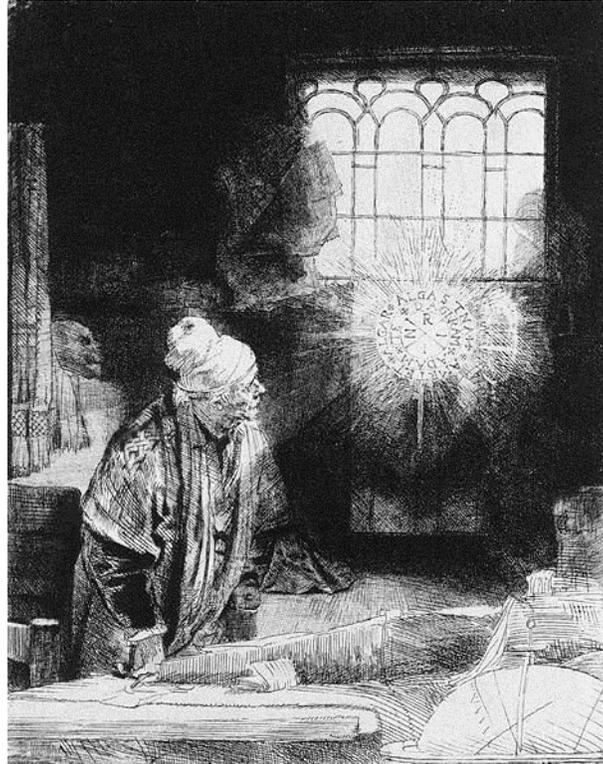


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The Perfection of Wisdom—The Cosmic Letter U



Introduction

In his book, *Key to the True Kabbalah*, Franz Bardon describes what he calls cosmic letters. These are energy fields created through concentrating on three senses. The concentration is on a color, a physical sensation, and a musical note that you speak as a consonant, vowel, or diphthong.

There are twenty-seven cosmic letters. The letter U refers to akasha, the fifth element that originates, supervises, and dissolves the other four—earth, air, fire, and water. For me, the letter U precedes all the other cosmic letters. Because it is the source, you can find to some extent all the other letters within the letter U.

Franz Bardon refers to akasha as actually being colorless. It is outside of the visible spectrum of light. Bardon attributes to the letter U the color of black as in shiny or ivory black. The sensation that goes with the U three sense concentration is an awareness of there simply being no space or time.

Ninety-five per cent of the matter in the universe is dark matter. It does not emit any radiation detectable by science. In other words, no light shines from most of the universe—it neither radiates nor reflects light. The U relates to this aspect of the cosmos. Put simply, the letter U is turning one's consciousness into a mirror—a state of awareness that is perfectly receptive.

The color black has many cultural and spiritual associations. The Hawaiians have a saying, “When the sun appears, everything falls into place.” But we also have the song, *What a Wonderful World*:

I see skies of blue, clouds of grey, the bright blessed day, ***the dark, sacred night***, and I think to myself, what a wonderful world.

And of course, there is *Silent night, Holy night*

We can relate the color black to a kinesthetic sense of touch. Instead of black, we could say “empty” as in nothing to touch. Space is empty and obviously has no color. No light, form, energy, or objects can appear without a space to contain it so to have a universe you need emptiness .

Various religions have attempted to work with akasha along similar lines. In Buddhism, Prajnaparamita is described as being the Mother of the Buddhas. Prajnaparamita is emptiness.

In Taoism, Wugi is like the Tao: it is formless, undifferentiated without opposites existing within it. Everything derives from Wugi.

There is a movement and form involving Wugi in Tai Chi Chuan. One master refers to “raise hands,” the first movement in the longer form as starting from a state of Wugi in which masculine and feminine or yang and yin are undifferentiated. As you begin to raise your hands, you move from Wugi into the feminine. As you raise your hands to where they are

fully extended, you move to maximum yang. Then as you lower your hands you return to yin or feminine and finally again to Wugi.

The raising and lowering of the hands contains the entire longer form of Tai Chi Chuan within it. Some masters have students practice raise hands for six months before learning any other moves. A Tai Chi Chuan master might say, “No one can push me over because there is nothing here to push against.”

Imagine the incredible difficulty prophets of the Old Testament had in trying to present a religion, unlike the surrounding nature religions, that emphasized akasha as being the primary attribute of God. How do you teach that God has no form or image? He is not a bull, cow, or calf. He is not a reptile, dog, or cat. And he is not in human form hurling lightning bolts at his enemies to retain his power and authority.

And yet, like akasha, the Old Testament God wishes to assert his perspective when it comes to establishing harmony on the three lower planes—in clarity of thought and plans on the mental plane; in inspiration and purity of motive on the astral plane, and through justice and prosperity in the physical world.

In *Psalms 90*, the writer says, “Oh Lord, You have been our dwelling place through all generations. Before the mountains were brought forth or ever You did form the heavens and the earth, even from everlasting to everlasting You are God.” This Psalmist says our dwelling place is with a being who predates the creation of the universe. To make a statement like that you have to be in love with akasha.

Summary of Letter U on Four Planes

Akashic Plane

In beginning practice, Bardon introduces akasha as a dark, ultraviolet and formless awareness that penetrates through space and time. It can work with images, color, sound, words, feelings, and sensations but it has no need of these things to think, perceive, evaluate, and to act.

The cosmic letter U, by contrast, does not penetrate through space and time. It simply has no space or time reference within it. It predates anything being created—it is non-existence in that it reveals the original nature, purpose, and source from which all things arise. It is a consciousness that exists before anything manifests in separate forms. Call it quantum reality—it contains all possibilities within it including the creation of a specific universe.

Sometimes to see clearly and decisively, you need to step back, free your awareness of all the clutter, preconceptions, assumptions, and desires that have hold of you. The cosmic letter U offers us this opportunity.

And yet, like akasha in its dark violet aspect, the letter U sustains all things, purifies and refines them, restores them to their original nature if they lose their path, and dissolves them when their purpose is complete so that there can be a new beginning.

It is a nothingness that contains all things within itself, is one with all things, oversees all their transformations, and yet in itself remains absolutely nothing.

The Mental Plane

On the mental plane, the void gives you the insight that enables you to modify you own and others' karma. Since there is neither space nor time within the letter U you are in a state of awareness where a cause is not yet tied to an effect. Consequently you are free to intervene and alter situations that otherwise appear hopeless.

The letter U also grants the highest intuition and inspiration. As akasha, the letter U is the source from which all mental activity arises. It creates, sustains, refines, purifies, and restores to its original purpose all thoughts and mental actions. And it dissolves thoughts, ideas, conceptions, doctrines, ideologies, metaphysics, and philosophies once they have served their purpose so there can be a new beginning.

On the mental plane the letter U is especially useful for stopping all thinking and mental actions. You practice it and you notice you mind is clear, alert, and perceptive without any need of thoughts to think.

Astral Plane

Similarly, the letter U on the astral plane is the source from which all feelings arise. It creates, sustains, refines, purifies, and restores all feelings to their original purity, life-giving power, responsiveness, and receptivity. And it dissolves all emotional attachments once they have served their purpose so that new feelings can appear.

On the astral plane, the letter U gives the ability to experience any astral vibration or feeling. You can evoke any kind of trance. And you can transfer your consciousness anywhere and into anything in order to enhance your learning process.

Passions, obsessions, and desires are very deeply rooted in the soul. Happiness, contentment, peace, serenity, well-being, love, kindness, compassion, a sense of awe and wonder, the full spectrum of feelings of being alive, the depth and richness of the four elemental realms that grant astral immortality—the letter U offers experience with feelings in their original purity as well as the source from which they arise.

Physical Plane

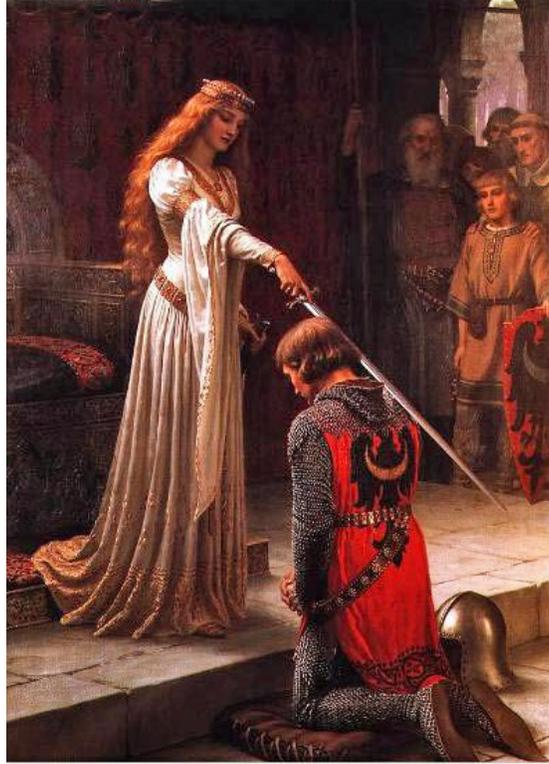
The letter U on the physical plane is the awareness of what underlies anything that manifests in the physical world. Again, it is the source that creates, sustains, purifies, refines, restores, and then dissolves again any created thing that exists so that there can be a new beginning.

Look at anything—a tree, a jewel, a sea, a mountain, a person, a nation, an institution, an organization, an army, a government, a product in the

market, a new invention, etc. and the Letter U gives insight into the source from which it arose, its purpose, how to refine and perfect it, how to restore it to its original nature, and how to dissolve it again so that there can be new beginnings.

The letter U gives a sense of sovereignty over the physical world. But this is not the sense of sovereignty of a king who rules over a kingdom. Rather, it is the sense of the source operating to some extent through you—the source from which all things arise, that sustains and restores their being, and dissolves them again. From it all things arise and to it all things return.

Vibrate the letter U and you get a feeling of being able to bring forth the best possibilities and options in any situation.



The Voice of the Cosmic Letter U

There is no vice I cannot twist or bend
And make again into its opposite virtue
There is no compulsion or obsession I can not
So fill with light it becomes kind and bright
There is no ill will or malice I cannot
Convert into chivalry or true nobility
There is no crunch or karmic bind, no evil intent or design
I cannot refine within my mind
Into contentment and absolute satisfaction
There is no suffering
I cannot so enfold within my palms
Spit on, blow upon
And recreate as beauty hidden in the heart of life

Akashic Plane



He who creates harmony
Manifests where there is discord and conflict
He who creates love
Manifests where there is hatred and malice
He who embodies justice appears
Where there are wrongs to be made right
He who possesses the perfection of wisdom
Will solve any problem on earth
Heal any disease
Meet any need
And transform anything
That must be transformed
To attain to its original purpose

And he who is an artist
Like unto God
Not bound by self-image
Nor limited by any form or tradition
But rather is so receptive
He sees the original source
And highest purpose for anything that exists
Will take anything given to him
And recreate it so it is filled with beauty and light
And inconceivable wonders enrich its life.

Brief Summary of the Void

To begin, imagine a void, a vast space without light, no day or night, no form, no substance, no matter of any kind, no electronic or magnetic vibrations, no gravity, and no you or me.

It is like a very big room that is shiny black or velvet black in color with nothing in it. And because there is nothing in it there is no time or space because time and space require something present as a reference.

But unlike a big, empty room it can easily contain a galaxy and yet it is so flexible it can easily appear inside the head of a needle. You might look up at or visualize the night sky filled with stars. Then take away the planet earth so that you see stars in all directions around you. Then allow the stars to slowly vanish so you keep the sense of size but now there is nothing within this space.

We can refer to this void as quantum reality. It contains all possibilities. It is the source of all things that can appear from nothing and take on being. So rich and vast, the entire universe as well as an individual's life arises from out of it. Its possibilities include manifesting

an actual specific universe just like the one we see when we gaze at the stars at night.

To put this simply, you enter an infinite void without space or time in which absolutely nothing exists.

Three Sense Concentrations

The letter U on the akashic plane is a state of being aware of nothingness—that state of being before which anything or the entire universe was create. There is no space or time here because space and time have not yet come into being.

The **sensation** is like the Taoist Wugi—it is undifferentiated without the presence of any form, mass, or energy of any kind. This is not penetrating because there is nothing to penetrate. It is a state of being without separation or differentiation.

For **color**, shiny black or ivory black. As I practice this, I get a sense of the color as being completely receptive, almost tactile. It takes you back to the origin of something before any form appears. As black, it can receive impressions of anything or of any nature.

The **sound of B** is the sound of nonexistence. There is awareness but because you are nothingness you are in a state of quantum reality—everything is possible and every possibility is present.

Once something comes into being it is a part of a matrix of existence. It has multiple meanings. But there are times when you need to know precisely the purpose behind its creation and what it was designated to fulfill. And with this understanding, you can guide it back to its true path or else, if it has completely lost anything positive, you can return it again

to the nothingness from which it arose. There are no free rides in creation. Everything that exists fulfills a purpose. Chaos only occurs when someone is negligent in not exercising oversight of the unfolding of the universe.

Therefore sound this note of B on the akashic plane if you wish to perceive the purpose behind any created thing.

Sound this note of B
If you wish to perceive
The original purpose
Of any created being.
Herein is absolute authority
To restore and to refine
Any path of life
So that the spirit
Is bright and kind.

It takes a while to get used to concentrations on three separate things at once. Work with each sense by itself. If you imagine a void then it is black like when you close your eyes and meditate. No big deal.

Also get used to concentrating on one sound. Imagine the sound on a pitch pipe or piano or instrument and then as a voice. Move the sound around as if you are hearing it far in the distance or from various directions. Sound is a kind of magic in itself especially if you add to it the feeling or quality it embodies.

Also by working with a void that is a spaceless space you take your concentration away from being centered in your third eye and move your awareness away from your body. This will help those students for whom concentration exercises create tension in the third eye. I am one such person. Until I practiced the letter U, all concentration exercises created head tension no matter how relaxed or tranquil I was.

Basically then the letter U on the akashic plane is underneath all opposites. It is the source from which they arise. The four elements are spun out of it. Here there is no Aries or Libra, no Leo or Aquarius. It is the source of the entire Zodiac. There is no earth, air, water, or fire. It sings each of these into being through its voice.

The Buddhist *Heart Sutra* discusses the issue directly by taking the point of view of akasha in regard to human experience:

Sariputra, form does not differ from emptiness: Emptiness does not differ from form. Form then is emptiness. Emptiness then is form. Sensation, perception, volition, and consciousness, are also like this.

Sariputra, all Dharmas are marked with emptiness.... there is no form, no sensation, perception, volition or consciousness. No eye, ear, nose, tongue, body or mind; nor form, sound, smell, taste, touch, or Dharmas.... No wisdom, and no attainment, with nothing to attain.

Because the Bodhisattva is the Perfect Wisdom of emptiness, his mind has no hindrance. Having no hindrance, there is no fear....

In feudal societies, most people have their role in life assigned to them. They have very few options or choices when it comes to making plans for the future. Consequently, it was beneficial to retreat into akasha. There was no need for practical applications. It made sense to just let go of your frustrations and passions and become nothing as you mediate in the temple. Done meditating, return to your assigned place in life refreshed. Your worries and anxieties have dissolved.

The *Heart Sutra* above is a superb example of viewing life from akasha. Of course there is no fear—if you have no identity, no ego, and nothing you need worry about then you have no hindrances confronting you. It may sound very strange our ears, but someone way back when really understood the cosmic letter U at least in terms of the akashic plane.

I am from a different society. Freedom of choice, of expression, and determining one's own direction in life are absolutely essential and part

of the foundation of good government. I am from a pluralistic, post-industrial, and democratic society. How on earth does akasha, as in the cosmic letter U, find a way to enter my consciousness without undermining the need for individual choice and action? If you have within you an awareness of being nothing, how do you act and take responsibility for the world?

As the *Mahabrata* might say, “Original being is never without action. It remains decisive and strong when all others’ wills fail them.”

A story. An evil magician in Tibet has the power to kill others with his magic. As his arrogance grows, the evil magician announces that he plans to use magic to kill a humble Tibetan priest who lives nearby.

The Tibetan priest meditates on the Prajnaparamita which is known as the perfection of wisdom and is sometimes visualized in the form of a goddess--the mother of all Buddhas.

The priest meditates in this way. He relaxes. He takes a breath. And then slips into a state of trance that is completely familiar and natural for him. His consciousness becomes a vast, empty space of pure nothingness. In fact, if you could feel auras and you were next to him you would feel his aura disappear as if there is no one in the room with you.

He is, then, in a state of awareness in which there is no form, no center, no body, no mind, nothing but pure awareness that has no need to refer to anything in order to sustain or define itself.

When others have tried to describe this man’s meditation they have often put words in his mind as if he had need of language and words. They imagined him saying as he meditates: “There is no separation. There is no enemy present. There is no attack occurring. There is no person here to be attacked. There is no identity of any kind—only empty space void of time and with perfect oneness without separation.”

And now the evil magician unleashes the full power of his magic against the priest. This is the power to destroy, annihilate, and obliterate.

Martial artists spend a life time developing their ability to focus energy through their body and mind to destroy an opponent. Magicians sometimes train in that way as well. It is a survival thing. But when attached to a human ego, it can get out of hand and its use becomes a malicious action.

And so our malicious, evil magician sends out a massive amount of will and power against the Tibetan priest. But alas, the energy that is sent cannot find anyone to attack. It looks here, there, and everywhere, but there is no priest anywhere to be found.

Like a torpedo launched from a submarine with its own sonar, it goes looking for its target. But if it cannot find its target the torpedo returns to its source—the only thing around that is available to attack. The black magician falls dead victim of the magical destruction unleashed by his own hands.

The Prajnaparamita ritual meditation dissolves evil and malicious intentions. But individuals still have the freedom to choose and to learn from the consequences of their actions. You cannot take away from others their freedom of choice. But you can limit their freedom to harm others such that they only end up harming themselves.

In the end of the book, *Heart of Wisdom* (Tharpa Publications), by Geshe Kelsang Gyatso, the author describes the Buddhist version of this ritual based on the Heart Sutra, Prajnaparamita, with the Buddhist concept of emptiness.

I used to ask a number of Tibetan lamas about this ritual. They were all familiar with it. Invariably, after discussing its applications, they would say, “If you want to use this ritual for political purposes, to bring about peace, then you should simply hire a monastery to do it according to your instructions.”

And so I took their advice and hired a monastery to perform this ritual

on a weekly basis. Initially, the head of the monastery did not believe that akasha can be used to dissolve negative energy in political conflicts on the other side of the earth. But over the years this individual has complimented me on how appropriate its political use has been.

The Meditation

Relax. Take a breath. Allow your consciousness to become a vast, empty space of pure nothingness. In this state of awareness there is no form, no center, no body, no mind, nothing but pure awareness that has no need to refer to anything in order to sustain or define itself.

There is another unusual quality that belongs to this state of mind. Since there are no boundaries and no definitions of any kind, there is no separation. Anything that appears here is one with anything else. In this space of awareness, only oneness exists.

The Taste of Enlightenment



During the question and answer period at the Kalachakra Initiation in Los Angeles before five thousand people, someone asked the Dalai

Lama if he was enlightened. The Dalai Lama replied, I have the taste of enlightenment.

Each person, of course, has his own way of describing the sensation of taste like the way you might describe a fine wine.

The taste of enlightenment is the sensation of a sylph who floats amid the vastness of the sky without any sense of weight or gravity so she feels perfectly free.

The taste of enlightenment is like a gnome who always feels at home wherever he is and who possesses an inner silence like a quiet ecstasy where the attainment of your deepest dreams is always close at hand.

The taste of enlightenment is like a great salamander that senses a light that is not produced from fire and so has no need of fuel to shine. This light is self-existent and boundless in its radiance.

The taste of enlightenment is like a mermaid who feels love is everywhere. Except in the case of the Dalai Lama, his heart chakra is a sea of love extending to the ends of the universe.

The taste of enlightenment is to feel within you a stillness that embraces the universe and that the stars and galaxies are a faint reflection of a joy that stands behind everything that exists.

The taste of enlightenment is so great that those who have this taste know that they can incarnate within any planetary civilization in the universe that is on a path of self-destruction. And it can guide those sentient beings so that in the course of time they ascend and attain perfect liberation.

The taste of enlightenment is knowing this: that the universe will not end until every heart is found and every soul becomes pure light.

The taste of enlightenment is knowing how to bring to an end those things that must end and to create new beginnings that enable life to experience every good thing and is to be fulfilled in every conceivable way.

The taste of enlightenment, then, is the taste of joy, freedom, radiant light, silence as ecstasy; and it is the ability to grasp anything that exists in space and time and to reshape it through the skill of your art so that it attains beauty and perfection.



Before the phone, radio, or TV
Before internet, twitter, or electricity
There were the stars at night
Each filling the mind with its light
The eye perceives with different sight
The planets, the constellations,
The celebration of the seasons
Easy in them to see
The wonders fate decrees
Men of might rising to lead nations

Ominous portents of disastrous events
Yet underneath it all
A great harmony
The mystery of time
The unfolding of history
Here on display God's heart
A great stillness
Conceiving, nurturing, and embracing
All opposites and change
He who fails to find this stillness in himself
Is like a sailor at sea
Without destination, charts,
Without compass, or home port.

The Thief and the Zen Master

The thief climbed through the window and put his foot down on the floor. He moved in utter silence, for the thief was a grand master and silence was his martial art. It was his intent to find something of value, permanently borrow it, and then leave while it was still dark, for night has always been his friend.

But as he put his second foot down on the floor the master who was fast asleep in the same room without awakening climbed inside of the thief's mind. The Zen master was himself a master of silence, a master of silence of many kinds.

And in that moment the thief paused from what he was doing as if he had become frozen in place or as if he was now looking back on an entire world from somewhere outside of linear time. The thief's mind began to expand. He could sense the thoughts of everyone nearby. And

then his mind extended farther in all directions like the shock wave of an explosion destroying a city.

He could read the mental activity, the thoughts and feelings, of each person for miles around. He could focus on one and relive that individual's memories. Or he could encompass with his mind everyone all at once.

But the edges of his mental map ran farther out, now through time. He saw the first person who had entered this land forty-five thousand years before. He felt the animal skins that he wore. He looked out and saw the land before it had been shaped by man. Over centuries and millennia, he saw tribes arise and wars going on over and over.

He saw agriculture begin. And how the buildings changed from sticks and mud to bricks and cut wood. He saw the faces of children and how they were the same and how they were different down through the ages of time as they played.

His mind went back to the beginning and he saw through the eyes of the first man and the first woman from which his DNA was descended. And he saw into the depths of the human heart. Like a Homer, a Shakespeare, or Vyasa who wrote the Mahabharata, he could measure the themes that appear again and again within men's dreams. The journey home, the choices you make that determine your fate, and how the divine within every human emotion and thought is entwined.

And within every person within the city he could measure the loneliness and separation that defined and overshadowed all of their relationships with others. Here and there within different hearts there was light but never was it very bright.

And here were the men of power who held the fate and well-being of others in their hands. Every thought of theirs he could understand. And here were those of the other extreme—their nature was to love and to seek the fulfillment of everyone's dreams.

The thief recalled the first thing he had stolen. He recalled how stealing became for him not just a means to survive but also a passion that would last a life time. He realized now in looking back that he was not only an astute observer of human habits, routines, and motivations. There was something more.

He had been reading others' minds subconsciously even as a child. And not only was he receptive to others' mental activities. He could freeze others' minds so that for them time slowed so their alertness was turned down low and their responses almost came to a halt. The thief just knew when and where he could assert his luck, when to venture forth and when to pull back. He knew when to disappear so there was never the slightest clue as to who he was or how he might be tracked.

The thief comes back to our world of linear time as if awakening from a dream. He climbs out of the window. He now knows who needs assistance in solving problems in areas that he had skill. He knows who to talk to in order to set up a trade from the one willing to sell to the one who wants to make a deal. He knows how to represent various guilds and factions so that peace can be made real and conflict avoided. He knows where there are those in need and how to help them succeed.

The thief walks the street. Day has now become his friend as well as the night. And the master who never actually woke up returns to a deep, dreamless sleep that is actually where he likes best to meditate.

The Convict



A prisoner in a penitentiary was assigned to yard duty. And as he went through the door leading to the yard he happened to pass the warden walking in the opposite direction. And he stopped and said to the warden, I am glad you had a good time at your son David's birthday party yesterday.

And the warden glances harshly into the eyes of the prisoner and asks, How did you know about his birthday party?

And the prisoner replies, Like Joseph in the dungeon of the Pharaoh of Egypt, God has granted to me the ability to see past, present, and future in my dreams. And last night that is the dream that came to me.

The warden takes the prisoner to his private office. He has him sit down in the chair facing his desk. And then the warden asks him, Answer me this. Why am I so unhappy?

And the prisoner replies, Your oldest brother is a U.S. senator and your middle brother runs his own hedge fund successfully. He has a second home in Aspen and a third home in Italy. And he attends the Cannes Film Festival where the independent films he sponsors sometimes win high honors.

But neither of your brothers is genuinely happy. To be happy is to free in your soul.

And the warden asks rhetorically, Is a prisoner in my prison about to explain to me what it is to be free?

And the prisoner goes on, God gave the sky by day that we might realize the mind is so open and clear that the greatest storms that rage cannot disturb its peace. And he gave us the sky by night that we might look up and realize the depths of the mind are infinite. The mind is without definition and can encompass the universe.

To be fully alive, to feel free in your soul, is to be so detached from your five sense perceptions and your circumstances that you feel as if what you see belongs to another person who you have met in a dream. And yet each sense impression is so new and unexpected you also feel that what you perceive has never been observed before by anyone else in the history of the world. Because in part it is yours and no one else's.

The warden sends the man back to his yard duty. Six months later the prisoner is pardoned by the governor. A limousine waits for him outside the gates the day he is released. It turns out the next night after talking to the warden the prisoner dreamed about a personal problem of the governor's. He told the warden about this dream too which the warden passed on to the governor explaining what the prisoner had already told him about feeling free.

Later, the man's story reached the ears of a publisher who was so impressed he advanced a substantial sum for the man to write a book about his experiences. Sitting in the publisher's office, he is asked by one of the staff, What is the secret of your luck?

And man replies, When you are totally receptive to the extent that you have become nothing inside yourself then you are in that moment a part of everything and everyone. Usually people are the main character in their own dreams. But I dream others' dreams. And I see their lives as if

through their guardian angels' eyes. It is not that I am free of human need. But in my receptivity, in one life I have already lived many lives.

Question: I have a relative who is always mean to me. Suggestions?

Response: On mean people: You are of course water. But as a mermaid in a human body, you have equal access to all five elements. As a scuba diver can breathe under water, in a human body you can meditate and draw upon the fifth element.

I often use the fifth element in this way: I imagine a vast space that is empty of any vibration, no color, no sound, no sensory perception or sensation, no substance, no matter, no oscillation or energy of any kind. It is pure emptiness, like a big room as big as the sky without stars in it.

And it also penetrates through space and time--so that anything you think about is right there in front of you regardless of where or when it may be. So that this becomes a clear space that is your "own" and which you are able to use anytime you wish.

Add to it a sense of shining black light. And that the nature of the shining black light and this space is to reveal the original nature or purity of anything that exists.

And then when you are with a mean person you simply imagine they are here with you in this infinite space of emptiness that automatically dissolves any negative energy. To have negativity, there must be some form to cling to, a form, image, energy, etc. to try to possess, to try to hold or take or try to flee from or get rid of. But there is no form in this vibration of emptiness and there is no you even though you are physically present and talking to the person. There is only an awareness that reveals the other person's original nature and absolute freedom to be and to become whatever they wish.

It is very hard to remain mean or negative when on a subconscious level someone senses they are sitting amid an infinite void where emotions such as hate, fear, greed, meanness, malice, or jealousy cannot appear or exist. Try it. See if you notice that when you do this mean people tend to calm down and act in a reasonable manner.

Question: Tell me again how this works—that in one single glance you can see that the mind is infinite.

Response: Sure. To quote my Platonic Dialogue between Lucy and Charlie Brown:



Lucy: Can you recall the night sky right now Charlie above you with its stars and galaxies?

Charlie: Yes.

Lucy: The night sky was placed there so that in one glance anyone can see that the mind has no end and can contain the entire universe within its awareness. It is different from enlightenment. The constellations, the illumination of lights, the phases of the moon, and the changing of the

seasons—cosmic wisdom perceives the great harmony embracing all things, that each thing has its own nature, time, and season in which it unfolds and fulfills its destiny.

In other words, by simply looking at nature the greatest mysteries have been placed before our eyes. Gaze at the starry sky and then take away the stars and you have the original nature of mind and the source of the universe—the infinite void. It has no form or image, no substance, no light, no sound, and no sensations or energies of any kind. Yet everything arises from it.

Because it contains all things within itself, it is the perfection of love for it is one with everything without exception. Because it is aware of everything that exists it is the perfection of wisdom—for it has all knowledge and perceives the beginning and endings of everything in the universe.

Because it comprehends the innermost fiber and being of anything, it possesses all power. It is the creative source of everything.

And if there is anything you want to accomplish, some destiny to fulfill, some mission or wonder to reveal, it will set before you a timeframe and offer you a world in which you are free to engage in productive activity. The infinite void is the essence of industry and because it is the perfection of silence those who possess this silence are able to overcome any obstacle and accomplish any work or task.

It is true. Most do not delve into the darkness and silence of the void preferring bright light so they can shine and be seen. They prefer clarity over wisdom and the appearance of strength to being receptive. But as the *Toa Te Ching* states: He who preferring light prefers darkness also is in himself an image of the world and being an image of the world he is the dwelling place of creation.

The night sky—right there before our eyes.

Lucy to Charlie: Though sometimes Charlie I leave a few stars in the void just to keep my sense of perspective—how vast the void is even if there is no way to measure it.

The Mental Plane

On the mental plane we ask basic questions: What resources do I have to available? What is the task to accomplish? What is the time frame? What methods can I use? What are my choices and options? What is my plan B if things go wrong? And what thoughts and ideas can I use to insure that at all times I am proceeding with clarity according to my plan of action?

The cosmic letter U attends to these questions with detachment and impartiality yet it has great intuition since it intuitively looks across all of space and time for resources and methods. Take any opposing set of ideas and the letter U has insight into the common ground from which the ideas arise and the harmony that can encompass all perspectives.

The problem with the mental plane is that ideas have a survival instinct. They compete with each other for supremacy. You can see this in any ideology. An ideology by definition says that what it asserts is right and that everyone else is wrong.

And people fall in love with the ideas in their heads. They can experience acute anxiety and erratic behavior when their ideas are not functioning properly to interpret and to understand the world around them. But in its essence, the mind itself is free of all attachment. It is open, clear, luminous, and self-existent.

Recalling the introduction, the letter U grants the highest intuition and inspiration. As akasha operating within the realm of mind, the letter U is the source from which all mental activity arises. It creates, sustains, refines, purifies, and restores thoughts and mental actions to their original purposes. And it dissolves thoughts, ideas, conceptions,

doctrines, ideologies, metaphysics, and philosophies once they have served their purpose so there can be a new beginning.

On the mental plane, the void gives you the insight that enables you to modify you own and others' karma. Ideas and doctrines may have been in place for thousands of years guiding men's thoughts, shaping their actions, and defining their purposes. But once you introduce the letter U, it is now time to step back, reflect, and consider alternate views.

Since there is neither space nor time within the letter U you are in a state of awareness where a cause is not tied to an effect. Consequently you are free to intervene in complex situations. You can reframe everything that has gone before, everything previously known, and alter situations that would otherwise be hopeless.

On the mental plane the letter U is especially useful for stopping all thinking and mental actions. You practice it and you notice your mind is clear, alert, and perceptive without any need of thoughts to think. Being able to perceive from a state of mind that is like a void allows you to think new thoughts that no one else has thought.



Arjuna: “The mind is restless, turbulent, powerful, violent; it is like the wind--who can tame it?”

As difficult as it may be, being able to perceive without thoughts entering the mind allows you to see what has been hidden for ages of time. Then you can originate new thoughts to guide and create new visions to manifest that no one else has ever dreamed.

Franz Bardon also says that that the U oscillation “renders it possible for the Kabbalist to explore and master his own karma and its modification.”



Come. Center seat, row four. Sit next to me. That is you up there on the stage. See the script you play written for you on the astral plane before you were born, written by a Norn, fate, or some karma lord.

There, the thoughts you think, like chains together they are linked. The categories that limit your thoughts are hard and sharp like the cuts on the face of a diamond.

But here we sit in row four with infinity surrounding us, every possibility, every alternate reality. Take a look around. There is no one

else out here in the audience but you and me. Actually, only you and your mind like a mirror so clear it reflects infinity.

And there on the stage—look at your body language and your face. Every feeling and emotion you feel—if feelings were colors on the light spectrum you are only shining with a few.

Let's change the stage lights say with a little more red, green, or opal light. Now you act with a completely different personality. Study the entire spectrum of feeling and you learn to be free because you can now respond with so much more ability.

I'll leave you here for a bit. Take a few minutes. Your task is to review and then consider rewriting your life script. Consider introducing greater versatility and skill in your responses to human need. Consider how to see each moment as an opportunity to feel alive in new ways the old you never dreamed.

“All the world's a stage, and all the men and women merely players: They have their exits and their entrances; and one man in his time plays many parts” (Shakespeare)

Art reminds us of this truth—how easy it is to identify with characters who are not us. How familiar the conflicts and passions of those from other ages. And whether past or present, how incredibly easy it is to become trapped in our self-image, the roles and routines assigned to us or that we have invented, fabricated, and made up. How strange that we identify ourselves with the brief images that appear in our minds and forget that the creative power of the mind is also who we are.

This creative power? It is to understand anything and to discover the original purpose underlying all things.

Three Sense Concentrations

The **sound** of B on the mental plane commands that there be no mental activity. It is the vibration of a mind that is perfectly clear. With no mental vibration as your default mode of thought, there can be no karma—for cause and effect cannot exist; the past cannot produce any action. There is “nothing” for it to act upon. The sound of B dissolves

your illusions and limited concepts allowing you to perceive more clearly from the whole rather than from a specific perspective.

This vibration is Buddha's remedy to suffering—if the mind is open and clear then every thought is free to appear. And you can select that thought that expresses your best course of action. Actually, you can think without using thoughts and act without a preceding mental activity occurring.

If there is no attachment to any form, idea, or emotion, then greed, bias, prejudice, or selfishness of any kind cannot appear.

Sound this note on the mental plane
If you wish for that state of mind
From which all thoughts arise,
A mind so clear
There can be no fear,
A place where you can perceive
Every possibility with ease.
Speak this sound if you wish
To free another caught in a dark fate
To change his life before it is too late.

I know people who cannot stop thinking, even for a few seconds. They are absolute slaves to Beta brain waves. I know people who with ease produce alpha brain waves when they sit and meditate in their monastery. But when they leave the gate their minds are then filled with bias and insecurity. They have split personalities. And they often have little ability to engage in beta brain wave problem solving activity like balancing their check account or fixing their car.

But to have a mind that is open and clear under all conditions of life—if you want this the cosmic letter U is hard to resist.



The Ghost of Christmas of Future could have said to Scrooge—“Here is your death. This is your tomb. You are now dead. That life to which you did cling is gone. It is time to move on.”

And Scrooge might reply, “Why? Why show me this now if there is no hope that I might change it all?”

The Ghost: “In truth, you are the choices you have made and your fate cannot be delayed. But I am not within the time stream of the human race. Where I am there is no time--no past or future that can bind. If you hear my words and see through my eyes, then you are free to die to who you once were and become another who is self-created from out of love instead of greed. All things are possible, for in this present moment there is nothing that binds the heart or mind.”

And so Scrooge did awake in the morning light from terrible dreams. His heart still beat. But the Scrooge that once was existed no more. Another man had chosen from within a dream to follow a different course.

With the letter U you are able to “inspire” others to choose a path of wisdom, harmony, justice, and love if they wish to survive the dark fate that for them waits.

The shiny, ivory black **color** on the mental plane says “I am the source from which all the specific opposing forces and polarities you are considering arise. They take their birth from me; they are a part of me, and yet they do not express all of me.”

Is capitalism opposed to communism? What is the source from which they both arise? Or, what do all systems of economics share in common? What basic problems must they resolve regardless of the ideology?

Are you in conflict with another person? What is the source from which you both arise?

The **sensation** takes the opposites and various components of whatever you are considering and unites them so they are no longer separate. It too reveals the source from which all thoughts arise.

Fire and water? Try gasoline, a liquid but with a high potential to ignite. Or how about alcohol or liquor? A liquid with “spirits” in it. You can drink it.

It depends on the situation confronting you. Put them together, unite them, and find their common source.

How about will and love? Their common source? Compassion. Or altruism, justice, idealism—it depends on the situation you are considering.

What is in common source between a writer and the big publishing houses? Their common source is a reader enjoying what he is reading. This is what unites and draws the writer and the publishing houses together.

The conflicts, the components of conflicts, and the entire set of variable and options we confront as we think about the future are derived from the U awareness. It is their source. You can bet that there will always be a path of harmony somewhere to be found on the mental

plane. You just have to attuned your mind to U akasha to understand the specific shape that path takes.

The poet Gary Snyder's Zen master said to him at the end of his studies, "The perfect path is always easy; strive hard! (to attain it)." The path between opposites is always there. The world is created from a oneness that knows no separation. The obstacles and opposition and conflicts can be incredible. But a path is there to be found.

In Homer's *Odyssey*, the Greek gods looked down with favor upon Odysseus. This was because he was clever. When there were problems no one else could solve, he could find solutions. He did not limit himself to one point of view or perspective. Over and over, he takes everyone's point of view into consideration and then he acts.

The cosmic letter U is rather insistent when it comes to the things that oppose us. It says, "Use your intuition and inspiration to figure out what you have in common with your opponents. Discover the awareness that underlies both of your lives."

Again from the *Bhagavad-Gita*, Krishna states, "I am never without action." As two great armies are about to engage in war, Arjuna's heart fails him for he looks across the field and sees his lifelong friends and teachers among the enemy.

But Krishna speaks to Arjuna guiding him through the innermost fibers of his being. Krishna says,

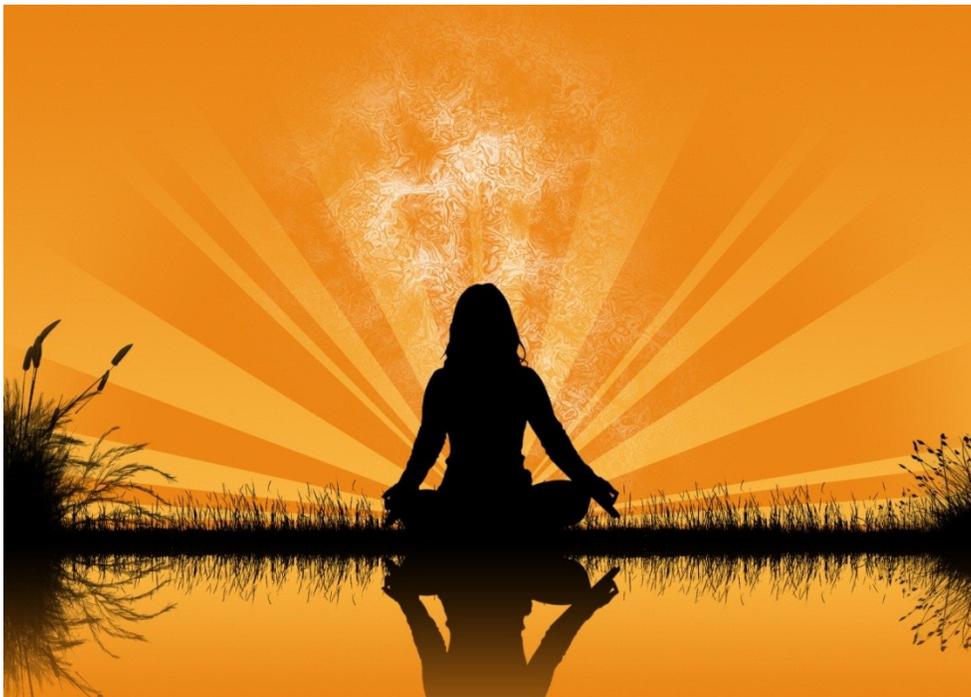
I am the infinite, eternal, and the immortal Self--no fire can burn, no water dissolve, no air dry, and no sword pierce.... Before such glory space melts away into nothingness, time vanishes into non-existence, and causation dwindles into emptiness. Ranging beyond names and forms, passing free into woods and forests, mountains and rivers, into day and night, clouds and stars, passing free into men and women, animals and angels, as the Self of each and all am I. Truth flows from me just as light radiates from the sun and fragrance emanates from a flower...I am the transcendental bliss, the absolute intelligence, the supreme synthesis of consciousness that shines in the shrine of every heart.

The Mind of Buddha

The mental plane of our planet has various resources present for anyone who is sensitive and curious enough to look for them. One thing we do not have present on the mental plane is a mind that unites the empathy of the realm of mermaids with its purity of love and innocence with an enlightened mind.

I know a woman who experienced that union in another solar system on a water planet where she is from. She keeps expecting to find it here but it does not yet exist. She or someone else will have to create it before it can be experienced as an available resource to be drawn upon.

But one resource we do have is the mind of Buddha. His enlightened mind is permanently a part of our planet's mental plane vibration. Some people work with lineages because a spiritual lineage can transmit from master to student realizations that otherwise cannot be taught easily through any other means. But actually no lineage is required for this transmission.



On his own initiative, without assistance of spirit guides or gurus, Buddha attained complete enlightenment. He had no spirit guides because there were no spirits within Hinduism or India that possessed the degree of enlightenment he attained.

As long as this planet remains, the wonder and treasure of the Buddha's mind shall be as available to anyone who looks for it through contemplation. It can be found through intuition similar to the way you can see the moon, stars, and sun with your eyes. The vibration of Buddha's mind is woven into the mental plane substance of this planet.

The new born infant who would later become Buddha was given the name Siddhartha (Pāli: Siddhattha), meaning "he who achieves his aim." (Lived rough 583 BC to 483 BC.) During the birth celebrations, supposedly the hermit seer Asita journeyed from his mountain abode and announced that the child would either become a great king, a giver of law, or a world teacher. Siddhartha chose to become the Enlightened One.

A great and wise king had already been seen in King Solomon who lived roughly five hundred years before. No point in repeating the past when enlightenment had not yet appeared on earth.

I find the Buddha's mind to be exquisite, beautiful, blissful, serene, complete, and utterly magnificent. Buddha's mind is like a clear mirror.

It is totally detached--it perfectly reflects without distortion or blur anything that appears within it. At the same time, though Buddhists do not sense this, Buddha's mind embodies perfect empathy. In fact, with this mirror like awareness it is fairly easy to have any mind to appear within yourself so you can get to know another's experience as if it is your own--

A man of very questionable character one day came upon the Buddha walking down the road. And recognizing the Buddha, he confronted him demanding the Buddha respond to his question—What possible thing could you say to me that would make the slightest difference in the way I live my life?

And Buddha replies, If you could see yourself in this moment through

my eyes you would attain perfect enlightenment.

And the man says, Your words have no meaning. Say it in another way.

So Buddha says, When I dream, what I see is already reality, for my mind is boundless light.

When I sense the faintest beginning of desire, I already experience every satisfaction and gratification possible, for my bliss is endless. And when I perceive another with a problem or amid a conflict, I perceive the path that individual will follow through which every problem becomes solved and every conflict resolved, for the harmony in which I exist is infinite.

You see, your every memory I experience in this moment as if it is my own. You are me and I am you in another form.

And the man asks, Is this why they say you are the god of compassion?

And Buddha replies, It is said that I will continue to incarnate as long as suffering remains to sentient beings. Some call this compassion. But in reality I experience every person as being part of myself. To be me is to experience love in which there is no separation.

And the man who had once been of questionable character went away having realized that the man he was no longer exists. He was an illusion. He is gone.

And when he looked into another person's eyes he understood that not only is separation an illusion, but he now carried some of Buddha's gift—the other person's life felt so real to him that it was like his own life in another form.

Those with Buddha mind are able to greet everything that exists, welcoming it as if it is an old friend. There is nothing you do not intuitively, that is, completely understand. There are simply no barriers

or boundaries separating you from any other thing. To attain to nothing at all is to be completely open and receptive to everything.

With the Buddha mind, you can think, act, evaluate, perceive and make decisions without using thoughts or images. You can feel but there is no need to direct, shape, contain, or define those feelings. Feelings too are another kind of energy that you are fully aware of from inception to dissolution.

Buddha offered in his mind an end to personal suffering. Buddha is like a place of refuge. If his vibration touches you, you feel a sense of release. There is no end to the peace—“Blessed are those whose minds are as open and clear as the sky, for their peace shall be as a sea that has no shores and a stream that flows from the dawn of time to the ends of eternity.”

Buddha said, “When I attained to perfectly enlightenment, I attained to nothing at all.” Or, as the Heart Sutra puts it, There is “no wisdom, and no attainment, with nothing to attain.”

If you meditate inside of Buddha’s mind, it is easier to comprehend these thoughts. Here there is only an open space of awareness without definition or reliance on any thought, idea, form or image to express itself. It is a state of being. It is pure perception.

While within Buddha’s mind you will notice that thoughts do not arise. This is because there is no ego or individual identity present who feels any need to think or to validate his existence by affirming himself in some way. The mental habits of such an individual or personality are also not present. It is as if they never existed. We could say then with some accuracy that Buddha’s mental vibration reveals the original nature of mind.

For Buddha, an enlightened mind is identical to absolute freedom. You perceive in each moment a path of action that is free of obstacles or hindrances. If you meditate in the vibration of Buddha’s mind, you feel completely relaxed and yet fully awake.

Buddha’s mind on the mental plane is almost exactly identical to the cosmic letter U. The difference is that Buddha’s mind belongs to a human being. The cosmic letter U is industrial grade, that is, it is part of

the mind of any enlightened being that exists anywhere in any sphere of the solar system, human and all others included.

Magicians have to deal with this issue all the time. Their awareness moves between what is natural and within the capacity of a human brain belonging to Homo sapiens and the consciousness of beings that are not carbon based life forms—“A magician calls many realms his home and many races of beings consider him one of their own.”

All the same, it is easy to understand the story about Buddha that upon attaining enlightenment he felt that what he now embodied could not be taught to human beings. But Indra, king of gods, came down and beseeched Buddha to find a way to teach. And so he did.

If you slip into the Buddha's mind and let it sink in, you may wonder why you would ever want to look for anything else or pursue any other spiritual quest. It is that peaceful and that deep. There is no end to it.

Imagine putting yourself inside of this mind of Buddha's and then trying to reverse engineer it so that you could explain its components. There is awareness of a vast empty space. But anything that enters your sensory field of perception is experienced both with a perfect detachment and also with complete oneness—any person for example in front of you is perceived as being within your space of awareness and so you are one with it as if it is part of yourself.

What Buddha has done is make the void his identity. He just never loses that sense of perfect, mirror like clarity and an awareness that anything being experienced is itself of the void. Though each individual may not be aware of it, from Buddha's perspective, each person is already free, without form, part of the void, at peace, and perfectly clear.

The difference between Buddha mind and ordinary mind is that people look into the mirror of daily experience and think substance, matter, space, time, and energy are real. And so they form emotional attachments to some things and have an aversion to others things. Or, put simply, most people's consciousness is bound up with form rather than experiencing the freedom and peace of formless awareness.

Of course, if you ever wanted to practice your Buddha mind you would never want to test yourself by sitting in a monastery. That would be the last thing on your curriculum for attaining a clear mind. No, you would

naturally want to meditate not just inside of your body but also inside of the most difficult, greedy, selfish, and malicious people on earth. The reason is that these individuals reveal part of yourself that you do not usually encounter inside of a monastery. There are exceptions of course. I have met some of the worst of humanity inside of monasteries.

Nonetheless, when you develop a minimum degree of empathy, in which Buddha was an absolute master, you can actually do this—place your awareness inside of an evil dictator and then cloaked in his aura practice Buddha mind. Under these circumstances you will learn far more quickly how to distinguish what is actually useful and effective in your meditation practice and what is pure self-deception and ignorance.

Question: When you say, “I stand at the mouth of a cave cloaked in the light of the sun and discuss with darkness the nature of liberation”—what does that mean?



Response: You know what it is to meditate. Imagine in addition you are inside the mind of one of the most powerful, malicious, and harmful people on earth. Now then, simply practice your meditation there.

In the old days, Tibetan lamas and American Indian shaman would meditate in graveyards in order to confront, test, and dissolve anything negative they might encounter. But in this age of the world, that will not suffice.

Within the darkest heart on earth--the heart of the psychopathic dictator, the insidious CEO, or the malicious government official--share the wonder of being alive, the beauty of the universe, the mystery and sacredness of love, the glory of truth, the righteousness of justice, the Divine Majesty, and the enlightened mind.

But do not just create in your own mind the vibrations of these things. While you meditate, join your mind to truth, justice, beauty, and enlightenment as they vibrate throughout the entire universe. With the person you pick, it is a sharing thing--heart to heart and soul to soul.

Now observe carefully the “discussion” as it unfolds. You will learn more about yourself, human beings, and the universe in this way than if you had spent many life times in practicing magic and pursuing wisdom for the sake of your own development.

Charlie Brown and Lucy



<https://www.youtube.com/watch?v=JZtDo7oDXh8&list=FLgAC4phYwyM6iJp0XCI8OtQ&index=23>

Charlie Brown: Pashupata.

Lucy: No more freebies Charlie. Five cents up front and then you get answers.

Charlie: Okay. Here are five pennies. Now tell me about Pashupata.

Lucy: Ah yes, Pashupata—the preferred weapon of Shiva. The mountains quake, the earth shakes, the seas quiver at the mention of this name. It can destroy the world. Those who possess it can never give it back or set it down. Arjuna, the son of Indra searched the Himalayas for Shiva and Shiva granted this weapon to him. Brahma designed Arjuna's bow and Krishna was Arjuna's chariot driver when a great battle was fought.

Charlie: I must have this weapon.

Lucy: Come on Charlie. You are just a little boy. Are bullies bothering you again, humiliating you, hazing you, putting you down and so causing you to think of using excessive force in retaliation to restore

fairness and justice to the world?

Charlie: No. It is not that. It's the government. It is worse than if gangsters and the mafia were running our government. In their blood are lies, deception, treachery, and deceit. They are like a pack of wolves—they consider the wealth of this nation like a fallen deer whose throat and entrails they can rip out with their teeth and devour between their jaws. They destroy the earth with their fracking. They poison our food with their carcinogens and hideous GMOs. They steal everyone's wealth so that their ideal is to have everyone on welfare so they can control everyone's vote. They grant themselves exceptions from the laws of insider trading and refuse to use the very health care system they force on everyone else. Even the generals of Genghis Khan and the insidious Assyrians were more benevolent and honorable than these men. And they far exceed the malice of the kings and queens of Sodom and Gomorrah.

Lucy: How do you know this Charlie? Have you been reading underground new sites on the internet? Those are riddled with false conspiracy theories.

Charlie: No. I can feel it on my balls.

Lucy: LOL. I am not going to ask about which balls those are Charlie.

Charlie: I must have Pashupata to restore the balance.

Lucy: No, no. You do not want Pashupata. As Shiva's weapon, Pashupata destroys all things it contacts. You want something altogether different.

Charlie: Like what?

Lucy: Another five cents Charlie.

Charlie: I already paid.

Lucy: Your line of questioning has taken us into the realm of the sacred and I require additional payments for revealing the Mysteries.

Charlie: Oh okay. I knew you would try to screw me. Here is a dime.

Lucy: Now then ...

Charlie: Where is my change?

Lucy: I will credit your account. At the rate we are going I may need more than ten cents to finish.

Charlie: What is it I want then?

Lucy: You want a word of power Charlie that brings heaven down to earth and throws open its gates to everyone but only in a way that is fair and equitable and allows for equal opportunity and access. You can't force people to enter paradise.

Charlie: Why not?

Lucy: Because the kingdom of heaven is within each person's heart. People have to find it for themselves otherwise without a discovery process you get crap images of heaven where people wear gold crowns, have wings, play harps, and their enemies are denied access.

Charlie: What word of power?

Lucy: You know, Charlie, I have spent many incarnations asking myself just that question.

Charlie: And so?

Lucy: There is the Jod He Vau He—said to be the highest magic on earth.

Charlie: I thought the correct pronunciation was Yod He Vav He?

Lucy: Don't quival. Pronunciation is a matter of tradition and practice. But in any case that won't do it Charlie. It will merely give you a period of a thousand years with divine rule and then everything falls apart and goes to hell.

Charlie: Well? Go on then.

Lucy: There is the J CH W magic formula. That gives you power like unto God himself. But if you abuse it it destroys your personality. But you don't want that one either.

Charlie: Why not? Another thousand years and then poof?

Lucy: It would like if Valhalla sent not just five wizards but a thousand wizards like Gandalf into Middle Earth. They could have quickly overthrown Sauron and established a kind of divine order throughout the world.

Charlie: What is a matter with that?

Lucy: You feeling off today Charlie? Your questions are not as dead accurate as the last time we spoke.

Charlie: I saw the Hobbit. I am fine. I paid. Just give me the answers to my questions.

Lucy: Well, the Atlanteans had already attained an advanced civilization

with prosperity, justice, wisdom, and enlightenment. But then they blew it. So it was so ordered that human beings had to start over from the Stone Age so they would learn to appreciate what they had. It is that learning thing again, Charlie. You have to give to people an environment in which they can learn. If you give them too much right out you simply put in place a spiritual dictatorship. It seems nice but it is just a gilded cage.

Charlie: Okay. Get on with it.

Lucy: You want a word of power that establishes justice on earth, creates a society in which truth and transparency are valued above all things, where people have equal opportunity and access to wealth, and where everyone, and I mean everyone appreciates the sacred experience of being alive—that each person is of equal value.

Charlie: You are just leading me on so you can collect my five cents credit before you answer my question.

Lucy: How astute you are. Now your old self is back--the Charlie I love so much. Okay. Here it is—you want the perfection of wisdom embodied in one word of power.

Charlie: What does that do?

Lucy: The perfection of wisdom is the void from which all things arise, that sustains their existence, refines and transforms them, restores them to their original essence and highest purpose when they are off track, and dissolves them again when their purposes are fulfilled and complete so a new beginning can arise. You don't need to shake the heavens and the earth to make your point Charlie. You just need a quiet, silent, peaceful, serene, and relaxed word of power that upon speaking it restores righteousness and justice to the earth. And in such a world people will be able to perceive love as the wonder that it is rather than as it is experienced now as a scarce commodity.

Charlie: I was kind of looking forward to seizing and annihilating the wicked and the unjust, devouring them between my jaws—that sort of thing.

Lucy: Let it go Charlie. Silence is the supreme ultimate weapon and many are the kingdoms of the soul where its power is absolute sovereign. And in this word of power time is suspended and all

possibilities of action become available to be drawn upon. And your receptivity is so great you do indeed perceive the original source from which all things arise and the highest purpose to which they can be assigned.

It is as if the weapon of Shiva, the bow of Arjuna, the wisdom of the Bhagavad Gita, the transcendence of Krishna, and the mind of Lord Buddha are all wrapped together in one sacred sound that binds all things, the heavens and the earth, all spiritual beings of all spheres, domains, planes, and kingdoms into one consciousness both innocent and absolute in its action.

Charlie: I must have this word of power. I won't be able to sleep until I receive it.

Lucy: (Laughter) Your time is up Charlie. Make another appointment. I have to paint my nails, wash my hair, take a bath, and walk the dog. You aren't the only one with personal needs Charlie. A little more consideration. After all, if you are going to act as the supreme guide of political evolution on earth you are going to have to respect other's individual needs and set up schedules for fulfilling all things. See you later Charlie.

Charlie: (Head in hands).

Five Sense Concentration Exercises



Each of the five senses is wired deep into the nervous system of the body and the neurons of the brain. But if you concentrate and explore each sense and sensation carefully, you can attain enlightenment; and this is because you have come to realize the original source from which the five senses arise and so the purpose to which they are assigned to fulfill—to know and experience everything that can be known and experienced about the universe on all planes and in all spheres.

Consciousness becomes like a mirror. You perceive with perfect clarity without being obsessed, possessed, or attached to anything you experience. In sensing the origins and nature of each feeling, sensation, and thought you attain freedom. Concentrating on the five senses is essential for accomplishing this.

Franz Bardon puts off teaching the fifth element of akasha until chapter six of IHH. But the instant you concentrate on one sensory perception you are in akasha creating a sensation out of nothing, pure imagination, to concentrate on and then dissolving it into nothingness again when you are done.

Again, in chapter three of *Initiation into Hermetics*, he has students imagine one of the four elements so it fills the universe and then dissolve it again. This too is practicing akasha which creates from nothing, is everywhere, and also oversees and maintains the harmony and purpose of each element.

Therefore, *Initiation into Hermetics* can be practiced as the Heart Sutra suggests--each sensory perception is not separate from emptiness and emptiness is not separate from sensory perception. In fact, it would be more accurate to say that form or sensory sensation must be mastered in order to explore and know akasha or emptiness and without akasha's pure awareness of a vast empty space embracing all of space and time sensory perception cannot be explored with any depth or insight.

The two develop together. They are lovers who walk side by side. Vulcans meditating in a desert on Vulcan do not know of this wonder. They are good with mathematical calculations, with science, and with concentration, but the greater purposes of the universe elude them. No human being would ever describe either Bardon or a Vulcan with such

phrases as “he was fully alive” or “he lived life to the fullest.” No, they would say here is someone who was good at accomplishing his mission.

Being fully human and experiencing the wonder, joy, and beauty of life was never part of their practice. Though obviously if pressed in any moment such a master could with ease produce any human emotion he wished within himself the way Mozart could instantly play on a piano note for note any song he heard.

Be both. Learn to concentrate like the Vulcan in the desert on Vulcan but also be as the poet Orpheus who sings so sweet of love that the lord of the dead offers him hope; and as Vayasa who wrote the Mahabharata--by embracing the greatest conflicts of life and accepting the greatest challenges you attain complete transcendence right here amid the battles of life. Perception and emptiness are not separate. They reveal each other's innermost essence.

Furthermore, for each sense perception you can discover a pleasure, bliss, ecstasy, joy, rapture, wonder, and mystery.

Pleasure is gratifying to the senses and desires. Bliss is having the entire nervous system overwhelmed and saturated with refined pleasure. It is the welling up of happiness from within that saturates your body. This is sometimes called “zoning”—mental functions are suspended but awareness remains alert and immersed in a mind boggling satisfaction riding on pure sensory perception. Nothing exists for you but the moment as it is unfolding.

Ecstasy is being a part of something greater than yourself, to be uplifted and joined to it. Joy is an overflowing of energy from within extending outward, like an artesian well. Rapture is wonder, bliss, and ecstasy taking hold of you all at once.

Wonder is experiencing the present moment as new so that you sense the unknown universe seeking to come through and speak with you. For some, there is no greater pleasure than the thrill of discovering a new wonder. Find something wonderful for yourself in each sensory perception.

Mystery is awareness of a great pageantry and transformation that is unfolding that is beyond all understanding.

For the complete essay on the five senses see
<http://williamrmistele.com/uploads/fivesensepractice.pdf>