



the laws of nature for a better self

Christopher Walker

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Dear Friend,

Over 30 years of exploration into the inner workings of the human condition, has led me, an Aussie from the outback to the most weird places on earth. From Yoga practices in India shoving my head where it was never meant to go, to dancing with a Shaman and having bones poked in my chest. I've meditated in the Himalayan monasteries with Tibetan monks and studied the mysteries with people I can't see.

After all that astonishing experience, I found the best, most powerful and useable process for inner strength and depth of life comes from nature itself. Now, I am not just talking about sniffing glue or hugging a tree, I'm referring to a spirituality that exists within our DNA. It's already there, all we need to do, is learn how to tap it.

The realisation is that everybody is spiritual already and the more masks we wear, the more intellect with gather, the more likely we are to become separated from it. So, in this book, I want to teach you something vastly different. How to tap what you've already got, and the process begins, with LEARNING TO UNLEARN.

Underneath the mad rush for what we want, there is another human; a person who lacks nothing, a person who is tapped into the vast energies of life, a person who is beyond the trivia of emotional insecurity and reaction. That inner you surfaces and becomes your best friend, when you learn to sit down, shut up and experience the perfect stillness of nature.

Stillness means, unlearn. To tap this inner you, your mind must go on sabbatical for a few moments, the ego must drop its guard, the ambitious drive for tomorrow must give way to the contentment of the now. In this stillness there's an awesome awakening. Deep down within each and every person there is a core, so strong, so connected, so loving: it is pure, needless, in fact, inspired.

With Spirit

Chris Walker

The real goal of self mastery is the freedom to give without limit. To get ourselves to a state of total contentment so that there is no self to worry us or distract us from our gift to the world.

More than self help - Global change through personal change.

By living in harmony with nature we achieve global change through personal change. It is a rebuke at so much of what is being done at present in the name of wellness, good business, religion and cultural development. It's a simple spirituality, a nuts and bolts, real world, roll your sleeves up, in your bones, spirituality that could be applied everywhere both in personal life mastery, business and in global economics.

Simplicity is at the heart of natures spirituality, she gives us her guidance in very simple terms. Universal principles separated from any denominational control, immune from human transcriptional errors, no manipulations, just raw and natural, honest, simple and awesomely powerful.

When you learn natures law, then as well as praying in a temple, you could use the sky as your roof and the earth as your floor and life itself as your alter. To your amazement you will find natures laws and the laws of most religions parallel in so many ways. With Nature however, everyone on earth can access it as a guide to living in harmony in their life, business and community.

Indigenous respect

In Canada, during one of my sessions with the amazing Mic Mac Nation a Pipe Carrier and Elder joined the Real Spirit Course, he hardly spoke throughout the program but at the end he stood with tears in his eyes and said, “This is what we believe in, anew language”.

A Master in the art of Living

Draws no sharp distinction
Between their work and their play
Their labour and their leisure
Their minds and their bodies
Their education or their recreation.
They hardly know which is which.
They simply pursue their vision
Of excellence
Through whatever
They are doing and leave
Others to determine
Whether they are working or playing.
To themselves, it always seems
As if they are doing both.

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The Art of Stillness in Everyday Life

Bridging the rift between work and play,
spirit and matter, heart and soul in work
and life.

Stillness

Have you ever experienced a moment where you felt absolute oneness with the world around you? A state when everything became crystal clear and still and all of a sudden you understood the reality that exists in nature in everyday life? It may have been after a yoga class, or walking along the beach or even amongst the beautiful architecture around European cities.

Stillness is real wellness, because your body, in this state is in perfect harmony within itself and with the world around it. For most people it is an accident, a random circumstance they hope for in their daily life. For us, it's our mastery. We teach stillness, and therefore perfect harmony, within and without.

There are great masters such as Emerson, Plato and many Asian Masters (Lao Tzu) who are convinced that if mankind lived life according to the principles of nature, then we would be at peace with ourselves and with each other. It's a philosophy not uncommon in the ways of the East but has yet to be fully grasped by the western world. We are hoping this modern way of presenting this ancient theme will resonate with you, irrespective of your cultural or religious background.

19 steps to stillness

Stillness is a real life inner peace, it is about living in the world, feeling still, inside yourself, even when you're out partying or going to work or doing your thing, having a sense of good stillness inside of you and so, that's what stillness is about.

You need to feel good love inside of you towards people and towards animals and nature and pets and things, you never feel really quite relaxed because nobody can take that away from you, nobody can fight you, nobody can really disturb you because if you keep love important in your life, you're going to hold centre.

A big perspective. There's a lot of turbulence and people can get you really bent out of shape really easy, so the idea is to see the world in a bigger way than just what the newspapers or the press or some trend is going on. I think we need to look at it more like if we were looking from the moon, looking back at the Earth. What does it look like? Big picture mentality means you don't get bent out of shape so easy. And you get kind of like this space where you can be your self and care about the world but you're not disturbed, your centre is health strong.

You will also need to know how to deal with people and situations you have with other people, how they come in and go out of your life and how you deal with emotional disturbances that go on. And I think this is really important because how can you have stillness if you're always flipping out and people are flipping you out at work and at home or wherever that is. We're going to talk a lot about flexibility.

Allot of disturbance comes to us because we don't know where we're going and we don't know what the future holds. And there's two sorts of confidence. One is confidence in our self, and that's survival. And the other confidence is confidence in the world that we live in. Certainty that we're going get what we want in the future. So you have to ask yourself, when we're talking about certainty, you have to ask, what are you going to do with the rest of your life?

Certainty is important for real life stillness because it gives us control, and that means having a sense that you are in control of your life. If you're not in control of your life, that's a pretty frightening experience and it's going to make you pretty tense and stressed. Control comes from the choosing the place where you live and what you do. It also comes in the form of money. And the other control is your relationship. It's natural to hold stillness, but our cities are really hyper active places and this makes it hard to find that inner connection. So we need to practice bringing our intuition alive, getting it refined because this overcomes the challenge of the city turbulence. That way, you can remain authentic and natural even in the middle of a city.

Step 1. Stillness - Love

Love is the shortest path to stillness that you can find. There's no better definition because when your heart is open and you feel good, you feel rock solid, so independent.

Love is about bringing your whole being, your mind and your body and your heart in line. To do something with total commitment, focus and concentration. It doesn't matter what. It's a natural experience for people who are totally absorbed by what they do.

That means to make sure that we walk around on a daily basis feeling love and that means you can say things like, I love my computer, and really mean it. You can say, I've got a Mac and I really love it, I've got a new book and I really love it, and I've got a cat and I really love my cat, or gee, I live near the waterfront and I really love looking out on the ocean.

And you need to say these words all the time to yourself and remind yourself that you are doing love in your life. That love is really important because it causes us to be relaxed. It's an awareness of the goodness of life.

And of course, if you're in a relationship, you need to remind yourself that you have love with your partner. Even if things aren't perfect, love is there. Just because there's some troubles in your relationship or if it isn't quite what you want, you can still remind yourself you still have love for that person, and the people in the past, love for your family.

Now, the most important thing to understand about love and the thing that a lot of people misunderstand is that it can't be exclusive. You can't have this feeling of, I hate those people over there but I love these people over there. That is separation and that means that you're not really loving the people over there and you're not really hating the people over there. It's a myth and to have love you've got to be able to say it. Everything's worthy of love, even if I can't see it right now, it's worthy of love. The whole world is nature – "maybe I can't see love over there but I have faith in nature, she can't make mistakes. The love is always there but I might be blind to it".

Violence is the opposite to love. So, when we start judging people or being angry or having regrets or negative emotions towards somebody, even gossip, this kills the love in our heart. Now, when that love goes there is no stillness. We can't divide up the world and say, this is love, I'm going over here and I'm going to leave this other stuff out of my mind. A lot of people do that. They say, I don't want to watch the news and I don't want to listen to this new information. And that's crazy because you can't be exclusive. The world is the world and there's bad news inside of even ourselves. So, we have to love that as well.

So, the best definition of good love is to try and be happy. Be happy and celebrate life rather than to be trying to work out what we can do to fix things. A lot of people talk to me about global warming and killing the whales and the dolphins and I understand their point of view, I really do. But that's not really going to make good love and a good stillness inside that person if they're so disturbed about the world. They need to look at things a little more calmly and say, yep, we can still have love and respect for the people who do damage to the earth while we love the earth as well and while we make change.

Remind yourself of what it feels like to be in good love is to go into nature because in nature I can love everything. It's really strange but there's nothing in nature, even a dead animal or a vicious tiger that eats an innocent deer, I see good love going on because I understand nature's plan and I understand some trees dying and some trees born and some rivers drying up and some rivers flooding and I understand.

Step 2. Stillness - Viewpoint

A lot of people get bent out of shape from small things. If you go to Nepal, there's a little child on the street. The cost to feed that child for one week is \$1. You go into Sydney and you walk around the streets with people with their dogs, the cost to feed some fancy dog for a week is \$100. We lose a little perspective. People in Sydney get stressed out because the driver in front is too slow, when the same amount of money they're spending on their car could treat a hundred children in Nepal.

With a small picture mentality we can get so easily stressed over small things because we lose the perspective. With lost perspective, we get a very turbulent based perspective on life. We need to acknowledge that we get a little self obsessed and then we're just violent egotists. Even if we're not earning as much as we thought we should or generating as well as we could, we need to be putting it in context of some poor child in the middle of Africa or Nepal or India that's being abused. 15 million children are currently trapped in the sex slave trade, and I think that's a narrow estimate of how many there really are. So many, 20 thousand children a day die from starvation in the world. So, I think there's got to be some way in our lives of keeping a context of our experiences so that we get a bigger story to tell. And that way we don't get so bent out of shape. We don't get bent out of shape by somebody or something that happens to us as long as we maintain a sense of appreciation for how lucky we are, even in our bad luck.

For me, when I hear an ambulance go down the street, I always say to myself, thank God that's not me. So, I think a big picture mentality helps a human being create stillness inside of them because it leads to a state of inner gratitude, inner humbleness. We're just thankful and we're not comparing ourselves to a self-help guru who's told us we're inadequate. We're comparing ourselves to a street urchin who's been born in Katmandu with nothing.

Stay humble to the experience that you have, or the opportunity you have. Being humble to what you've got, and being humble to the luck you have in being born here. That means not getting too wound up spending money on junk food, and not buying a great big dog for some unreasonable purpose and feeding that dog more than some kid in Nepal. If you live globally you'll keep those things in perspective.

So, a big picture mentality also includes the small things we do in life. I see a lot of people just throwing stuff out in the garbage because they bought too much food. Maybe it's a wiser thing to say, well let's not buy so much food and with the extra money we'll send it off to an orphanage and feed some children. That way we have a big picture mentality. We are valuing the opportunity of the luck of our life and because we've got a big picture, we're sharing, we're sharing with other people globally.

We're sharing with people who want food and need medicine and need looking after, and especially the children, especially the children because they're the ones that are, dependant on us. If we don't share, they grow up angry and starved and with poor nutrition, then those children are going to end up taking military action, and you can see a lot of that in the world right now. There are a lot of the kids who have grown up hungry and now with a gun in their hand.

So, investing in the future means that we think global but act local. We put the resources in context. It also means that we don't waste money on self-identification, ego worship. We just relax and do what we are born to do, with love and focus and dedication.

Step 3. Stillness - Flexibility

When your head gets spun out of shape, there's just no way in the world that you can feel the stillness and the power within you. You've lost it. And any reaction to another person means they're either pushing you away or pulling you toward them. So, sometimes we get deluded that we have some sense of control when we judge people but anyone that we judge is running our lives.

If we judge people we mess with our head. Then we can't be authentic and we certainly can't have stillness. All that said, emotions are a natural part of life and so there's going to be some reactions and therefore there's going to be some need for self-adjustments around people, and that's fair. We can be honest. The real question about our emotional reactions to people is whether we take responsibility for them.

There's a lot of myth around the idea of being able to remain emotionless because it's not possible. Every human being, male or female, young or old, has emotion. Without emotion we wouldn't know how to feel. Without feelings we would have no compassion, without compassion, we'd be a manic crazy person and we'd probably go and do a lot of damage.

Emotions connect us to sensitivity and life and therefore they are a positive thing. However, emotions are based on the senses of the body, the eyes, the ears, the mouth, touch, smell, taste, and therefore emotions are, in a sense, very personal judgments. Because the eyes, ears, the nose, the mouth and the fingers and the touch are really our perspective on the world. We think they are telling the truth but it is really only a personal truth.

In actuality everything is lovable. Events are events until our mind turns them into emotions. So, what we see is not good or bad until our mind converts it into that. The interesting thing is that if you travel around the world you will see that what one culture calls good, another culture calls bad. What one culture calls loud, is to another culture soft. Our judgments are our dumbness.

So, all of these judgements are relative and relativity is important because it gives us a sense of identity. The most important thing here is to acknowledge that it isn't the truth. You can't be flexible in life if you're always going around saying, my perception of this experience is the real one. Now, this is the biggest problem with religion. Religions say, our perception of these experiences is the real one and therefore everybody else's is not the real one. So, there are religious people saying, our perception is the truth. And then everybody gets caught up arguing. The real truth is that all is love, but we're human and can't always see it. That's flexibility.

The idea is to have realistic expectations so you can take the foot off the brake. You take the foot off the brake and you go through life. And you go, well, if this happens, there's going to be some good news and bad news and you can deal with both. And that's how we get flexible. Most knowledge is not needed. It is only needed to fix things. So, anyone can run a business, even a huge business because it is intuitive really. But if something goes wrong, they need to have the confidence and realistic expectations of life that protects them from disaster. So, companies need wisdom in leadership to have back up plans otherwise there's 100% risk, and that is like an all upside relationship, it just never happens, it is an unrealistic expectation. Naivety.

Look for the two sides of every coin. It's an opportunity to remain flexible in life. There are two sides to every argument, there's two sides to every coin, there's two opinions for everything. There's two sides to every situation. And in reality, if you can acknowledge that then you'll remain flexible. Inner stillness requires that you see two sides of the coin and don't rely purely on logic to make decisions.

Step 4. Stillness

Certainty - The Inner Environment

Certainty comes from knowing what you're going to do in the future and that if you don't succeed, it's ok. There's two aspects to certainty.. Those two aspects are inner environment and outer environment.

Inner Environment. Inner certainty comes from a sense that no matter what goes on around you there is an intuition about the future. It's not as easy as it sounds because there's a lot of things come along and make us feel like we're not so confident in our ability to trust our intuition. And I think this is where there's a really good benefit in understanding the process of stillness. You see, the idea of creating a future for yourself needs to respect divine order, as well as free will. There's karma, luck, divine guidance as well as our own intentions.

Those components are called the "Manifestation". The manifestation process has to include both higher power and real life efforts and actions, on our own, it's:

You have to believe it before you see it, you have to smell it before you smell it, you have to taste it before you taste it, you have to see it before you see it, you have to hear it before you hear it. In other words, your mind has to draw a picture of whatever you're going to do in the future really clearly before you do it. Then you better act on that.

Now that mental picture can't be a fantasy. It needs to be intuitive. So, the dream is an inner knowing that gives you confidence. If you can't see it, within, it won't happen without.

There is a real life component, acting on your intuition. A rock band that's on a tour, still practices three or four hours a day. I know the Rolling Stones rehearse for six months before a world tour. So the six months is the investment they make and then when they're on tour they've just got to maintain things and make improvements to them.

The second part of certainty is confidence that the world around you is going to be good enough for you to live your vision, live your dreams. And that's where we really need to tune into nature. You have to come to the acknowledgment that the earth's been here for three billion years, it's going to be here for another three billion years, whether you like it or not. So, the world's going to be around but you aren't. That's the key. The world's going to be around for a heck of a long time and no matter what you do, you are not going to be around. So everything is possible except the impossible. Eventually you are going to fail, hard work does not make you immortal.

So, there's a sense of contribution or participation in the world and a sense of relative calm. A sense of go out there and participate and let the world bring you the magic and this is where it's really important, we have to celebrate the journey. You might make billions but your inheritance could get wasted (as it usually does) after just one generation.

We've got to go out in the world and give, practice, practice, practice and become a legend. We need to go out there in the world and celebrate what we do, even if it's not good enough yet. The world is ready for you. It will welcome you and you'll grow as a result. So, the most important thing - if you want to be an international speaker, go and speak, and fail, and speak, and fail, and speak, and fail, until such time as you speak and don't fail. And keep going along those ways. That's how you develop certainty. You learn to be incompetent in the world, that is where you get self confidence from. You learn to love life, not beat it.

Step 5. Stillness - Self Awareness

A strange thing happens about stillness, when we feel stressed we can't be still, we get a feeling that life is out of control. Now this is a really big problem for people and the definition of out of control really changes from person to person. Nobody can say, control this and you're going to have stillness, control that and you're going to have stillness because this idea of control depends on where our problems are and where our buttons are. Like, some people really want to control their relationship, some people really want to control their money, some people really want to control their home, and so these ideas of things we identify as most important to have control over, give us the security and that security can give us stillness. And that stillness inside of us can't exist in turbulence, when we've got fear or insecurity happening.

So, I'm going to talk about three core issues for control. A lot of people would agree that these are the three basic areas of control issue. The first one is we need to control our money. A lot of people would want to separate stillness or spirituality or the inner experience of life, from money. But the fact of that matter is if you don't know where the next dollar's coming from or your rent's only paid a week out and you don't know where the next rent cheque is coming from, or if you've got bills coming in and your income is not matching your bills, it's very, very hard to find stillness because your mind's spinning around going, how am I going to pay the bills, how am I going to survive under these circumstances?

This is called desperation. Desperation is not an insult to people who are in this position. Desperation is kind of like saying, that's an emotion that comes up. People will feel desperate and even though they're good people, their desperation will possibly lead them to do things that are not healthy. Desperate employees, for example, cheat on the boss. A desperate housekeeper will steal things, a desperate partner will have affairs. So, desperation is a sense of urgency. It's a revelation that the stillness is completely gone and there's a sense of panic set in. "Fight and Flight" is the psychological term for it but I don't know a lot about that. What I'm actually saying here is, inner stillness cannot exist in a turbulent world and one of the things that causes people turbulence in their inner world is the insecurity that comes from lack of money.

So, we need to have money in the bank and the average assumption is that if you've got three months worth of expenses in cash in the bank, you're OK. So, if my expenses on a weekly basis were say, \$300 or \$400, I'd need that, multiplied by 12, which is three months, at four weeks every month, multiplied by 12, I'd need that amount of money in cash in my bank, to sit there and feel relaxed about money. Now that includes my rent, my food, my insurances, all the things that I need to live. If my income got stopped tomorrow and I didn't have that amount of cash in the bank then I would be nervous. And that nervousness undermines us, undermines our inspiration, undermines our stillness, undermines our health, undermines everything.

Control in personal relationships comes from being comfortable with vulnerability. To create a strong relationship is very important and if we are comfortable with being vulnerable, we have perfect control, because there's no need for it.

There's only two choices. Get comfortable with being vulnerable or leave. Setting boundaries in relationship is really important but there's no boundary to protect you from vulnerability. Your laws and rules about preventing your partner from doing things that you don't like, just encourages them to lie. They love you, and don't want to hurt you but rules won't stop them doing things.

You're far wiser in relationships to say, I cause stuff to happen. If you can accept yourself as the cause of all your relationship problems right back to being a child, you can empower yourself to change what happens. But the poor individual who is trying to control everyone, blames everyone, and must be so vulnerable – it is impossible to imagine the pain.

And that's what the book I wrote, *Sacred Love*, was all about. It was just understanding the five principles that keep couples glued together. And when I say, glued, I really, sincerely mean glued. A couple who are living in sacred love cannot come apart. There's no way either of them can walk away from it. They might try or they might pretend, but they can't walk away from it. That relationship is sacred and it's just completely magnetised those two people together. But I don't see too many people really implementing the process, the five steps of sacred love. They take pieces of it, or bits of it and say, this is what I'm doing but it's the whole package of five steps of sacred love. Finding stillness, which is what we're talking about. Dealing with appreciation and romance, growing through the challenges, getting some common dreams together and the fifth one is making sure love is a lifestyle.

Step 6. Stillness - Interconnectedness

All by yourself, out in the middle of nowhere, it's really hard to feel a sense of stillness because you can feel disconnected. Connection to something is the ultimate relationship. Whether it is a God or Nature, or the Universe. Connectedness puts life in context. Sometimes it is family, sometimes a lover, sometimes a ceremonial icon. People around you give you context for your life. They're like mirrors, they're reflections back and that's so important for us, to be around people that we care about.

The more expanded your context of connectedness, the more connections you can feel in more turbulent conditions. When people get judgemental, they have to go inside a building, close the doors, kneel down and pray to feel some sort of connectedness. That means, as soon as they walk out the door they are disconnected, and this explains the reason people have such strong ego's. They build a wall to protect themselves.

There's something more universal than that; a connection to the earth. Connection to the earth means to the flowers, to the birds, to the volcanoes, to the water, to the fish. A sense of place that can't be taken away. It can't be diminished by some circumstance. A sense of connection to the earth is so important for us and it's something that we, from time to time, forget the importance of. When you connect to the earth it's really kind of like understanding what is life and what is death. Diversity becomes the mantra, not righteousness.

And so, you're an important part of something far bigger than you can understand. And that's stillness, that's when you look up at the stars at night and you lie there on the grass and you look up and you go, WOW!! What have I achieved, just by being here? What a magnificent opportunity this is, to witness the beauty of life, celebrate the stars, celebrate the earth, celebrate the water droplets and connect yourself back into the earth.

Step 7. Stillness - Beyond 'Emotion'

Stillness comes when we are without disturbance to our heart and mind. This means action with complete certainty, open mindedness and compassion, in other words, without emotion. The emotional person has only glimpses of stillness. The remainder of the time they are in the turbulence of life, spinning around thinking, worrying, stressed and making effort where no effort is required.

A few moments of stillness in the average life can be transformational. Life exists in stillness, because here the ego, the illusions of life, does not exist. Ego is the mirage, the illusion that our thoughts, beliefs, reactions, associations, experiences are real. Stillness is the awareness of the opposite. That in fact in emptiness, nothingness, there is life, because in that emptiness there is love. Love and this is the real pursuit of existence. Stillness.

You may want to change cities, move somewhere else, live in another country, find a new job, get over some issue, change the world, transform a social norm, fight against global warming protect the children, defeat evil, stop the war, feed the hungry, raise awareness and be a good person. We can respect the human need to find a cause, to express a social good and fight against injustice. But if any of this is done without stillness, can become just another part of the melodrama. We need stillness in order to create a purity in our intent. What is done from love will become love.

Step 8. Stillness - Emotional Stability

If your body, mind and heart were a horse and carriage. The horses would be the body, the carriage the heart of it, and the driver the mind. For the vast majority of people, the horses drive the cart rather than pull it. In other words most people let their body rule their head and heart. Therefore, the first skill requirement for understanding the art of stillness, is to train the body to obey the mind. That means, being dead still for 10 minutes, in one place, not even moving a finger. Try it. It is harder than you think.

Step 9. Stillness - Emotional Wisdom

How many times have you found yourself angry and frustrated because someone doesn't understand you? This reveals a common human issue. We think that we are what we think. Attachment to our knowledge, beliefs, stories, expectations spells trouble for everyone of us. It is from this fundamental place that all our struggles and challenges begin. Therefore, separating ourselves from what we think is a magic pill, an automatic release from a very troublesome habit. See if you can conceptualize this. You are not your morals and ethics. You are not your achievements. You are not what you think. Your opinions about things are your egoistic projection of who you think you'd like to be. Everything that you think, know, believe and worship is simply your ego trying to create some sense of permanency in an impermanent life (you are going to die one day for sure)

Once you have learned to be "dead still" the second discipline is to kill the power of the ego. "dead thinking" – In a state of dead stillness, and preferably only after you master that skill for 10 minutes, you start to withdraw yourself from your thoughts. You achieve this by just watching them. Now, this is more challenging than it sounds because you must not try. Therefore, you must let any thought that chooses to be in your head, surface. These might not be "nice" according to your self projection of who you are, but this is the art of emptiness. To just watch your thoughts without expectation or judgment. It sounds boring to some people, a waste of time to others, but please, tell those ego's it's ok, you will return to your ego after you finish.

Step 10. Stillness - Emotional Awareness

If our expectations are real in life, then whatever happens in life will not disturb us. Most people are disappointed with the world because what they think should happen and what happens are different. This is the most challenging step because it is the re engineering of the structure of the ego. Disturbance comes to us because our expectations are not met in life. But sometimes those expectations are at fault, not the event. As a result, we commit a grave act of violence on ourselves and others, expectations that are false. So, this third and most difficult step is to change the way (not what) you think.

Non Disturbance means thinking with real expectations. There are five key principles that underpin these real expectations, a sort of filter through which, illusion cannot pass. At first these five principles are challenging, it can take some tough love to cause your ego to let go of false stories and attachments, but it will if you just persist.

The five universal laws of nature are simple, but your ego mind might just kick like a horse when you consider them.

- 1/ Balance
- 2/ Harmony
- 3/ Abundance
- 4/ Growth
- 5/ Higher order

The skills required in the development of these five ego filters can be challenging. For example; most people think there can be a right without a wrong, a bad something (like global warming) without a good. That fails the first law. Another myth, is that of gratitude. People are so grateful for what they can see benefit in, and want to change the things they call bad. That's not gratitude. Gratitude means not wanting to change anything, appreciation for things as they are. These concepts challenge the constructs of our ego mind. And because we think we are what we think, they cause huge confrontation as we try to save our selves from extinction. (ego loss)

Step 11. Stillness - Higher Emotions

Gratitude

Health and gratitude are the same topic. Maybe this is the real middle path. If there are two sides to everything, (the first law of nature) then surely we will be thankful for both. Gratitude is referred to as “An Open Heart” and this is an amazing state from which to act. Thankful for the negative and the positive.

Presence

Emotion and presence are enemies in battle. Emotions cannot exist in the NOW. They can only exist when we think about the past, or the future. Fear and guilt. So the emotional person is both dwelling in the past, and hopeful into the future. This turbulence eventually sabotages all they desire. Learning the art of presence comes automatically to those who practice stillness.

Certainty

Certainty comes from patience, contentment, silence, balance and calm. When you stop wanting, and appreciate what you have, this is the energy that generates the certainty to manifest. Greed makes us reach without discernment, hunger leads us to fulfill our appetite with substitutes, distraction causes us to lose our focus (drop the bone) and dissatisfaction (fear) drives away the energy and support that people want to give us, naturally.

Love

Choose an object, which is something precious to you. Feel it, go deep into it and let it go deep into you. It is not for the purpose of achieving pleasure but for the purpose of achieving stillness. The moment will come when all other objects have left you, and there is simply one in front of you and then this one will disappear. When you have forgotten all, you and the object will merge.

Step 12. Stillness - See with your heart

You have to learn to become what you see. Seeing with your eyes is not good enough, you must learn to feel it. You see a rose, but this is with your eyes, and if your heart is not stilled, you are not feeling it. It is not true seeing is it? While there is a separation between you and the rose, you are seeing only with your eyes. That seeing is incomplete. When you see the rose with your eyes, there is no real experience, you are actually recalling a memory, from the past, and this seeing is just recollection. You see it and go Ahh, that's a rose, you intellectualise it and keep moving. Did you really experience anything? Only that experience you just had is the one of the past. Your memory substitutes even the smell, you are just too busy to keep smelling things, you say, "I already smelt a rose" But what about the rose you are looking at now? Just a short glimpse of anything is enough to revive the memory of the past experiences, and simply we pass on thinking, I have seen a rose it is beautiful, but we really haven't seen this rose.

You must remain with the rose. See it, with your eyes, and then feel it with your heart. How do you feel? Smell it, touch it, let it become a deep bodily experience. Close your eyes and let the rose touch your whole face. Feel it. Let the eye's and the ear's touch it, smell it. Taste it with your mouth. Put it against your heart, be silent with it; give this rose a chance to be itself, give yourself the chance to experience the feeling. Forget everything else, forget the whole world, make the whole world just this rose. If your mind is thinking of other things then your experience of this rose is not real. It will not penetrate deeply. Forget all other roses, do not compared this rose to any other rose, or any other flower. There is no need to say that this is better than any other rose, or this is not as pretty as the rose I saw last week, or this is an Australian rose and that is a Russian rose, they are unnecessary thoughts. Be here with this rose now and experience all it has do offer.

There will come a moment when there is no separation and you will say in your heart "I have become a rose, I am a rose" This is what happens in love. If you are in love with someone, you forget the whole world. If you are still remembering the world, then know well that this is not love. When you have forgotten the whole world; only the beloved, the lover remains.

Step 13. Stillness - Inner Sight

Every person in the world should train themselves to depend on the third eye as much as possible. It can make you a power in your day, if not in the world. It can work out your destiny. By having mastery of it, you can become an architect of your own life on earth, you will learn self-reliance. The third eye awareness will keep you wholly within the bounds of right dealings with all others, and then you will be able to show a generosity with the things that self awareness has accumulated.

When your eyes come to the front of your head they are in attention, when your eyes soften toward the back of your head, they are in awareness. One is hard one is soft. One creates tension the other releases it. First try it in selected periods. For one hour just be attentive to your breathing. By and by you will be able to change your attention into awareness. Then do some simple things -- for example, walking; walk attentively with full awareness of walking and also of breathing. Attention is to focus on just one thing, awareness is to be able to hold that focus and do many things. Do not create any opposition between the two actions of walking and breathing. Be a watcher of both. It is not difficult.

When you have mastered awareness over attention, these exercises help to open the third eye. Close your eyes then focused both of your eyes just in the middle of your eyebrows. Focus just in the middle, with closed eyes, as if you are looking with your two eyes. Give total attention to it.

Now this is an amazing awakening when finally you becoming aware of Prana in your centre of imagination. There will develop a blur between reality and your imagination, dreams and visions. By focus on the third eye, and awareness of life force, you become the beauty, you feel it, it is you. This is the key. You feel the heat, the warmth, that's the clue. If you are cold within, always feeling chilled you have lost the inner glow, the warmth of self love, the life-force has escaped. Then you need to turn the world inside yourself and find the third eye and feel the life-force, then inner beauty will come and you will again feel the warmth of inner strength return.

Step 14. Stillness - Act on your Inspiration

Inspiration is a higher form of intuition. It is an inner response, a deep intuition, a stream of wonder and bewilderment that comes to the individual through mysterious means. When a truly inspired person has received an inspiration, be it a writer, a poet, a composer, or a creator, they are totally satisfied. Their satisfaction is not with themselves, but with what has come to them. Inspiration is called “the soul’s reward”. It does not come from us but through us and requires steadfast diligence in thought, vigilance in word, and a deep order to make it manifest.

It is not by being anxious of receiving something that we are able to receive it. It is not by straining the brain that one can be inspired. It is not by worrying for days on end that one is able to compose a piece of music. A person who’s mind is cluttered, worried, stressed, or angry cannot receive inspiration. The individual who receives inspiration is a tranquil and unconcerned soul, calm and assured about what is coming. Certainly they desire to receive something. They are passionately waiting to conceive of it. It is by focusing the mind to the divine mind, that consciously or unconsciously, we will receive inspiration.

With this guidance, they will create or paint, with little recollection of how they produced their final piece. Inspiration comes to a musician as though through the voice of another. The music will appear, a complete song, with perfect melody and rhythm. A poet’s inspiration comes to them as though someone were dictating and they were simply writing it down. There is no strain on the brain while writing, there is no anxiety in receiving this information.

The best way to tap genius is to make yourself an empty vessel, free from pride of learning or conceit of knowledge. Become as innocent as a child who is ready to learn anything that is to be taught to you.

Step 15. Stillness - Learn nature's guidance

The revelation is that every leaf of the tree becomes a page of the sacred scripture, once the individual has learned to read. Every insect elects the mystery, the stars reveal the whole story. Great books become secret codes to the deeper mysteries and your life becomes a mirror of the divine laws that permeate the universe. Your separation from God and the universe can only exist when you consider yourself immune from the great laws, or you consider those great laws unevenly applied. Some individuals perceive a sense of great worthiness and this is separation because it implies that by doing good you become more worthy. Just like creating your own worthiness, people tend to condemn themselves with judgment. This is a dangerous practice, as our thoughts create our reality. It is truly your own thoughts which can consequentially result in the end of your existence.

The great mystics knew this. If they wanted to understand something, they simply observed it. They didn't criticize it, they didn't condemn it, they didn't reach out for it or avoid it. They just sat in silent observation of it. Great composers, artists and inventors have always had the capacity to be alone for extended periods of time. The greater their achievements, the more alone they were. Edison, lived, ate and slept in his workshop laboratory for weeks at a time. Interruptions would bring his mind back to the surface layers, so he would immerse himself in the inspiration of silence for days at a time. It was through this isolation that his subconscious mind could access that great ocean of knowledge in the central courts of heaven. It is from there it can tap discoveries.

Step 16. Stillness - A purpose greater than self

Why am I here?

Where am I going?

Who Am I?

Where did I come from?

The perennial teachings of life. Universal questions requiring universal answers.

The more certainty we have regarding the answers to these four questions, the deeper our stillness will be. Certainty comes through the answers to these four questions. The higher the answer, the deeper the individual.

Most people have not reached a clear state of realizing exactly what they love to do and what they are good at. By simply being aware that there is a greater plan for your life that waits to unfold in the course of life itself, you will begin to become in tune with something greater than yourself. Every incident that comes into your professional and personal life will be an opportunity to celebrate and to unravel the mystery of your life.

Examine your attitude. Sometimes people feel that whatever the work they are doing, it could not be sacred, not intended for them. They blame the work. The missing piece here is not what is wrong with the work they are doing, but rather understanding the work they are performing right now in the context of the bigger picture of their destiny.

It is in the doing of things that the wealth exists. A person who can say, "I love doing this" is far more rewarded on the cosmic level than the person who would say "I am doing this job because I've got to do it" Even an open heart will close if inspirations are not being expressed - the artist must paint, the sculptor must sculpt, the doctor must heal. All your inner stillness must result in action. When you do what you love and follow this inspiration, your opportunities expand ten fold. That's not to say things won't get tough, they do, but when you do what you love, the challenge is worth it.

Step 17. Stillness - Unlearning judgment

Once, many years ago, I sat on a mountain top in Nepal. I had given much to be there, and put myself at some financial and physical risk to arrive at this summit. It was my belief that, in achieving this “peak” I would be somehow transported emotionally and spiritually.

In my over loaded backpack, along with my ice axe and rope, I carried my beliefs with all my emotional baggage and judgements. I carried it all the way to the summit. Nothing changed really. I was just somewhere else, with the same old consciousness. I realized then, unless something changes, nothing changes, and the thing to change, is my consciousness. My judgements of myself and others.

The gift of reconnecting with nature, is that we change connect to our core. It is not something we add, design, manipulate or collect. It is a state we revert to, one that exists already within us, that we occasionally experience by accident, but now we reconnect, for life. All the knowledge in the world will not bring us happiness if we are falsely defining ourselves by our identity. No matter whether I become a born again Christian, a Fundamentalist Moslem, or an anti globalisation protestor, all I change is what I judge, not how much. To really add more love to my life, and therefore grow spiritually, I must learn that whatever I judge has two sides, and both add up to the whole truth as opposed to the emotional half truth.

Stillness, the real home of a relationship is a mindless state. It is a place of stillness, absolute stillness where we don't want to go anywhere.

Step 18. Stillness - Fall in love again, and again

Go together into a place of beauty and solitude and stop. Stop wanting to stop. Stop wanting to go. Stop trying to connect to each other. Just find stillness. Don't speak, don't look into each others eyes, don't try anything.

The person who finds harmony with nature does not give up material life, nor throw away technology or even stop the quest for SELF improvement. This person simply underpins everything they do with an awareness of stillness and peace.

In stillness, we are full. We are fulfilled, nourished, nothing is needed. No achievement can add to it. No pleasure can supersede it. We are content in our harmony with nature, and therefore, in this emptiness, we are no longer imprisoned by our mind. It is the emptiness of our true nature that frees us to love.

When we reconnect to nature in stillness it calls us away from our ego mind. It calls us away from our emotions and judgements and requests that we sit still for a few moments, in truth. A truth not dependent on our beliefs, or religious ideology or social construct, but a truth that is found, sitting by the edge of a lake, in silence not thinking at all. When we feel this awe that comes from the awareness of beauty, it reminds us of just how we felt as a child, when we opened that gift we never dreamed we'd get.

Step 19. Stillness - Overcome obstacles

Jane was proud to inform me, “I go into nature, I sunbake on the beach. I tan myself and feel totally connected to the sand and the sun.

Not wanting to spoil her sense of achievement I responded, “the connection to the sun and the sand is profound, and you can magnify this too. You can listen to the sound of the surf, you can feel the wind on your body, you can really expand this experience. However the most important element of connection to nature, is the not doing. When you sunbake it is possible that you are still trying to achieve something. You are trying to get tanned, and this, combined with the drowsiness one can feel in direct sunlight, can make it a little harder to stay present with it.

Being in nature is a non doing activity, you just take time to go there.

Follow Your Path

The Path

As one of my many and varied spiritual pursuits I decided to climb a mountain in Nepal. A friend had championed this exploit. I idolized her success and was setting out to emulate it. I took a couple of months off work and headed up to explore the mountains, get lost, become famous, find truth.

I spent six months preparing. Learning to climb up and down vertical cliffs with my finger nails, hanging from ropes about the thickness of my pajama chord and at the drop of a handkerchief scramble down mountains backward. I arrived in Katmandu to great celebration and ceremony. My friend had recruited the support of all her trusted Nepalese friends. I was, in an instant, one of the bunch.

I arranged for food drops, bought supplies and acclimatized in a mountain village for three days. I was ready for fame and glory. However, four hours into this month-long expedition, I stopped, took off my pack and threw in the towel.

Climbing the sacred mountain is a personal journey. No one can tell us what to do with our lives. However, we deserve to know the difference between our destiny and someone else.

Unlearn – every step up to the age of around 20, we create identity “who am I”. Every step after is the journey of unlearning all that imprisoning identification with judgment.

Step 1. Your path - Prepare to unlearn

To truly climb this Sacred Mountain we need to have a sense of our own personal truth, a sense of openness to life. To become open to life we must undo what has been learned and begin to accept that there are two sides to everything. That is the mountain's first teaching.

The greater the climber, the better the pupil they are. They learn from everyone, the great and the lowly, the wise and the foolish, the old and the young. They learn from their lives, and study human nature in all its aspects.

They say in the East that the first thing that is learned is to unlock what has been learned and then to unlearn it. We have to learn how to become a good student. It means loosing our individuality. And what is individuality but one's ideas and opinions, a collection of erroneous facts that, through conditioning, or experience have been adopted as truth.

If you have once said, "I dislike that person" -- that is learning. And then you say; "I know, I can like them, or I can have empathy for them". When you say that, you have seen with two eyes. First you learn by seeing with one eye but the load is too heavy; then you unlearn and you see with two eyes, this makes the learning complete, lessen the load.

Step 2. Your path

Become one with your journey

In spirituality we aspire to be complete. Whatever this means, the ultimate experience is to be in total contentment, to want absolutely nothing. To desire nothing. To be totally content with yourself. Then there is nothing lacking. There is no desire, no movement, no mountain, no you. From this place all actions are taken with purity and whatever you touch, whatever you are doing or not doing -- even just existing -- is a peak experience. You are alive and that is enough, each step up the mountain is a victory, the summit becomes just another step like the last one. It is all a wonderful experience.

Step 3. Your path - Prepare your mind

A good climber will become desireless. They say in some teachings that if you become desireless, you'll know yourself. But the contrary is also true. If you know yourself, you will become desireless. If you feel incomplete, you think you don't have enough, and this drives us to make climbing mistakes. The wrong foothold or a slip on ice. If we simply focus on the joy of the process, and allow the results to care for themselves we will perform at our best.

Finding your true spirituality does not necessarily mean that you are satisfied on the outside. It simply means that you are satisfied on the inside. True spirituality means that you have extinguished only the inner desire. But this does not mean that your external world is unproductive.

When we talk of this inspiration, we do not mean that you should become a monk, but we do say that you can become a total person, whole, complete. That means to create a balance, be centered and fulfilled as a person.

Step 4. Your path - Be centered

A person who is centered is the same, no matter who they are with, or where they are. They have the same inner quality. When alone they are no different then when they are with friends. They are completely natural. There is no need to pretend, there is no act to present. Falsehood has no place in their life because the center is the axis around which they live their life.

The infatuated person will jump for the sky, and reach great heights. For a moment they are not on the earth they have defied gravity. But the next moment, they are on the earth again. To hold your center no matter what is happening is a key to climbing high on the sacred mountain. You don't want to slip and fall do you?

For the centered person everything becomes sacred, beautiful whole. Whatever they are doing, whatever it is they focus their mind and take full mindfulness. Nothing is trivial. They will not say this is small and this is large. This is important and this is unimportant, no, for them everything holds the same weight. A self-actualized person, a balanced, centered person, feels in harmony with everything. You can feel it in their touch. The great doctors and healers of our time have been known for the power of their touch, the softness of the disposition and the power of the concentration.

Step 5. Your path - Hold Balance

Another thing about climbing sacred mountains is that you remain balanced. Not just your body, but your mind, and your pack and your life is balance. If you become one-sided or even make a stand or get righteous, which is polarized thinking, you'll fall down because, as you understand, everything is built in duality and to stand on one side or the other breeds imbalance. We know imbalanced thinking makes imbalanced body. So, if you don't keep your thoughts balanced, your body will be uneven and wooshhhh.

A person who is imbalanced will have significant swings of emotion from infatuation to resentment, elation to depression, attraction to repulsion, they find extremes attractive. Now you know that emotion on a trek or a climb is your enemy. If you have emotions you'll react, and then surely miss your footing.

Step 6. Your path - Relax - Be Cool

Lack of tension is one of the great keys to good climbing on sacred mountains, because tension, unnecessary stress and over exertion, burns people out too soon. You have to be at ease and not get stressed under any circumstance. Taking everything that happens to you on the mountain in your stride. Your mood changes for nothing. Nothing disturbs you. Nothing can dislocate you from your home in your heart, your true center. You are fulfilled and therefore not greedy to over reach, nor shy to under reach, you are content. Then, every breath is a full breath, silent and blissful you need nothing within. This is the ultimate freedom of the great sacred mountain climber, for everything this person will do they will do out of love, kindness and commitment. There is no hunger, no desperation, no fear.

Step 7. Your path

Set your vision, then forget it.

Most people see reaching the summit as a difficult attainment. It's not. It is neither difficult nor an attainment. Wherever it is that you are on the mountain is a summit of sorts. Maybe by celebrating, your summit is just where you are, is better than building great big expectations that deprive you of the fun in climbing it.

It's an amazing shift when, one day you say, I am here, on the summit, today. That means every day is the summit and there's no delay. You don't need to say "when I" or "if I" - instead, you can say, "it already is". It is not the journey to some other point somewhere else; you are not going somewhere else. You are already here. That which is to be obtained is already attained. This idea must go deep. Only then will you be able to understand why such simple techniques can help you climb mountains.

Step 8. Your path - Seek perfection

If you are not perfect already then there is no possibility, there is no way that you can become perfect. The whole situation is totally the opposite of therapy. There's nothing to fix, just something to get used to. You are already that which you want to attain. Then climbing the sacred mountain is not an attainment, but a discovery. The summit is hidden, but it is hidden in very, very small things. You need to work at it, but it's already there.

Step 9. Your path - The right equipment

Personas are just like crampons and climbing ropes. Your body is here, so you need some ropes and shoes and jackets to protect it in the climb. Your spirit is here also, however, it doesn't need ropes and things. These ropes and crampons and clothes are your personality and they are vital to the climb up the sacred mountain. We use these ropes and crampons for so long, we forget that we can do without them sometimes. We become so identified with the clothes, that we don't even recognize them as ropes and crampons, we think the equipment we carry is us. We think these clothes and ropes and things are who we are, and that is a big barrier.

We need to separate the equipment, personalities into groups. Essential personality goes near the bottom of the pack, and then ever decreasing personalities closer to the top. The whole idea is that, from time to time, we can take the pack off our back and sit in the sunshine without any personality. Free and in our true spirit. This is the key isn't it? To really know how it feels to climb a mountain we need to be able to feel what it is like to just be there. Then we can put the pack on our back and go out into the storm and that helps, and then take it off when we want to rest.

Step 10. Your path - Patience

It seems that, in order to learn to be consistent with our climbing of sacred mountains, what is most needed is patience. Sometimes in the form of endurance, sometimes in the form of surrender, and sometimes in the form of forgiveness. But, most of all it requires the ability to see beauty even in the frustration. When the weather turns bad, we can see that we are powerless and that frees us to enjoy waiting for it, the storm, to pass. It is wisdom to know the true limit of ones capacity to influence things. Changing the universe is not a high ambition. Sometimes the greatest nobility is acting from the truth of ones own core, acknowledging with patience the limit of the situation and honoring that.

Sometimes that means letting go of people and situations we had ambitions for. You know, if the weather is bad, what can you do? You need real honesty here. Maybe the friend you chose isn't able to climb with you after all because they have fear. You can't compromise your climb so you send them back. There's no use asking another person to change just for your benefit. Sometimes you simply need the patience to let them go.

Step 11. Your path - Self mastery

1/ Skills at letting go

To really be here, to show up in a relationship or work or sport we must let go the past. Each day the sun must rise anew. The past is dead. To show up, for intimacy, for work, you must let go the influence of the past.

2/ A huge perspective on things

The further we travel away from something the clearer it gets. Life viewed from an anthill looks overwhelming. But from the center of the cosmos is completely in order. Creating a huge perspective is the ability to see the order in the chaos, the cause of the effect. Simply put, you get to see truth.

3/ Plenty of wise smarts

You must know the skills of balance, centering and releasing tension and undergo a P.C.D test (personal crap detector test).

4/ Plan a future

Tomorrow is built on today. Action today creates results tomorrow. We must plan our future otherwise it will plan itself. You will need to demonstrate that you can read a map, plan a route, know what to do when change comes and inspire in the judges, a clear confidence in your ability to follow instructions.

5/ Talking to yourself

There will be no instruction manual on the mountain. Therefore you must become your own coach, cook and bottle washer. This requires a deep and meaningful sense of self-reliance. Even to the point of enjoying conversations with yourself. Why did you do that? “ My inner voice told me to” -- inspirations on the mountain are many so you need to demonstrate this skill.

Step 12. Your path - Positive Perspectives

Your mind can create difficulty in climbing the sacred mountain because it's usually out of control. This is the nature of the mind. It gravitates to a certain way of thinking, which produces emotion, which produce chemicals, which cause disease and then we die. So, we want to find a way to slow that process, and the answer is - Mind Control.

What fills our mind, day and night causes our stress or our happiness. It just depends on how we see things. What fills our mind is truly a matter of perspective.

What you think depends on the viewpoint from which you think. If you select the right viewpoint you'll see order in any chaos and then you won't be stressed, and this will transform your life from this moment onwards. You'll become a leader and not a follower, one who looks from a balanced viewpoint is a person you would be interested in following because they could guide you rather than mislead you.

Step 13. Your path - Remain humble

Perspective means everything. It means clearly that, if there were millions and billions of tiny people living on a grain of sand, and even if that grain of sand was so small that it was totally unimportant to us, they would seem as great to themselves as we do to ourselves. A grain of sand would appear as vast a world to them as our earth seems to us. And those tiny people could in no way manage that grain of sand unless they got off it and looked back. Unless they could see the whole grain at once, and recognize how small it was and how irrelevant they are individually, they would have no real humility.

On the sacred mountain you are less important than a tit ant on the bum of an elephant, less important than that, in fact you are a tit ant on the bum of a bigger tit ant on the bum of an elephant, and that's over estimating your importance. To climb sacred mountains we have to rise above our little concept of self-importance and begin to find those things, which really connect us to the bigger picture. If you really think, nature, the mountain or anyone really cares, you are not going to last long on this mountain. You have to remain humble to the huge vastness of that mountain.

Most people don't understand the smallness of their life and this self-importance leads to violence, stress, greed and health problems. The cost of an anthill perspective of life is more than that. The cost is that those things that are really, really irrelevant get prioritized and therefore many people die before they die. Self-importance means people stop valuing humanity, time and kindness then the sense of awe vaporizes. People so easily lose that childlike wonder that is the human spirit, and gravitate to goals, objectives, self-improvement and work as the expression of their life.

Step 14. Your path - A bigger picture

You look into the cot, and there's your baby. She's asleep and tears flood. It's awe. How something so fragile can appear. How delicate and small it can be and so vulnerable and perfect. On a starlit night you can lie on the ground and look to the stars and something fills your heart. It's awe. How amazing and you can see just one millionth of one percent of one percent of just your own galaxy. There are 50 billion more galaxies. Thankfulness for life is a precious part of the climb.

We rarely step out of the comfort of our own small reality, yet when it is remembered that this earth is but a tiny grain of sand in a shore of almost endless drifts of sand, you see that this viewpoint will be limited. Most people's perspective is the visible distance from their home, they have never explored the world. The travels they have made have been hardly a scratch on the globe. Most people are self focused, worried about the milk bread and survival. They are too busy or stressed to look up and wonder about the context of their existence.

Step 15. Your path - Give

Climbing the sacred mountain, we can get caught up in self-absorption and this is risky if we ever need help. It's difficult to ascertain the exact definition of "I". It is something that is beyond human comprehension, beyond definition. An individual may call themselves a body. They identify themselves with their body. They say, "my body is in pain, and therefore I am in pain". There is no separation between the inner self and the body. They say, "I ate a great meal, therefore "I" am happy, the body and its pleasure and pain is their only viewpoint. If they cannot tolerate pain, then they avoid stepping forward. If they cannot tolerate pain they seek to avoid challenges and therefore can't apply themselves to the climb.

To climb steeper and steeper slopes, which is our destiny, this conception of "I" must become bigger, richer. When we are capable of seeing that we are not simply "body", but also " thoughts, feelings and imagination", then we are able to understand the human being more as a whole. Therefore, we are not only our body, we are also our mind, we begin to feel bigger than before, a bigger context to see our life. We also have more responsibility as we begin to recognize the cause of our suffering.

Step 16. Your path - Keep It Simple

The magnificence of spirit is found in simplicity. The search for truth, is the unconscious search toward these sacred laws. They are at work throughout the universe and may be called the natural laws of life. These laws are self-evident. They must, in order to qualify as universal laws, exist in every day as well as in the great eternity of cosmos. Evidence of them can be found in music, in dance, in business as well as relationships. The universal laws are found in every walk of life and they are magnificent.

One moment standing in the midst of nature's orchestra with an open heart seems like a whole lifetime, if we are in tune with her rhythm.

If emotions start to obstruct the journey, by following the instructions in this book you will be able to transform those emotions back to truth at will.

Through this consciousness, there is an implied merging of stillness and fluidity. Stillness is vital because unless the mind is still, it cannot find truth. The world itself is fluid and endlessly changing, flying around us in busy chance events, yet, the spirit at the heart of all this restlessness must remain still, motionless, resonating in harmony with nature.

In our complex world, we have the opportunity to simplify our understandings by relating everything to nature. Nature is the keeper of sacred law. The forest, the ocean, the sky, species, rocks, plants, animals and insects all have a voice. It requires silence and wisdom to hear it. Knowing those laws will create harmony in your work, stimulate the environment you create, direct the exercises you do and help create the depth and silence to open your inner ear to the voice of inspiration.

We cannot do what we love if we continually loose the essence of who we are. This is out of integrity. A turbulent individual cannot create healthy environments. Stillness, harmony and beauty is our connection to inspiration. If we become emotional and insecure we loose the foundation on which we live. A closed heart just creates trouble.

Step 17. Your path - Balance your thoughts

When we look to the stars we see balance. We know that the earth and the sun are in a dance. If either one were to push or pull too hard, all would be destroyed. A delicate balance exists. Thus, those who say, they would have right without its correlate, wrong, or good government without its correlate, misrule, do not apprehend the great principles of the universe, nor the nature of creation....I don't understand that sentence

If one single atom, in the entire universe were out of balance the whole of creation would be destroyed. The mountains express this law of duality through growth and decay, birth and death, weather, sun and snow, morning and night. These are all the manifestation of this greater law, and to climb the sacred mountain you need to know the mountain, and this law is the mountains voice.

Danger only exists in the mountains when a person tries to defy nature by creating imbalance. Stress is caused by imbalance. All stress comes from the mind, a way of thinking, choices we make. So, on the mountain we say, "it is not what you think, but how you think" These are the forces that disturb the mountains and put you at risk.

Since the forest is the keeper of sacred law it is a worthy beginning to ask it to share principles of reality. The mountain, the ocean, the sky, species, plants, animals, insects have a voice. It will require the deepest silence to hear it, and it is here that you are invited to observe, sacred mountains are speaking, the law of balance is in its voice.

"Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their freshness into you, and the storms their energy, while cares will drop off like falling leaves." John Muir

Step 18. Your path - Evolve

“Everything flows, out and in. Everything has tides. All things rise and fall. The pendulum swing manifests in everything. The measure of the swing to the right is the measure of the swing to the left. Rhythm compensates” The Kyabalion.

Nothing in nature is aimless. There is a purpose in all things. It is the harmony of nature. Everything has a purpose, everything thinks. Trees and rocks have a beginning and an end, they have an innate destiny, they begin in one form and end in another. In the seed of a tree is its destiny. Birth, life death and the vital things in between which make it fit into the puzzle of life, are prearranged.

All the eyes of nature are turned towards the future. Everything is preparing for something that is ahead. All parts of the nature’s kingdom, from the blade of grass to the giant trees, think and the thoughts are for the future. The grass plans to make fruitful life. The tree plans to build houses for homes, wood for fires, oxygen for life. Nothing is in vain. Nothing is aimless. Nothing is useless. All is evolving.

Then, in climbing the Sacred Mountains, we must attempt to embrace both the known as well as the unknown, because one is chaos, one is order and between the two, growth takes place. If we shy away from the unknown we will attempt to be in 100% control, which of course, breeds its very nemesis.

Step 19. Your path - Be abundant

Nothing is missing it just changes in form. This is the essence of the third law of the Mountain.

Abundance is existence. Nothing was or is new. It is a change in form. That the cosmos is filled with space does not imply it is empty. Thought must have existed. Light is its child. Matter is the grandchild. Therefore, the original thought are imbedded in everything. Where is God not?

So as we climb, we must search for opportunity to be thankful. Nothing is missing for us. If something leaves our sight - or we loose something, it is not worthy of grief. We must instead search for it's re-appearance, simply in a different form.

This is how we keep our sanity. We are not bemoaning what is lost but moreover celebrating what is found anew. In this mind state, nobody can die, nothing can be lost, we are free to transform any attachment from the physical, to the spiritual, to virtual to reality. Now we are truly climbers, unstoppable in our mission.

Step 20. Your path - Find harmony

The whole mystery of the mountains can be unraveled in the understanding of harmony. Water, when frozen, turns into ice and snow, so does thought turn to activity in order to materialize itself by a shift in vibration.

To be able to find some meaning, some purpose in everything, is worth more than all else in any line of investigation, especially when the plan of creation is under discussion.

Nature is the mirror of truth. Nature holds the key to the magnificent story of life. She is ready for you when you are ready for her. There is nature surrounding you every moment and you can study her with the deepest of reverence.

Step 21. Your path - Higher power

Everything in the universe reports to a higher power. It is the law of the one and the many. Obedience is the nature of things. To defy that obedience is a disastrous move while climbing sacred mountains. The mountains are kings and queens we must obey.

All things have a central power that controls them. This is a self-evident law. There never was or could be a tribe that did not have its chief. Nor has there been a city or a town without a mayor or leader. There is no body of people that is without a leader. No government has ever existed without a leader, or a group of leaders. All businesses have their leader. And partnerships that are supposed to be composed of two people holding equal rights and rank always have the senior partner, and one voice is stronger than the other in the management of the business.

This fact is due to the necessity of centralizing the control of everything. But it is also instinctively derived from the same law that pervades all creation. The individual who cannot obey the guidance of their higher power, their soul their creator, cannot hope to tap the universal ocean, nor reach beyond an earthly viewpoint. They are what is called self-centered because the center of their universe, to them, is within them.

Step 22. Your path - Be responsible

People climb Sacred Mountain for many reasons. But the most basic one is to be free of tension and therefore really get to know themselves.

Infinite volumes of leadership literature can be reduced to a few simple choices. Either, to be consumed by tension, yours and others, or to rise above them. It is really that simple. Tensions lead us to live a reactionary existence and represent our inability to climb with integrity.

It is a practical and powerful expression of real love and respect for the mountains to take the tensions, both your own and others, and to deal with them without disturbance. As you cultivate this love and respect you are developing a powerful relationship with the environment, the mountains are calling.

To lead on the mountain is not just an act of service. It is really about becoming aware of the beauty around you, whether you're walking, climbing, resting, struggling or sleeping in the tent. Then, whether you're sitting still or moving around is irrelevant. You will be in tune with the mountain, the people and the laws all at one time.

Step 23. Your path - Avoid reaction

As you climb your own mountain, know this. Any reaction you have to external stimulus is distorted by your perceptions and therefore untrustworthy. Reaction of any kind will lead to disaster because you will loose where you are meant to be in favor of where your emotions take you. And this is not good.

The effort you need to make now is not one of figuring out these tensions and experiences themselves, because that's practically impossible. Rather, the effort must continuously be one of reaching inside yourself, opening your heart and mind and feeling the flow of energy within you.

This means allowing experiences to go deeply inside of you before you react - deeply beyond your ego and mind so that whatever their energy may be, it can simply have its effect and be done. Most people resist doing this. They say I am working through something. And that is a lie.

Step 24. Your path - Healthy emotion

Our responses can be divided into two groups, wise and unwise, or skillful or unskillful.

The unwise group – lower thinking - emanate from the small self, they experience as fear, hatred, aversion, greed, attachment, doubt, and jealousy. When we are in this mode we are in reaction to the world. These are strategies of aversion, fear, protection, and they lead to unhappiness because each has an opposite.

The wise group, emanate from higher thinking - love, wisdom, joy, equanimity, confidence. They are natural states that do not result from reaction. The climber must learn an openness that goes beyond the small sense of their self.

Step 25. Your path - Trust your intuition

Our intuitions are simply small inspirations. We must learn to trust them because on the sacred mountain these are all that count. Our opinions, our beliefs, our desires, ambitions, can be so strong, we can become so weighed down by them, that we are incapable of knowing our intuition. Our heads are so bowed in thought as we walk our spines begin to drift and we see no one. So, opinion, judgment, evaluation and ambition lack heart and therefore bring about confusion. And surely, any action born of confusion must lead to further confusion, further turmoil, all of which reacts on the body, on the nervous system, and produces illness.

All unhealthy responses can be transformed to skillful responses. Life is a stream of experiences, thoughts, feelings, sensations are always changing, including feeling pleasant and unpleasant. They alternate, as the Buddha said- “The worldly winds of gain and loss, pleasure and pain, happy and sad”. If one knows this, in their deepest heart, there is an automatic reduction in delusion, fear is reduced and life becomes less reactive and emotionally painful.

Step 26. Your path - Energy within

As a climber of Sacred Mountains you need to turn your attention inside of yourself every day. In doing that you can open your mind and heart to feel the flow of energy within yourself. Then the issues in your life become smaller. Your notion of who is living your life and who is motivating your body totally changes. With this morning practice - daily preparation - you begin to embrace a real appreciation for the opportunities you have to interact and communicate with this gift of life, in any form. Then, whatever path you take up the mountain, whatever you do, whatever game you play, it becomes merely the arena in which you discover and express your interchange with your spirit.

You must learn to open without getting lost. You have to remember who you are and where you're going, in the context of this inner effort you make to remain open. This is necessary so that the energy you absorb and consume, and the expansion that results, will re-articulate themselves in your life in concrete, practical and beneficial ways, which will serve you and all the people whose lives are connected to you. Only in this way will you really learn about energy – about the subtle energy of life itself.

Step 27. Your path - Raw honesty

It's really strange that, in the trauma of a high mountain, that one might use the word gentleness. Gentleness amongst the boulders, ice fall and avalanches? What are we advocating?

Gentleness is the principal thing that evolves from the heart. One can see how gentleness works as the principal thing in every art. Anger, frustration, stress and violence then, are the enemy of the climber. Gentleness should be the aim. Do no harm becomes the motto of the seeker.

Now this might still seem a little remote, but understand. The journey is not in reaching the destination, many people can summit using anger, but the process of ascending is what is important. To summit with anger might take over the ego, but there is a price. All the great teachings of nature reveal that things done in darkness return that expression ten fold. The sacred circle, what we do unto others will be done unto us.

So, mind your step, be honest with yourself on this journey, check your intent, your motivation. If you are in reaction, competing with your ego, fighting life every step in order to prove something, then it is wise to release that because what will eventually be proven is that which you most wish to escape.

Step 28. Your path - do no harm

The more one studies and understands truly great people of life, the more one finds that it is the integrity of their heart that created real and lasting achievement. Thus, the intent behind our next forward movement is most important. Your purpose is built within your heart and when you act with a certain expression toward it you are building your true earthly worth. Nobody can love us more than we love ourselves, and self-love means that we do things privately and publicly that are worthy of that love.

In climbing you must try to be in the moment, quiet, focused and not talk too much. Then you will have a far deeper and more accurate understanding of what is required of you. Emotive response to challenge is likely to result in disaster, emotions are a sign of lack of presence and without presence, truth is disguised. Even if somebody says I want to know right away and you feel emotions like uncertainty and fear, then you can say, "well, I don't know right this second, but I'll tell you tomorrow". You should avoid making choices based on emotions.

Step 29. Your path - Be open

The paths to truth are many, and it seems, everyone thinks their clock alone tells the correct time. The entire world is being driven insane by this single phrase: “my religion alone is true”. However, wanting to reform the world without discovering one’s true self is like trying to cover the whole world with leather to avoid pain of walking on stones and thorns, it is of course, much simpler to wear shoes.

Many people go out into life, and meet with all the contracted energies and every other complexity that could obstruct their efforts, and then, after all that, they think about their spiritual practice. Like spiritual practice is something to tack on when all the “important “ things have been taken care of. Not surprisingly, by that point a person feels “Oh, I’m too tired already” and gives up on the idea of developing a spiritual practice.

Start each day with your inner work, and as you move through the day, you will meet each opportunity that presents itself from a better center. It is a question of where you begin. Try to start out with an intense love of life, and an intense love of God, whoever that is for you. Then take that love and do whatever you are called upon to do.

Step 30. Your path

Never act on your emotion!

Nothing is without pain, yet there is a big difference between pain and suffering. Pain is when you cut your hand. You don't worry because you know it will get better. Suffering is when you're not sure and you worry about what is going to happen. If you live from tension or from need, from drama or from difficulty, then what you get back will be tension, need, drama, and difficulty. If you live from lightness, joy and love then what you get back will be the duality of pleasure and pain, it is very different.

As a climber of sacred mountains, you must be aware of what is going on inside of you. When I say to be aware of what is inside, I do not mean being aware of feeling jealous or happy or sad. All of that is nonsense, and most people simply use such circumstances in life to become hysterical or dramatic. Instead, I mean having a sense of your heart within you, no matter what goes on around you. Knowing that everywhere you look there are two sides that beauty exists in all things.

Step 31. Your path - Face challenges

Start with some composure – some self-control and heightened sense of awareness to increase your concentration in the moment. This will allow you to distinguish between what is true and productive, and what is excess baggage, emotional reaction.

During challenge it is important not to react. Try to be in the moment, quietly, and do not talk too much. Fast response to challenge is not likely to result in anything thoughtful. The best thing is to be as quiet as possible, and to think about the matter for while before expressing yourself.

The real challenges are not always random and spontaneous. The real challenges are the ones that keep coming up over and over again. They challenge our limited understanding, our limited capacity, and the ways in which our emotions and our minds inhibit the flow of our creative energy. Small things add up and make you easily distracted.

Remember, you always have choice as to how you respond to any situation. There is a wise way and a not wise way. Wise is to see the balance, the two sides of it and then choose the action. Unwise is to see one side of a thing and then react, one is powerful and truth, the other is illusion, it is a choice.

Step 32. Your path - Get out of your head

Growing is the answer to pain, suffering and disappointment.

Thinking about problems doesn't solve them, getting above them does. Real work is the distillation of overwhelming problems, into smaller and smaller realities. Then we can say, "What thought caused that, or is causing this". Then, by changing the thought to a universal law, we tune to nature and from this, we evolve.

When someone next to you complains about so and so, or blames the company, or their ex-partner or the economy or even the president, you can say, "Evolve ya Bastard" they'll appreciate the reminder (usually).

We grow through problems and challenges, that's nature's intent.

Step 33. Your path - Discipline

1. Small things are the most important
2. Proper periods of rest
3. Fun
4. Proper food and drink
5. Good breathing
6. Regular elimination
7. Healthy mental and emotional space
8. The right resources
9. Contentment
10. Avoidance of excesses
11. Humility
12. Confidence in Fate
13. Adaptability
14. Appreciation of the current moment
15. Take Responsibility - Evolveyabastard.
16. Truth - Know yourself well.

Self Mastery

Long Life - Happy Life - Self mastery.
Know what kills most people and then
do the opposite.

Self Mastery

What kills 90 - 95% of people in developed countries? Only 5% of people die of old age.

Overeating
Stress
Excess work
Ingratitude
No play
Mental anguish
Worry
Salt
No exercise
Overweight
Under eating
No diet management

Step 1. Self mastery - Follow Nature's Hand

In the book of Proverbs, the ancient Wise Man tells us, "For as he thinketh in his heart, so is he." When a sick person constantly convinces themselves that they will never get well...it becomes almost certain that they will carry their troubles to the grave. Your mind is really the controlling factor in your entire make up. This is why you must cultivate only good thinking.

Your mind can rule your body. The mind can be in command of the body. Mind influences flesh.

You need to master the body otherwise the law of obedience is not functioning and you are denying nature's hand. The perfect way to master the body is by putting it in positions of rest and demanding obedience. No movement. That's it. Freeze for ten minutes. Then watch the itches come – the discomfort rise as the body states to tell you mind that "this is crazy, there's absolutely no use" and you mind becomes the slave. See if you can build will by freezing the body. Include the tongue, the eyes, the finger tips.

Step 2. Self mastery - Learn to Rest

In our competitive business world we build up tremendous pressures, tensions and strains and try to project a healthy image – it takes tremendous energy to project an image and uphold this image. Rest is something few people know how to do. Being still is something few people enjoy. We must schedule into our day time to rest. Begin to live as nature wants you to live. Demand of yourself a higher standard of health and happiness. You cannot receive higher health unless your body gets its rest periods to develop new vitality and energy. Regard your body as a machine under your care and supervision and every machine must have rest periods or you will build up too much nervous friction and tension. Seek a life of peacefulness and serenity as you grow older, away from the pressures and stimulation. Put yourself in Nature's hands and let her run your machine, heal your ailments. Your rewards will be many in renewed health, a calmness of spirit and a new awareness of the perfect natural beauties that nature has bestowed upon us so generously.

Step 3. Self mastery - Before one can fight and win the outward battle, one must win the inner one

Poverty is more a state of mind than an external condition. Most people struggle for small rewards because they are shackled by an unarticulated belief that they are not the kind of people who are worth the finer things in life.

Our maker never stops us from possessing worthy gifts. It is our own lack of faith in our worthiness to receive the gifts that prevents us from possessing them.

“To have a sense of your own worth, you first have to do something that is worthy of your own respect. And this is the bottom line. If you don’t do a great job of whatever you do, you will sabotage it. This includes hard work along with determination and perseverance. Concentrate your energy on the things that make you of worth to others: the competent and faithful performance of your duties, care in honouring your commitments, and the energy and creativity you bring to your tasks. This is the battle within”

Almost everyone thinks they want to be rich, but in reality most of us are exactly where we want to be financially. Obtaining prosperity is not about what you are willing to do to gain it; more importantly, it is what you are willing to give up in exchange for it. This is an extremely important principle to remember. It is like the making of a superior athlete. The first thing the athlete has to confront is the question, What am I willing to give up in order to become a great athlete? Am I willing to give up the time that I spend with my friends? Am I willing to forgo the parties and fun times that my friends enjoy? Am I willing to forgo delicious, fattening food in exchange for a disciplined diet program? The list goes on. This is the real health.

Step 4. Self mastery - Willpower

There can be no arguing that many mouths function as litter baskets and garbage dumps.

Bad habits must be broken with the will, a commitment. This requires a view on life greater than the appetite. The moment there is no will, there is no context for giving, no discipline. There must be a goal, a future and plan in which the habit of everyday life fits in some context. If you live for the day you will eat for the day. Live for the eternity and you will eat for eternal health.

Break habits requires context. No one can be excused for ignorance these days. We are now conscious of good and bad food, we are simply caught up in wrong thinking. Someone says – be in the moment, it becomes difficult to have any discipline. Because in the moment there is no need for any discipline. You eat till you are filled. But what they really mean is be in the moment with your inner awareness but do in the moment for the future.

Step 5. Self mastery

Be in the moment, act for the future

If you don't care to cultivate commitment and discipline, then you will struggle to find any use what so ever in living. What good value can you be in the world if you do not commit yourself to something? What would the years ahead have install for you that makes you want to remain on earth? The whole generation of which you are a single unit, consists of millions in millions of people; and they as a whole constitute just one step on the evolution of humanity. Should you think that it is possible, to waste your life, then nature will act in accord with her own laws and make best use of her resource. You will be challenged.

Step 6. Self mastery

Use the fuel of emotions to build your life rather than to destroy it

Emotions are natural and wonderful but to follow them, to use emotions as a guide in your life is the poorest of all religions. Emotions are there to awaken you, to enlighten you, to absorb you in life but they are not the outcome of your life. Emotions connect you to life and earth, but they are the joker, they lead you, they provoke you and ultimately you must, in the interests of life mastery and the spirit of your dreams be seen for their fallacy. Emotions are not life, but your reaction to it.

This diverse range of frequencies of the human condition give rise to our emotions. The lower thoughts produce vibrations (emotions) of the lowest form. These include – anger, violence, aggression, infatuation, resentment, attraction, repulsion, and extremes of any nature. Fundamentalism is a low consciousness vibration. Stressed thoughts, tension and possessiveness, are unconscious emotions of the lowest vibration. Emotions of higher vibration, higher consciousness on the other hand are emotions of a balanced nature, less confused, more moderate, gentler, kinder and less extreme.

Step 7. Self mastery - Independence

Every person in the world should train themselves to depend on themselves as much as possible. Societies are based on interdependence of people and this is healthy; but in this interdependence there is dire need to be self aware, self driven and self conscious. Self awareness, is a trait that has not been cultivated in our society, but that is part of life. It is the decree of nature for people to cultivate self-awareness. Make yourself a power in your day, if not in the world. Workout your own destiny. Be an architect of your own life on earth first. Learn self-reliance. Keep wholly within bounds of right dealings with all others, and then you will be able to show a generosity with the things self-fullness has accumulated. You cannot give what you haven't got.

List your strengths and weaknesses. Now find the strength of the weakness' and the weakness of the strengths and see that, there is nothing about you that is wasted or not worthy and certainly nothing to change

Strength – caring --

the weakness of caring is getting caught up in other peoples business, being distracted, rescuing people from their won life journey

Weakness – self indulgent –

the strength of self indulgence is self care, honesty, protects my insecurity, makes being vulnerable tolerable.

Step 8. Self mastery - Plan the future

One night I went to dinner and these people had been to some guy and told them their fortune. The future they spent their whole night trying to convince me to go but I don't give my power away to sooth Sayers, astrologers or anyone. That's my responsibility. The future. And if I have no commitment to my life, the moon will run my emotions. But I can determine my mood any time. Why know the moon if I can know my own mood? Physically I might know the moon is full because there is allot of energy there and it feels very strong and the new moon affects me physically too, it makes my body feel weak. I rest when I am feeling weak and I am careful when I am feeling too strong. This can help.

Don't listen to sooth Sayers. The law of cause and effect, determines the future, and these laws are much more scientific than fortune telling, astrology and psychic readings. There are reasons other than the stars that determine what the future has in store. Oracle's cannot tell the future, nor have consultants had much success. Ninety percent of estimates of the future fail. In fact we know thousands of careers that have been ruined by advice from some of the best in advise. You do not have to wait for experience, and you don't need to seek the advice of fortune tellers, astrologers, or other so called predictors of the future. They will lead you to places divergent from the natural sequence of life.

You need most of all to know the cause of the future. Go back over the universal laws and consider how your expectations of life and your patterns of behaviour can fit with those undeniable laws of nature.

Step 9. Self mastery

Associate with like minded people

There is great wisdom in saying a person is known by their associates. In the East much thought has been given to this, especially from a spiritual point of view. For those who seek to live in raw truth will be drawn to company of those on the same path. This is more precious than anything in the world because there is an automatic addition of resources. Everything else comes after. Association is held as the first and most important goal of self actualisation.

If you want to change your life, you must change who you associate with. Or they too must undergo some transformation. This is so important.

Think of those people who you still share time with who are still resonating with your past, note how your association keeps you living in the past. Take time to think of how to associate with more like minded people. To be in environments that challenge you to grow. Not emotionally, as a contributor.

If you want to change your life, think of the outcome of that change, and who you can hang out with who have achieved that outcome. Then, simply go and join them, their clubs, their business.

Treat yourself as you wish to become.

Step 10. Self mastery - Friends you can trust

One of the first things we need if we are to seek and find this stillness is to have friends who really understand the larger viewpoint that causes us stillness. People you can trust. Of course, to give real trust it's better if you believe you are with someone who deserves it, someone who has the capacity for trust, who has the self confidence that demands of them honesty in human relations. Finding someone we can trust is something we have to work at, because we won't find that until we can trust ourselves. It's not so easy, and sometimes it is easy to become cynical. Being cynical doesn't help, because then we cut ourselves off from learning anything. When do something that is worthy of our own trust, we learn to trust ourselves, our consciousness expands tremendously and our ability to trust life itself expands. This is the beginning of the unfolding of a deep and intimate relationships with self, other and creator. It is out of our ability to trust that real love emerges, no matter what the circumstance.

Think about your friends and the level of trust you have for them. The truly closest person to you is the one you can trust most. And they are the person who judge you least.

Step 11. Self mastery - Will power

What we call willpower is more accurately, love power. In metaphysical terms the power of love is the power of will. When a person says, “I love to do it”, it means, “I will to do it with all my power”, which is a stronger expression and really means, “I fully love to do it”.

Will power is a combination of physical and mental strength. Our hands, with all their perfect mechanics, cannot hold a glass of water if there is no willpower to support it. If willpower fails us, a person seemingly healthy, will not be able to even stand. Therefore, fish do not swim with their body; they swim with their will power. If a person cannot concentrate, cannot keep their thoughts still for a moment, it means that will power fails them, as it is will which holds a thought.

People of weak willpower have an automatic discharge of energy, they are restless, fidgeting always tired, this is tension. They unconsciously waste their energy because they do not have the willpower to direct it to something productive. Even getting out of a chair is a mammoth task. To change this, to build will power, requires the accumulation (stopping the wastage and storing it) of this wasted energy and the first step on this trail is exercise. Then comes the will power, the disciplines to focus it, to direct that energy into the productive activity, work or hobbies, proper channels of life, otherwise it just becomes restlessness and desperately seeks discharge. I worked with Native youths in Canada and they were so wonderful and had such vitality but no avenue, no constructive avenue for it's expression. Without a program of daily discipline it would turn to mischief and trouble. The supply creates the demand. When a large amount of energy is present the willpower must grow to equal it or it will automatically escape and lead to exhaustion and loss. You must therefore have a plan for your life, a grand plan and a vision for yourself and others. Left untethered the energy - life force - magnetism will evaporate to leave a person in the most disastrous condition.

Do something you have not done for a long while. Do something you decided to stop because you didn't like it. Do something that requires will. Take a cold shower. Get up earlier than early. Skip alcohol for a month. Fast for a day. Do something that requires will. Like being happy all day - or ignoring negativity - or being thankful for everything that comes your way.

Step 12. Self mastery - Love it!

You can change a weak will to a strong will by changing the language you use. Instead of I've got to do it which sabotages psychic forces – affirm I love to do it. It's buoyant and affirmative. I love to eat less, I love to exercise more. So much of psychic will is destroyed by the down in the mouth attitude of resentment or unwillingness. Treat everything as if it is your choice. Do it with love and all power will be yours.

I love too. I love to go to hospital. I love to sit here waiting for someone. And with this power find good cause. Start by saying this I love to do it and then find the reason. You might have to get help but there is always a reason. I love to do it. This is will power, love power.

Write a letter to someone you love. And then someone you have judgement on. Find a way to honour them and thank them for being who they are.

Step 13. Self mastery - Self Confidence

A great way to cultivate the power of will is by systematically teaching your body to obey you, in other words. sit still. You can teach your body to sit in the posture that you prescribe to it, and not move. Or, it can stand in a place where you want it to, and not move. You can train your body not to become restless, or fatigued by what is asked of it, simply by learning not to fidget. The moment we begin to discipline the body we begin to see how disobedient the body has always been. Our body was meant to become the tool with which we experience life not the steering wheel that determines the direction of it.

Ask people to observe your energy releasing habits. Video yourself talking to a camera and watch all the unnecessary movements. Become the master. Try sitting still for 10 minutes, no movement. See if you can master this.

Step 14. Self mastery - Discipline

If we can't control what goes in our mouth, if cannot stop smoking or drinking or eating chocolate for a day or two, then the notion of following one's inner guide is ridiculous. Mastering the fundamental principles of life, the disciplines of good eating, exercise and self control are the foundation stones from which higher explorations of life are possible.

Today, do a don't do. Don't do something that you always do. Park the car in a different place, walk sideways, put the other leg into your pants first or stay silent all day or leave the computer off, skip coffee. Do something small but significant and become aware of the mindless habits that might be running your life.

Step 15. Self mastery - Concentration

There is no other skill more vital to your life than concentration. This is beyond attention – this is awareness. Total awareness. If there is one skill common to all great individuals who have achieved any level of personal harmony, success or mystical skill it is concentration. After the body is managed by discipline the mind is managed by concentration. This is not aggressive forced thinking. It is a joyful, happy and yet fully absorbed head-space in which you and whatever you are doing have become one.

When you wish the mind to think about one particular thought the mind becomes very restless. It does not want to stand in one spot, because it has always been moving without discipline. For most people, the squeaky wheel gets the oil. They concentrate on whatever is making the most noise. That's how kids get attention.

Very often people tell me that during the day their most difficult moment is the moment that they want to concentrate. At this time the mind will start to jump. The academics did allot of work on this and found that people in offices, if not interrupted every 5 minutes, break their concentration to make a call, check emails, make a tea, drink a water, get a paper, scratch their bum, ask a question, eat a cake etc.

Without mind control we are like leaves in the wind, without discipline, and in this situation we can achieve very little. Self-discipline is that which makes the master of the self, however difficult and tyrannical it may seem in the beginning, eventually it becomes natural to hold mid control, to feel confident and be able to shift perception of any circumstance, at will.

Step 16. Self mastery

Health care is the foundation of self actualisation

Only 5% of people die from old age, the rest die from ignorance, accidents and abuse. Think through your health habits and eliminate anything that is making you more acidic.

Be Honest – Are you Sick?

Is everything you do a big effort?

Have you started to lose your skin tone?

Are you forgetful and confused?

Has your hearing begun to deteriorate?

Has your vision begun to dim?

Do you wobble a little when you walk?

Do you get out of breath when you climb stairs?

How limber is your lower back?

Do your joints creak?

How well do you adjust to cold and heat?

Are you slipping and not quite yourself any more?

All or any of these symptoms are signs of poor self management. You must take responsibility for your state of being. No drug, hospital or herb can replace the life-force once it is lost to careless self management. Love yourself first. You cannot give what you haven't got.

None of the above are permanent but all are signs from nature to pre warn you of impending more serious consequences of your current path. It's time to do stock take. The universal energy is pervasive in all areas of life. Life force can be harnessed through exercise and alignment which becomes a habit. Life force is a resource that already exists, untapped within the being. The habits become grafted to the mind, nervous system, muscular system and unconscious mind. The habits therefore translate into all walks of life

Step 17. Self mastery - To hell with heaven

The Soul-ution to most problems is below the surface. There's a heaven on earth and it begins with good thinking, good eating and lots of inspirational connections to nature. That's the love we deserve.

How many times do we find ourselves taking pills seeking remedies, and searching for solutions to problems on the surface? Our time is limited, we're in a hurry. We want permanent solutions, in good answers, clear strategies, sustainable health, loving relationships and yet we so easily find ourselves applying short-term answers to long-term problems.

Rewards are granted by nature alone. She can give you long life and health. Food and lifestyle must merge in a natural way to build the foundation for your being. The healthy person never dies young; rarely by accident, for nature takes care of those who are on purpose. Totally healthy people live as long as they are useful in the world. Honesty with yourself is essential, every un needed calorie, everything taken in that is not needed is a step closer to the grave. Why not be honest about it, most people's health is suicide.

If you are carrying excess weight, acknowledge that you are doing the wrong thing by yourself. It's a human choice to do bad health. Some do it quick and some slow. Obese people are choosing body pleasure over life, they are doing suicide faster than most. For every cubic inch of fat on the overweight person, the body must have 700 miles of fine tubes to nourish and sustain this excess fat – this puts a huge burden on the breathing apparatus and the normal function of the heart. The pulse and blood pressure are forced to raise to dangerous heights.

Step 18. Self mastery - Body Wise

Our waistline is your lifeline and also our dateline. Fact is fact, good health is about raw honesty. There's nothing cosmetically wrong with fat, it's a personal choice, but if the person wants to get rid of it then the first step is self honesty. Fat prevents full participation in life, and kills people. Why not say it as it is?

Today the purpose of living is so vague for most people they can't see the purpose of trying to live at all. I'd love to see Health so improved that it makes every doctor and health retreat the laughing stock of nature. This step is not difficult, it just requires honesty. If we treat the pleasure of the body as the God we pursue, we are going to get ill.

The Human body was created according to the laws of physics and chemistry which are the Creator's own laws. They never vary. Those laws are written on everything. These laws govern the cells, tissues and organs of the body as they carry on their various functions. They also operate through the complex network of nerves that run throughout the body. They act through the central nervous system.

Physical weakness, flabbiness, are choices. No excuses. They are short term choices with long term repercussions. We either choose to listen to our dumb habits or we choose to follow our will. The medical profession is a looking to name every discrepancy in human judgment as a new disease. Every time someone lacks the will to stop eating or thinking a certain way they design a new drug to help those people lose weight. Can you see the fallacy in this? Eat more and then get a drug to fix it.

No drug can give vitality, stamina, health and endurance. No drug can give self respect or wholesomeness. No drug can build families or businesses. Drugs can only counteract effect. And they have side affect. No drug has not side affect. They all ultimately deny truth. Humans can heal, humans cause their reality. Empowerment begins with this knowledge.

Haphazard living is the true reason why people feel dragged out, weak or worn or prematurely old, full of aches and pains, headed for the human scrap heap.

Step 19. Self mastery

Do today what will create your tomorrow

Sickness is Nature's way of showing you that you are filled with toxin. Dead people do not catch colds. Today, take the time to drink two glasses of the most beautiful water, sip it slowly, smile each time you sip, really enjoy two glasses of water, and give yourself the 20 seconds it takes to celebrate it.

Healthy lifestyles dispel the wastes and toxins that kill many people. Make time to work, think, play, read, worship, help, love, dream, laugh, beautify, health, plan. The greatest enemy of long life is lack of respect for the needs of good balanced lifestyle.

The body commits suicide through worry, anxiety, tension, stress, frustrations, nervousness, morbid moods, These are all foreign to healthy long life. Optimism, gratitude, happiness, being carefree, self confident, and serene are the trade marks of long life and agelessness. There is little doubt that people born with a sound constitution can, without difficulty, live to be 120. Aging is a myth. Keep away from greasy food. Greasy food makes you sleep longer, have less energy, think slower and feel all rebound sluggish, plus your digestion will be slow and cause toxicity in the body.

Step 20. Self mastery - Abdominal strength

The vitality of youth is revealed in the taught abdomen. Prana and life-force is stored in the belly and fat, saggy belly muscles release that youthful vitality. Saggy bellies are the result of sadness, laziness and poor self management. Saggy bellies are a sure path to sore backs, tiredness and drug dependency. There are many process for tightening the abdomen but be totally cautious to differentiate between cosmetic tightness and internal strength. The six pack is decoration on the cake, cosmetic and foolish in the path of self mastery. These sexy body shapes are a mask, a veneer over the emotional centre, the solar plexus. What we need is internal tone. The ability to lift the inner body. It's very simple to experience the difference. Do a sit up. Lie on the floor and bring the bent knees to the chest while lifting your upper back off the floor toward the knees. That's external. Now. Lie on the floor and flatten every inch of your spine on the floor, bend your knees but keep your lower back hard against the floor. Now, draw the abdomen in, and with that muscle alone, bring the upper back off the floor. Ouch. Inner versus outer.

Abdominal strength is not an exercise at all, it's habit. The habit of maintaining a tight abdomen. The abdominal wall should never protrude past the line of the ribs. You simply develop the habit of holding the abdomen in and up. Every time you breathe out draw the abdomen in.

Suck your tummy in, draw it back, and then think of the exercises you can do to tighten your tummy muscles. Then do one sit up - lie flat, lower back on the floor and roll yourself up lifting your head to your chest. Then go back down again. That's it.

Step 21. Self mastery - Digestion

There are many diets. But what is more important than what you eat is how you poo. Fluffy floaties or sinky stinkies. If your poo is fluffy and floats you're healthy, if it sinks and stinks you're eating too much protein. There are so many body types, so diets are complex. Simple is best and the simplest is real life. If you enjoy reality TV, then it's a great show, called - look at your poo.

If your poo hits the sides of the toilet bowl and doesn't even get to the water below, it's probable that you've got a little too much fibre in your diet. Lumps of corn - undigested might also signify that chewing before you swallow might help.

Many years ago I had the astonishing experience of my first colonic. The lady's name was Anita Bumwash, I'm not joking. Anyway, she could stop the flow of matter in the tube leaving my body and there for goodness sake, she showed me pieces of corn that were growing hairs. They'd started a life of their own in my guts. There was a piece of meat she said was more than 10 years old. Man, I was starting my own organic farm in there.

Step 22. Self mastery

Eat to live, don't live to eat

Digestion is totally dependant on chewing. Chew food until it's mulch, liquid. A contented person does this automatically. Take your time over food. It's a ritual and what you eat, and how you eat becomes your body. Some people estimate that 90% of a vitamin pill doesn't digest and ends up leaving the body without dissolving. Expensive poo.

So success begins with chewing! Try chewing something today, just one mouthful of food, 100 times. See what happens. Not only that, remember to observe what happens to your appetite.

There's allot of technology that helps large companies transport food from one end of the world to the other. So, food can be available, even when it's out of season. Just be careful that the process of transportation hasn't killed the goodness. I try to eat food that's in season locally because I don't understand the transport mechanics. And the bigger companies don't reveal it.

I did a consulting contract at an abattoir. They were really devoted to great quality so they had to pretend to the animals that they were going for a Sunday walk just before they killed them. The animals didn't even see the next in line get killed. Even though I was a veggie at the time, I was really impressed with the process of slaughter, even though it was motivated by food quality, there was a sort of ethical process around murder. This if he its how Harriet whoever has had

This of this next time you get stressed. The quality of your meat just dropped. The chemicals that are in your delicious thigh or your succulent shoulder. And these chemicals are acidic. What makes a pipe rust? Acid. The worry is the trigger for the chemicals. Stress is the oxidant, calm is the anti oxidant. So keep your meat good quality. Stay calm.

Because you become what you eat, eat calm vegetables. My motto is "if you can't eat them raw, don't eat them at all" Potato is a great example. Eat food that's cooked with love, collected humanely, and served with affection and care. Then chew the daylights out of it, and then swallow.

Step 23. Self mastery - Balanced diet

Intestinal poisoning due to bad diet is one of the most common diseases and demagnetising influences in society. 99 percent of people suffer from bad digestion. Foods that poison the intestine, aggravate the intestine-- poison the body and mind. You can't hold concentration or mind control with a mind that is under the affect of toxic food.

The body requires only 14 do 15 elements, and when these are supplied the needs of life are met; but if you send down into the system a massive thing that the body cannot use, then it will be stored as fat or overload the system. An internal war develops. This takes vitality away from the other functions of the body. In other words if you eat improper foods, or meals that are too big, your blood will become toxic, you become vulnerable to disease, get irritable and lose energy. Sometimes, the more you eat, the more tired you get.

There is a significant list of toxic eating issues that will affect your life, negatively. They vary person to person, however these are the general rules;

Do not over eat at any time. Two handfuls per meal is ideal
Beware of nightshades. Especially Eggplant, raw onion, mushroom, tomato.
Beware of excess sugar and sweets. It is not a food
Beware of excess coffee, tea, alcohol, tobacco and in the other stimulants.
Beware of processed food. Especially white flour and Salt.
Don't eat animal organs.
Don't put excess food in the fridge to eat tomorrow.
Avoid excessively hot or cold food or drink.
Minimize dressings such as spicy sauces, spices, additives.
Avoid over cooked food.
Eliminate Dairy other than skim milk
Minimize wheat and processed flour.

Step 24. Self mastery - Long life - Long breath

We are air machines. Oxygen not only purifies our body but is also one of the great energizers of the human body. We are air pressure machines. We live at the bottom of an atmospheric ocean approximately 70 miles deep. The air pressure is fourteen pounds per square inch. Between the exhalation and the inhalation of a breath, a vacuum is formed. As long as we continue to have this rhythmical intake and outgo of oxygen, we will live. We know that we can go without food for 30 days or more and still survive, but we can only go without air for a very few minutes, so air is one of the important energizers of the human body. The more deeply you breathe pure air, the better your chances are for extending your years on this earth.

Long-lived people have one common denominator – they are deep breathers. The deeper and fewer breaths a person takes in one minute, the longer they live. Take long, slow, deep breaths first thing in the morning and during working hours take periods to practice long, full, deep breaths.

Take deeper softer longer breaths for five minutes.

Step 25. Self mastery Beware of Complacency

90% of all our troubles come in times when everything is going well. In business, I find that 99% of all troubles come in the good times. They come because people start getting too smart, they forget how humble and detailed they were before. They start to spend and start to trust that everything will be fine but before, they used to be very cautious. So, they get humbled because they get complacent.

In relationships we get complacent. We forget what made our partner attracted to us. We had 6 pack abs, and now we have the whole keg of beer abs. We might have been really infatuated but now we're not. We might have loved giving massage but now we only want one. It's easy to become complacent in love, in business but most easy, is to become complacent in health.

We are so conditioned that we eat until we have a problem. Preventative medicine is a way of life in Asia, but we are curative. We cure problems, in the East, they prevent them. Prevention is best because cure is never 100%.

The best recipe for preventing complacency, is never to forget how it was in the beginning. Remember, and follow that rule book. Always be humble to your circumstances. If being organized got you to the top, make sure you keep it up.

Today, get humble. Think "how did I act when I felt so afraid, when I felt so alone, when I felt so insecure? What did I do to get me from there to here? What important simple things in my health, heart, work and life did I stop doing that I would be wise to continue doing? Remember, the pain of regret far outweighs the pain of discipline.

Step 26. Self mastery

Build your creative energy with Stillness

Many years ago people were in tune with nature. Nature's harmony and human happiness were considered as one. They observed that what happened outside of us, was already happening within. But now, with time and technology, we have lost touch with this awareness. As our culture evolves into this current era, we suffer the separation from having worked with the land, understanding nature's rhythm and a dependency on nature for her sustenance. As we modernize, we have moved away from that harmony. The outer world has risen and taken precedence in our life, we look for solutions instead of awareness. We can all benefit from a more honest and deeper approach to life. If we can re-connect with the harmony of nature, while remaining a part of the evolution of humanity, we will be able to celebrate both worlds, inner and outer harmony.

Today, go into nature. A park, your garden, near a shrub, a plant, the beach, whatever, and touch nature with your hands. Touch bark, sand, leaves, roots, dirt, cats, and dogs, touch nature. Smell nature, smell everything. That's enough. Just celebrate what is, as it is.

Step 27. Self mastery

Building your inner strength

Harmony in nature is the interaction between chaos and order. A broken tree becomes fodder for worms, a volcanic eruption becomes fuel for crops and chemicals for the atmosphere. Everything in nature has a purpose, a part to play in the eternal game of life. Nothing is left to chance, everything finds its place and so, the witness of this great collage of existence finds in themselves in a powerful place. A person who can see harmony, feel the harmony, smell the diversity of nature, holds the world in the palm of their hand, because this person understands life.

Can you manage anything that you are in? Say you're selling ice creams from a van on a street, there's hundreds of kids screaming for their next one. There's people complaining that it took too long, you're running short on change. Now, try to make improvements. Impossible, because you're in it. If, however, you were watching at arms length, then you'd see all the issues, and with a clear head, start creating plans for change.

Sometimes we need to do a helicopter on our life. In other words, step out of things and look back, objectively. I wonder what you'd see?

Today, do a helicopter on your life. Step out of it, and look back at it. (or down at it) and see the beauty of it. Don't look for fault, look for the balance of chaos and order, see the perfection, and laugh at yourself down there trying to get it right.

Step 28. Self mastery

Find Contentment then kick the goals

Nothing new needs be added and nothing needs to be discarded, you are as perfect now as you are ever going to be. You can't be perfect sometime in the future, because the future will feel like the present does now. Contentment is not the journey to some other point somewhere else, contentment has to be here, in your heart and mind, right now. You are already here. That which is to be obtained is already attained. This idea must go deep and then will you be able to understand why life is best kept simple.

Now this will seem to be contradicting the ideal that we must aspire to be the best we can or that we must continually evolve in order to give and serve others but we are not talking about doing things here, we are talking about motive, being complete before we act. That means totally content, comfortable with who we are.

Whatever success means, the ultimate experience is to be in total contentment, to want absolutely nothing, to desire nothing, to be totally content with yourself where there is nothing lacking; there is no desire, no motivation to fix, or repair, or change. Then from this place all actions are taken voluntarily, inspired, not reactive. With contentment, whatever you touch, whatever you are doing or not doing -- even just existing -- is a peak experience. You are alive and that is enough. Then life can occur with inner harmony.

Just for the next five minutes, relax in the knowledge that you can never change - just your circumstances can change.

Step 29. Self mastery - Empty is Full

Personas are just like clothes. Your body is here, it is hidden in clothes. In the same way your soul is here, hidden in certain clothes. These clothes over the soul are your personality. You can be naked, and feel your soul, you can do it right here and now. The only problem with doing it is that if you don't know what clothes are covering you, like what is skin and what are clothes, it's nearly impossible to take them off.

In the material world over the last 2,500 years on earth, humans have been in clothes. Those clothes are their ego and in the greater part, their religion. People know some far away God, but don't know themselves. We've been in clothes for so long -- we've forgotten that we are even in those clothes -- we have become so identified with our ideas, our beliefs and our achievements that we don't even recognize them as clothes. We think that what we think is really important because in the material world it is important, but in the level of the soul, you are you, no matter what you think. And that is the only barrier to knowing your own soul.

So, there is a certain relaxed calm that descends over a person who knows the difference between their soul and their mind. The reason for this is that this person no longer fights for their beliefs. They just follow their soul.

There is a silent power surrounding us. When a person has found their soul, deep within – it is a personal awakening. The real experience is quite shocking because all of a sudden nothing makes sense. We have been working for something, a discovery of self, and now we find, in this awakening that there is no self. The soul is a void, a vacuum of thought. There's nothing there, we're empty.

Empty yourself of all the wanting - even wanting to be empty is not going to work. Empty yourself of hopes, ideas, needs, responsibilities, ambitions, hurts, pains, fun, love; just empty yourself. See what exists without the clothes.

Step 30. Self mastery - Find your real centre

To find your centre means to hold centre no matter what and once you find it, it is never missing because for the centred person everything becomes whole. Whatever they are doing, nothing is trivial, there is no small and there is no large everything has to hold the same weight.

A person who is centred is the same, no matter who they are with, or where they are. They have the same inner quality. When meeting a beggar they are not different from meeting a King. When onstage they are identical to offstage. When alone they are no different then when they are with friends. This is the centred person, they are completely natural. There is no need to pretend, there is no act to present. They practice between performances. Falsehood has no place in their life because the centre is the axis around which they live their life.

Your centre is both a physical and a mental thing. Physically it sits just below the navel, belly button. This is the Hara and the power source of the human condition. This is where your seat is, energetically.

Your mental centre is a thought. A thought, surrounded by other thoughts. These are high thoughts and they are vital. Those thoughts are gratitude, presence, certainty, respect. The centre thought is love. Love is the synthesis of all the emotions. So, it is a core around which the four protecting thoughts must exist. In love, you are centred.

Stand with your feet hip width apart, feet facing forward, outer sides of the feet parallel to each other. Unlock the knees and tuck the tail bone in, under the pelvis. Draw the lower abdomen in, shoulders back and then, simply locate the Hara with your left hand in a cup shape, hold it just under the belly button, as if you were catching precious water coming out of the belly button. This is one posture for physical centeredness.

Step 31. Self mastery

More Love - Less righteousness

A loving person is never one-sided. Two sides is love, one side is emotion. Emotional people see half the story, that's not love. Loving people can't make a stand because they understand that everything in this world is built in duality and therefore to stand on one side or the other is a conflict with their values. Righteousness comes from imbalanced thinking, it will have significant swings of emotion from infatuation to resentment, elation to depression, attraction to repulsion, this is not love.

Loving living is neither excess or deficiency. Neither overeating nor under eating. Never too much, never too little. The result is balanced living. A balanced person will be at ease because there is always awareness of love in their heart. No matter what the situation, this loving attitude will not be lost. Even if the death of a loved one comes, they will be with love. They will receive death as they receive birth. If misery comes they will receive it as they receive joy. Whatever happens it cannot dislodge this person from their heart.

When the Buddha was dying he asked his followers "why are you weeping? If you would have wept on another day it would have been okay, but this is the last day. Why are you weeping? Do not waste your time in weeping. Treat this day as any other day."

Today bare witness to balance everywhere. In your life, in your heart, in your mind. See two sides of the world, one fighting and one at peace. See two sides of people, one for and the other against. See it in nature, economics, business, health, nations, families. This is real.

Step 32. Self mastery - Be Cool

Lack of tension is one of the great witnesses to a person's health. Healthy, happy people are at ease, they do not get stressed and take life in their stride. Their mood changes very little. This health, requires a wisdom. There are fools in this paradise and they deserve to be here and they are wonderful, as long as we don't take them seriously.

Nothing disturbs a healthy person. The secret is that to such a person you cannot add anything. You cannot take anything away, they are fulfilled. Their every breath is a fulfilled breath, silent and blissful they need nothing. This is the ultimate freedom for everything this person will do they will do out of love, kindness and commitment. There is no hunger, no desperation, no fear.

Buddha said, "I sit in order to be silent, but sometimes this is too easy, so I walk. But when I walk I carry the same silence within me. I sit, and inside it is the same -- silent. I walk, the inside a and the same -- silent" This is the model of a Spiritually Actualised person.

The great mystics of our time Jesus, Buddha Mohammed, Abraham, they were at ease. If they had dedicated their lives to a different field then it is possible they could have been great musicians too. But their gift was in total awakening, they were at ease in all circumstances. They were not commercial poet's, but their words were poetry, they were not musicians but their message was music of the greatest kind. They were not trying to be specialists but were allowing themselves to simply be their true nature and allow the beauty to flow through their being.

Sit on the floor or a chair with your back tall, your neck long, tense your back muscles slightly to compress your spine, tighten muscles around your lower (floating) ribs. Eyes open look ahead but keep the eyes soft into peripheral vision. Hold this tension in body position, now, ease your mind.

Step 33. Self mastery - Certainty of the Future

There are many planes of existence and the material one is on the surface. On this plane we may choose to live out most of our life and so a great journey takes place here. However, there is no security in the world of materials. Human security cannot be achieved through bondage or materiality. Often we become trapped in the transient consciousness of the material realm, hoping that the formality, structure and authentication of such a realm can appease us, make us feel secure.

Security cannot be found in the material realm because it is like the smallest drop in a great ocean. We sometimes think that it is the opposite, we think we are important and therefore over compensate with greed and jealousy. Really, in this state, people simply fear death. This person will live life like a drunk, dodging obstacles and stepping on things. They do not know what they are doing, either to themselves, or others.

Do you fear death? Is this what is running your whole life? Worried that you won't get it all done in time? Do you know that life itself is a terminal disease? Today, contemplate the race, consider what is important, evaluate the process on which you are choosing to live day to day. Is this the quality of life you want? Can you choose better thoughts?

Step 34. Self mastery- Control thoughts

A silent communication exists between people. Every thought that has once crossed the mind, every feeling that passes through one's heart, every word that is once spoken and perhaps never thought of again, and every action once committed and forgotten, is given a place, a life, and it continues to live on afterward. Once given birth to, every thought, word, action or feeling takes on a life of its own. When we experience a thought, the action takes only a moment, but the resonance lasts forever.

If a little pebble thrown into the sea and stirs the water, it is hard to comprehend the extent to which this ripple travels. Even a great ocean is influenced by a single stone. We may not be conscious of it, but a single ripple, given the right conditions, has the potential to build into a huge tidal wave. What we can see are only the tiny immediate circles that the pebble produces, but the vibration which it produced in the sea reaches much further than we can ever imagine.

Our thoughts affect everything and so we have a responsibility not only to those around us, but to ourselves to consider those thoughts. What we contribute to the creation of this earth is not limited by the material wealth we can offer, it extends to the very thoughts, feelings and the visions that we hold. When a person emotionally matures, they begin to feel the deeper responsibilities to the world around them, and it is from this moment that they begin to recognize the importance of everything.

Care, Gentleness, kindness and generosity are the thoughts of Gods and Goddess. So today, just for five minutes, act those thoughts in all you do.

There is never one moment of our life that is wasted, for life is not just a random existence. If we knew how to direct our thoughts accurately, how to express our words with clarity, how to communicate effectively with our movements, how to live with integrity between thought and action, we could create a perfect atmosphere in our life and for those around us.

Step 35. Self mastery - Harmony is beauty

In this way we cannot be fooled. There are many people and places which attempt to fake life, to decorate the façade of beauty, they look great and smell great, they feel great and act great, but they lack real beauty because they lack harmony. This cannot pass our instinct because it is not true.

Thoughts that go into something multiply its effect a thousand fold. The emotional state we are in when we write a letter is worth more than all the words combined. The positive thoughts filling the mind while we cook are more important to our nourishment than the origin and source of the food itself. The love and care we invest in writing a story, painting a picture or composing a song, is all much more vital than the work itself. Hence, we can expand our thoughts even further to consider how our conscious and subconscious thoughts will affect our own bodies, and potentially that of the people we work with and love.

Find beauty everywhere. Look in dark and light places. Witness beauty in all people you know, have known, will know. See beauty and therefore the harmony of life itself.

The Tao, ‘...be as kind as a grandmother; as dignified as a king.’

Step 36. Self mastery

Your heart is the core of your deepest humanity

When we have finished exploring intellect and attending ceremonies, when we are exhausted trying to change the unchangeable, then we come to rest in our heart. In this place your heart and my heart are one, we are interconnected, no need to compare, we are a part of something bigger, where our individuality is transient, the moment becomes important and we all relax in the knowledge that we have no idea of what will happen next. This is a beautiful reality, the core of confidence, love, beauty and a healthy, life.

If one spent their whole life doing nothing other than opening their heart and developing the qualities of the heart, it is no exaggeration to say that this effort alone would bring them to the highest spiritual goal of human life. Because it is through the heart that one finds their truth and within the heart that one finds their true nature. In this place –self and God are one. You have to know this totally. To separate God and self is to think God is great and I am small. Then you are locked in to your own smallness, and you cannot see the connection between what is natural, the laws of nature, and you. Native people knew this connection before religion came and separated them from nature. It is the human heart which can teach us to love without condition. It is here that strength and conviction emanate. Compassion and loving kindness live in the heart and it is here that one feels peace. It is through the heart that we can find the way to treat our brothers and sisters, and ultimately, a way to be true to ourselves

Just open your heart. Today try to appreciate the beauty of something, someone. Simply give with kindness and expect nothing. Help someone, give with care and gentleness. This is the heart at work.

Step 37. Self mastery - Open Hearted

When we explore the term heart in common language we find that “heart” means the central or inner most part of something such as the ‘heart of the city’, it also means the essential or vital part of something such as ‘what is the heart of the matter?’. A person with a ‘lot of heart’ is someone with determination. To ‘lose heart’ means to be discouraged so we see that the will of a person emanates from their heart. We refer to the heart when we talk about generosity or sincerity as well as consideration, understanding and helpfulness as when we say, ‘He has a big heart.’ or ‘She is a dear heart.’ When a person is cruel or mean or when someone shows no regard for others we say, ‘His heart is closed or small or cold or that he has no heart at all.’

In most of the spiritual traditions of the world the heart is considered the location where heaven and earth meet within the human being. This, of course, is not the physical heart but rather the ‘heart centre’ within the chest. This centre is where we experience love, it’s the Temple within, heaven on earth. So, when people say “put your heart into it”, this means to become fully invested. It means to throw the full weight of your humanity behind something.

Reality replied: O prisoner of time,
I was a secret treasure of kindness and generosity,
and I wished this treasure to be known,
so I created a mirror: its shining face, the heart;
its darkened back, the world;
The back would please you if you’ve never seen the face.
Rumi

Step 38. Self mastery - Generosity

A friendly attitude, expressed in sympathetic thought, speech, and deed, is the principal experience of generosity. There is limitless scope to show this attitude, and however much our personality is developed in this way, it is never too much. The tendency to give is what shows great dignity. One can never do too much. To do more than one's due is perhaps the ideal, giving more than taking, this will accomplish one's life purpose.

As soon as generosity is felt within it comes alive in the form of graciousness. Monks and priests are trained in the art of graciousness, yet it is born in the heart of mankind naturally. Graciousness is quite different from the mask of obligation and compensation. Gracious people are truly generous. The great ones, the truly noble people, are gracious because they are more sensitive to all the hurt and harm that exists in life and out of this comes kindness and a desire for betterment for others.

Generosity is the art of looking for the good in people. There are always two sides, so, wisdom teaches us not to focus too long on the negative. Today find good in everything.

Step 39. Self mastery - Act with Care

Gandhi used to say. “Before you act , consider the affect of that act on the poorest person you ever met in your life, and ask whether the thing I’m about to do will benefit them, and if it doesn’t, don’t do it.” This is pure intention. This is Gandhi’s way of checking in on himself, “am I acting from truth?”

Try stepping into the shoes of someone else today. You can only do this by asking them “how does it feel to be you?”

If you can try to be in the moment, quiet and not talk too much, you will know a deeper awareness of life. Fast response is not likely to result in anything thoughtful, so the best thing to do is to be as quiet as possible, and to think about matters for a while before acting. Even if somebody says I want to know right away. You can say, Well, I don’t know right this second, but I’ll tell you tomorrow. You should avoid answering in the moment of a reaction. This is dignity of the highest order, silence.

Step 40. Self mastery Dissolve Tension - Living Openly

Truly honest individuals will recognize themselves in the heart of another and, rather than judge them as less, will have empathy. It is of no service to humanity to judge another. So much of life's stresses can be extinguished at the source if we are able to recognize ourselves in others.

"True dignity is raw honesty"

The paths to this inner calm are many, and it seems, everyone thinks their clock alone tells the correct time. Christians claim to possess exclusive truth. Countless varieties of Hindus insist that their sect, no matter how small and insignificant, expresses the ultimate position. Devout Muslims maintain that the Koran supersedes all others. The entire world is being driven insane by this single phrase; "my religion alone is true" but the gift belongs to no one and everyone.

When we have stilled the waters of the mind, created outcomes that are filled with integrity and provided an experience of life that is harmonious with both self and other, then we have truly found a true path.

To cultivate this inner truth one must retire now and then into seclusion, to sit peacefully in the clear waters of solitude. Then we can return to the denser, more obscure realms of social responsibility, without becoming disorientated by them. If the mind is still then, the body will be happy. One must find out how to become happy within by achieving this inner calm. Wanting to reform the world without discovering one's true self is like trying to cover the whole world with leather to avoid pain of walking on stones and thorns, it is of course, much simpler to wear shoes.

Step 41. Self mastery

The difference between pain and suffering

Nothing is without pain, yet there is a big difference between pain and suffering. Pain is when you cut your hand. It hurts but you don't add the misery of worry because you know it will get better. Suffering is when you're not sure whether it's going to get better and you add worry to the pain, you don't know what is going to happen.

Cultivate the capacity to deal with pain and refuse suffering as much as possible by not adding worry to the mix. The only way to do this is to open your heart to it, to surrender to it. If you let emotional pain come inside without resisting it in the slightest, let it penetrate you as deeply as it wants, and then to work its way through you there is no suffering. This requires a real effort.

Learn to allow all of the tensions and all of the energy and power of life itself (both good and bad) to reach deeply into you and change you automatically. Don't hold on to either, just let it act its duty. Don't resist or even try to fix it, just relax, feeling it and it will go.

Step 42. Self mastery

Be Aware of what is going on inside you.

In all of this, the fundamentally important aspect is the feeling with which you live your life, and from which you express your concern. When I say to be aware of what is inside, I do not mean being aware of feeling jealous or happy or sad. All of that is nonsense, and most people simply use such circumstances in life to become hysterical or dramatic. Instead, I mean having a sense of vitality for life and of the simple joy within you, no matter what goes on around you. Knowing that everywhere you look there are two sides, that beauty exists in all things to the conscious person who thinks on a higher plane and that harmony, inner harmony is simply a matter of resignation to the beauty of what is.

Spend a few minutes observing the world. Know that it's perfect and see where you attach. Try letting go.

Step 43. Self mastery

Don't React - Reaction causes disharmony

During challenge it is important not to react. Try to be in the moment, quietly, and do not talk too much. Fast response to challenge is not likely to result in anything thoughtful. The best thing is to be as quiet as possible, and to think about the matter for while before expressing your reaction. If somebody says they want to know right away, you can say, "well, I don't know right this second, but I'll tell you tomorrow" Avoid answers that come in that moment.

In any case, the real challenges are not always random and spontaneous. The real challenges are the ones that keep coming up over and over again. They challenge our limited understanding, our limited capacity, and the ways in which our emotions and our minds inhibit the flow of our creative energy. Small things add up and make you easily distracted.

Remember, you always have choice as to how you respond to any situation. There is a wise way and a not wise way. Wise is to see the balance, the two sides of it and then choose the action, unwise is to see one side of a thing and then react, one is powerful and truth, the other is illusion, it is a choice.

Start with some composure – some self control and heightened sense of awareness to increased concentration on the moment .

There is only one way to be bound to anyone. And that is by love. Being bound by love is not being bound at all. It's liberation

Step 44. Self mastery Focus on what you have

When we stop praying for what we think is missing, and simply attune ourselves to the extraordinary richness, the quality and the love that are at the core of our heart the ocean itself becomes apparent, and all the rest is just the debris that floats on the surface. All debris, it is dead; The ocean is what is alive.

Bringing spirituality into our lives is like growing up. Respect and dignity, ethics and integrity are birthed in this way. It is not always this easy. A childlike need for approval from others sometimes never leaves and so moving from external approval to internal is vital to our appreciation for life.

It seems that, in order to learn that noble manner of life, what is most needed is patience - sometimes in the form of endurance, sometimes in the form of consideration, and sometimes in the form of forgiveness. But, most of all it requires the ability to overcome frustration. To see that we are powerless in some circumstances. It is wisdom to know the true limit of one's capacity to influence another. Changing others is not a high ambition. Sometimes the greatest nobility is allowing others to live their path. This is called appreciation.

It is too often that we see people lose dignity in the attachment to another's journey. Try to withhold your opinions unless asked.

In this age, advice is cheap. We all seem to think we have the solution to everyone else's problems. But it is more accurate to say that we have "a" solution and that solution is not right but might be right.

Step 45. Self mastery - Think Love

When you are in love you become love. When you are in love you become the embrace. You forget yourself so totally that you can say “I am no more. Only love exists” then the heart is not beating but love is beating. And the blood is not circulating, love is circulating. The eyes are not seeing, love is seen. Then hands are not moving to touch, love is moving to touch.

Without love, life becomes dry. Sex without love is a sport. Sport without love is a chore. Chores without love cause anguish and stress. And stress without love causes death. In fact, love is always here in the moment and to the wise person every single event can be seen as love. It's all love and that's the ultimate beauty.

Today think love

Step 46. Self mastery - Big Emotions

If you are always cutting short the experience of emotions you do not know yourself either. So many people are living dead, living half way between the two extremes of the full emotional experience of life (honesty) and the absolute stillness of perfection. There are four different types of people related to the different experiences of centring. The first has a fixed identity. They feel solid and they say a know who they are. Their identity is fixed to the career they choose. They say, I am a doctor, a lawyer, a train driver a professor. These people constantly cling to their identity, to the image portrayed by what they do. This is a fearful life because if the job goes wrong, they do too. They are the obsessive compulsive types.

The next are those who live liquid images -- poets, artists, painters, singers. They do not know who they are at all. Sometimes they go to one extreme and are normal and at other times they go mad, sometimes they touch the ecstasy and sometimes they touch the drama, madness. So they often use substances to regulate or even stimulate the switch. If they are extreme they use substance to centre and visa versa. So these people often don't know how to just be calm. Their heart is always searching and getting exhausted.

The third group are those who are permanently mad. They have gone outside themselves; they never come back into their home, their heart. They do not even remember that they have a home. Or where they left the keys. They are in the wilderness. They loose concentration before they get it. They talk and smoke and constantly fidget. They forget things, they forget allot. These people are beyond the confines of the mind and often need pharmaceuticals to stabilize them. Even if the mind does come stable they may sabotage their life, work, relationship, wealth or happiness because they just can't stop their mind.

And forth of those who have reached their home, stillness; Buddha, Christ, Krishna, and stayed there. They have reached their home, it is a totally relaxed environment. They are fully conscious there is no tension, no effort, no desire. In one word, there is nothing to become, no want, contentment. They do not want to become anything. They are, and they have been. No becoming. And they are at ease with their being. They don't want to change anything. Whatsoever they are, they are at ease with it.

Step 47. Self mastery

See yourself in others – Individuality is a myth

With children – you don't bring them up best by comparing who they are to some arbitrary standard you got. You free them by respect and love and by seeing that they, like you are a perfect balance of character traits. You say, "There is no separation between me and my child. What I see in them I see in me. Therefore if there's something I need to change in them, I need to find it in me and just love it. They are always a mirror.

Individuality is the separation that we call, -me. That is, individuality is that idea of separate thought, separate emotion. "I am, I have a right to be an individual" In other words, as an individual a person has become conscious of their separate action. This desire for a separate identity forces people to enter into work they hate, activities they don't understand, vocations that are boring attempting to prove something, to create a sense of individuality, to live a lie. Individuality is the source of so much pain.

Say "I am clever and dumb, I am happy and sad, I am right and wrong, I am nice and mean, I am humble and proud, I am success and failure etc. then you can stop trying to be different and wasting all that time on identity and get on with life.

Step 48. Self mastery

Separate what you feel from who you are

People try to stay true to themselves by blocking out those things they don't like. Then they become tight and aloof, but this doesn't work. Life cannot be lived by blocking it out. It's not by blocking the stream or damming the river of feeling that we stay centred but by opening the sleuth gates and allowing it all to enter, do it's work and pass without reaction. Most people are not able to witness themselves in drama, because they are too identified with it, they are more likely to be identified with their thoughts and therefore unable to be separate from any form of emotional challenge. They are really attached to what they think. The tiniest mishap makes them angry or tearful. This is the ego at work.

When we can't separate ourselves, then if anger is there, we become angry, we are united as one with our thoughts, feelings and expressions. Identified with thought we move with thought, we become the thought and so we are swinging in drama and emotion all our life, because thoughts never stand still, we end up joining cults, following transient ideals, getting into relationships that are not wise.

Can you watch your feelings, thoughts, judgements and emotions? If you can, those have no power over you and therefore, you have the capacity to dive deeper into yourself, into your real truth about the experience of life. If you want to be a world famous artist of any sort, this separation is the mastery of your field.

Intelligence is knowing the difference between the inner and outer worlds. So if you can become the observer of the functioning of your own thoughts and your own emotions, then there can be intelligence. We can observe the feelings, reactions and emotions and find where there is disharmony. Only in this way can we overcome the tendency to feel insufficient in life. Harmony will come automatically when we learn to observe – witness our feelings rather than act them out.

Step 49. Self mastery

Stop trying – It spoils the fun

A blind drive for achievement makes all the beauty around us turn to heaviness in our minds, bodies, and hearts. This pulls life and heart down-to-earth, and by that, everything becomes limited. When harmony is gone all sense of fun and play is gone. The child within has no room to breathe, tension mounts and humour is lost. We often try to achieve without the essential rhythm of harmony. Ignorance can build assets but it cannot sustain them. Wealth can build a fortress but how does it feel to live there?

Sit for a moment and think through the experience you are creating for yourself. Is this productive or not? I mean, if you achieve your goals at the cost of your personal, spiritual or family life, will it be worth it?

Step 50. Self mastery

Products – secret meaning

Our current lifestyles do not foster an appreciation for the energy and love put into products, and we carelessly purchase items without much thought. There was a time, in both Eastern and Western countries, when people would spend significant amounts of time preparing clothes, incorporating ritual and tradition in the process of creating a garment. Now an article can be easily bought at a shop; many people don't consider where or by whom it is made, whether it was made grudgingly or with grumbling. If a garment is made with love and affection, then the owner will be supported in their pursuits while they wear the clothing. This is a powerful communication without form.

When shopping, hold an item, close your eyes, trust that instinct. When you have to ask, should I or shouldn't I buy this, you know your heart is closed to it. It's true value is worthless. If on the other hand you are obsessed by it, then your heart has also closed and you are blinded. Objects have an energy, a harmonic. When you buy them, inherit them or receive and give them, you inherit the energy of the giver, the maker the creator of the thing. Be mindful where something has come from.

Step 51. Self mastery - Writing

Before writing any communication be conscious to become thankful. In this state the most accurate message will be conveyed.

In the writing of a letter, the author may sometime struggle with the true meaning, yet the letter conveys the message. Words written with loving thoughts behind them will have a far greater effect than a thousand pages of dry, well written literature. Have you ever “heard” a letter speaking? It is not simply what is written on the paper, a letter brings the one who wrote it to life. You can decipher the mood the writer was in, their pleasure, their displeasure, their joy and their sorrow. A letter carries the vibration of thought and feeling, as do all forms of communication. And it is this vibration which can again surface long after the words and content of the communication have lost their meaning.

There are written words that emanate the vibration of their authors. Some of these great texts are the Koran, the Bible, the Dharma, the Bhagavagita and more. The words in these books express a greater message than the words that are written. It is what is found between the lines that speaks to us. As you read these great books, the messages will grow and spread into your being and evolve you. They will touch you deep in your core and you will know it. The same goes for movies. If you watch a horror movie or a violent movie you have no idea what affect it will have on your subconscious.

The power that lies in a book is not only in reading the words but the energy that surrounds it. In New York there is a Library called “The JP Morgan Library”. It is an awe-inspiring library, filled with hundreds of antique bibles that are stored in racks. The power of the space not only comes from the library, but from the books and their own secret energy stored from thousands of years gone by.

Find something that’s really important to you. Something precious, and just sit with it for a while. Let it talk to you, feel the energy of it. Let it spread its juice.

Step 52. Self mastery - Brands and Names

Names have a psychic effect. God, the holy names of the prophets and saints, are written according to the law of their numerical value, and by the combination of such names, written or repeated in certain numerical form, wonders are performed.

The meaning of a name has great influence upon its possessor as well as upon others. From the sound of the letter and the word they compose, the mystic can understand much about the fate of a person. For example, vowels play a great part in the name and its influence. “E” and “I” are the feminine qualities of grace, wisdom, beauty and receptivity. “O” and “U” denote masculine qualities of power and expression. “A”, sits between the masculine and feminine, it is the centre, the core around which all spoken words revolve. Thus vowels, in the composition of a name, also have an effect according to their place within the name Their placement serves to create a rhythm and rhythm has a meaning all of it’s own.

Today, research the history, origin and ancient meaning of your name... Even Sanskrit or Latin meanings are interesting.

Step 53. Self mastery - The vibration of things

A person who is blessed with the gift of intuition can read vibrations. Outwardly, things may appear solid, but inwardly they are a narrow continual music that is always expressing what is within it, where it has been, and the energy that has surrounded it. No traveller with a connection to their intuition will deny the fact that in places of ancient traditions, you can feel the history, tell the story of the past.

The same experience can be found in the atmosphere of trees in the forest. They also express the past and the ancient impressions that have been given to them by those who sat amongst them. Often, people have superstitions about a tree being haunted, especially in the East. In truth, a vibration has been created, consciously or unconsciously, by someone who has lived there or taken shelter under the tree. Their pondering, thoughts and feelings have been absorbed into the tree and the tree's vibration expresses it. The tree is still repeating the vibration that has been passed on to it; it is a pure, uncontaminated container.

Many aboriginal cultures adhere to this system of communication, seeking answers from the wisdom of the trees or even rocks in rituals and ceremonies. With highly developed intuitive faculties, they will hear the messages more clearly than if they had heard them from a living person. I have experienced this many times during traditional ceremonies. In sweat lodges, in traditional ceremonies and I even witnessed a talking statue in Bhutan.

Today, be aware of the energy of things and spaces (and people) Change your space and see what you can create as an energy around you, simply by moving things closer or further away.

Step 54. Self mastery

Things carrying a deep impact

Be aware of the energy of art and hand made crafts.

In a creative work of art there also exists a perceptible feeling that comes from it. In every picture, in every statue, in every artistic construction you can hear the voice within the piece, telling the story of its purpose, the workings of the mind of the artist and the reason it was created. Sometimes an artist is unaware of their purpose for creating their work, they may be just following their imagination but you can feel it.

A friend once took me to see paintings made by his wife. The pain of her story was expressed in the vibrations of those paintings. As much as the paintings expressed angelic pictures of the life ever after, a fine thread of sadness and depression weaved itself through the pictures. Whoever owns those paintings now will unconsciously be affected by that energy. You can see this not by looking with your eyes, because eyes are blind to feeling, you can see it with your heart.

Are some of the things you are hanging onto carrying old vibes, thoughts, that keep you vibrating at an old space? Maybe it's time to let some things go? Including people. It doesn't mean rejecting them, it is just a change of location isn't it?

Step 55. Self mastery

Animals absorb the vibrations of their owner

Communication can be found among animals as well. Pets absorb thought and feeling through their contact with their owners, human-kind. Those who know horses are very particular in buying one which has good vibrations. Often a horse of very good breed and perfectly sound health can be unlucky. The reason for this is the disposition of its former rider will have been left in the energy of the animal, leaving its influence on the horse. Perhaps the personality of the person will change, but the horse will express behaviours indicative of the time spent with its previous owner.

This is crazy stuff for some people. But if you lived on the land, and were in touch with nature, this is old hat, boring, the people on the land know this like the back of their hand. Things and animals have an energy of their own.

Observe this today

Step 56. Self mastery

Surround yourself with Harmony

Be mindful of design elements that are not harmonious. A staircase in the wrong place, a chair, a table doors placed in wrong areas break the harmonics, mathematics of space. The Ancient Greeks were fanatical about proportion in spaces, they were meticulous about where things were how they felt and what affect shape, design and symmetry had on their mind, body and spirit. They defined the experience of love as symmetry, proportion and order which is amazing. The implication is that, - given love is the greatest healer, the shape space and design of a room - its proportions and arrangement had the most powerful affect on the patient, more than the intervention by the healer.

The Greek mysteries included in their doctrines the magnificent concept of the relationship existing between harmony and form applied to elements. Architecture, for example, was considered comparable to musical notes. Consequently when a building was erected in which a number of these elements were combined, the structure was then likened to a musical chord, it had a harmonic that fully satisfied the mathematical requirements of harmonic intervals. The realization of this analogy between sound and form led Goethe to declare that “architecture is crystallized music.”

In constructing their temples of initiation, the early priests of Egypt, India, Asia and Europe frequently demonstrated their superior knowledge of the principles underlying harmonics. A considerable part of the mystery rituals consisted of invocations and intonements, in special sound chambers. A word whispered in one of these compartments was so intensified that the reverberations made the entire building sway and be filled with a deafening roar. The very wood and stone used in the erection of the sacred buildings eventually became so thoroughly permeated with the sound vibrations of these religious ceremonies that when struck they would reproduce the same tones revealing that harmony becomes impressed into substances through ritual.

Step 57. Self mastery - Look around - are you being mindful in your space?

If you let energy enter your private space, if you are mindless about the articles, sounds, feelings, music, structures, you might have disturbance in your life, no stillness, even though you are doing everything right.

Step 58. Self mastery - Create your world

Surround yourself with a home, a place, of business, furniture, literature, music, art, people, various articles, conditions and atmospheres all things that conform with the idea and that tend to keep the perfection in mind and exercise a silent influence in agreement upon mind and body.

Create an environment of love, acceptance and intensity. Build joy and abundance. Create sacred space in all areas in which you create your life. Home office, wherever. These environments secretly speak to you, they create the future. Therefore, the arrangement of furniture, the placement of mirrors, vases, walls and doors, all must be done in the context of harmony. Each piece has it's vibration. It's keynote. And the combination of symmetry proportion and order of the space and the furniture and fittings creates the harmonic of a space.

Be Aware of the history of the home or office you live in. Past trauma and ill will can infest a home or office. Sometimes for the life of that place. Be ware of the Real Estate Sales person who offers the idea of a makeover to change the feel of a place. It is usually deeper than that.

There is a trend to transport ancient artefacts from one culture to the next and sell these as home decorations. I strongly advise that this is like drinking poison. Items of religious significance stolen from their home become dark shadows in the home of the innocent buyer. Rarely do artefacts of significant heritage leave their origin with the permission of the ancient owners – you cannot be too careful are the level of psychic influence.

The thought that accompanies an object is a vibration of free energy, a life energy. The vibrations passed into an object are neither audible nor visible; they are only perceptible by feeling. You may wonder to what they are perceptible ? They become perceptible to the inquisition. This is not to say that one who lacks intuition cannot perceive such vibrations, rather, they will do so unconsciously and in the most part will struggle to trust it.

Step 59. Self mastery - Hidden meanings

Energy exists in all things. Inside every object hides a thought and this thought becomes the message –irrespective of the nature of the object. The message in turn will find it's home. For example, the flowers one takes to a patient in the hospital can convey our healing thoughts. The patient will receive whatever messages we passed along each time they look at the flowers. Therefore every little thing given and taken in love, with a harmonious and good thought, has a greater value than the object itself. It becomes evident to us then, that it is not simply the everyday tasks of our life to hold and create material value, but also to focus on the source of our motivation, our thoughts and our integrity. It is our thoughts that are projected into the world, through the creations that hold our energy. We can choose to pass on negative destructive thoughts or harmonious, constructive thoughts. When we are mindful of the harmony of our thinking and therefore our creations, at all times, then we can watch our work become a thousand times greater in effect and value. .

What humans call happiness and comfort, profit and gain, is harmony. An object may be attained by either good or bad methods, yet still be obtained. But it is the way in which we go about getting it, that defines life as harmonious or not. Process versus outcome. Is not the object that is bad, it is the way in which one gets it that leaves an imprint on it's form. Ugly action, greed, fear and all manner of dark force can obtain the object, but the darkness of it can never be removed. Disharmony is a virus that attaches to both the doer and the achievement. No one, no matter what their life looks like on the surface, can overcome the darkness of their action. Greed and fear are toxins to the human heart and no one wishes for disharmony; all suffering, pain and trouble are the result of it.

The four keys to harmonious thought are; Kindness, Gentleness, compassion and love.

Step 60. Self mastery - Music that heals

Many ancient Greeks were known to have used harmonics, through music, to cure disease. Pythagoras himself cured many ailments of the spirit, soul and body and mind. Having certain specially prepared musical compositions played in the presence of the sufferer or by personally reciting short selections from such early poets as Hesiod and Homer. In his university at Crotona it was customary for the Pythagoreans to open and close the day with songs -- those in the morning calculated to clear the mind from sleep and inspired to the activities of the day; those in the evening of modes soothing, relaxing and conducive to rest.

“Having once established harmony as an exact science, Pythagoras applied his newly found law of harmonic intervals to all the phenomena of nature, even going so far as to demonstrate the harmonic relationship of the planets, constellations, and elements to each other. Pythagoras concluded that the laws of harmony were determined, not by the sense perceptions of the human body, but by reason and mathematics. Then he totally recognized the profound effect of music upon the senses and emotions, he did not hesitate to use harmony to influence the mind and the body with what he termed, “musical medicine”. A good example is the story of a young man who, with broken heart, decided to burn the house of his unfaithful girlfriend. A flutist was playing a fast and excited tune nearby, which, in Pythagoras eyes was exciting the young man in frenzy. Pythagoras asked the flutist to change the music to reflect harmonics, slow and rhythmic music and with this the young man abandoned his frenzy and returned home.”

Plato depreciated the notion that music was intended solely to create cheerful and agreeable emotions, maintaining rather “it should evoke a love of all that is noble, a rejection of all that is mean, and that nothing could be more strongly influence man’s innermost feelings and melody, harmony and rhythm.”

The Greek initiates also recognized a fundamental relationship between the individual, the heavens, and harmony. They used the seven sacred vowels, and so words became sacred. Pythagoreans believed that “everything which existed had a voice and all creatures were eternally singing the praise of the creator.

Step 61. Self mastery - Language

Every word we speak and every syllable we hear has an affect upon the body through the power of their vibration. For thousands of years, medicine relied on the concepts of vibration found inside and outside the body to determine wellness and cure disease. This technique was lost over time, but there has increasingly been a growing awareness of the healing power of vibrations.

Not only do words greatly affect the body, but they also affect the mind. For instance, if a person is called “foolish” time and time again, they will, eventually, become foolish. If we call a simple person wise, in time they will become wise. A child who grows up hearing judgment and being told they are incapable, comes to believe that as truth. On the other hand, a child who makes mistakes and is encouraged to keep trying, affirmed for small victories, learns to take risks and set high goals.

A person who speaks about their illness nourishes their illness by speaking about it. A person who is insincere can mask such a message with their choice of words , but the insincerity is revealed on a different level. The vibration and inclination of the voice will secretly betray any lies.

In truth, it is not the word itself that is so powerful, but the feeling and vibration that the word creates. Some words attract power, some bring release from difficulties, and some give courage and strength. There are simple words and there are secret words which are more powerful still. When a person in need of peace and rest uses words that bring courage and strength, they will become even more restless. Words with negative, angry and bitter tones, if spoken enough, can affect the physiological make up of the body. In contrast, certain songs, poems, and speeches, whether by intent or by circumstance, have become renowned in the healing process for helping people. Grief can be released and soothed with the uttering of specific words.

The atmosphere contains the power of our thoughts. People admire cool self-possessed presentation; they dislike active nervous people who try to carry everything before them as a storm. Coolness allows us to be most powerful by allowing us to think more rapidly, carrying more intensity and concentration in thought.

Step 62. Self mastery

Stress Management

Stillness - free from the tension

People search for stillness for many reasons. But the most basic one is to be free of the tension. Infinite volumes of spiritual literature can be reduced to a few simple choices in life. Either, to be consumed by tensions, or to rise above them. It is really that simple. Tensions that consume our life are bondage. They lead us to live a reactionary existence and represent our inability to immerse ourselves in life with integrity.

In everyday life we act out our choices. The depth of our commitment to our quality of life shows in how generous we are with others and how generous we are, though the lack of negative tension, to ourselves. We demonstrate the reality of our own motivations through our interactions with other people and through the quality of the environment we create within ourselves. It is important for us to understand this so that we can look at our life in a realistic way and begin to make good choices around the environment we create within us.

Understand that how you deal with tensions, yours and others is really the fulcrum point. It is the daily articulation of your understanding of service, of love and respect. It is a practical and powerful expression of real love and respect to take the tensions, both your own and others, and to deal with them. As you cultivate this love and respect you are developing a powerful self mastery, which you articulate in your genuine capacity to serve other human beings. Finally, this commitment to stillness is a no jive, no frills down to earth, real life expression of your deepest humanity, the quality of life you choose. It's not saved for Saturday or Sunday, if you are really genuine about making a difference in the world, then you do it every single day. In this effort of transforming tension lies the nourishment and the fuel necessary for the total transformation that you ask for.

Act with calm, give generously, don't react, have compassion, be clear, refuse to act out of fear, be honest with people.

Step 63. Self mastery - Choices

We have this opportunity to choose many times each day. We can make the effort to be open and to live with a genuine love and respect for ourselves and others or we can talk about global problems and act like a fool. Everything we can choose to see all our inner effort as an investment in the quality of our outer life. We can chose this or we can let ourselves be consumed by doubts, fears, judgments, anger, worries and insecurities. You have to choose your outcome carefully. Instead of being consumed by tension you can instead open yourself and feel the flow of that energy pass through you and you grow as a result. Then you become free, free of all the biological, psychological, and emotional restrictions that endlessly limit human beings to an unfortunately stupid and harsh existence.

This is habitual conditioning and it is what truly helps us live our true life. So much of our response to circumstances is unconscious and socialized. We can become so blinded by the hunger for wealth or the fear of death, or loneliness, that it creates such an inbuilt sense of insignificance that we forgo goodness in the way we treat ourselves. These self destructive patterns are socialized responses to normal life, but we do have choices. We can follow our heart and operate with reason.

To manage tension, to find stillness, is not just meditating. Although this can help release tension. It is really about becoming aware of the essence of your own life, and then beginning to live from that essence, whether you're walking, riding the subways, working in your job, or something else. Stillness comes from being aware of that essence at all times, whether you're sitting still or moving around is irrelevant, you wont need a special place in order to have that experience. Your whole life itself becomes an act of meditation. That's stillness within.

Step 64. Self mastery

Find and secure daily stillness

Mind Body Spirit

Quiet the mind means to isolate the mind. Still the mind means to go somewhere deeper. Quiet the mind is vulnerable. It is the surface of the lake always ready for something to disturb its surface. Still the mind means to dive beneath the surface of the lake. Where surface ripples do not disturb the stillness.

All we need to do is find a way of being still in the world so that even if the sun rose in the west instead of the East we would still follow the same path.

“The resolution is to be without disturbance to my own mind or to the repulsion of others. I wish to do this one thing splendidly, satisfactorily- as this would form the totality of my spiritual quest in life, and if I die, having achieved this one goal, I will be complete, success.”

Four words - four thoughts that change your world, a filter through which all language can pass

Am I grateful? (appreciation)

Am I Present? (seeing duality)

Am I certain? (from the heart of kindness)

Is this love? (beyond emotion)

Today practice harmony in thought and word.

Step 65. Self mastery

Nervous Tension – Kills Stillness

Exhaustion occurs when vital energy is thrown away by the nervous system. Emotion, stress and nervous tension are the greatest drain of personal energy, known as your vitality or life-force. Imagine that you are given a gift of preciousness and with every stress, emotional reaction or nervous tension, you threw some of that gift into the toilet, careless, a curse of the master who gave it to you. No physician, no medicine, no drugs, pills or electric treatments have been able to recover what is lost in nervous tension, the drain on personal life-force and the loss of vitality caused by excess emotional tension, nervous tension and stress is permanent.

To preserve your life force, does not mean sitting around doing nothing, No this is the opposite, this causes nervous tension and stress. To preserve and even build your life force, you must act, act on that which you love, with love and celebrate life.

Stored vitality does not have to be spent or wasted. It is an attractive force and it is simply achieved by breaking the habits of the body, regulating thoughts, steadiness of the eye and calming the mind. (emotional stability), a strong conviction to your mission in life, techniques of breathing and a graceful, steady poise.

The loss of stillness is a repelling energy. The more unstable a person is internally, the less attractive they are. It is reflected in the person who is uneasy, fidgety, squirming or in any other way addicted to irritated activity. Restlessness is bad a habit. It is the cause of lost vitality, lost concentration, lost focus, lost clarity and is the primary generator of mental diseases such as depression. Steadiness is an art that should be taught to everyone, particularly children. The harmonious and attractive person is not restless and therefore, is magnetic to others.

Step 66. Self mastery - Mindful action

Freedom from restlessness is not stiffness or fixed position. Relaxation is the basis of ease, polish and grace. There is a power in correct relaxation and it is certainly not slough or laziness.

Uncontrolled bodily movements such as the frequent change of position, the moving of arms, legs, hands, fingers, eyelids, mouth, face muscles and various twitching, jerkiness indicate chronic nervous energy waste. This is when muscular energy is runaway without purpose and without control. Preventing physical leakage paves the way for new and life giving vitality. Steadiness is a habit. To bring poise into your life and relationship, become observant of all unnecessary motion you make and reduce your movements. The fidgeter makes you uneasy. You'll have no confidence in a person who fidgets.

Restless people make everybody around them, uneasy. Restless people cannot find stillness no matter how much meditation or drugs they try. Here are some activities that disturb the stillness and waste life force/vitality.

Typing. Typing for any length of time creates restless and nervousness.

Face motions. The most common is the action of the lips and especially the tongue.

Drumming. Fingers feet hands feet drumming are all reflections of leakage in vitality.

Fidgeting. Especially with the fingers, tapping, scratching, moving around, odd movements of the arms and fingers reveal an unconscious deterioration in presence and vitality. This also applies to feet swinging under the table or tapping on the floor.

Posture. Sitting position, slouching in a chair, head resting in the hands, leaning back, lounging, shoulders hunched, spine compressed

Sit still for a while. Dead still and while you are doing it, feel the depth of sadness, depth of anger, depth of love, depth of joy the deepest you can find within you.

Step 67. Self mastery

Mental Health a powerful key to Stillness and Vitality

Nervous reaction is a construction of the mind and nervous shock drives out more vital energy than can be stored in days of steady behaviour.

Sudden starts. These effects the whole body or a part of it.

Sudden stops.

Emotional Reaction

Trembling. unsteady movements which reflect weakness of nerves and mind

Short breathing. This is a habit it invites mouth open breathing

Sighing. This induces depression and sadness

Halting speech. The cure for this is to speak smoothly by direction of the will.

Rapid talk. Energetic delivery in speaking or in conversation is different.

Excess talk. Nervous exhaustion is the penalty of the person who talks too much and too fast. The speaker of great power is usually a person a few words when not engaged in speaking. This is also true of the actor. As a general rule the less you talk, the more you are respected.

Negativity. Examine your speech for negative terms

Worry. Most people die from mental stress, worry. Worry lessens the energy of every part of the body -- mind, nervous system, the functions of the organs, the power of digestion, the power of accurate thinking, the respiration and the circulation. The most dangerous and the most prolific cause of nervous breakdown is worry. Worry is a mental disease, it is like a cancer. Depression is caused by worry. Pessimism excites worry and kills both the thinker and those around them. Discouragement is the cause of worry, because if we cannot see opportunities for advancement in our progress in the world we panic.

Step 68. Self mastery Beyond Inner Conflict Reconnecting the heart and mind

Whatever makes a person more valuable to themselves will make him more valuable to others. Personal improvement lifts the individual up through thoughts, ideas, impulses. From this habit of looking onward and upward, comes the spirit of initiative. It is an amazing training.

We create patterns, devices, to help us avoid loneliness and this is why stillness is so difficult. In stillness we are truly alone. So, instead of stillness I create expectations of myself and others, then I am never alone, I am never lonely because I have my hopes, dreams, wishes, desires, ambitions, goals, judgments, emotions, always to keep me company. However, with this, the fear of being alone, or lonely sits beneath, always disturbing, always motivating me to action. A rat on a treadmill, the faster I run, the faster I have to run.

How can I relax if I am always comparing the way I am to some confused ideal? If I feel bad and yet hold the belief that I should not feel bad, then I feel doubly bad.

Step 69. Self mastery

Unhealthy Responses that Create Disharmony

Our responses to the tensions of life can be divided into two groups, wise and unwise, or skilful or unskilful.

The unwise group – emanate from the small self, they are experiences such as fear, hatred aversion, greed, attachment, hate, doubt, and jealousy. When we are in this mode we are in reaction to the world and love, vitality cannot exist. We will soon be exhausted, or ill.

The wise group is love, wisdom, joy, equanimity, confidence. They are natural states that do not result from experience. The training is to cultivate these thoughts no matter what takes place around us. As you know, all of life is a perception, life is how we see it. So, we can see it with love, wisdom, joy equanimity and confidence or not. We need to train our mind to search for these qualities in all circumstances in order to live long and happy life, and affect others positively too.

Grasping

Aversion

Delusion

Fear

Greed

Step 70. Self mastery

Learn to Unlearn

Mental Health comes from this

Stillness does not come from analysing the past. It comes from releasing it.

It is said in the east that the first thing to be learned is to unlock what has already been learned and then unlearn it. This unlearning is what is called real knowledge, wisdom. Knowledge is learned from the outside – wisdom comes from within. In other words, we have to learn how to become a good student, to let go easily.

To see a person and say, “that person is bad”, is learning. To see further, and recognize something good in that person, is unlearning. When you see the goodness in someone you have already called bad, you have unlearned. You have see with two eyes. You learn by seeing with one eye; then you unlearn and see with two eyes. This makes the learning complete. It requires humility, being humble. It means losing our individuality, that individuality which has been collected and accumulated. To surrender in the awareness that one’s ideas and opinions are just a collection of erroneous facts that, through conditioning or experience have been adopted as truth? They are simply collections of data and knowledge that need to be unlearned.

How can one unlearn all these stories that have been collected in a lifetime? It is said by some that the personality is engraved on the mind (and hence, that things cannot be unlearned). But I heartily disagree. For the sake of humanity, we all need to disagree. What we can do is add truth to half truth. What has been learned is possibly only half the truth, we need to add the rest. Rather than take away, it means to unlearn is to add the missing pieces. Like a child learns by being open, but an adult learns, and locks onto that knowledge and no longer remains open to add more. They say, I know about you. But this is half learning.

There are two sides to everything. Learning is seeing one side. Unlearning is seeing two. Can you do that? Can you see someone you don’t like (one side) and then find the other side (unlearning) and therefore see the two sides- wisdom?

Step 71. Self mastery

Break cycles – Letting go of old Patterns

People don't change, but their responses to life do and the degree to which it's possible for a person to change from unproductive responses to productive responses is extraordinary. It requires a decision that going over the old pattern of worry and tension is too tiring and you are willing to make the effort to change that. This takes a serious commitment. Not a heavy commitment but a real determination. It all has to do with your willingness to control your own energy. This commitment doesn't require doing a lot of big things, instead it's the simple things that, when you add them up, are the most effective. These simple things are the little moments in-between, when you slowly build a different pattern. Like anything that you practice, if you try to be simple and regular about this every day, then you take the steam out of the big moment and the blow up points become less critical.

Practice between performances. It's what happens between the meetings, between the public displays of your beliefs that's important. This is not talking about a different philosophy and dogma, so, whether you are Hindu, Jewish, Muslim, a Christian or a Buddhist it makes no difference. The real people behind those philosophies are the same.

We must learn to love again, to be open and trust that there's a perfection in the dynamics of life and our perceptions are the only block to seeing it. This is how we really change, because love transforms life. If you are able to see more love, you cannot stay the same, that is impossible. That is what people fear about love, when they fear love, they fear being exposed. Now, if you have more love it will move you to stillness within and this will show. It will reveal itself in your eyes, your face, the way you walk, the way you sit, everything will show it, because you are not the same person. When more love has come to your heart you are transformed, you feel the stillness, the energy, it's powerful, and it's perfectly natural.

Changing how we think, to be more in tune with nature, is tuning into God, both as an individual and in nations. It bypasses the ego, separatism and self righteousness and confronts old conventions. More love, changes you, and the world around you.

Step 72. Self mastery - Live your truth

Imagine if you will, a car, designed for fast racing, but the owner doesn't know it. The owner bought the car because it looks great. Now they drive the car well, but they don't understand that this beautiful car is not meant to be driven well, it is meant to be driven fast. This owner lovingly takes the car on the dirt roads, the city, and sometimes tows a caravan. They love the car, but the car is not what they think it is. Now, imagine a young person who buys a tractor. They love the tractor, they think this is the best car. They love it so much they enter it in car races, drive it in the city, they take it everywhere.

In both of these examples, there is no lack of good intent. It is all well meaning, but the car and the tractor are never reliable. They are out of harmony with their environment and it's completely accidental. The owner has a false expectation of the function of those machines. There is no harmony, between the driver, the car and the environment.

We are, body, mind and spirit the same as this analogy. Our body is designed for certain special functions, tall or short, wide or slim, strong bones or small bones, we are pre-engineered. If what we do in life, how we do it, where we do it, and with whom we do it are not authentic (as per best fit) we're never going to feel completely at home, in harmony, still within.

So, stillness comes when we're authentic, honest with ourselves. Treating ourselves with respect, not expecting too much of ourselves, yet, committed to our life and the lives of those around us. I see many people attempting to live a certain lifestyle borrowed from the East, that is not authentic with their disposition, and I also see many people living fundamentalist born again philosophies trying to "FIT" into a mould. To be authentic we simply need to be honest with ourselves. We are what we are.

An important part of this authenticity is unlearning the past. It is quite simple really, because there is nothing in the universe that is out of balance and most importantly this includes your past, there cannot be a pain without a pleasure. Any story from the past that holds more pain than pleasure or more pleasure than pain – needs to be unlearned. How much of life you can see the balance in? – it's simple really.

Step 73. Self mastery - Beyond fear

Fear of letting go can keep us in disharmony. So, an important part of finding ever deeper stillness is learning to get past the fear of letting go. We only hold onto the past because we fear the future. We stay attached to people, places and stories because we fear the future without them. Sometimes this is an intuition of truth, but, 99.9% of the time, it's not.

This fear of letting go the past creates allot of insufficiency which in turn makes people very ambitious, they want to compensate. However, out of this desire is born a particular mode of life or a method of action which keeps people from fully experiencing life because they can rarely enjoy the moment enough to sit with stillness and enjoy it. For them, enjoyment comes in the form of consumption, need, get, consume, dispose. This person will struggle for improvement (consumption) day after day and therefore can rarely feel content. Never satisfied. It is the drive built from insecurity and insufficiency.

With this insufficiency mindset there must be conflict, there must be misery and a sense of shallowness because no matter what this person consumes, the experience lasts, at best, a day or so. What is gained is feared to be lost, what is gained becomes measured against a new possibility, everything is compared to what is possible. Consciously or unconsciously, life becomes about consumption, this is the beginning of what medical people call ADD, Attention Deficit, simply meaning, unable to find contentment in the now.

Like reaching out for a feather, the more we grope and grasp the further away it goes. Insufficiency means we seek from the outside world what must already exist within. For just one day, today maybe, can you make the effort to be happy with what is, how it is, and see what obstacles come your way, see what old habits surface to prevent this joy of living from existing in your life.

Abundance comes from a universal perspective, and from this vantage, there is no wanting. There is nothing to change. Nothing is missing, just changed in form. Then there is no holding on for everything that we release will appear in a new form, instantaneously.

Step 74. Self mastery - Do what you love

When your emotions override your inspirations, when your body or mind becomes over stimulated or depressed, it's because you are not doing what you love.

Step 75. Self mastery

Life moves not on a straight line but in rhythmic curves

You must get past blame and victim in order to create stillness. The other person is igniting the source that is within you. So if a person insults you and there is no anger inside of you, then no anger will come out. The other person can only bring out of you what is already there. If this same person insults the Buddha there would be no anger, just compassion. If it were Jesus, just forgiveness. Those people learned not to blame, and there was nothing inside of them, no anger, just love. If you reach into a barrel which is empty nothing will come out. But if you reach into a barrel which is full your hand will grasp and retrieve something. It is the same with provocation. A person who is insulting you is just reaching into you as you would reach into this barrel. If there is anger or pain there then they will be able to bring this out for you so you can thank them. In other words they have not done anything except make you aware of what is already happening within you. This is the same as disease, the thoughts –toxicity was there, and the disease is bringing it out. If there were no thoughts, no toxicity, no disease could come out. The disease didn't happen to you, the thoughts were there and the disease made you know that they were there. You can't get disease, illness or problems when there is no toxic thought.

Nobody can do to you more than you do to yourself. Whenever you get elated, pumped up about what you do, you attract something or someone into your life to humble you and bring you back to centre. If you feel small and try to put on a mask someone will rip it off to reveal your real self opinion. No one can put you down more than you, and no mask is good enough to hide behind for long. In business, when we take the credit, our partner at home, our competitor, our customer or the business brings us back to earth. It is smarter to do this ourselves.

In a search for stillness the emphasis is not on questioning but on doubt. A doubting mind will remain a doubting mind no matter what intellectual knowledge is provided to it, the answers to the questions are really not important. If you have a doubting mind, you will doubt.

Step 76. Self mastery

Awaken each day to a new day

If you can awaken to each day as if it were totally new, then you would not create false expectations. This doesn't mean that you have to change your situation daily, it only means that you should not allow your mind to create patterns. Then your relationship will be new every day, new friend, new love, new experience. When we live with false expectations of our loved ones, and our work and the world we block love for it.

Realistic expectations are the essence of it. If you expect people to be other than who they are, you are fighting against nature.

To Achieve Rest and freedom from tension

Proper periods of rest

Variety of physical and mental action

Proper food and drink

Pure air

Physical cleanliness to assist elimination of waste

Regular activity of the muscles

Regular activity of the nerves

Regular activity of breathing

Regular exercise of the physical body

Healthy toned mental and emotional activity for the quickening of the brain centres

Proper clothing and favourable, healthful environments

High focus on purpose

Avoidance of excesses

Sex control and magnetic psychical and physiological harmony

Breathing Practices for Managing Tension

As we begin to learn how to observe our breathing, many of us may notice that even at rest our breathing is faster than the “average” rate of 12 to 14 times a minute (a rate which is already faster than it needs to be). In fact, many of us, without knowing it, habitually “hyperventilate”—that is, we take quick, shallow breaths from the top of our chest. This kind of breathing sharply reduces the level of carbon dioxide in our blood. This reduced level of carbon dioxide causes the arteries, including the carotid artery going to the brain, to constrict, thus reducing the flow of blood throughout the body. When this occurs, no matter how much oxygen we may breathe into our lungs, our brain and body will experience a shortage of oxygen. The lack of oxygen switches on the sympathetic nervous system—our “fight or flight reflex”—which makes us tense, anxious, and irritable. Such breathing also reduces our ability to think clearly, and tends to put us at the mercy of obsessive thoughts and images. Some researchers believe that hyperventilation can actually magnify our psychological problems and conflicts, and that chronic hyperventilation is intimately bound up with our anxieties, apprehensions, and fears. The key to slowing down our breathing is not to try to slow it down, but rather to learn how to breathe more deeply, using our diaphragm, belly, rib cage, and lower back in the breathing process

Those of us whose work requires extreme visual concentration (and the list is a long one, especially in this age of computer technology) can improve our work and increase our energy by making sure that our face muscles are relaxed and by looking away frequently from the work we are doing. This will help our breathing. When our face muscles become tense and our eyes lock onto anything too long, diaphragmatic movement during breathing decreases. This makes our breathing more shallow and means that we’re taking in less oxygen. What’s more, this shallow breathing decreases the lymph flow in our body thus reducing the effectiveness of our immune system. So be sure you check your face muscles every 15 minutes or so to see if they’re tense. And be sure to let your eyes move frequently. If for some reason your work does not allow you to look away, then at least use your peripheral vision. This will help relax your diaphragm and improve your breathing.

Yogis, have known for a long time that conscious breathing can help reduce stress, increase relaxation, and decrease pain. In her new book *Molecules of Emotion*, famed neuroscientist Candace Pert tells us that bringing our attention to our breathing during meditation brings many such benefits.

Such mindful breathing helps us “enter the mind-body conversation without judgments or opinions, releasing peptide molecules from the hindbrain to regulate breathing while unifying all systems.” The key here, it seems, is simply to be present to our breathing, using our inner attention to follow our inhalations and exhalations as they take place by themselves. So if you want to increase relaxation and reduce stress and pain, try sitting quietly each day for at least several minutes and simply follow your breathing with your attention.

Some of us try to do deep breathing when we want to relax. Unfortunately, most of us do not really know how to breathe deeply. We do not know how to release the unnecessary tension in our belly, back and ribs. As a result, our efforts to deal with stress through deep breathing often result in shallow, faster breathing which tends to make us more nervous and tense. There is another, easier approach to using our breath to help us relax. In this approach, you emphasize and lengthen your exhalation. It’s what happens naturally when you sigh. The long exhalation helps turn on your parasympathetic nervous system, your “relaxation response.” There’s nothing to do except to make sure your exhalation is longer than your inhalation. You don’t have to count to do this. Just put your awareness on your breathing as you exhale. Sense the air rising upward and going out slowly through your nose. Don’t worry about the inhalation; it will take care of itself. This breathing exercise can be undertaken safely whenever you feel stress coming on.

Breath, soul, spirit and inspiration have forever been as one. You wake on the first breath, you die on the last. The breath of God is creation itself. Breathe from your abdomen, expand your lungs; it is your source of vitality and magnetism. To be you, breathe. To excite your life, inhale deeply. To calm, exhale long and slow. To be centred, inhale and exhale in balance.

Use the gifts and resources of your body temple to achieve your true life potential. Take a holiday every breath. Exhale away stress, and inhale the forces of life. You are one with the source. It is sluggish and clumsy to wait for the end of the day for breathing practice, because – breath is the opportunity to maintain yourself in the most dynamic state possible, and in the simplest way that you could imagine.

Eastern arts such as yoga and Tai Chi focus extraordinary amounts of energy on breathing practice. The philosophical elements are quite minimal in the larger schools because it is not what we know that makes us great, rather, it is what we do. The yogi's claim that the length of your breath determines the length of your life. In the ancient texts, it is suggested that each person is born with a certain number of breaths and when these are completed, their life expires.

The emotion and breath are intrinsically linked. Managing your emotion is managing your breath. The breath responds to the perceived trauma or excitement of any situation, even while watching television or playing virtual reality games. Therefore, in reverse, we can control the emotions by controlling the breath. Actors study breath and character with equal concentration. Breath is the key to a long life.

We breathe in order to get rid of carbon dioxide gas in the lungs having received it from the blood and to secure a sufficient supply of oxygen by drawing it through the walls of the air sacs of the lungs into the blood .

It is in this manner that exercise increases the circulation, muscular activity forcing more blood into the veins and heart, and the excess stimulates the lungs into greater activity.

The best exercise consists of varied activities and never too long brings into action one set of nerves or muscles nor engages them in unduly continued violent work.

Between inhalation, breath coming in, and exhalation, breath going out there is a tiny gap. For a single moment, or 1000th part of a moment, there is no breathing -- when it turns at the top, and when it turns at the bottom. One breath comes in; then there is a certain point and breathing stops. Then the breathing goes out. When the breath goes out, then again for a single moment, or a part of a moment, breathing stops. Then breath comes in.

In between these two breaths inhale and exhale there is a moment where you are not breathing. In this moment if not breathing you are actually not in this world because without breath there cannot be life. When you are not breathing your mind is dead, just for that few seconds; you are still, but dead. It is there but with a disturbed mind, you never observe it.

To the mystics, each outgoing breath is a death and each incoming breath is rebirth. So with each breath you are dying and being reborn. The gap between the two is of a very short duration, but keen observation and attention will let you feel the gap. If you can feel the gap then nothing else is needed. You are blessed you have known the one thing that is nothing. It is not a matter of training a breath. Leave it just as it is. This is a learning in itself of how not to interfere or project idealism is onto what is natural. Your mission is to observe the breath without fear. If you try this practice you will see the point between the two breaths it is already there. There is nothing to be added or for you to do. There is no effort required. There is the opposite to effort, there is no effort, no desire, no interference.

You'll need to refine your observation in order to appreciate this gap. You'll need to bring your whole attention to the nostrils and feel the breath coming in and out as it touches and changes temperature against the side of the nostril. Buddha said "be aware of your breath as it is coming in, going out -- coming in, going out" he never mentions the gap because there is no need. Buddha knew that if you become concerned with the gap, the gap between two breaths, that that concern may disturb your awareness. So he simply said "be aware. When the breath is going in move with it, and when the breath is going out move with it". To simply this; 'going in, going out, with the breath" he never says anything about the latter part of the technique.

This is because the Buddha was talking with very ordinary people, with very little mastery of mind or body. He knew that to create a paradigm that would excite desire for people to attain the interval, this would become a barrier to awareness. He knew that if he provided a technique, the student would discover this for themselves.

The second level of breathing practice is to integrate the idea that the breath is circular rather than linear. In other words the breath doesn't just come in and go out with a gap between. It comes in, slows down, creates a gap, speeds up, goes out. In this way the breath becomes global or circular and we can transfer our consciousness to the slowing down and the speeding up of the breath at each end of the cycle. The emphasis now is on the turning not the gap. The outgoing and incoming breath makes a circle. And so we have circulation of breath. Breath going in is half the circle; breath going out is the other half. Shiva says, "as breath turns from down to up and again as breath turns from up to down -- through both these turns observe; realize the turns and you will realize the self."

If you watch a child sleeping, observe their breath. The breath goes in; the abdomen goes up. The chest remains unaffected. That is why children have no big chests, only abdomen, a very dynamic abdomen. The breath goes in and the abdomen goes up; the breath goes out in the abdomen goes down; the abdomen moves. Children are in their centre at the centre. That's why they are so happy so bliss filled so energy filled never tired-- overflowing and always in the present moment with no past no future.

In city life our breath becomes shallow it never goes to the abdomen; it never touches the naval. If it could go down more and more it would become less and less shallow, but it just touches the chest and goes out. It really goes to the centre. You are afraid of the centre, because if you go to the centre you'll become total. If you want to be fragmentary, this is the mechanism to be fragmented; shallow chest breathing.

When you are angry, find where it is in your body that you feel it most. Is it in your stomach below the navel, or the chest, fist, jaw, or throat? These are areas of your body that have become contracted, and in this state they cannot function. Literally, they are blocked energy centres. One method to change anger is to focus one by one on the areas of blockage and begin to release them one by one using the breath. If you can sense the energy within your anger, and if you can concentrate on feeling that, then let it flow down the front of your body like a current, and then up your spine. This is the life force re-directed, and instead of releasing and wasting that vital force, you are re directing it. This is not to suggest that you should to repress the anger or hold it within. To turn anger inside means to channel the energy and reclaim the energy that is being wasted, and use it to uplift you and others.

The second method is one of my favourites when I am under pressure. Drop your arms by your sides, open your hands, and feel the anger drain out of the ends of your fingers. The tingling in your fingers is the release of emotion and the opening in your chest is often the recycled energy, freed from the emotion that generated it.

Let go of the Past

Wake up fresh each new day

Until the past is the past, there is no future

For many people putting the past behind them is an impossible and unwanted task. We dwell in the past, learn from the past, celebrate history and remember the past.

My father, a man of great accomplishment and integrity, grieved the past every day of his life for nearly 60 years, and many people I meet are living from motivations gained from the past, "I will never do that again" - Living in the past can drive success, fame and fortune.

So, with so many people using the past to create a more positive future, why would we be interested in letting it go?

Most emotional upset, most aggression, war and violence is caused by an attachment to the past. Most relationship failures and most depressions are caused by memories of the past, that prevent the future.

Our memories of the past are automatically going to depreciate the quality of life we celebrate in the future. Stories of the past, the way we see history, good or bad, pollutes the enjoyment and health of the future.

How do we make the past the past, so the future can be with us? That's the mission you should achieve at the conclusion of this section of the book.

Make today a new day
Do something differently!

How we can Live in a Rut

I awoke one morning, tired from the day before, dressed and began the day. The residue of yesterday's meal still hanging in my mouth in spite of mouth wash and tooth paste, it was still there. I walked down the street, saying hello to people that I felt familiar with.

I was careful crossing the road because I remember the time I nearly got hit by that crazy bastard who went through a red light. I also remembered to stand tall, as I was taught in the yoga class last week.

When I get to the office I dug out my keys and them into the locks, the way I did yesterday and the day before and the day before, routine.

I get my coffee. I remember the way I like it, 2 sugars and skim milk quite warm, and check to see if it is as good as it was the time it was perfect. Not quite, but that's good enough. I sit down to my desk, looking over the papers that I left there yesterday and the to do list I have prepared the night before, check my emails from the night and get myself ready to face a new day.

My work begins by finishing the tasks set yesterday and the project I have been working on for two weeks.. Someone enters my office, there's an emergency, they want me to change my schedule for the day. Something new has come up.

At first I am annoyed. I was so comfortable and ready, if I could reject this new thing, and at least defer it to tomorrow I'd be far better off. Then, it would be tomorrow doing yesterdays work and that helps my structure.

Ahh, today is a great yesterday.

Try to avoid reactive living

How we can Fall into Reactive Living

I remember dreaming about having a relationship like this. I was just 10 and I thought wow, imagine not having all those arguments like my parents. Imagine having a house full of love. Now I am living that dream. The one I created all those years ago.

I don't live in the past. I want a relationship nothing like the past. I don't want to repeat those stupid mistakes I made with Jenny, and I certainly don't want to do what my friend did. No I want a better relationship than those people had.

I met my partner a year ago, and fell in love at first sight. It was amazing. We sat together and then made love. It was so great. She was warm and happy and we just spent hours sharing stories and laughing. Yes, I remember that time like it was yesterday. It was so amazing. There is no doubt, that time was the best in my life, our lives actually.

Over the last 6 months things have been a bit stressful. So we made some goals. Based on that 6 months we've planned the future and we want to make sure we don't repeat any of the problems.

My father and mother split up. So, we are determined not to. We want to have children and I think we will learn from our parents mistakes in the way we bring our children up. My parents were far too lax.

Anyway we have big dreams. We don't want any of the problems that have caused any of our friends to get into difficult relationship problems. We also know what upsets us, so we made rules for clarity. We made that very clear from our own experiences.

Jenny was dumped once before. He broke her heart so we have to be a little careful that we don't push that button, she's very, very sensitive about it.

I am going through a hell on earth
divorce. How do I make sure this does
not sour my future?

Grief

The process of letting something go, especially something we perceive we don't have to let go, is difficult but highly predictable.

All grief goes through 4 cycles and you must allow yourself the space to have those cycles do to you what nature intends. In other words, don't try to outsmart nature or the process.

Once, because i have a powerful intellectual awareness of the ancient mysteries, I cut through the process of grief. Being male, this intellectualization is easy and most comfortable. I cut through the grief because there is a way, called a collapse process. I cut through all the grief and went straight to love.

Some years later, in a completely unrelated event something triggered my body to remember the past, that grief, and suddenly I was in an overwhelming emotional process over something completely trivial. Then I realized I had gotten ahead of myself.

The cells of the body, filled with chemicals, also need to process information. They store information. Cellular memory. These are deep, some people claim that some of those memories come from past lives too. I don't know, but I do know, that the mind (intellect) can leave the body (emotion) far behind. So allot of what we know, isn't really ours and allot of people have allot of unfinished business in their body mind. This is called disease.

Grief goes through four stages. Denial (this isn't happening - refusing to break attachments) - Anger (why me, why them, why now - caused by loss of faith in the bigger picture) - Sadness (what am I going to do now - Lost hope and vision for some dreams) and acceptance (ambivalence created when the cycle is completed) The first time through this cycle might take 3 months, and you might get stuck in a phase and need help. But you have to know that the cycle never stops. After taking 3 months, the next time might be 3 days, and then 3 hours and then 3 minutes. And eventually 3 milli seconds. Don't rush the cycle. Let your mind and your body work together in feeling, explaining, feeling explaining until the ambivalence is sustainable. Ambivalence is, the first and most important sign that the past is actually the past. No emotion.

Viewpoint

Spiritual Viewpoint

Spiritual Viewpoint

There are two aspects of us all. We call them the listener, or the observer and the talker, the participant. In the bible Jesus is reported to have said, “be in the world but not of the world” and the Buddha was meant to have said “teach them the illusion till they are ready for the truth” - A Hindu yogi once said “I teach them what they want to hear until they are ready to hear what I want to teach”

What they all have in common was the awareness of a separation between the listener and the observer. In other words there are two aspects of you: there is the lower minded you, which is the sensory, feeling, emotional fun loving you, and the other you, the higher minded spiritual bit.

Ralf Waldo Emerson quoted nature when he suggested that “nothing of the senses ever satisfied the soul.” The great perennial teachings agree. Nothing of the lower mind ever fulfills the appetite of the higher mind.

Our lower mind, body and mind, is driven by two primal urges, seek pleasure and avoid pain. Our higher mind, seeks only to return from whence it came. Home is, for the higher mind, in the heavens.

A spiritual perspective honors both the material and physical aspiration of the lower mind, (senses) as well as the spiritual perspective of the higher mind.

The time to connect to this higher minded perspective is in the morning before the rush of the lower mind takes control. Bring yourself, through the experiment of your own process, into this higher minded awe every morning and your life will celebrate a greater balance between contentment and fun.

The journey

If you watch the activity that is going on about an anthill, you will see a small army of earnest workers tugging away at what to them is hard and important work. The ants do not see you, for you are too big. They no doubt fuss about and worry, have their anxieties and stresses. They live for short periods, in a relative sense, and therefore have forebodings of what the future has installed for them. They believe that their importance in the universal plan, is huge. But you laugh at such littleness. You blame them for worrying and fussing over their work, which, in the bigger picture is trivial. You know they came into being without exercising any choice in the matter.

If you lived on an anthill and never looked beyond, then you will be a citizen of the Anthill; If you looked outside of that anthill, at the fields around you, a broader perspective of nature would become obvious. If from the fields, you look at the forests and valleys, the mountains in the trees, and far across the ocean to other lands, your viewpoint would be greatly shifted, and you would be a citizen of the Anthill without the anthill perspective.

Perspective is Everything

If you think that the earth is the center of the universe and that man is the chief purpose of creation, you'll be like an ant in the anthill, who believed that their little anthill was the heart of the universe, and that they were the climax of existence. They would worry and fret and stress about all sorts of things, because, goodness knows they are important.

Their perspective is so small and self defined because they never sat on the top of the anthill and looked off into the distance. They were never 500 inches from home. To this ant, the anthill was a mighty massive matter. But the great operations of the universe are taking place in another part of the sky. New worlds are being born, their suns are coming into existence, new systems are forming, and all is life, swift, thrilling, omnipotent. This is where you want your spiritual perspective to emanate, this is, therefore, where we must travel to gain it.

Grain of sand

From the universe looking back, our earth has less importance than one grain of sand on all the beaches of all the earth. If you are able to imagine your earth as a tiny grain of sand in the midst of endless masses of sand, there would be billions of ants crawling all over this grain of sand. (Relative size is important) One of those ants is the King, another is the Emperor, another is the president of a great republic, another is the mighty as financier in the world, another is a man of gigantic wealth; and they are, like the millions about them, crawling for their brief period over this grain of sand, only to be absorbed into its surface and disappear quite quickly, while other ants come forth and do their crawling for their brief period and likewise go for nothing.

Beyond Small thoughts - Bigger Context

This earth is a grain of sand. How many people on this grain of sand think of the great drifts of other sands that fill the sky. How many people think of the world's beyond, of the galaxies, of the next universe and the varied array of heavenly wonders that make up the cosmos? If you have never been 500 miles from home, and some think this makes a long journey, you will have a very small viewpoint. If instead of measuring light from the narrow walls of a room, you viewed it from the wide expanse of the earth, you will think differently. Now can you conjure up the idea in your mind that this grain of sand on which you live is a very small part of the sky, and that operations are going on elsewhere that almost totally ignore this small world, you would seek a new viewpoint. Maybe your worries would be less.

Looking at the Magnificence

There was once a strange man who had a most powerful microscope and he silently carried one grain of sand to his laboratory. He placed it under a very small microscope where it appeared like a great world, so full of variation, that it required weeks to study. After a while he placed it under a more powerful microscope, and now he could see a still larger world. At length, after months of study, he placed the grain of sand under one of the greatest magnifying powers invented. That was years ago, and ever since that time he's been engaged in making maps of the grain of sand, and he finds that it contains hills and valleys, mountains, peaks, canyons upheavals and depressions, just as many as those on earth.

Our strange man with his grain of sand says that if a race of people suited to this grain of sand were to appear on it, they would have as large a world to live on as we have here, when comparative sizes were considered. He took the grain back to the beach and placed it in a thimbleful of sand. Then looked over the whole beach of sand and made an estimate of how many thimblefuls are on this beach he took his grain from. Now he could see the importance of his grain of sand in the sand cosmos. It is no different to our world in the universe of stars.

Size means everything

Relative size means everything. It means clearly that, if there were millions and billions of people on a grain of sand so small that it was wholly unimportant to our gaze, they would seem as great to themselves as we do to ourselves; and a grain of sand would appear as vast a world to them as our earth seems to us.

There may be countless peoples, tribes, nations and activities and generations in that tiny bit of sand; just as there are on this planet. To us those people would be insignificant; yet to themselves they would be all-important. They would plan and worry, find and make peace, win and lose, be born in pain and die in suffering; all just as we do, and life's problems and struggles would be just as serious. They would have elections, politics and graft; the rise and fall of governments; trials in court where defendants would tremble; and all the business of existence would continue, with great importance.

The value of time

Cities have had never withstood 100 centuries of time, so no work of humankind, no building or rare act, no monument will survive long into the future. The axis of the earth is constantly swinging the poles towards the sun, and it is only a question of time when our tropics will be icebound, and our great cities will be buried. Global warming is just a small fragment of the inevitable. Our individual place in this puzzle is absolutely unimportant, destiny is planned, Nothing we do can change the big story, we can only modify the little one. You are less than one leaf in a tree in a forest of 100 million acres. 100 years from now your history will be totally obliterated.

Of course, I am talking to your spiritual viewpoint here. Your lower mind will shudder at this reality. What, me, irrelevant? Who does he think he is? And here is the witness to all the drama of earth. Because all these little lower minds argue that they know what is right and what is important, because this creates identity, and identity is, after all, a sense of self importance.

You are one person only. In a crowd of the thousand, you are wholly unnoticed. In a mass of 100,000 people, you could hardly expect to be regarded all. Ten times 100,000 is one million, and 10 times 10 millions is a billion, you are just one of humanity. And you exist in the context of just one single generation. This earth has welcomed generations of people for more than 200,000 years, probably for half a million, and will continue to do so, as nature has in its predestined schedule. (The earth gets closer to the sun every revolution, sooner or later you won't need a microwave oven)

This vision is to impress on your mind the fact that you are but one of 6.5 billion people living today, and they are but one generation in an endless procession of other generations that come and go in rapid succession, soon forgotten and erased from the face of this grain of sand.

What do you know about your grandfather? The fact that he liked whiskey before diner or that he was a bit of a joker, and what do you know about his grandfather? Are we trying to give meaning to our life which is really inconsequential?

Don't be trapped by Trappings

We compare this bit of sand to our entire universe. We see that matter is composed of millions of atoms, which are far apart and moving in orbit in the same way that our solar system and the planets and satellites move in our universal space. Then we add the knowledge that, in the ultimate formation of matter, nothing touches; and that is near the truth; matter, resolved into its primary parts, is practically nothing but space. Particles of matter orbiting in atoms with 99.99999% of the thing we call an atom, which makes up the things we call matter, is space, thin air, empty. So in struggling for life, we are grasping for empty space. How scientific is that? At best, the wealthiest person on earth owns nothing, in a material sense, but space.

Now you can think back over your day and if possible life in the wonder of the effort and fear that you have exerted in the gathering of what is totally empty space and wonder what you were really thinking in that process. Contemplate the smallest particle in matter and then the largest orb in space and consider the vastness of empty space that we call life. You are developing a universal perspective. It is like watching an anthill.

The first experiment

Go to a heap of sand, the biggest you can find, and take one grain. Lay it carefully down as your future property. No one will prosecute you for stealing. After having carefully and securely taken possession of this grain of sand, so that you cannot possibly lose it, then begin to count some of the other grains that lie near the place where you took your grain away.

Get a handful, estimate the number of grains it contains, then look over the whole heap of sand and make an estimate of how many handfuls are in the total pile of sand that you've taken your grain from. Then imagine that you are standing on a the beach that is 2km wide stretching even under the sea, 20 kilometers long, and about 100 meters deep with sand; try to get in your mind the number of sand grains in all that mass, and then look to see what that value of your grain of sand compared with the whole area. You now have an idea of the importance of this earth in the galaxy in which it lives, and in turn this galaxy, the milky way in the context of this known universe, as one of billions and billions of known galaxies in the cosmos. Study this proposition until the whole vision impresses you. Our earth is no more than a tiny spec of cosmic dust.

Dwell on this thought as you enter sleep.

The second experiment

Take the grain of sand which your lower mind will claim as yours, so you now own it, , yours, your property. Now look at it. If you wish to bring only your physical mind to view it, then you need not be alone; but if you wish to see it with your psychic mind, you should be alone.

Look at that grain of sand. Imagine that it can be seen under a microscope. If you have one and can enlarge the grain 100 times, all the better. But your imagination can do as well. Suppose you could magnify it a thousand diameters or 10,000 times, what do you have? Suppose you belong to a race of people that were created small enough to dwell on that grain of sand. You would have no way of knowing the perspective of where you existed; you would think your grain of sand was a very mighty world, on which a 100 story building would be a wonder of the ages, although in a handful of sand no one could see you or your big building. Such is the effect of a spiritual viewpoint putting life in perspective.

The third experiment

Build a solar system of the same comparative size as that which houses our earth. The sun is more than 90 million miles from earth. It is 1,250,000 times larger than this earth.

The sun could take into its body our world and would absorb it like an ocean would absorb a drop of water. 1000 earths, if they all went into the sun at one time, would be no more than a drop in comparison and would be devoured in a flash; all gone, people, women and children, cities, governments, nations and continents, all, that is anything, the merest thing, gone to make no appreciable increase in the bulk of the great sun. The sun is more than one million times larger than this earth. The solar system consists of the sun and nine planets. Of these Jupiter is the largest, and it would take 1200 earths to make one Jupiter. But all planets together and the thousand moons would make only a drop in the bulk of the sun if they all collided with the sun.

The fourth experiment

Take the grain of sand and glue it to the wall, so it cannot be rubbed off easily. Then get a golf ball and glue it to the same wall 73 inches away from the grain of sand. The earth will be represented by the grain of sand and the sun by the golf ball. The only purpose is to impress on your mind the littleness of earth. Now consider that the gold ball, our sun, is one of the smallest in our galaxy, and if you were to put the next closest star on the wall you would need to place it many miles away. Then consider that there are millions of suns in our galaxy. This is viewpoint, this is spiritual perspective. Now you might begin to see a more enlightened perspective. The ball and the grain of sand should remain on the wall of your room at all times where you can see them, so that they may arouse the feeling of how unimportant this world is in the affairs of the total universe.

The journey so far

We began with the viewpoint of the little life on the grain of sand, and we looked into the anthill, then into the homes and offices of so-called busy people, and then the whole world itself. We are about ready to take the journey further and out into space itself so we can see our earth from the same perspective as we saw that (OUR) grain of sand.

We depart earth traveling at the speed of light. One million miles each five seconds, and have now, in a few seconds, reached, the moon. Here we meet a fellow space traveler, who has journeyed the millions of years from the center of the cosmos to visit our earth, we sit on the moon for a rest and watch this creature as it observes our planet, What would they see?

They see our earth revolve around once every 24 hours, and on its surface they see things moving about like so many ants surrounding an anthill. These objects, it discovers, are on two legs, and they have round knobs in the upper end, which they guard more carefully than they do their lower end. (except in Australia) The round knob on the upper end seems to have a special value. So it watches all these and soon ascertains that the round knob of each is a sort of governing globe, containing the power to instruct the rest of the body.

They seem to go into houses, when it becomes dark, or many of them do. It seems to be a general custom with the majority. Others make imitations of the sunlight and try to see things as if the sun were still shining. When the light appears each morning the ants come out in their millions all over the planet, and they are busy doing all sorts of things. Their anthills are generally square or triangular buildings and countless ants are always making more of those things to live in and to work in.

These self important things worry and a plan; they suffer, fight, eat, get well, get sick again and die. They even dig holes in the surface of the earth in which to drop their dead. They grieve allot when they put them down those holes and because of that, they go down themselves in a very short time. So they go on from generation to generation, some thinking it all right, others not thinking at all and most of them wondering what it all means.

Thousands of years come and go, in which time nature smoothed out the surface where the dead have been buried, the anthills, collections of those buildings, cities, are leveled to the ground to be forgotten, so that, after a brief lapse of a few thousand years, all is gone and not a trace can be found of the ants that once darted here and there all over the globe. And new ones take over thinking they are important - relevant. Here the traveler laughs for the first time.

Moving on

A few more seconds at the speed of light takes us past the moon, a few hours takes us outside the outer confines of our solar system. Soon, we have traveled at this breakneck speed (one million miles every five seconds) for 24 hours and we are still no nearer to Alpha Centauri, the closest star of the billions that make up our galaxy. Alpha Centauri is still a tiny speck in the distance. Will another 24 hours help us traveling at the speed of light? Will a week, at the speed of light reduce the distance? Surely it ought to, for one million miles every five seconds, kept up 24/7, ought to make vast inroads in space. But the handicap is not our rate of speed, but the awful size of space.

A whole month passes, and we are no closer. Then a whole year, and Alpha Centauri is still just as far away, and we know that we have been going in a straight line towards it all the while. There has been no deviation from our course, and still it doesn't grow larger. It's hard to explain.

A second year passes. We have been traveling all the time as fast as light travels, or one million miles every five seconds; and yet, after two years of such speed Alpha Centauri seems not a bit larger.

The part of the sky that lies between our solar system and alpha century is a void the distance of 25000,000,000,000 miles. To travel there at the speed of light requires over four years of our time. If that star should explode, as all stars will, and become dead and scattered, we would not know it for more than four earth years. That's how long it would take the light, from the star to change, extinguish or even flash into one of our telescopes. We are, as it is said, behind the times in a big way.

Our solar system, the area in which all of the planets circle our sun, is 6 million miles in diameter, the distance between us and nearest neighboring solar system is empty, and would be equal to more than 4000 of our solar systems all placed in one line. Far enough apart to prevent each sun robbing the other of its planets and moons.

Our whole solar system, with its great planets, is so small that it's a dot in the sky. Yet, on earth, we thought that our one life was really, really important. Countless generations have come and gone, and there were countless persons, like ourselves, who thought that the earth was the center of sky and their life was valuable. Now the traveler we met who is really laughing for the second time, when he realizes that we thought the intention of our life was to make good of it. In fact he has begun to hyperventilate with laughter; he can no longer sit up and begins to roll about. We are, like a drop in the ocean, important but irrelevant.

The journey continues at hyper speed

To continue to our destination we must confess that the vehicle that travels distance and measures time by earthly means is not going to suffice. You can comprehend what distance it is from the little world that we left. You remember that we past our sun, and were astonished to learn that its diameter was much more than one million miles; (earth is 8400 miles) and we passed other suns whose diameter was 10 million miles and more; and our sun seemed little in comparison. When we left the earth we thought we were going away from our world, that this little thing was the center of the universe. We believed, as others believe, that our planet, with its circumference of almost 25,000 miles, was a giant home for humanity, yet it faded from view in a flash; 4 seconds. It was a tiny, insignificant little world that we left.

Moving by the light route, moving at the rate of 189,000 miles per second, for more than one million years on the journey we were only in the center of our own Milky Way Galaxy. It is one galaxy in the vast expanse of space where 50 billion galaxies have been observed by scientists, so far. Therefore we must release the physical dimension of travel, we must take flight, and speed on wings, not of light, but of thought, and come to the central courts of heaven.

Space travel

By a change of pace from light to thought we traverse the vast expanse of space in a few seconds of actual time. It makes a great difference how we go. Light is swift. Electricity is swift. A ray of light will pass around the earth six times in one second. But light, swift as it is, cannot serve the demands of true knowledge. We must use imagination and thought as our vehicle, we must go in thought where humans cannot go, and in doing this, we become truly citizens of the universe. Unlimited in our scope, uncontrolled by material existence, we are free to explore, and that is what we intend to do.

Now I would like to give you a map, the map I promised at the start, a precious map that will become yours. It's a map you can carry back on your return to earth. Of course you can return here any time you choose, I have shown you the route. And if you return often enough it can become instantaneous, it can become your viewpoint, from which you see life. A Spiritual Viewpoint.

The Center of the Universe

We have reached “The Centre of the Universe”.

There is no tomorrow and no yesterday, it is an eternal moment. Your heart is open, and there is nothing to close it. There are no people because the separation between all things has vanished one is all and all is one, so there are no conversations, silence is beauty.

Worry and fear and anxiety are banished –they relate to time, the past and the future and here, neither exist. Freedom is the keynote.

There is a music, but not of the ears. It is the sound of harmony, that perfect harmony. Our spirit celebrates and laughs at the dimension of life, the expanse of it and the wonder.

Reason and logic are banished. There is no time so there cannot be a past to consider nor a future to map, all time has condensed into this experience. Emotion is also impossible, because without time, fear of the future, or guilt of the past cannot exist.

There is no grasping or holding on, your wanting is fulfilled. Insecurity is lost, because here all needs are satiated, you are truly in your divine nature. Desire gives way to contentment a deep personal and universal contentment. You now see the perfect order in creation.

Time does not exist for you, but it does for those back on earth. In their years and centuries you watch eons of time come and go. You now understand the mystery of existence on such a huge scale. That they try to possess another person, or continue to argue over property seems incomprehensible when you see the tiny fragment of time they call life. That they would divide themselves in the name of their Gods, is incomprehensible. With such small comprehension of the greater mystery, they cry for help to understand their small world and in this you find your Life Purpose.

Coming Down to Earth

Just before we leave, can we, in this place of wonder, take the time to contemplate the laws that pervade all creation? It seems wise to explore all we can before we return to our material home. Can we understand this universe enough to bring this perspective back with us and therefore understand life on earth from this viewpoint?

We can know that whatever happens in human associations, must be found already established in the universe, the laws are all pervasive and therefore understanding universal law, is understanding nature's law and therefore human law. We can only operate freely, to the degree that we conform to these laws on earth. There is no part of creation where these laws are not obeyed. What may seem like chaos and confusion to an earthly ant, operating in the perspective of the anthill, is really operating under laws of order. No movement escapes it anywhere in the cosmos, including our earth.

There is order in the chaos. You will never find a law that prevails in the sky, that is not mirrored by nature on earth.

