting their wings to catch the heat swells of the desert from a mountain top. The heat swells are the magenta fire purifying and raising vibration, and lifting the bird into the sky, with the open wings acting like sails to catch the winds of divine

grace and letting it carry them. When we get energy this way we do not become "tired and weary" and we shall "renew our strength".

https://www.youtube.com/watch?v=_REeeTXfuZo&feature=youtu.be&fbclid=IwAR3bvxPhqFwlsGDgFFkgWYyICIA5-JuxDsTUM2kLvrtK0cOdyPpNk7NboM

https://youtu.be/_REeeTXfuZo

September 2, 2020

BBSG: <https://youtu.be/9UHIzIdJP8s>

September 3, 2020

<https://youtu.be/MhVFOZmRtrg>

September 6, 2020

https://youtu.be/7T_9ZDNd8VI

<https://youtu.be/9Wuq0UhENOA>

September 8, 2020

<https://youtu.be/3SDE0YCF1H4>

September 10, 2020

<https://youtu.be/g9epFU3LDDI>

https://youtu.be/4X_ACnEFXU8

Sept 17, 2020

I have posted some videos from the Basic Buddhism group because they are relevant to the process of going into light body. They have to do with understanding the historical and evolutionary origins of fear and how it relates to the isolated sense of self called "ego" and how it relates to the ability of the thinking mind to predict the future by inference or extrapolation, and then to go into fear, resistance, and seeking (for a solution) when faced with a perceived threat.

Sohra had shared that we are evolving out of this mechanism and in order to totally go beyond this mechanism we need to fully understand it and to fully understand that it is obsolete. Like an old outdated car, we can still live within this mechanism (fight, flight, or freeze in response to challenge), but it will not allow us to move from survival to thriving and fully living.

Basic Buddhism Study Group videos

<https://youtu.be/iLstgirjKBw>

<https://youtu.be/uG5EWRIHMBg>

Aug 30, 2020

https://www.youtube.com/watch?v=xs5Va6DD-oY&feature=youtu.be&fbclid=IwAR1xImo7APbqJj_xjGx_CWxmAAREZzWazNkMsZdRJN4s71Bg_8y7WtFpQZhg

Sept 2, 2020 (Will's FB)

The Beatitudes translated from the Aramaic from Matthew 5:3-11

I wanted to share some further verses that are relevant to the subject of breathing prayer.

Again, the resources for translating this way come from the book PRAYERS OF THE COSMOS by Klotz, from the translation styles of the Amplified Bible and the Jerusalem Bible, and from the breathing meditation and prayer traditions of the Buddhists and the Hesychasts of the Eastern Orthodox Church (re: THE ART OF PRAYER by Chariton).

Matthew 5:3-11

3 Infused with the blessing of the Divine Breath are those that empty themselves and humble themselves before the Sacred, they have already entered living energy and guidance of the God who abides in them as life giving breath.

4 Infused with the blessing of the Divine Breath are those who breathe into their sadness and deep grief where they deeply feel this in their bodies and the sensations of their bodies, they will feel deep relaxation, letting go, and healing in their body and in their life.

5 Infused with the blessing of the Divine Breath are those who are always gentle, kind, patient, humble, sensitive, and not aggressive, they will experience even the Earth wrapping around them, offering her lands to be lived upon, and sharing her abundance with them.

6 Infused with the blessing of the Divine Breath are those who feel the deep longing of their souls to be aligned with Cosmos and attuned to the Sacred, when this longing is placed in the breathing and they allow themselves to receive the living breath of life they will have their longing fulfilled in every breath that they take.

7 Infused with the blessing of the Divine Breath are those that exhale peacefulness, kindness, and mercy upon those that they meet, they will experience others responding and returning the peace and mercy that was received.

8 Infused with the blessing of the Divine Breath are those who keep their loving and breathing heart always focused on the Sacred, until their eyes are purified of greed, hatred, and ignorance, they will be blessed by a vision of the living and breathing God in all its loving glory.

9 Infused with the blessing of the Divine Breath are those who deeply abide in peace within themselves, having no thoughts of violence, struggle, and conflict arise in their hearts, and holding no turmoil within their hearts, and who share this peace with others with every exhale that they release into their world, they will be known as the sons and daughters of the Sacred Breath and they will serve the Divine Wish for peace to come to every country, and even this whole world.

10 Infused with the blessing of the Divine Breath are those persist in living the peace of the Sacred Breath when dwelling among those who are addicted to violence, greed, and conflict, and who will fight the peaceful ones when they do not agree with their wishes for revenge upon others or their demands for revenge when they are disguised as wanting justice, those who live in this peace while noticing the violence, greed, and fanaticism of this world are already within embrace of the Sacred Breath and are already in living in the higher worlds of peace.

11 Infused with the blessing of the Divine Breath are those who are insulted, resisted, lied about, and cursed by the inhabitants of the worlds of greed, violence, and dogma, they are following the path that I too have walked, and will experience the rewards that I too have found on my own journey. The Divine Breath will wrap around them and hold them and carry them through every challenge that they will have, and I and every one who has gone before them will greet them in the radiance of light that comes from the higher worlds when their Earth walk is done.

Sept 6, 2020 (Will's FB)

The Aramaic of Luke 23:34 (normally translated as:

"Father, forgive them; for they do not know what they are doing.")

This is, again, translated from the Aramaic, in the style of the Jerusalem Bible and the Amplified Bible, with notes from Klotz's PRAYERS OF THE COSMOS and other textual notes from various scholarship sources.

May the Divine Breath breathe into me and through me that forgiveness may flow to those who are harming me and hurting me in this very moment. Those who are harming me are acting out of unconscious ignorance and under the trance of being asleep to the sacred world where real life dwells. May Your Breath of Life that You are flow into them and awaken them from the death like trance that they walk in and resurrect them from the death like unconsciousness that lives outside of the living energy of Divine Love. May Your Loving Breath dissolve the veil of heavy sin that obscures their own divine nature from experiencing itself within their breathing hearts. May Your Breath bring them back into the Sacred Heartbeat of living Creation.

September 1

TRAM

spiraling circles

horizontal to the earth

generating a magnetic field

to ground into Luminous Eternal Being

taking root there

grounding the reactive patterns

of conditioned mind

softening trauma loops

by doing so

HREEH

calling in the pink energy

grace coming down

devotion and gratitude rising up

magenta fire rising

from red dots

anchoring energy body

to physical body

burning away the material density

of the root karmas
the belief that matter is real
rather than an appearance
in consciousness

TSUNG

calling in aurora green
liquid light
grace as feeding cells
what they truly need
for healing, energy, and growth
cooling the driving energies
of addictive passions
exploding into bliss sensations
that cover hunger, longing, and pain

PULSING

rapid fire breathing
sounding "ha!"
again and again
activating the aurora green elixir
the transforming this
into cellular energetic sensation
sparking biology into luminosity
becoming the energetic shaking itself

PAUSING IN PRESENCE

holding the breath
shaking becoming non-shaking
luminous eternity
infused with primordial identity

EEE

descending as tulku avatar
to be luminous presence
seated in the throne
of the heart

AH BOWING

accepting embodiment
joining the Earth experience
as it undergoes vast initiation
through the time of climate shifting
cleansing and balancing
cities becoming communities
farming becoming permaculture
the servants of this process
becoming the masters of the next world

AH RADIANCE

the love of inner nature
radiating the rainbow light
of great compassion
as unconditional love,
patient love,
passionate love,
methodical love,
empathic love,
creative skillful love,
love surrendered to being itself,
love trusting love,
joyful contagious love,
peaceful unconditional love,
merciful graceful love,
kind love,
friendly love,
and
blessing love

AH THIRD EYE OPENING LOVE

visionary love
penetrating and being with
the buddhas and dakinis
of the past, present, and future
opening to the mandala families
of the indestructible clan,
the compassionate open ones,
the all accomplishing clan,
the rooted abundance clan,
and fully awakened clan
walking in the light of these beings
and the luminosity they are transparent to
following the wisdom of love
by loving the wisdom of luminosity

OM BLENDING

dissolving the vast multi-dimensional display
into the unity of white light
integrating wisdom wisely
breath by breath by being the breath
growing each day
by not clinging to the past of knowledge
but riding the growth of consciousness
as it enriches itself

within the dance of being alive

September 1

Ordinary Life is Six Dimensional

(three spatial,
three temporal).

I wanted to introduce a thought about what many are calling "3D" life. What this term refers to is the three dimensions of space, which are length, width, and depth.

I would also like to share that there are three time dimensions as well, which are kronos, kairos, and aeternos.

In our culture, there is an idea of "linear time" which is implied in Newtonian Physics, which considered linear time to be "absolute". Einstein questioned this deeply and shared that time is the relationship between the observer and the movements around him or her. We only notice time with respect to change and our measuring of time is related to measuring change around us.

Yet in order to register that something has changed, there needs to be something the same that exists to witness event one changing into event two. The change between event one and event two must be witnessed by something the same at those two points in time. The dimension of "sameness" is the dimension of eternity or aeternos.

The third dimension of time is called "kairos" or "being time". It is the time of growth. There is a part of ourselves that grows from our experience. The growth is the growth of understanding. This means that growth is primarily a learning process. Growth and change are not the same. Growth is a kind of change, but it builds on itself, whereas kronos can cycle in rhythms of repetition and it does not by itself represent growth. Kairos implies some consciousness that is growing through experiences. Unlike kronos, kairos is not a march. The learning curve of a person may be slow or fast relative to kronos. The learning may be deep and grounded, wide and generalized, or specific to a situation. In other words, it is variable. Kairos has some of the constancy of eternity and the fluidity of kronos.

I am sharing this context, because I feel that humankind is preparing for a kind of "quantum leap" and this leap in learning and in consciousness within kairos needs a minimum of six dimensions of experience.

When Piaget was studying child cognitive development, he found that at one phase of their development that children experience space as only having two dimensions. They did not have depth comprehended in their experiencing. They had a glass placed over a big hole in a floor and children crawled over this. They were not afraid of falling because there was no depth to fall down into.

At other stages, they did not understand "object constancy". They felt that objects, once not seen, were "gone". When the mother left the room, they would feel abandoned and cried. At one point they understand that the mother exists even when not experienced through the senses. Object constancy is established, a feeling for eternity has entered their temporal experience, a learning in kairos has happened.

What I learned from these studies is that humans were meant to evolve further by "meditating". There is an assumption that adults have somehow completed their development and now "see

reality as it is". Yet there are many who experience only a 3D world and have not, through meditation and learning, organized their temporal experience. Some have matured to the Quantum Physical idea that "time is the 4th dimension", yet this is also lacking something. We could further add "aeonos" which is a kind of astrological time cycle, and also represents a shift in consciousness. It is an event in kairos and kronos where we make a shift in consciousness into a new mode of being. Each aeon is about 2,000 years with a variable bardo of about 300 to 500 years. We are in the bardo between the Piscean era and the Aquarian era. There is a mixture of both energies affecting everyone.

In the previous era, faith and believing authority dominated. In the next era, living a vision that makes one grow and feeling universal kinship, rather than clan loyalty, will predominate.

It is possible to further add three dimensions of consciousness (unity, individuality aka choice, and wakeful aware presence), but I wish for the sake of this discussion or sharing to keep the focus on six dimensions and have this level of experience be integrated first. In advanced Buddhism, there are 13 dimensions that are explored, with 12 being the the factors and the 13th dimension being the one that integrates all the other factors into itself.

Oct 9, 2020

- 1> Gentle 3rd Eye Crystal Lock
- 2> Rocking with Hand movements and sinking heels into the ground with each inhale while elongating upwards.
- 3> TRAM with horizontal spirals and 3rd one lifting up
- 4> HREEH with open wide mudra
- 5> TSUNG Medicine Buddha
- 6> Hah-Hoo Pulse Breathing
- 7> Pause in Eternal Presence
- 8> EEE Presence entering the Throne of the Heart
- 9> AH Humbly accepting and embracing embodiment
- 10> AH Radiance of the Rainbow of Unconditional Love
- 11> AH Third Eye Self-Remembering, "I am here. I am alive. I am a light being."
- 12> OM Integration

In phase two above, Sohra wants people to focus on feeling oneself as the breath that moves the body and to breathe from the breath itself as the breath itself, and then to move into feeling that one is being breathed by the One who is All. This creates the environment for the Mandala cycle, which deepens this experience.

It is also a mudra that more rapidly quiets the thinking mind by weakening our identification with this modality.

Oct 17, 2020

https://www.youtube.com/watch?v=QZBVw-kD1Pl&feature=share&fbclid=IwAR1FT6uZCrCnSM-PH8EpC7_b-aB89oHRRIRP7WauOotwLE2BwvfXBMVI0w0

Oct 21, 2020 (Will's FB page)

The Five Foundations of the Sufi Path

Foundation1:

Direct Experience rather than intellectual or dogmatic truth. Only what is learned in one's life and proved in one's experience matters.

Foundation2:

Feeling the Universal Truth behind all the religious and even scientific traditions. Learning to relate to this Truth beyond any form and through multiple forms. Those who understand this belong to all religions and no religion.

Foundation3:

Learning to abide in the innermost nature of every sentient being. In this innermost nature we are pure consciousness, unconditional love, and creative freedom, and are united always with a Divinity that is living through us as us. Trusting this unity to take care of us as we in turn serve this unity.

Foundation4:

Breathing from the breath itself as the breath itself and letting this breath fill our life with Divine Grace and Healing Energy until our bodies transform into a light body.

Foundation5:

Telepathic awakening and feeling all those who have awakened to this as kindred beings who are functionally united in conscious service to the healing plan that is meant to transform the Earth or whatever world they are on into a Pure Land of Peace. Feeling that those who are awakened to this level are the living community of awakening beings who are guided by the One who is All.

There was a seeker after truth that talked to people in a town where everyone was practicing with a Sufi master. He asked the villager how things were different with the Sufi Master gently guiding them and teaching them. He said, "Everything is pretty much the same as before, except there is peace." Part of the understanding of the Sufis is that peace is not merely the absence of conflict, it is the presence of an energy which unified within itself and in harmony with itself. It appears in meditation and grows stronger, and then sometime we learn to rest in it, and then we dissolve into this energy.

Oct 17, 2020 (Will's FB)

Shift points to Higher Consciousness

trying to let go > letting go of trying

Thinking about Awareness > Being Aware of Thought

Striving for Enlightenment > Centering in Awareness

Controlling the Breath > Breathing from the Breath Itself as the Breath Itself > Letting Oneself be Breathed by the One Breathing Universe that is living through all of us.

Sohra has shared that we are present in our bodies through the union of three breaths. They are (1) breath of space, (2) breath of air, and (3) breath of energy. We are "breath of space". This breath is one with the Universal Breath that lives and breathes through all of us and this breath is identical with "pure awareness" or "pure consciousness". In advanced Buddhist teaching, they have many "unities", "identities", or "synonyms" for enlightenment or the enlightened state of consciousness. Some of these terms, pointing always to something that can be experienced and realized, are advanced enough to not have any conventional word to translate them into.

When we incarnate into a body, the "breath of space" (awareness energy) that we are joins with breath of energy at about 5.5 months into the womb journey. Until this happens, the awareness energy floats around the loving couple and around the womb, but does not enter in. There is not enough of a body formed to do this. The "throne of the heart" has not been formed for the awareness energy to descend into, be present within, and embody. It is a radiant point of light within the right ventricle of the beating heart, though it could be in other possible locations, like the pituitary gland or pineal gland in the brain, or the center of balance point in the lower Tanden. At the 5.5 months point, breath of air merges with breath of energy.

Before the advent of this event, the termination of the fetus is not murder, since there is no embodied sentient energy to be killed that is inhabiting the body. The process of incarnation, too, is not complete until, after actual birth, the child takes in its "first breath" (breath of air). With this event, the threefold breathing starts and an embodied sentient being is formed.

In some sense, the process of incarnation is still not complete until 28 years later, with several important events happening, all of these involve the threefold pranas of the breath to penetrate and activate different organs, chakras, meridians, nadis, and neural juncture points. The Taoists may have mapped these the best, yet Buddhism also has very similar teachings within their Tumo Yoga practice, and Aryurveda in Hinduism has similar teachings related to the Doshas and the Sharma points.

Once the threefold breath is formed, a developmental process is activated that can easily get stuck. In modern humanity, it means that most people stop a certain kind of balanced development somewhere between the ages of 21 to 25 years of age. Some people instinctively feel the call of this required spiritual growth and learn things like Hatha Yoga and Pranayama, Tai Chi and Chi Kung, Tumo Yoga, Kundalini Yoga, Sacred Dance, etc.

Important to the development of a mature awakened being is the shift between pure consciousness that we are being centered in the "thinking mind" or "reactive emotions" to being centered in pure consciousness. This is described as "calm abiding of awareness within awareness as awareness" or "breathing from the breath itself as the breath itself". The latter way of realizing this state allows us to live our enlightenment while in the body, rather than merely when we "go within".

This "enlightenment", too, is not the deepest or highest state that is possible, pure consciousness realizing itself as "embodied breath" eventually matures to understanding that the individuality that it abides always in unity of the Universal Consciousness or Cosmic Breath of Space, and is always being breathed and lived through by this energy. The individuality can then live two possibilities. One is to live in "separation" from conscious awareness of this Universal Energy and the other is to live in "surrender" and "unity" with this

energy in a living conscious aware and awake state of unity, that is being breathed and lived by THIS ONE.

This is felt in the breathing first as us being the breath itself inside the continuity of the breathing, and then with the deep feeling that something is breathing us and there is an deep sense of effortlessness when the second state is matured within us.

There is even another state of development which is rare even among enlightened beings, which is the attainment of the "rainbow body" or "light body". This is where the pranas further evolve the body itself into a hologram of light which is no longer subject to the limitations of a seeming material body. There is a corresponding inner realization that is fully understood, stabilized, expanded, and deepened. It is understanding that "everything is a manifestation of consciousness" and that "matter is an illusion", and removing any beliefs from within individual consciousness about this until we totally agree with the Source about what life truly is. This state is being in complete "alignment with Dharma" and having had completely balanced and eliminated all our "personal karma".

It is not possible to have the rainbow body appear unless we have first have established "surrendering within the breath as the breath to the One who lives within all of us". And if we establish this breath, then the evolution into Rainbow Body is not only possible, but inevitable. The One who is All of Us wishes this for all of us to attain and once we deeply agree with this wish, then this is birthed in us. It is as natural as a flower wanting to bloom and the forest wanting this to happen.

Doha 9/14/2020

(a spontaneous poem and prayer regarding the wild fires)

Om Namo Amida Buddha Hreeh

Om Namo Amida Buddha Hreeh

Om Namo Amida Buddha Hreeh

I call upon Amida Buddha

I open up to the Tariki Grace

that flows from this wonderful being

and ask that it flow into this valley

that is burning with wild fires

and with the three poisons

of the mind and heart

may the energy that comes from Amida

calm the hatreds that flow within sentient beings

may the political power struggles end

in peaceful discussions

and consensus about what to do

may empathy appear among the rulers

may those with and without homes

have happiness and peace,

have the roots of lasting happiness,

have sorrow, anger, and fear end

*

*

Svaha Svaha Svaha!

I call in the Presence of Peace
primal luminosity
I make my awareness a bridge
so that cosmic love
can witness the tensions of the Earth
I rest in deep confidence
that the energies of the eternal
will flow through me
and heal the world
to the degree that it is able to receive
what cosmic love has to offer
I witness that no one is totally closed
to the energies of Divine Love
and therefore I in patience
let the winds of Divine Love
enter the cracks that are found
in the walls of the hardest hearts
and let the magic love truly heal this world
without firing a single bullet from any gun
I know that myself alone can do nothing
for the fires that burn physically and internally
yet resting in unity with the pervading power
of unconditional love
I trust that I am heard and that anything is possible
and when I bow down
to this living energy and let it guide my hands
then I can serve this energy
and do my own part
in the pattern of healing
that gently spreads to reach all
hatred never ended hatred
only love ends hatred,
this is the Dharma
ancient and inexhaustible
(Buddha)

<<

Here and now, I choose to return hatred
with a greater, deeper, and vaster love.
Here and now, I choose to transform
the three poisons into the energies of love and wisdom
I breathe in the afflictions of this world
and let luminosity abiding in my heart convert them
into peace, compassion, and creative energy,

bringing healing rain upon this Earth
I visualize Amida Buddha
floating in the sky
and pouring gentle rain
of water, love, and wisdom
upon this world
Svaha Svaha Svaha!
<https://youtu.be/0K3kCKA0kFA>

There have been times in my spiritual journey, when deep in meditation, where I was flooded with wisdom as light pouring down all over me. What was interesting is that the experiences would end when even the slightest effort to grasp what was coming through. I had to learn to yield and let go of any wish to hold this knowledge. When I did, even more flooded in, and even more after this. It is like relaxed mind and open heart is necessary to connect with this wisdom, and we are never meant to own it. A Doha emerges from this field of energy. It is a spontaneous poem and song about enlightenment. It is slightly more raw as an energy compared to the very polished presentations of the Four Noble Truths and the Eightfold Path. Yet what I do know is that even these more formalized teachings once came into the world through Dohas and were later distilled into formulas and even creeds.

The ordinary mind and heart sometimes flip flops between two sides of an "either/or", rather than rests in a "both/and". A lot of the political struggles are about not jumping to the both/and. Some are going to a "renounce the world non-attachment" to find inner peace and others are anxiously engaged in the historical process with compassion and an aching heart. When I was in deep meditation during my retreat from the world I had perfected the renouncing of this world and found an indestructible refuge in my heart, and then chose to come back anyway and merge with this dusty world that longs for peace. I saw worlds that were far more perfect than the Earth. Compared to these worlds, Earth cities, even at their best, are like ghettos. In one of the more unusual discourses of the Buddha, it went to the very far reaches of the "worlds with form" and then even went beyond them to the formless worlds of pure energy and light. When he came back, he said, "There is no liberation beyond this point." He stopped going further into the formless worlds and stayed, for a while, in the Akhanistatha Heavens, the highest of the form worlds, and then he went back to Earth to teach the Dharma.

So the Doha is about connecting the realization of supreme perfect enlightenment with asking for rain to pour upon the places on fire in this world and asking, too, that the subtle emotional causes behind this also be touched, so that humans do not create more wildfires to burn more homes, and learn to live together in peace.

If I find time, I would like to go into the story of "Knowers Ark" (Noah's Ark) to share what it really taught, below the surface of some rather mediocre translations. The reason why the floods happened was because the "human imagination was dwelling on catastrophe continuously" and the sacred breath could not flow as easily within human consciousness (Genesis 6). It is like humans are fixated inside itself and always reacting to the karmic flow of events, and does not know how to release this even for one second. This tiny one second gap is all that it takes to

reach the first enlightenment, if we can breathe and let ourselves be breathed, without any imaginary breather trying to control the breath or anything else.

Nov 3 (Will's FB)

Om Namo Amida Buddha Hreeh (again, again, and again)...

I call upon Amida Buddha. I visualize this one radiating a rainbow of compassionate energy upon this world. I ask this intelligent compassionate creative aware awake luminous present energy being to embody my humble visualization in my lucid dreaming space and through doing threefold breathing within this body heart mind I feel an energy portal open up between the vast invisible expansion of the Dharmakaya, the body of pure principle that regulates all worlds, even the seeming imaginary ones, and the seeming factual and physical worlds that conform to natural laws defined by the equations of homo sapien scientists who have yet to understand these laws in terms of pure light pulses of living understanding and wisdom awareness, compassionately regulating the worlds of suffering, the worlds beyond suffering, and all the worlds that are in transition between them.

With crystal enhanced and fully activated third eye, I send a sincere and telepathic pure thought to Amida Buddha, who is revealed to be the pure principle of unconditional love, peaceful loving acceptance of things as they are, divine grace emanating from the primal wish that all sentient beings be happy, be creative, be thriving, and be fully alive as liberated beings who are free to do whatever they want as long as they do so in love for everyone without exception, and who is also the pure principle that everything is unfolding perfectly, including all the seeming imperfect events which are transitioning into peace, adapting to the free will choices of all those involved, revisioning itself as sentient beings growth into the fullness of supreme perfect enlightenment in their own time and in their own way, and all within the living matrix of the Dharma that lovingly regulates all things and alleviates as much sorrow as it is allowed to do, moment by moment, and which has also ended all suffering within this world within the time matrix which will eventually manifests within the illusion of time in what is called the future when referenced from what people call "the present moment" of waking life on Earth.

Because space and time are ultimately unreal and are constructions within Universal Consciousness that I am always a part of and in unity with, there is no barrier to instantaneous communication and communion with the living principle that Amida Buddha is, and through the Lucid Dreaming Archetype of Its form within the picture that I have chosen and created I can hold my attention on its energy and bring it as energy, primal wish, and divine grace into my world and radiate it out to all those I love and care for on this planet Earth which is going through a vast series of initiations under the veil of "climate change crisis" and whose oversoul has decided to move into its own light body enlightenment and make onto itself a pure land of peace.

Here and now, in this very moment, as I am writing these words, I choose to commune with this energy presence within the pure principle that is held within the Dharmakaya, feeling its lucid

dreaming manifestation within the humble visualization that I have chosen to dream and visualize as a Buddha meditating in the Mudra of Perfect Peace and sending out light rays of compassion to everyone in this world, and through my joining focusing on those that I know and love, asking this energy to bless them, help them, guide them to the peace that they need and deserve, and where even their earthly needs are met, that of a house, food, clothing, warmth in the winter, and cool in the summer, water when thirsty, and companionship when lonely.

With the vast energy of this one called Amida Buddha, I call upon all the members of the Padma family, those energy beings that have chosen to make it their main mission on Earth to transform sadness into compassion, light, appreciation, forgiveness, blessing, peaceful loving acceptance, and grounded safety beyond the terrors and nightmares that sometimes appear within the dramas of space, time, and matter.

I call upon the trinity of Kwan Yin, Gita, and Locana to bring sacred energy to this world. I ask Locana to create and clear a space where Gita can sing her song of enlightened bliss and bring down the loving warmth and compassion of Kwan Yin. May the song of Gita replace the political arguments of the politicians and may they hear the call of the future we must evolve into and may all the sentient beings gently rise up to bring in the pure land of peace that is meant to replace this world of suffering. May the chants of Gita wash clean the impure suffering bound thoughts of the thinking minds of humans. May the song inspire love to dwell in the hearts of all humans. May humans once again love the animals that they share their world with and not eat them. May humans realize that the freely given bounty of the plant world is enough to sustain them. May they even eventually evolve to where even plant food is not necessary. May they learn to feed on the liquid light milk of pure love that the Cosmic Buddhas pour down without any thought of anything in return. May this elixir from the breasts of the Cosmic Dakinis heal every illness, cure every virus, and cleanse every organ, especially the heart that all hearts on this Earth never fall down into hatred by rise up on the wings of empathic love, unconditional love, and the primal wish.

I call upon the Cosmic Dakini Rakeerah who is the living Buddha and teacher of the sacred breath of my own beloved teacher Sohra. May her wisdom of how to breathe infuse me and live inside of me. May her breathing wisdom be felt in every cycle of inhale receiving divine grace as energy and light and exhale merging and letting oneself be changed by the love that comes into us always from her exhaling lungs, heart, and lips. May I let her breathe me into life.

I merge with the energies and energy beings that I have called upon. I humbly offer my mind, heart, and body to be transformed by these majestic beings into the likeness of who and what they are. I let them enliven my intrinsic buddha nature, the principle and seed of enlightenment that is within me and everyone, that it may awaken inside of me and be fully realized as who and what I am. May I become only love itself and may the pure principle of love be all that is left of what I have been. May I be patient with those who are undergoing this transformation into becoming love itself only. May every unloving thought be released from this world. May the suffering inspired by these unloving thoughts be erased from all the timelines that humanity is exploring and moving through.

May I be uplifted by these ancient and timeless energy beings. May I allow myself to dare to rise to the level that they wish me to become. May I humbly release every thought that separates me

from being there. May I join in sending the loving rays of compassion to everyone on Earth and become part of what is making the pure land appear in this world. May I realize the happiness that happens when joined with such an altruistic motivation and activity. May this joy spread more rapidly, easily, and widely than any temporary fad, slogan, or viral video. May all be uplifted by this joy and may their bodies feel the light surges of their impending light body awakenings happen to them, the birth pangs of the world to come, a world secretly here already. May all be blessed with ears to hear what this means. May all be blessed with eyes to see where the light is giving birth to a new species that will usher in this new world.

Nov 3 (Will's FB)

Padmasambhava Bardo Voyage 783

<https://youtu.be/3307snx5110>

This is the first complete composition that I had made and one of the few that survived the fire that recently destroyed my house, thanks to uploading it to youtube. The composition is meant to be used to help process emotions in accordance with the principles of navigating lucid dreaming and/or the bardo between death and rebirth. The key is to see that everything you experience is one's own mental and emotional projection, and to always move towards the greater light which appears in all worlds to guide us back home, and even in the dreaming world, the habit of conscious breathing brings us through everything.

In the bardo, in lucid dreaming, emotions are what is breathed in and out. When there is no clinging to what is exhaled or resisting what is inhaled, emotions spontaneously self liberate.

Nov 5 (Will's FB)

I call upon Amida Buddha, visualizing the above picture in 3D, feeling magenta radiance purify and uplift my mind, heart, and body to a higher frequency of compassion, wisdom, and creativity, breathing in this energy into the soft spot at the top of the head, exhaling and radiating this energy through the heart chakra, and into this world, blessing all sentient beings, especially those in America where an event called "the elections" is at a time juncture where at least two timelines into the future emanate from, with the energies of the voting, off the thinking, and of the feeling of each person converges and mixes in to the movement of collective energy towards the time juncture. May the energies vibrate upwards so that the thoughts determining the future not be born of fear, worry, and anxiety, but instead come from wisdom, compassion, and creativity. May the policies that are wished for be about peace, cooperation, and healing for this world, and may sentient beings, human and animal, and even the plants and forests of this world be healed. May the planet thrive and give birth of many pure lands, where the awakening humans and animals create an oasis of peace where they are gathering to usher in the new world, one that needs no government and no police to regulate itself, since all will have compassion in their hearts, kindness in their actions, and wisdom in their brains, where selfishness and martyrdom both vanish into compassionate mutualism, one each takes care of their neighbor and is in turn cared for. May power struggle end in this world.

I call upon Amida Buddha, embodiment of the living principle of universal light, unconditional love, divine grace, primal wish, empathic love, healing energy, and karma burning mercy. I allow this energy to have its way with me, to purify me of all unloving thoughts, all separative emotions, and unskillful sensitive actions that cause unnecessary sorrow. I let the wisdom of Amida Buddha illuminate my mind and activate my conscience, so that purifying remorse cleanses my heart so that it may radiate more love, empathy, and compassion into this world. May the regrets of conscience and the feeling of remorse be a gentle correction that aligns the heart with the living energies of unconditional love, emanating from BuddhaNature, which has been pure from the beginning, obscured by unloving thoughts but never destroyed. May the fictitious ego that I had unwisely, unconsciously, and ignorantly constructed and identified with be dissolved in the light of wisdom and awareness, and melt like fog in the afternoon sun. May the clarity of wisdom and compassion guide hands that are now skillful to do what is required to make the Earth into a pure land of peace. May every awakening being now build a small oasis of peace and share the living waters of love with a world thirsty for genuine compassion. May every oasis be perpetually renewed by the foundation of energy that arises from Buddha Nature when we are awake to who and what we truly are, the threefold breathing of space awareness, air prana, and cellular energy, breathing from the breath itself and letting ourselves be breathed by the One who lives through all of us. May the intentions of this prayer and invocation supercede the power struggle of the election. May the flood of compassion wash away the warring divisions of this world. May those who are actively for love, peace, and blessing, who radiate this energy into this world, and whose actions are compassionate, step forward to lead this world, regardless of who gets elected to lead in the mundane role of presidency. May anyone who get selected understand the karmic responsibility they are taking on when they assume this archetypal office, and even if willfully corrupt, greedy, and power hungry will stand or fall by what they do, and always be regulated by universal law which no one can escape. Aligning with Universal Law, I call in the power that preserves, protects, and regulates into this archetypal place, so that any afflicted and adverse energies are bound and restricted so that harm does not spread beyond what is karmically necessary. May divine grace purify me so that I may cross beyond the lords of karma and not be caught in the actions and reactions of the karma vortexes that lawfully arise in human life when the three poisons of greed, hatred, and delusion reign within the masses of sentient beings. I humbly ask that all adverse thoughts be purified from me so that I may channel love without any distortion into this world.

Go to meeting link:

https://www.gotomeet.me/amitmahalle/sohrasaganahitaho?fbclid=IwAR3P2xQ-ogh_mxy-EzVHV6juQZCDZDOnRkRG9FIroyF_gaTDrmQJHCEdpG8