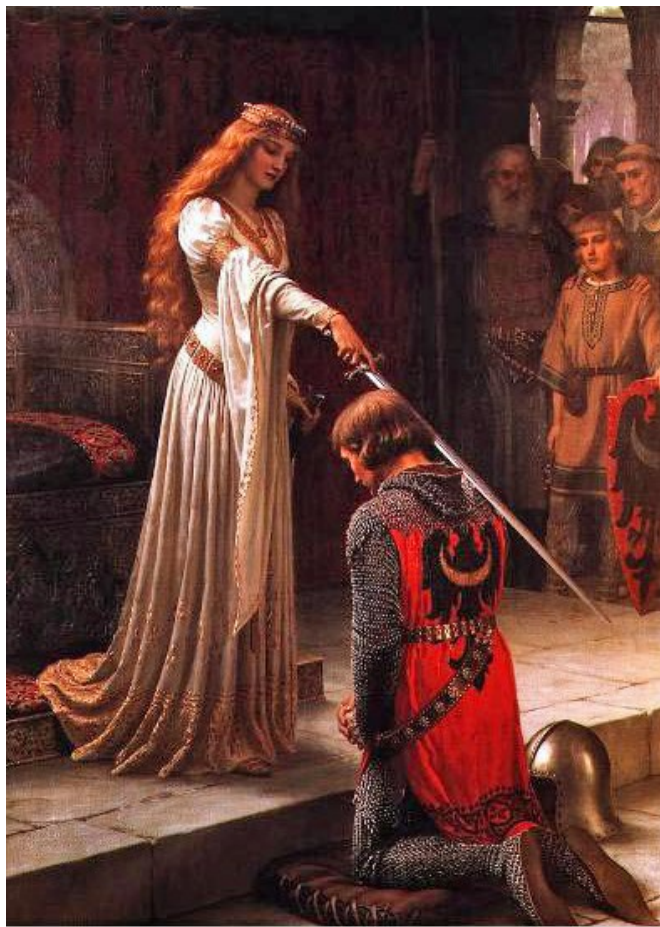


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The Perfection of Wisdom—The Cosmic Letter U and Filling the Earth with Justice

By

William R. Mistele



The Voice of the Cosmic Letter U

There is no vice I cannot twist or bend
 And turn 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 enfold within my palms
 Spit on, blow upon,
 And recreate as beauty hidden in the heart of life
 Such are my power and might
 The depths and heights
 With which my wings fly

Also by the author:

Undines: Lessons from the Realm of the Water Spirits

Mermaids Sylphs, Gnomes, and Salamanders: Dialogues with the Kings
and Queens of Nature

Preface

This book is not only useful for self-transformation. It offers a method to neutralize negativity, eliminate corruption in government, and to free the world of wars and dictators. To do this you start with yourself by

practicing a meditation that fosters mental clarity, a sense of freedom, and a feeling of oneness and love.

Even at the very beginning of the practice you may notice that you can reduce the hostility in people in your personal life who are negative. If this application proves useful to you, then you can immediately apply your meditation to anyone anywhere on earth.

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Franz Bardon's Description of the Letter U

Bibliography

See also youtube videos at youtube.com/emedetz:

Void Meditation: <http://www.youtube.com/watch?v=15W6FLGaZAE>

Void Meditation for Negative People:

<http://www.youtube.com/watch?v=1TjqFUKj-d0>

A Meditation on Abe Shinzo for Fukushima Japan (relating to transference of consciousness)

http://www.youtube.com/watch?v=mG4fhvf_sM0

Introduction

In his book, *Key to the True Kabbalah*, Franz Bardon describes twenty-seven cosmic letters. These are energy fields created through concentrating on three senses--a color, a physical sensation, and a musical note that you speak as a consonant, vowel, or diphthong. These energy fields are so dynamic and creative they are the foundation of all matter, energy, life, space, time, and spirit.

The letter U refers to akasha, the fifth element that originates, supervises, and dissolves the other four elements—earth, air, fire, and water. For me, the letter U is the source of the entire system of cosmic letters.

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

creates a state of awareness that is perfectly receptive. And it contains all possible courses of action and things that can manifest in life.

Various religions have attempted to work with akasha along similar lines. In Buddhism, Prajnaparamita is described as being the Mother of all enlightened beings. Prajnaparamita is emptiness or the void. It is also called, The Perfection of Wisdom.

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

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 the place where we dwell predates the creation of the universe. To make a statement like that you have to be in love with akasha.

There are many short essays in this book that describe various aspects of this void like awareness. When I meditate on the cosmic letter U I often will write a poem or short story to communicate what I felt or sensed. A gifted writer uses words and metaphors with such skill that the reader can experience exactly what the writer experienced. It is my hope that at least some of these artistic expressions convey to readers the immense beauty and wonder that this dynamic and creative cosmic letter contains.

Summary of the Book—the Letter U on Four Planes

Part I: 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.

Part II: 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 your mind is clear, alert, and perceptive without any need of thoughts to think.

Part III: 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.

Part IV: 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.

Part I: Akashic Plane



He who creates harmony
Manifests where there are discord and conflict
He who creates love
Manifests where there are hatred and malice
He who embodies justice appears
Where there are wrongs to 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

For he who is an artist
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
He will take anything given to him
And recreate it so it is filled with beauty and light
And overflows with inconceivable wonders
That enrich life.

Entering the Void

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 this same space 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 and yet a void that contains every possibility that fulfills life.

The Convict



A prisoner in a penitentiary was assigned to yard duty. 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 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 is a successful hedge fund manager. 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 feel 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?

The man replies, 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.

When I saw you in the dream at your child's birthday party, you were happy. The person I saw in the dream is a different you—the person you have not yet met. You will meet him soon. I promise you this.

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 saw the governor struggling with a decision as to whether he should run for a higher office or stay where he was and spend more time solving problems in his own state. The prisoner 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. People feel safe trusting and confiding in me because they realize that I feel their lives are as valuable as my own.

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 was created. 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. There is neither time nor space. There is no penetrating of awareness through time and space 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; every possibility is present.

Once something comes into being it is a part of a matrix of existence. But there are times when you need to know precisely the purpose behind something's 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.

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 lot of practice to concentration on three separate things at the same time. Work with each sense by itself. If you imagine a void then it is black like when you close your eyes and meditate.

Also get used to concentrating on one sound. Imagine the sound on a pitch pipe or piano or instrument and then as a voice. Locate the sound in different places as if you are hearing it far in the distance or from

different sides of yourself. 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 head 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 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? We shall vigorously pursue the answer to this question.

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 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 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 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.

A Story from Tibet

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 Prajnaparamita Meditation



I am emptiness
 Also known as Prajnaparamita—
 The mother of all enlightened beings
 By finding me inside your self
 You attain perfect freedom.

I am where selfishness turns to compassion
 Because I am free of all attachment

In nature, I am the open empty space between the stars
 I am where the stars rest, sleep,
 And dream of infinite peace.
 These are the depths of my beauty.

In feelings,

Attraction is my alchemy
Passion is my methodology
I am the union of opposites
All opposition dissolves in my presence

In mind, I am like the sky
No barriers, no boundaries,
Perfect clarity
I offer light a place to shine

In spirit,
I can take malice and ill will into my heart
For this is my art
And restore the original purity
Revealing perfection and nobility.

I am emptiness
I am the mother of all enlightened beings
There is no end to my compassion
No limit to my action
I am the ecstasy within all inspiration
You will find me
I am the oneness of all living beings.

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 was now looking back on the world from a place 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 through the ages 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 has 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 down 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 to meditate best.

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 the person is here with you in this infinite space of emptiness that automatically dissolves any negative energy. To have negativity, there must be something 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 he is 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 as compared 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.



Homage to the Void

Though completely weightless
It is the source of all gravity
Though without light
Or emitting radiation
In the visible or invisible spectrum
It is the source of all clarity
Though completely detached
It is perfectly one
With whatever appears within or before it
Without form, electricity, or magnetism
It gives birth to all attraction
Every desire and passion
Arises from it and seeks release through it
Without will or wisdom,

Without use of thoughts to think
 Or emotions to feel,
 Without identity or self-imagery
 It possess all knowledge
 Though completely separate from the world,
 Outside of reality,
 Containing neither dream nor ideal,
 Its love is infinite
 It is joined to every living being
 Inspiring and guiding
 Offering assistance, support, and encouragement
 Until each attains absolute freedom.
 In this space of emptiness
 Of bliss and peace
 I take my rest
 And renew myself
 That I might move forward
 And accomplish my work on earth

Part II: The Mental Plane

On the mental plane we ask basic questions: What is the task to accomplish? What is the time frame? What methods can I use? What are my choices and options? What resources do I have to available? 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.



From the Mahabharata. 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.

Modifying Karma

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. Sit next to me. Center seat, row four. You are here next to me and that is also 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. Now you act with a completely different personality. Study the entire spectrum of feelings 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 mediate 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 receptive enough to connect to 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--

Buddha Walking Down the Road

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.”

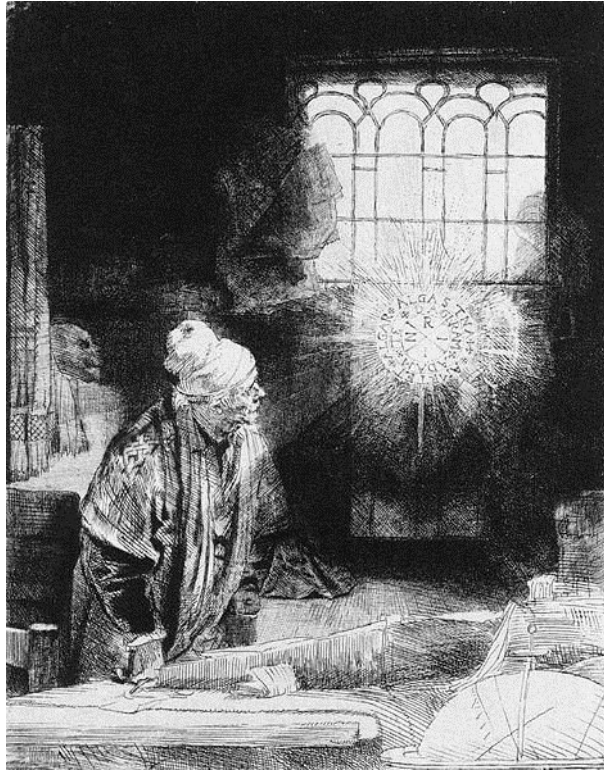
If you meditate inside of Buddha’s mind, it is easier to comprehend these thoughts. Here there is only an open space of awareness without definition or reliance on any thought, idea, form or image to express itself. It is a state of being. It is pure perception.

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 that upon attaining enlightenment Buddha 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.

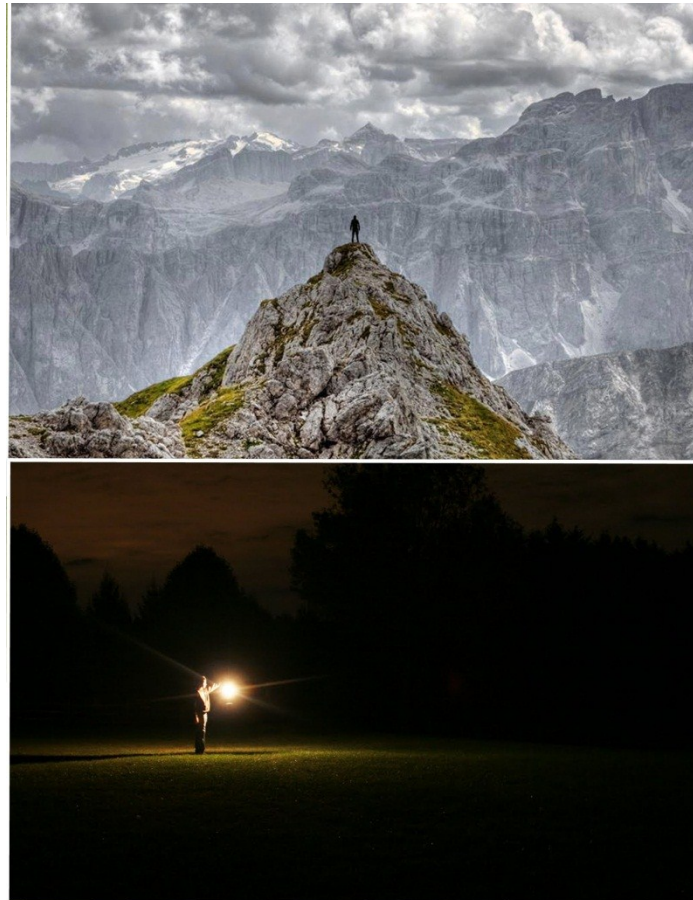
If you slip into the Buddha’s mind and let it sink in, you may wonder why you would ever want to look for anything else or pursue any other spiritual quest. It is that peaceful and that deep. There is no end to it.

Imagine putting yourself inside of this mind of Buddha 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 the other as if he 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.

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 country. 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 news 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 movie. 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).

A Council of Angels



A Council of angels appeared before the throne of God. And their spokesman stepped forward and spoke, Almighty God, maker of heaven and earth, you who are beyond all understanding, ineffable and shrouded in mystery. You for whom all the stars and galaxies are but a faint echo of your glory, listen to our petition.

We have a slight problem that perplexes us. It is not that we are frustrated or annoyed. Rather, it just eludes our ability to fulfill the commission you have assigned to us. For our task is to bless all beings, to see that their lives are fulfilled in every conceivable way, to grant them every opportunity to follow their highest path of life and to discover within the depths of their hearts the destiny they wish to fulfill as their contribution to the unfolding of creation.

And yet with some when we bless them they turn the blessing to a dark end. We grant their leaders the ability to understand others and to negotiate fair and just agreements. But the blessing only makes them arrogant. They decide because of their new heightened insight they should dominate and control others. They feel it is their right to make others' choices for them. They feel that the divine world owes them their power and authority and that they should have had it much sooner on in their lives rather than having to acquire wisdom by learning through experience.

If we offer them wealth and abundance, they squander it and waste it. If we give them the ability to love, they use their increased empathy to manipulate and twist others' mind so they agree with them. If we give them purposes to fulfill that produce things of value that endure through all ages of the world they produce instead weapons of war and corporations that only seek to increase their market share. There is no end to their greed. They live as if their egos are the only thing that is real. They set aside no time to celebrate the divine, the beauty of the universe, or the joy of being alive.

Consequently, our attempts to bless them and to fulfill their lives is in jeopardy. Therefore, we humbly ask you for a few suggestions.

And God who sits upon a throne that exists neither in space or time but rather is beyond, spoke and said, Did I not create the deserts?

And the angel replied, Yes, you did.

And God said, Why did I do so?

And the angel answers, Because the desert is so vast and impersonal, it is a place where men might go to seek your presence and to worship you without distraction from the things of the world.

And God said, Did I not create the oceans and the seas encircling the earth?

And the angel says, Yes, you did.

And God asks, Why did I do so?

And the angel says, So that in one glance men might behold in front of them extending from horizon to horizon a love that has nurtured life on earth for billions of years. In its very nature and essence it gives without asking for anything in return. It is all embracing. And with its infinite receptivity it seeks to fulfill any beings deepest dreams with the visions hidden within their hearts.

And God said, Did I not create the blue sky?

And the angel replies, Yes, you did.

And God asks, Why did I do that? I could have left there up above darkness and clouds of dust, ash, or impenetrable mists of dissolving acids.

And the angels says, That men might see in a single glance that the mind is as clear a mirror. That regardless of the storms of life, the mind can remain open, vast, and free.

And God asks, Did I not create mountains, forests, hills, and plains?

And the angel replies, Yes.

And God says, Why?

And the angels replies, That men might find a place to dwell, work to accomplish, and a home to build where love, light, and life are celebrated in the ordinary moments of the day when they gather together to meet their needs and desires.

And God said, Why have I commissioned you to bless men?

And the angel replies, Because it is your nature to bless all things, to see that life is fulfilled in every conceivable way. You offer to men the opportunity to choose a destiny so they become like you—a creator who makes all things new.

And then God said, Now what do you suppose might be the best thing to do if you wish to bless men but all your blessing they refuse?

And the angels says, Take away from men the big things until they reach the point where they are grateful just to have little things—heartbeat, breath, their five senses, their ability to feel, to think, to love, and to share. Then they will be ready to begin again the path of life without being filled with ego and corruption.

And the angels asks, But if they still refuse choosing to persist in their desire to control and dominate and harm others, what then?

And God says, Then give them what I myself am: an infinite void that can create an entire universe in order to share love and that is equally content in being absolutely nothing.

Let them then make their own choice if they wish to be like me--nothing at all--or else to fulfill life in every conceivable way which is my gift to all. The creative void that I am is within every sense perception, every form of substance and energy, and in every thought and feeling. There is no end to my being or my originality.

As I have always said and which the planets and constellations proclaim, Life is a gift. Use it well. Satisfy your desires and meet your needs. Fulfill your dreams. But for each man a day of reckoning in which through the choices he makes he decides his own fate, whether to

create without limitation or to place everything within his ego which is destined to fade.

And the angels says, Is this confrontation with the consequences of men's choices something to happen sooner or later?

And God says to angel, Use your own discretion.

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.

I have been comparing consciousness to a mirror. You can learn 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. In other words, the

void as a meditation is strengthened through sharpening concentration on the five senses.

Franz Bardon puts off teaching the fifth element of akasha until chapter six of his book, *Initiation into Hermetics*. But the instant you concentrate on one sensory perception you are in akasha creating a sensation out of nothing, through pure imagination.

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 that creates from nothing, is everywhere, and also oversees and maintains the harmony and purpose of each element.

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 from the science fiction movies, Star Trek, 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.

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 Mahabarata--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.

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 or radiant as the sun. 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>

Part III: The Astral Plane

Charlie Brown and Lucy

Lucy: Any questions today Charlie?

Charlie: Yeah, tell me about the astral plane.

Lucy: I will keep this short and concise since just about every tradition on earth is inexcusably ignorant regarding the astral plane.

Now then, the astral plane is where the dead reside and those not yet born. Do you know anything about this Charlie?

Charlie: My grandfather appears to me in a dream from time to time. He asks about how the family is doing and if we need anything.

Lucy: Very good Charlie. So you have contact with that aspect of the astral. Now then, the astral plane is also the domain of the four elemental kingdoms. There are nature spirits who have close contact with the elements of earth, air, fire, and water in our world. Do you know anything about nature spirits Charlie?

Charlie: Sure, the genie in the movie Aladdin was a jinn, a fire elemental. They are very powerful. And one of every four women on Kauai says she is a mermaid. But a real mermaid may be able to tell you about your future like the girl in the movie, *Lady in the Water*.

Lucy: Yes. For some of the nature spirits, linear time does not exist. Past, present, and future are needed here in our physical world but history is not a reality on the astral plane.

The nature spirits are also masters of aspects of the soul human beings have not yet explored or discovered. The air spirits, sylphs, possess immense harmony and embody freedom. The mermaids are love and possess an innocence beyond human understanding. The gnomes possess inner silence and work as if nothing else exists but completing the task they have started even if it takes centuries or millennia. And the fire spirits, the salamanders, see everything as an expression of will and seek a fire that has no need of external support to sustain its power. You will want to study each of these domains if you wish to become fully human.

Charlie: Sure thing Lucy. What else?

Lucy: The astral plane has a dress rehearsal in advance of events that occur in our physical world. So our “tomorrow” already exists on the astral plane right now. If anyone wants to insure that their life flows harmoniously and smoothly into the immediate future so as to avoid encountering unexpected and unpleasant experiences they should get to know that part of the astral plane. Do you know that Charlie?

Charlie: Once a year I wake up in a dream and I am in the future. I look around and try to remember what I see memorizing every detail even if I don’t understand what is there. That is how I knew about ipads and google glasses—I saw people wearing them though I didn’t understand at the time what they were.

Lucy: Yes. Simply meditate on the astral plane and attune your mind to what shall be and think “harmonious and smooth transitions.” Now then, the next thing about the astral is that there are also all manner of creatures on the astral, an entire bestiary of beings—there are unicorns and dragons, giants and medusas, gorgons and harpies, banshees and werewolves, etc. Anything you can imagine shows up there in some form because astral forms are not constrained by physical reality. They are possibilities of the heart and of the energy within the soul not just of human beings but many other races of creatures as well. There are the Siddhe and the various Buddhist, Hindu, Islam, Christian, Indian and other heavens where people will find themselves when they die-- according to their beliefs that is what they will see with their eyes.

Charlie: What about ghosts?

Lucy: And then there is the “lower” astral. Here are found lost souls, those who have died traumatically and who cling to the life they left behind even though the physical world has changed and not a trace of their memory remains. And here are larva and phantoms—creatures created by emotional or sexual excitement and obsessive compulsions.

Charlie: And demons?

Lucy: Well, it goes without saying there are demons here. But there are lower and higher demons as well. The higher demons don't give a damn about taking possession of just anyone's soul. No, they want high class souls that possess various siddhis or remarkable skills and persuasion and force of personality to serve them who are able to complete whatever tasks they may assign them in deceiving others who are still alive. The demons are like the mob—you have the ordinary pimps and drug dealers and then you have the professionals who run the big operations. But demons often have to come down to earth to learn from human beings about how to upgrade their skills as demons. No demon could have imagined doing what the CEO of Monsanto is doing—Hugh Grant—in compromising and poisoning the entire food supply of the human race. You could call Hugh Grant the Tony Robbins of the demon world—he is their darkness coach.

Charlie: That is about all my Ram memory can hold just now Lucy.

Lucy: Don't interrupt me Charlie. Every feeling and emotion, every kind of attraction and sensory experience with pleasure, bliss, and ecstasy is here on the astral plane. Every kind of inspiration, yearning, desire, and motivation is here as well.

The astral plane preserves the experiences and memories of being alive. For this reason each strong ethnic group has its own dreamtime. Dreamtime is like a kingdom of the soul where the stories, ideals, and spiritual realizations of a people reside.

Charlie: Do these dreamtimes ever talk to each other?

Lucy: Funny thing you should ask Charlie. No, those dreaming dreamtime do not dream other people's dreams. And the same goes for spiritual lineages. Secrecy and exclusivity are the rule.

Charlie: What?

Lucy: Yes, spiritual lineages. Gurus who are departed get together and figure out ways to pass down their inner light to human beings who are in the physical world. But only to those who are devoted to the specific lineage. And then there is also astral immorality.

Charlie: What is that?

Lucy: Well, if you fall in love with nature in some aspect so it becomes a part of your soul you attain astral immortality like the elemental beings in their four realms. Then the original purity and force of your emotional life does not deteriorate either when you die, when you are alive, or when you are reborn. You are like nature—you are in a billion year time frame with the level of your receptivity and creativity.

Charlie: This isn't in the traditional textbooks on the history of esoteric practices either East or West. Don't the lineages and dreamtimes know about astral immortality?

Lucy: As a matter of fact human spiritual cultures rarely touch on nature. That is why they cannot compete in the modern world. Science is global in outlook and there is a global culture but religious and spiritual practices fail to grasp there is a North and a South, a East and a West. They cherish their ties to the past. But if you meditate on the astral plane and enter the four elemental domains you will learn astral immortality in no time at all. The elemental beings are global—they oversee the biosphere and embody the energies of nature itself.

Charlie: Why do I get the feeling you are not done?

Lucy: Astral dreaming, Charlie.

Charlie: Don't you mean lucid dreaming?

Lucy: No. Lucid dreaming is merely waking up in your own private dream. Astral dreaming is when you fall asleep and wake up on the astral plane. Then you can interact with astral beings, talk to other people who remember your conversations when they wake up, and also visit different places around the earth.

Charlie: I don't know what to say.

Lucy: And then there is the so-called Secret.

Charlie: Secret?

Lucy: If you consciously dream something--imagine something as being completely real to you then this dream will manifest in the physical world.

Charlie: I am very good at daydreaming. Will that work?

Lucy: It is like taking a daydream and upgrading it so you experience every detail and feeling within your dream to be a real world you can enter, walk about in, meet and talk to people, and experiences as being as real to you as the physical world.

Charlie: That sounds like getting something for nothing.

Lucy: It is about quantum reality, Charlie. We are surrounded by infinite possibilities. And these possibilities—both the good outcomes and the bad outcomes all share something in common.

Charlie: What is that?

Lucy: In every possible world the reality that manifested was the result of someone's dream. A great dream has the magic to capture everyone's attention so that they then view your dream as inevitable—the world that is manifesting.

Charlie: So you are saying if we don't dream the world we want to be we end up with the worst rather than the best possibilities?

Lucy: You got it.

Charlie: But why is that?

Lucy: It is because bad people are better at practicing the Secret than the good people. Bad people put all their heart and soul into their dreams. Good people often will not lift their little finger off the table to imagine a better future. No free lunches Charlie.

Charlie: So how can anyone come up with the greatest dream?

Lucy: Simple. Align your dream with the truth of the universe. Light trumps darkness and truth beats out lies and deception—but only if you put all your heart and soul into it.

Charlie: How do you know this?

Lucy: Much of what I just said I didn't know until you asked me about the astral. When I speak I channel the astral itself. But I will tell you Charlie--an occasional tip over and above my standard fee goes a long way toward improving the quality of my channeling.

Charlie: I will see what I can do Lucy. Listening to you sure beats watching instant play on Netflix. Maybe I'll record what you say next time and make a podcast.

Lucy: Now you are talking Charlie.

The astral body or the soul is what enables us to respond to life with sensitivity and appreciation. We feel and are receptive to what is in front of us. It is where we literally experience “living life to the fullest” and “being fully alive.”

The astral body delights and is enlivened by interacting with concrete situations. It celebrates direct sensory perception. It is not abstract thinking. It is in the moment, this moment right now.

The astral plane contains the emotional force and the ability to respond with life and feeling so that “higher” purposes, ideals, plans, goals, etc. actually manifest in our world. The astral body sustains motivation like a cheerleader and inspiration like a great bard or musician.

In terms of the metaphor of a king and his kingdom, to get results you turn to the captain of the guard (or commander of the king's armies)—a man who is all action. He possesses charisma—the power to motivate, to inspire, and to move others to action. He is the one who actually goes out and insures that the borders are not violated and that security is not compromised.

And to extend our metaphor of kingdom further, we might also say the astral plane is queen to the king. She is the feminine presence. She senses nuances and subtiles in what the king desires and suggests options he may not have considered.

In other words, akashic authority and mental plans actually manifest on the astral plane as courage, righteousness, overwhelming energy, exhilaration, and also tenderness and nurturing affection. The astral

plane is not as abstract or generalizing as the mental plane. It does not analyze or objectify.

The astral plane is where ideas get applied in concrete situations. The astral experience, then, is personal, graphic, and concrete. On the astral plane is found every kind of emotional attraction, enthrallment, desire, and way of interacting, bonding, or uniting with another.

But the astral plane is not subservient or secondary or lower. It has its own akashic light—this light is dazzling and bright as the sun. It is a vibration that is the unity and perfection of all the endless variety of attractions and desires that move human and all other beings to action. It embodies the complete fulfillment of life in every conceivable way.

Three Sense Concentration

The **color** takes us to the source of any feeling or astral situation, vibration or polarity.

The **sensation** is being malleable. It has an extreme flexibility. It is capable of being anything similar to the way touch can express any emotion—you can grab to save or to enslave; you can touch as lust or as purest love. The sensation says in effect “I will be anything you wish.” It is rich. It is thick, and can take on the life within anything.

The **sound** of the note of B on the astral plane is a stillness like a crystal ball. It can express any feeling or emotion yet it is a state of awareness within the soul before any feeling or emotion has appeared.

The nature of akasha is that it creates all things nurturing, inspiring, balancing, and then it dissolves them again when their purpose is done. This sound is the awareness that can animate any feeling so that it is fully alive.

Since every possible feeling is present and yet not expressed, this state of awareness is free to express any feeling with ease as is appropriate for the situation you are in.

To have this freedom within the soul to feel is like having the brilliant light of the sun—you emit the energy that brings light to anyone. It is like having the serene light of the moon—you are soft, receptive and can become one with anyone. And it is like embodying the light of the planets and the stars and galaxies so that you speak with the voice at the core of the being of anyone you greet.

Why then speak this sound on the astral plane? So that you can be like life itself--you seek to make things alive so that anything shines with life from the core of its being.

Sound this note on the astral plane
 If you wish to be like life itself—
 Infinite in receptivity and responsiveness:
 She makes things fully alive
 So they are radiant
 Shining with life
 From the core of their being.

Bardon mentions that practicing letter U on the astral plane enables you to transfer your consciousness anywhere and so learn to master it. And it enables you to evoke any state of trance.

Put simply, you learn to assume any astral vibration within your consciousness. You can experience opposites: you can be A or B that opposes A or you can be both A and B at the same time in a state of unity or the source from which they arise—this is speaking in terms of feeling, motivation, and emotional force.

Robert McKee, perhaps the foremost teacher of how to write screenplays, is skeptical about romantic movies. Studios want to pay him a million dollars to write a modern romance but he says he can't do it. For a modern romantic movie, you have to have a great obstacle that keeps lovers apart and so the movie is about them overcoming the obstacle.

Then McKee tells you about the real problem: he says, “*Feminism is a good thing. But it has killed romance.*” I think what he means is that if you have the same capability in women as in men that feminism proclaims, then there is no longer enough polarity between the two genders to produce genuine romance. You can always pretend and act like there is romance. There is still a lot of fun to be had. But this is no more than playing a part in a romantic comedy. Genuine romantic feelings are nowhere to be found.

His point—the knight in shining armor, the navy seal coming out of the water, the captain of the nuclear submarine, and the space shuttle commander could just as easily be a woman as a man. It was not that way in the old days and so what went before is now gone.

Bruce Willis might star in another *Die Hard* movie but as a matter of fact Catherine Zeta-Jones is probably in far better physical shape than Bruce Willis ever was. I asked two people about this and they both replied, “*Die Hard* is a man’s role.” But they were just being sentimental. In fact a woman could play the role these days just as easily as a man.

Be that as it may, from the cosmic letter U’s point of view, romance is still alive and well. It is very simple: *it is two people sharing with tenderness their two bodies in common or, put another way, it one consciousness sharing two bodies—you share every perception, thought, sensual and emotional experience.*

You may have very different histories, ways of thinking, feeling, and perceiving. You may have very different ways of growing and goals you are hoping to fulfill. But you share so the other’s goals are also your own and the other’s needs are yours equally.

If you have the letter U developed on the astral plane, it is extremely easy to get inside of another person and share that person’s deepest experiences. Even the other’s nervous system is open for you to experience.

I read an individual’s palm once and told him, “In this life time, you will only experience deep love from one woman. But what have you done that she is so incredibly angry at you? I can feel her wrath right now as she sends it to destroy your aura.”

We talked and I gave him a meditation to do in which he pictured the two of them lovingly caring for their child. The next day she called him and wanted to get together again. This was an astral meditation. You make a direct and inner emotional connection to another as if there is no separation between the two of you. You feel one with each other.

The problem that I did not work on with him was that he did not have a sense of inner contentment. As one of the foremost investors in the world, Warren Buffet, points out you have to be content in yourself in order to do well with success. Otherwise, you reach too soon for your goal or overreach and fall when you are on top.

The individual in this example was gifted at succeeding, but he used other people's energy to get where he was. And most people will only put up with that for so long.

I should have had him do the mental plane exercise of imagining that you are in the audience watching your own performance on the stage. And then you ask, "What would be different about that character if he were successful in life?"

If he had been perceptive, he would have said, "Is that really me? Do I really exploit people in that way? What can I do about it?"

Answer? "Simple, always give back as much as you take. Now get up on the stage and let me see you act in a few scenes where you first give back before walking away."

I once had a class enact a role playing session in which the goal was to get the car keys away from a friend at a party so he does not drive home drunk behind the wheel. We broke into three groups and had three presentations. The first group ended up wrestling the guy to the floor to get his keys from him. They were very emotionally involved with their parts even though it was role playing.

The second group simply had someone go out to the car and pull a wire so it wouldn't start. But the third group won the competition. They had a girl go up to the guy at the party who had drank too much and talk sweet to him. He ended up giving her his keys and agreeing to have someone else drive him home.

When you are dealing with emotions, it is not necessarily about reason or options. It is about the right emotional interaction that takes you to

where you want to go. Astral energies are what make you feel alive. When they are bad, everything else, like an electrical system, can short out. When they are good, you feel like you are right where you are supposed to be.

My mother had something of this U awareness on an astral level when it comes to conflict resolution—as in identifying with the underlying common ground of the relationship. She had a sorority sister in college who picked on her and gave her a hard time. My mother could have reacted by being passive, a victim. She could have reacted by getting even, by attacking.

Instead, she started doing little things for the other person. Helping her out in any she could. In effect, my mother became the other person's best friend. Presto, no more conflict. You could say that my mother was being submissive to this person. But that is not the case. My mother knew exactly what she was doing. She acted in a way so as to destroy the other person's opposition. I have seen her do this many times.

Home Port



Because the void has no barriers or boundaries and therefore no separation, perfect love is its expression and the realm of mermaids with its innocence and its giving is its creation.

Because it is aware of all form and movement, it embodies perfect knowledge and wisdom and the sylphs who dwell in the sky have been created to reflect its harmony.

Because it encircles, encompasses, and composes the fibers and strands of anything, it is omnipotent and the salamanders are created to demonstrate its will and power within nature.

Because it originates space and time and assigns all purposes and destinies, gnomes accomplish work transforming matter persevering in silence to show forth its productivity and industry.

Without form or image, substance or energy, it remains nothingness—the source from which all things arise and, after attaining perfect enlightenment and absolute freedom, the source to which all beings return like a ship entering home port.

The Dreamer Awakens



“Do any human beings ever realize life while they live it?—every, every minute?”

Stage Manager: “No. Saints and poets maybe ...they do some.”

--Thornton Wilder, *Our Town*

During a dream a man said to an angel of light—You know, it is too bad you cannot be aware of life as if you are already dead—the beauty, the fragility, every moment so fleeting, and yet a true reflection of eternity.

And the angel of light who was not at all an image in a dream but a true being replies, But you know, you can. Poets and artists capture this insight sometimes when they compose or write.

But the dreamer persists—But to live with one foot in the grave? Must one exchange the sense of being alive for the nightmarish realization that everything here will soon be gone? Is this the price one must pay for seeing life with second sight or is the price giving up attachment to every desire, forgoing every vice? Is the price, then, to feel half dead while still alive?

And the angel of light replies, Actually, the trade, the price to be paid is altogether different from what you suggest. But you are right. Insight is not free. It requires a receptivity as deep as the sea—to perceive without thoughts intervening that interfere with the mind being like a mirror—that clear.

To feel without fear. To hold every moment dear. To love with all of your being without hesitation or limitation because the act of love is a sacred celebration, the sharing of a cup whose taste makes all things new—for it is this beauty and passion that reveals the real you.

To perceive from the Other Side while still alive is to be outside of time—it is where the outcome set in place by fate from past actions can be redesigned.

But do you really want this gift? Are you that ready to be different--- are you willing to feel every feeling the heart can feel?

And the dreamer replies, Grant me this gift and the darkness within my soul I shall make into a holy well where wishes are fulfilled. And my sharing with others shall be a cup that grants freedom and happiness at the taste of it.

And the angel of light says, Welcome home! I give you what you ask. You can now finally play your part in creating a new world.

The Story of the Buddha Meeting a Warrior



This story takes place in an alternate world where different choices were made.

A great warrior meets the Buddha one day walking down the road. This was not just any great warrior. This was a man of the caliber of Alexander the Great. It would have been easy for him to conquer not only India, but also Japan, Korea, China, Mongolia, and even spread his empire to encircle most of the Mediterranean Sea. As great warriors go, he was quite good.

And so seeing the Buddha, the warrior walks right up to him and says without the slightest hesitation or doubt, Great master, I have sought to master myself and I have accomplished much through my efforts. And yet satisfaction eludes me.

Furthermore, I know that if I put forth my will I can conquer the known world and more. I have a special ability. I can communicate to others soul to soul and heart to heart some degree of my own will and power. My generals are nearly as wise as myself and my warriors are absolutely indomitable in battle. No army can defeat us.

And yet I feel as if all that I might do is vain. What good would it be to conquer the world through fighting and war if I cannot defeat war itself? For after I am gone, no matter how great my empire and the leaders I leave behind, fighting will break out. Wars will again be fought. And all that I have accomplished will fade like grass that withers and is then replaced by new sprouts.

I see in you kindness, generosity, and compassion--you are willing to answer any honest and sincere question put to you. Therefore, answer my question. Demonstrate to me and to the world that shall be hereafter that there is wisdom so vast, deep, and profound it can end wars forever by following your directions.

And the Buddha replies, Any opponent you face has a mind like your own. All you need to do to accomplish all that you desire and to end

wars forever is to join your mind and the mind of your opponent together so the two of you become as one living being with one mind working together to fulfill each other's dreams.

And the warrior asks, How can this be? Two men striving against each other with all their might and power--each seeking to dominate and to master the other? Join their minds and you have chaos--a nightmare like a firestorm and a whirlwind meeting. The result is a conflagration.

And Buddha replies, To join your mind to another's mind requires but one thing—perfect, mirror like clarity, even as now in this moment I am joining my mind to yours.

The warrior asks, How can this be taught?

Buddha replies, If you gaze upon a seed, you can sense the past, present, and future of the seed and of the tree it is to become: the seed is carried by wind alone or as part of a fruit. It falls to the ground. It sinks into the soil and merges with the earth.

There it sleeps. It is sustained by silence and in darkness it waits. For a little while, it is as patient as the earth enduring until in due season it is awakened and called forth. The seed receives the elements into itself that enable it to rise up and to transform. The tree is born. Through the four seasons it grows, each year is marked by a separate ring at its core that records its journey through time.

You can touch the bark, smell and taste the fruit, sense the roots reaching down into the ground and the way the leaves reach up drinking in the fiery ecstasy of the sunlight. You become the tree in your mind so there is nothing else in your awareness than what you gaze upon.

In this moment, the vibration of your mind encompasses and reproduces the vibration of the tree. If you were to speak to the tree it would reply to you mind to mind in a language that nature employs—of vitality, of life force, the sensations and perceptions of being alive, of existing within a specific environment, of being cloaked by both light

and darkness, of expanding, of gaining strength, and of reproducing itself heard in a song of separation and reunion through which what has gone before appears in a new form.

In this way, you have stepped outside of human time. You have taken one step toward perceiving life in universal form.

Similarly, if you gaze upon a rock, you sense millions of years gone by. You can enter its heart and understand silence enduring for ages, of being a part of a mountain as it lifts and towers above the land and as the mountain erodes and breaks down again.

Here is another form of wisdom—a clarity of perception that perceives the world in a way that nature understands. All things, no matter how long they may endure, are fragile. Everything that has form has a beginning and an end—the events of history are like images in a dream—they appear and then they are gone. In this practice the mind is refined so that its vibration can encompass years, ages, and eons as if they are but a moment of time.

If you gaze upon a river or a stream, your mind takes on that vibration. Water adapts to each moment without clinging to whatever form it held in the previous moment or to any form it had in the past.

And yet you can also comprehend the movement of the stream, its past and its future, from where it has come and to where it flows. Mist, clouds, and fog on a hillside forming as rising warm air cools flowing over the hills at the end of a valley. Drops of rain falling on leaves, running down to the tip, dropping through the air again, sinking into the ground or in rivulets running down to form a stream or splashing in a mountain pool before flowing on.

The stream turning and swirling around rocks and bends caught in the spell of gravity calling out to it to follow its paths. Until finally a lake or sea is found. There the flowing water yields itself freely into the embrace even as water in a falls lets go into the embrace of air as it falls.

Gaze upon the stream and the vibration of your mind steps outside of human time. It enters a moment of pure innocence—it gives all of itself in every moment without holding anything back.

And as for will, what is like unto magma rising up from deep in the earth to form a volcano thousands of feet high? Overflowing like an artery of the earth pulsing to the earth's heartbeat, it forms new land. Mountains explode. Great calderas burn. Cinder cones flow lava to the sea in streams of molten rock more viscous than water.

Fire is hot, burning, devouring, a seething craving to expand and to be free overcoming all boundaries. If you gaze upon the volcano and allow your mind to join with its power, then the vibration of your mind again steps outside of human time. Then you understand not just the will of a human being or even of a great warrior. You understand what it is to be joined from the core of your being to the powers unfolding the universe.

How can a man ever understand or master himself unless the forces of nature—earth, air, fire, and water—flow freely through his soul unobstructed and with perfect clarity beyond all fear or desire to attach to one form in this moment of time or identify with another form in that moment of time?

To be free is to be in your consciousness like a mirror that can reflect perfectly anything that exists within itself without blur or distortion. And to reflect perfectly is to be able to reproduce in your mind the exact energy and vibration of what you gaze upon.

This is the mind that is able to join with another's mind so there is no separation. And in the joining there is something wonderful that happens—you know each other so well it is as if you have become brothers and sisters.

And yet there is more. In reflecting what the other is in your heart, you are able to speak to another with the voice at the core of his own being.

You have become his guardian and the perfect companion who will walk beside him and assist him in fulfilling his deepest desires and dreams.

And then the Buddha pauses and gazes at the great warrior. And the Buddha speaks and says, If you could see yourself through my eyes in this moment as I see you now you would attain perfect enlightenment.

And the warrior replies, I see myself through your eyes. I see through your mind of mirror like clarity and boundless light. I feel what your soul feels--infinite peace. I respond as you respond with perfect empathy and unrestrained receptivity in which two become one so all separation is overcome.

And Buddha says, You have become a second Buddha comprehending all that I am. Go now and accomplish what I have not done—defeat war itself and eliminate forever its presence from the earth.

Story--Buddha Walking Down the Road

Buddha was walking down the road one day. And a woman was passing by on the other side. And she stopped and came over and said, Why don't you ever speak about love? All you talk about is detachment and compassion. You are obsessed with becoming free of suffering.

And Buddha replies, Oh. You want to know about joining with another so that you feel one inside with your lover forever. In fact, I teach detachment and meditation because being one with another in mutual and full consciousness requires a very deep level of awareness--like a deep, dreamless sleep in which you nonetheless remain fully awake: Here time stops. And the outer world ceases to exist. And then the awareness of your body and your heart and another's reach such a degree of bliss that only oneness exists.

But in this age of the world humanity is not yet ready to develop a concentration that can create a path of light made out of harmony, love,

and beauty. But when the time is right many others like you shall demand as you are doing now that the mysteries of love be revealed to all.

Because you have asked me with genuine understanding of the beauty that it is to be alive I give you now this gift that shall remain with you forever--Your lover for you shall be as a stream. Sit beside him or meditate on him and he shall be with and inside of you dreaming your deepest dreams.

Your lover shall be for you the sea—love shall flow around and inside of you without barriers or boundaries.

Your lover for you shall be as the highest mountains of the earth whose shoulders are caressed by the sky. Your oneness with your lover shall open your eyes. You shall see which nations shall fall and which nations shall rise. You shall see into the intricate designs of the human mind and the inner most fibers of their being.

Your lover shall be the radiant heat of the sun and the thundering lightning of the storm. And you shall have an open mind like the sky where his sun shines. And you shall be the wild passion of the storm that walks across the world delivering nurturing rain to the flowers, trees, and fields.

By becoming one with another to the degree you desire the human race shall put aside its ancient loneliness and shame, its greed and hatred. And new dreams of love shall awaken in the human heart as the captain of a ship finds peace in returning to his home port.

The Wish Fulfilling Gem

The cosmic letter U is not something you would expect or anticipate to be in Kabbalah or any esoteric system; although some Tibetan lama in an obscure monastery would probably say right away, “Oh, right, you are just doing basic Prajnaparamita meditations but talking about it from

a Western perspective of those who are interested in stuff like history, justice, and inspiring others to evolve.”

It is shiny black in color. You imagine you are this color and that you are also a vast formless awareness outside of or beyond space and time.

So sense your body being like a hologram so it is empty inside but also filled with this shiny black light that is everywhere.

If anger comes near someone with this vibration, the anger becomes calm. Now why would anger do that?

Because in this vibration there is nothing to be angry at. The vibration itself creates by its very presence the feeling of being in a state of total and absolute freedom—nothing is interfering or obstructing your will. Most people would readily exchange their angry energy for such a feeling that they have never experienced before and may never experience again unless they come back to you for a second dose.

If greed comes near, the greed changes into a kind of chivalry committed to fulfilling the highest ideals of serving others. And why on earth would greed ever get that kind of notion into its head? I will tell exactly why it happens. Because this vibration suspends time and space.

Like the Ghost of Christmas Future, it takes an individual into the future to that point in time where they have attained all they could ever wish to possess. And it also takes them beyond that point to another place in which all your personal cravings, desires, and needs have been fulfilled. Now, in this place, you look about and you feel a different wish at the core of your being—you desire to have the power to transform others and to make things of value that endure through all ages of the world. I mean, really, if you are going to be greedy, why not persist in your folly and become wise by craving to possess something whose value never ends?

And again if you feel total freedom at the core of your being and you desire to actually transform the world, then you start thinking in terms of accomplishing some worthy endeavor that shines with such light that you can commit to it with all your heart, soul, mind, and strength. This action unleashes from inside of you a far greater will and a far greater love than greed ever imagined or conceived.

And if obsession or compulsion comes near (whether it be lust, revenge, desire to dominate, control, etc.), it takes those brain vibrations in which emotion, evaluation, and action are tied together in a neurological bundle and reveals the original desire or intent that is within the desire. Personal experiences and society often take human nature and twist and bend it, misshaping it, contaminating it and corrupting it.

Your original intent may be to feel close to others and to be part of a loving community, but you discover there is no community to which you can belong. And so you find yourself living in isolation and without human contact. This vibration reveals to you that you have the power to create a new community that serves others like yourself and enables them to attain love and fulfillment.

Your original intent may be to set others free so they attain their highest creativity. But along the way you discover there are emotions that you encounter each day that are an emotional mine field that you lack the power to disarm. This vibration reveals that there is no storm, hurricane, or tornado within the soul that you cannot control with your breath, an open mind, and your ability to feel every drop of rain, every nuance of sensation and feeling that appears before you. You can become any emotion and allow that emotion to transform as it flows free.

Your original intent may be to become one with another so that everything within each of you is a part of the other. But along the way part of you became a raging beast blind and hungry, craving to feed because it has been starving so long without love or affection. This vibration reveals that in the course of time you will find and become harmonious with another such that you think each other's thoughts, feel each other's feelings, and experience the other's body as if it is your own.

In this vibration, every life limitation is perceived by holding it in the light of what you originally were and what you are to become. It is a matter of perception. Time and space are suspended. If you see through time and space then you understand freedom is the nature of your being.

All of the above has been a physical vibration in your physical body. If you do the same meditation on the astral plane in your astral body, you get a sense of making just the right choice in any situation you enter. It is freedom on the astral plane amid all the conflicts and polarity of emotions human beings encounter.

Situations in life are like being an actor on a stage. It may seem like the script is already written for you as to how you are to act. After all, it is you and a situation or others and there are only so many choices you can make. But with this vibration of the letter U, you feel your inspiration sets the lighting for the stage, the background music for the scene, and alters the brain waves or thoughts and feelings of whoever you are interacting with. In other words, creativity here continues to carry with it the sense of embodying total freedom of response.

If we go to the mental body and the mental plane you are no longer an actor on the stage. Rather, it is as if you are in the audience of a theater. And your scenes or dramatic moments in life are up there on the stage.

The mental plane carries more detachment. So you get to watch your life unfolding. Except now there are others with you in the audience. You can take in fact any scene you have enacted or will act and discuss it from every angle and perspective. You get to decide how you want the scene to be played out or if you want to rewrite the entire scene by changing the characters, the script, or the location.

This mental level makes you into a script writer rather than just an actor. After all, we are here in life to learn and to experience new things. Under that principle, you get to rewrite your life script or find a different stage on which to act and experience life.

Imagine Shakespeare, Homer, and Vyasa (who wrote the *Mahabharata*) sitting beside and behind you. They whisper in your ear from time to time, “Have you thought about adding this or deleting that part of the dialogue or scene? It might make life flow like water if you do.”

If we jump up to the akashic plane, a sense of looking down at this life time from the realm of spirit, we are kind of like in a Thornton Wilder’s *Our Town* play perspective. The girl in the play gets to go back and to relive one day of her life after she has died. Except we get to do more.

Imagine looking at a number of books in a very great and majestic library. Each book before you contains the total content of different life times you have lived. But the book contains not just paper pages and ink with written descriptions.

The pages are living energy—turn to a page and you relive every feelings, perception, and sensation of that day as if you are doing it again.

Obviously, the book of this life time is not yet done. And in fact the pages containing past experiences are still alive and being rewritten. The past changes and transforms according to the new experiences you bring to them.

Here then you can recall and review your entire life. And you can read the forward and preface written by yourself before you were born into this life. There is even a conclusion you can skip forward too again as the Ghost of Christmas Future took Scrooge into the future to view his own funeral. The ending keeps changing according to your feelings and actions in this present moment.

And so you take this book, this present life time, into your hands. And you sense that surrounding the book are infinite possibilities of life being offered to you—new opportunities constantly appearing and disappearing around you. And also there remain the basic tasks to accomplish like homework assignments.

The book is rather stubborn in that way—it seems to demand you learn certain lessons before you move on. Of course, you get to write the way you shall learn those lessons. You can design them so they become part of a wonderful process of discovery or you can try to ignore them and then watch them stalk you like professional bounty hunters who look forward to the reward they shall receive when they catch you and place you into the hands of justice.

And so we see the cosmic letter U, one of the building blocks of creation, arrayed before us. View your entire life, view scenes you have and shall enact, and learn to feel free at the core of your being and in everything you do.

Get the vibration strong within you and it begins to influence those around you. Get the vibration very strong, and you can at your own

discretion extend your aura to influence—to inspire, assist, to guide and to transform--anyone on earth.

The cosmic language is a creative thing. Life is here as a gift and the idea is to get the most out of it and to give back something in fair exchange for what we have been given.

A Halloween Interview



News reporter: Hey, nice Halloween costume you are wearing.

Ghost: Thank you.

News reporter: Do you mind if I take a quick picture?

Ghost: Be my guest.

News reporter: Can you tell me what your costume is?

Ghost: Sure. I am the Ghost of Christmas Future.

News reporter: Neat. So did you go to a party for Halloween?

Ghost: Yes I did. I met with the president of a great nation. He and I had a private party, a little time out from his official duties to celebrate the beauty of creation.

News reporter: How did you manage that?

Ghost: You could say I was an uninvited guest.

News reporter: How did that go?

Ghost: It went quite well. I spoke to him a word of power that makes all things new and he responded in his own way as all men are free to do.

News reporter: Really? What word of power did you use yesterday?

Ghost: I spoke to him of justice, truth, and righteousness.

News reporter: What does that mean exactly?

Ghost: Justice is being fair in all you do and you use the best wisdom available to you. As in “You shall seek justice and only justice” and “He that rules over men must be just.” Like that.

Truth is never telling lies as in “You shall know the truth and the truth shall set you free.” How else can a great nation thrive unless its leaders speak truth all of the time?

Righteousness is never being selfish; being free of all bias and insuring that corruption is eliminated from all levels of government—as is stated in the motto of the state of Hawaii: “The life of the land is perpetuated in righteousness.” How else can a great nation ever accomplish the purposes for which it was created unless its leaders and elected representatives cloak themselves in righteousness in order to better serve their people?

News reporter: Let me see if I have this straight. You spoke this word of power and you clarified a leader’s choices—that he must be just, speak truth, and be free of anything that serves himself or special interests.

What am I missing?

Ghost: As the Ghost of Christmas Future I am endowed with special abilities. Let us say, I am quantum reality. I represent the very best

choices that can ever be made. So when I speak to reveal the future it is my nature to optimize all outcomes so that the best appears.

When I am the director of a play, those who appear on my stage are free to improvise. But if they interfere with justice, truth, or righteousness, I remove them from the stage of history. They slowly fade away or else in the blink of an eye they are gone. People will look back and have a hard time remembering these men were ever there.

News reporter: I am not sure I grasp your method. How exactly do you remove someone from the stage of history?

Ghost: Any time you think of someone there is instantly a brain to brain connection between the two of you. I just add in a little more concentration than people are used to doing.

I imagine a vast space of awareness in which justice, truth, and righteousness are the only things that exist. Then I perceive some world leader right in front of me in this space. Anything in him that is not consistent with this awareness ceases to exist.

You could say I set before men their best courses of action. As you may have noticed in recent history, some men are so committed to abusing power they actually prefer self-destruction rather than to step free of their negativity.

News reporter: Good thing for the leaders of nations that Halloween only comes once a year.

Ghost: I think you misunderstand. I am never out of character. Isn't it obvious? The rules of the game have changed. I am now here every day of the year and as long as human beings remain on this planet I will never disappear.

News reporter: You know, as I listen to you describe your procedures it occurs to me that you are selling yourself short?

Ghost: How so?

News reporter: It seems to me that at times you may indeed have a national leader in front of you who is bent on self-destruction. And then as you say you remove him from history's stage.

But is it not the case that even the most self-destructive individual will eventually in some future life time see the errors of his ways and seek to do what is right? If this is so, then there is no reason at all that you cannot call the future self of the national leader into the present moment and have him displace his old self and then choose to follow a path of light. Am I not right in the way I understand your range of action?

Ghost: What you say is true. I rarely put forth my full power and might when I inspire world leaders. In fact, you have read my mind. I have been thinking about this myself. There will always be a chance for any man on earth to leave behind his past and act in a way that fulfills life's deepest purposes.

(The ghost handing the news reporter his card).

Ghost: You are one of those who are overqualified and under challenged in this life. I see in you great possibilities.

If you want to direct your own play and change history and fate, I can teach you easily. There are no requirements for this position. I have lots of costumes—a huge closet full of them. Or you can design your own. I exist so this world might become a place we all live without fear, a place we can all call our home.

Newspaper reporter: Thank you. I will think about that. I already have a profession. But perhaps I might begin at night when I dream. In my dreams I too will meet with the leaders of nations and like you help clarify their best courses of action.

The Four Elemental Realms on the Astral Plane—Gnomes, Sylphs, Salamanders, and Mermaids and the Fifth Element of Akasha

Introduction—The mental plane relates to plans, procedures, and methods for pursuing one's goals, how you organize your resources, and the framework in which you operate.

The astral plane, by contrast, relates to perception, feelings, personality, and what people actually do with themselves. The mental plane is about the quality and range of their brain waves. The astral plane is about the quality and range for your feelings.

The four elemental realms embody the highest and deepest feelings that we can feel when we appear in human form on earth. You could say the elemental beings are images of ourselves once we have found a way to live in harmony with nature.

Why is there an essay on the elemental realms in a book about the void? The elemental realms express the essence of the void when the void takes on form. Experience and learn all you can about the elemental ways of perceiving and feeling. Find their essence. Find the source of their existence and their deepest purposes and you enter the void. It is the void from which they arise.



The Realm of Gnomes

Psychometry occurs, for example, when you touch something and sense its history. If you hold a watch you may feel what each person was like that ever wore it. Gnomes look at anything physical and with their gift of psychometry pursue its beginnings, changes, and transformations until it became what it is now.

Gnomes also observe construction and building activities of human beings such as our houses and cities, the use of wood, stone, bricks, and

iron, stadiums, temples, wells and mines. They examine the structures in regard to function, endurance, and integrity of design.

Gnomes also wander around under and on top of the ground and notice anything unusual that stands out. They may remain for indefinite periods of time in a specific location because it feels right to be there. They want to soak in and internalize the vibration.

I am now down in the ground not just with my mind but with my astral senses as well. Ah, there is a gnome now. He has a pick axe and he is pounding to extract silver from a vein that runs through the rocks.

I am on the astral plane but all the same maybe minerals have astral vibrations that you can work with and fashion in a way similar to physical matter. I am just telling you what I am seeing.

Being in an elemental realm is like sharing the dream of a being that does not use any of the cultural reference points that belong to human civilization. They do not use any of the lexical items or words from our dictionaries to think. They do not use any of the doctrines or rituals from our religions to define or to pursue their goals. Nature has been around a long time before human beings showed up on the scene.

Elemental beings have their own kinds of evolution. Their consciousness develops and expands. And for them human beings at best are engaged in pursuits that are dangerous, destructive, and full of highly questionable goals.

But for me being here as an observer it is the way the gnome perceives silver that is interesting. For the gnome, the mineral of silver is feminine. It is receptive and responsive. It stores dreams so that any feeling you place within it remains fully alive ready to download and be relived anytime.

Through the eyes and feelings of this gnome, silver is lunar, soothing, and serene. It shines with its own inner light that is timeless being. For the gnome you can touch silver and time stops. There are no thoughts, only an absolute contentment so rich and encompassing, so multifaceted, so captivating and attracting it is as if nothing else exists.

For the gnome silver is like an elixir—it is nurturing and rejuvenating. And memories are here—there is good cheer that materializes as if right here and now your best friends are sitting around offering toasts and

singing songs that echo down gnome halls underground. Silver contains magical secrets and vibrations. It takes the greatest of gnome magicians ages and eons to decipher them.

Interesting. When I was writing previously on the mind of sylphs I received an email from a woman who said, "I am a sylph. I am the wind."

And as I was writing the little piece above on gnomes I received an email from an individual who I described in this way:

I am a very merry and mellow fellow. I am here to interface between nature and humanity. I would like to see our relationship grow.

I would like to see flowers and blossoms unfold. I would like more stories of tree dryads and gnomes, wood fairies and elves speaking on their own. I would like to hear more songs of roots and leaves, fruits and seeds and how the earth nurtures all things.

I am a very merry and mellow fellow. I would like to see our relationship grow. And I have many seeds of joy and happiness to sow.

A gnome may wander around underground and find buried pirate treasures. There was once a map but the map is lost or shredded. Silver and eight, diamonds and emeralds locked in a box far from men's hungry fingers. It may be fate but love or hate will have to wait before this treasure they take.

The gnome holds a lamp that illuminates his path beneath the ground. He looks around. He listens. Far away he hears a cry--Free me. Free me. A voice like a trumpet as big as a tuba calls out. He goes over and finds the bones of a Mastodon caught in sinking mud a hundred thousand years ago that would not let go. For a gnome, though creatures no longer eat or drink, their bones still speak. A gnome sees not fossils but living things that swim in the sea, birds that fly in the air, and creatures that once lived here.

Some gnomes have favorite stones. Some rocks need not knock. They step right inside your mind and share with you their dreams of times long gone by. Some gnomes like semi-precious stones and jewels. What

can you do with a quartz crystal? The Atlanteans knew. They had gnome perception and gnome wisdom. Some Atlanteans studied with gnome magicians.

When you were a child did you ever spy out of the corner of your eye a gnome hiding behind a stone as you walked by? Have you noticed? A gnome who occupies a human body and lives among us is usually shy and often suspicious. The reason why? They like to keep their secrets from prying eyes.

You have no doubt heard it said, If you think like a gnome, perceive like a gnome, act like a gnome, feel like a gnome, and have the inner silence of a gnome, then you are gnome. Welcome home!

How does a gnome think? I have already said—he looks at anything physical and tracks its changes from beginning to end. How does a gnome perceive? He gazes upon something without any thoughts arising. He observes without any mental activity. There is a direct mind to matter connection. You will often find in a gnome the delta brain waves of deep, dreamless sleep because being attuned to the vibration of physical matter is the gnome mode of perception.

How does a gnome act? He finds something that captures his attention and busies himself working on it to reshape it and make it more valuable such as by raising its vibration. How does a gnome feel? He feels a quiet ecstasy inside because he is always doing what he loves most—what he dreams of accomplishing is right here before him as he works on it with his hands and mind.

What is the silence of a gnome? It is as silent as a stone. But since there are many kinds of stones gnome silence has many qualities and varieties. You find the silence that for you fits the best.

And if you do these things well will they turn you into a gnome? If you love the earth, trees, and mountains and making things of value that endure, then you have gnome mentality. But to really be a gnome so they call you one of their own? Well, sitting in a Zen monastery and stopping all thoughts so your mind is completely silent will not even pass the sniff test.

To be a gnome so the earth is your home you have to dream the dreams of the land. The dust beneath your feet—was it once the mud in a stream

or the rocks eroding from a mountain now long gone, or sand from dunes of Africa iron and phosphorus rich blown by high winds across the Atlantic to the Amazon forest, then silt on the stream bed carried down to the delta by the sea? The dirt, the topsoil, the trees are filled with dreams.

To be a gnome is not only to talk to trees. You can slip inside them like a person who goes to a special location for a vacation. To be a gnome is to take a walk in a forest and remember the sounds and sights and play that memory back ten thousand years later. But gnomes are not librarians with rows and rows of memories gathering dust on shelves cataloged A to Z. No. A gnome is always in the now. And the now is-- what work can I get done that is both fun and that contributes in a small way, in a gnome way, to the beauty of the world?

The Realm of the Sylphs—The Air Spirits



Introduction

They did not teach me about sylphs in high school physics nor in Sunday school class alas. Magicians often fail to learn their names since magic is considered to be a more serious game. Bardon says sylphs do not at all like men. But I am not completely stupid.

Take a breath and feel air like wind toss and turn as it winds through the caverns and ravines and the mountain peaks within your lungs. Feel all the winds of the earth gathering into your breath as you breathe in.

Is there any real reason to learn about sylphs? Not really. Unless, unless you an artist, a musician, a poet, a performing artist who works with the spoken word or a negotiator who must find the right word, perhaps someone interested in enlightenment, a weatherman, a storm chaser, an ecologist, a climatologist whose concern is the onset of the next ice age, a sky diver, a glider pilot, a hang glider, a farmer, a sailor or ship captain, and you might be worried about rain and droughts, preventing hurricanes from hitting major cities or the tornadoes that run about, and there is pranayama, and breathing in yoga, and then again you might be Elijah who has returned—he was a master weather controller, far better than the Dalai Lama's. Or perhaps you are one of those who seek to attain astral or physical immortality in which case the sylphs realm is part of your trade.

Sylphs

You could say that if you think like a sylph, perceive like a sylph, act like a sylph, feel like a sylph, and have the harmony of a sylph then you are a sylph.

What is it to think like a sylph? Imagine the blue sky is your mind. To perceive like a sylph? Wind, air, and atmosphere are an extension of your body. You are so sensitive you can sense the faintest touch of wind as it moves among the leaves of a tree or arm and arm you stroll with the scent of a flower over a hill yonder. Sylphs are very perceptive beings.

How does a sylph act? They often move rapidly about in the air ready to go anywhere. It is their sense of freedom—if you have it why not use it? But what do sylphs actually do? In a minute I'll take a look at one or two.

How does a sylph feel? In your body you feel relaxed almost beyond human understanding. Imagine floating weightless and the entire atmosphere is your habitat. But as for feelings themselves? There are many kinds of sylphs. Some need a twisting tornado to let go and feel the full exhilaration flow. Some need the hurricane to guide like the captain on the bridge of a ship. He stand watch, charts a course, and faithfully delivers a cargo of wind, rain, storm surge, whatever is required to balance hot and cold, wet and dry, low and high.

Some sylphs simply wander about in the sky where they sense anything disturbing—dead air there or too much rain in that valley yonder. And then they drop down and set things in motion so that the disturbance vanishes into thin air. Sylphs have as many feelings as there are winds and weather conditions.

What is it to have a sylph's sense of harmony? What is that inner quality? Why did Beethoven compose the Ninth Symphony or Schiller the Ode to Joy? Why did Shakespeare write The Tempest or Isadora Duncan dance? Overcoming and transcending limitations; taking conflict like the darkness of night and changing the perspective by adding Dawn's first light; or seizing the injustice, the unfairness, or something out of balance and restoring it to its original purpose—so

every need is met and every desire reaches a new height where it breaks free in release finally attaining oneness with beauty.

And so if you think, perceive, act, feel, and have the harmony of a sylph and their sense of freedom too, have you now made the sky your home?

If for a gnome you dream the dreams of the land, what is the deepest dreams the sylphs know? I described it once in a poem:

My mind is the sky, pure, clear, and open.
Its air flows through my chest.
Its winds are my breath.

Now then, let us try wandering about in the air as a sylph. There is a sylph now. He races by me. I follow behind. He goes a ways and then stops and sniffs the air. Did I ever mention—do not smoke cigarettes a month or two before you contact sylphs or mermaids. It is like kissing a woman and having bad breath.

The sylph I am watching catches the scent of a eucalyptus tree far below in a forest. It could be this sylph has a flair for aroma therapy. The right scent suppresses certain symptoms and awakens greater harmony. The scent of eucalyptus for this sylph is like two lovers who discover what is hidden in each other's hearts. Can you feel what this sylph feels? There is an inner connection to another in which you are so attuned that you do not even have to claim the other's body to express your joy.

How about another sylph? There is one hovering over the rim of a deep canyon. He is right there where the wind rises from far below and rolls over the edge and then sails across a plateau. What is he doing?

The wind for this sylph is filled with passion. It craves a hunt where satiation derives from stalking and then invading low pressure zones. The wind twists, splits, and divides. This wind is to a desert valley what

a flashflood is to a stream. It crashes against hillsides and pounds against whatever blocks its movement awakening dust devils to stumble about as it passes by.

The sylph is fascinated as he watches. The wind is so orderly as it rises from the canyon here and then so wild and unpredictable as it journeys there. It is a lot more than a woman letting down her hair. This sylph enjoys the show. The dissonance in the air flow strikes an emotional chord inside the soul of the sylph that he wants to get to know.

The Sylph Parahim

Orif, a spirit of Venus, says to me, When it comes to this air spirit named Parahim you must move very carefully. Imagine the blue sky way up high. Nothing exists but the enlightened mind. The only sensation is weightlessness. And there is a great stillness and an even greater longing to achieve harmony.

Now match your aura with hers so that when she looks at you she sees herself in another form. The clouds, the winds, and the storm are your outer form, like a cloak you wear, but you are the life underneath and animating these natural things. You are the unfolding of all the desires of the winds.

She is so sensitive she feels the fingers of ice spreading across the surface of a pond, the breath of frost forming on a window at dawn, the icicle dripping, the leaf falling, the trail of eddies from the bird's wing, and the rippling in the air when the birds sing. For her, air is a harp and a violin.

Ah, you have reached the point where her thoughts are yours—you see through her eyes and hear with her ears. You feel with her body. If lovers knew how to do this just seeing each other would create bliss.

In the sky above the clouds there are kingdoms of the soul where men may go to banish every sorrow. Here there is no fear. To breathe this air is to feel freedom everywhere. And the law here is harmony. Every conflict is resolved because the mind is so open, vast, and clear it encompasses the entire world below.

The air is a harp and a violin. If you listen carefully you can hear them playing in the wind and the song is the heart of Parahim singing.

Parahim says, There was once a woman who played a harp. And when she played it was my fingers, my voice, and my art.

The wind that glides through the forest, hides among the elms, sits on the shoulders of the Oaks, jumps down and twirls leaves on the ground, then races off to the sea where white caps dance free, the spray flying in the air like the hair of a woman in a breeze.

There was once a woman who play a harp and those who heard that voice sing, for a few moments or hours, put off their mortality and stepped into the future and walked among their deepest dreams.

The Realm of the Salamanders

Note: Some may want to become familiar first with the other realms before working with salamanders. If you have the power of the salamanders, you can accomplish your purposes. If you have the balance and freedom of the sylphs, what you do is harmonious.

If you have the love and innocence of the mermaids, what you do is healing and nurturing. If you have the inner silence and appreciation of work as do the gnomes, you produce work of enduring value. And if you have the oversight and divine purposes of the fifth element, your work endures through all ages of the world.

Salamanders

There are different ways to enter the realm of the salamanders. First you get a feeling for fire. You could gaze upon and contemplate a candle or a log fire in a fireplace. Someone like Franz Bardon has you do some preliminary exercises and then you imagine you are inside of a sphere of fire as large as the universe.

I work through a few images of fire in nature and then I imagine fire everywhere around me. Then I place my awareness in the realm of the salamanders on the astral plane. Immediately I sense the force of fire in its primal state.

There are different ways we might describe these sensations. We could say that this fire has a single-minded determination to grow stronger. We might say the universe is unfolding itself through this power. Or we could describe a gut reaction and say, The fire in this realm is a consuming rage, an insatiable desire and ravenous hunger to expand and to take command. If you take away the desire, hunger, and rage what is left is a vast reservoir of very hot fire almost always seeking to expand if not in power, strength, and size then in the intensity of the light it emits.

We might say that the energy in the realm of salamanders is like an explosion waiting to happen. The gigantic chamber of magma just needs the right crevice to break free to the surface. The C4 just needs a blasting cap. A stick of dynamite a wick. A bomb the right fuse. The U 235 the right design and electrical trigger. A missile in a silo the right code and two keys and it is ready to go. Salamander energy is all about intensity, being ever ready, and seizing an opportunity.

If you take a look at the images within the collective unconscious that manifest in religions and mythology, we have gods like Vulcan, Thor with his hammer, Zeus hurling lightning from his hands, and Agni, the fire god, in India. All the same, perhaps religions have portrayed these

gods as a little too tame. There is nothing tame or that a ritual can bind when you enter the realm of salamanders. It is more like Vulcan, Zeus, and Agni come here to the realm of salamanders to recharge themselves when their fire grows dim or burns out.

If you look carefully, we might see salamander energy in human beings. Some people have this rage to expand and to overcome obstacles again the way a flashflood in a stream surges down a canyon and runs over a beaver dam. Some people have the rage of a gasoline fire. Put a match to it, put them in the right situation, and they flair up and even explode but then the fuel is used up. Their energy and force of emotions are gone.

But the real stuff, the magma in huge chambers beneath the ground, is well contained. And the molten core of the earth is huge. It is not going to burn out anytime soon.

Similarly, we see that the power of the salamander when it is in human beings is carefully contained and often hidden. It is held in check by great discipline, cloaked in tradition, or directed and controlled by an institution. General Patton accomplish as much as any general in military history. Alfred Nobel invents dynamite. Oppenheimer gives to mankind a new kind of fire that will either destroy or transform the world. But if you look inside the eyes of these men, behind the research in chemistry, the mathematics of nuclear physics and the engineering of a weapon, and the classic military strategy, you will see the consuming rage flickering though otherwise well hidden.

A consuming rage seeking to expand and to take command—can you sense this same rage is in a candle flame and also in a star? For salamanders there is a continuum between one and the other with a few minor quantum leaps thrown in. The salamander who once could not even make a spark leap becomes the lord of all lightning on earth. He

looks back and says, The intention and knowledge that I am power was the same there in the beginning and now at the end.

The prophet Elijah was a salamander man. He could create fire out of thin air. When Arjuna asks Krishna to reveal his true self, Krishna opens his mouth and tons of fire pours out. And John in his Book of Revelation speaks of two who will appear that destroy their enemies by emitting fire from their mouths.

The salamander man emits lighting from his hands, speaks with a tongue of flames, and a voice of thunder. We do not meet such men in modern times that possess these elemental powers. But we do meet the equivalent in artificial form--in politicians whose charisma electrifies a people and then leads them down a road to destruction. We see it in institutions governed by CEOs, boards of directors, and major investors whose inner rage for power is always ready to consume the beauty of the earth and exchange it for toxic wastes. We see it in our technology that fills the air everywhere we go with radio waves and electronic transmissions.

The realm of salamanders—through its direct connection to the elemental power unfolding the universe--helps us put things back in perspective. We are asked by the universe to be wise. We are not asked to be shy about seeing that justice and harmony fill the earth.

In the realm of mermaids, love is everywhere. In the realm of salamanders, will and power are everywhere. Lava tube—blasting furnace; mountain exploding with pyroclastic flow—nuclear weapon setting the night aglow. Where is the wisdom that understands the power in nature and the power controlled by men exist not to destroy but to preserve the life of the land?

Can you look inside yourself and find a salamander man--fire extending as far as the imagination? Can you look inside and find a

nuclear man—like the sun, from the core of your being light radiates to the ends of the universe?

Let us look around and see if a salamander can be found? There is a salamander hovering within a cinder cone. I go over. He says to me, My awareness is in these gasses exploding into the air, lava splattering, a vermilion and orange ribbon of lava flowing to the sea, lava tubes forming, smoldering back rocks cooling and solidifying—I am within all of these things. They are who I am. This is my identity.

To be in the body of a sylph is to feel you are a part of the atmosphere and to feel relaxed almost beyond human understanding. To be in the body of a salamander is to feel the power at the center of the earth is alive within you and flowing through you without end.

What is the power at the center of the earth? Let us drop down and take a look. Nothing can replace first-hand experience. The earth core speaks to me. It says, I wrestle. I flex my muscles. I press and stretch. The weight of the earth is upon me yet I have the strength to shift tectonic plates and raise mountains up. Super volcanoes explode. To the entire atmosphere they lay hold. Sometimes for thousands of years the lava flows.

This planet is alive because it does not sleep inside. Its heart is not cold. I am immense. Continents I bring together and divide.

A second salamander appears before me and speaks as if continuing where the voice of the earth left off. He says, I am the awareness of the core of the earth. It is what I am. What is my purpose other than to be a force of nature? Do I dream? Do I have plans that involve man?

Every act of will, every exercise of power on earth I comprehend. I understand human intentions. I perceive the roots of every desire. I appraise and evaluate plans of action. How could I not know these things? We are power. We generate the magnetosphere. We protect and nurture the earth.

Do I dream? Like you one day I shall shine so pure and bright I shall be a being of light that flies between the stars. Matter shall no longer contain me. The forces of nature shall no longer bind me. I shall shine with the light of the sun. And I shall create new worlds and guide civilizations to attain perfection as an expression of the joy I have found within. This is what is hidden within fire—the power to fulfill any purpose and to manifest what the heart dreams.

The Realm of the Mermaids



6/11/2013

I spend a few moments imagining myself surrounded by cool, blue green water. I imagine the Pacific Ocean and the Atlantic Ocean. I spend a few minutes feeling that energy. Then I shift my awareness onto the astral plane and into the realm of mermaids.

The feeling here is incredibly innocent. There is no harm, no injury. There is no selfishness, no greed, no insecurity. There has never been anything mean.

The energy everywhere is pure and healing. They give all of themselves without holding back. Love is the only intent. It is the reason they exist. They embody it.

And as this realm is a sea of love and as this love is everywhere, those who are here have this energy flowing through them continuously, endlessly. For this reason each individual in her own way is one with the sea and one with each other. The experiences of separation, loneliness, and isolation they cannot conceive.

And so if I relax here and fill myself with this vibration my perception is that linear time no longer exists. There is no movement forward or backward. Memories of the past are as real as experiences in the present. And the future fulfillment of any dream or need is already accomplished.

If you visit here you will notice there are no ideas or concepts, no doctrines or theologies, no philosophies, theories, or ontologies. Not even any causes. Love is the cause and effect. It is the prime directive and overriding purpose of everything that exists.

Love is only weak or in need of wisdom or will when the individual perceives from the point of view of an ego. Mermaids have no egos. There are no fixed or firm boundaries between self and others. The sense of being one with the whole is never absent from their consciousness.

Here is a mermaid now. I have met with her a number of times before. I know her human incarnation.

According to the rules of this realm, the etiquette of love, in meeting and greeting another you join with each other so you are one. All my memories without judgment or blame are now hers. And so that the sharing is equal and unbroken my awareness naturally extends into who she is—she is the awareness of the entire North Atlantic Sea: the waves, the winds, the tides, the currents, the fish, the edge of the Arctic, and the contour of the sea floor. I feel this vast body of water within me.

I am now her merman and she is my perfect lover during the space of this meditation—

“And the sea shall grant each man new hope as sleep brings dreams of home.”

Let us also say today: the sea seeks to find a way to fulfill every dream--as water changes shape, love meets every need.

Note: Here are a few of my previous comments on the Realm of the Mermaids

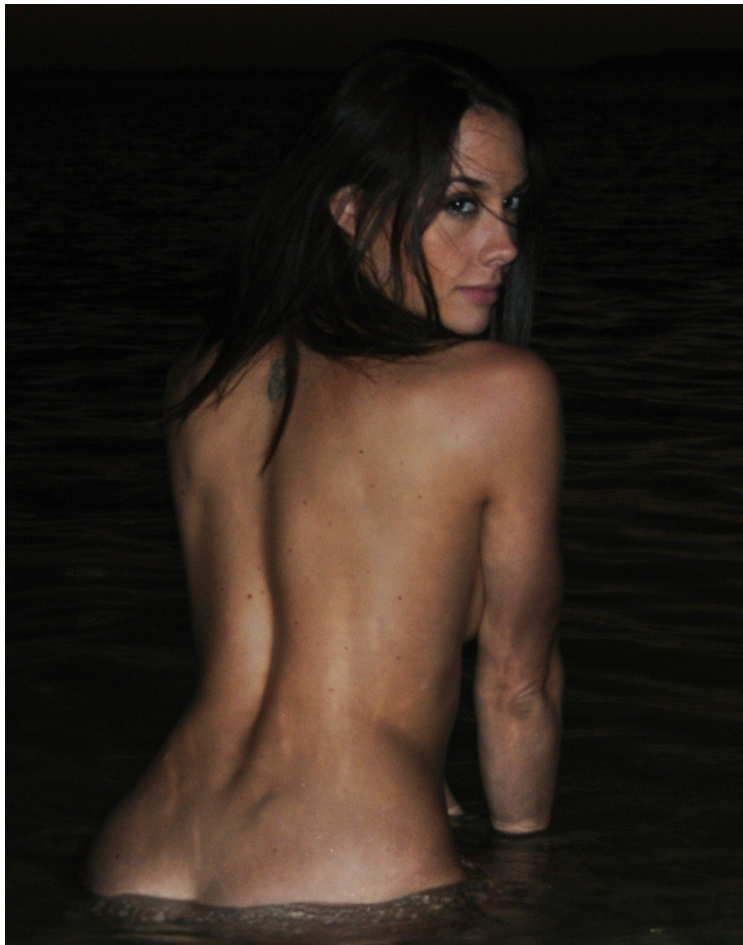
This night I shall take a break—
 The mermaid realm
 I am in it now
 In an instant the outer world dissolves
 Innocence beyond understanding—
 They give without ending
 Love that is one
 Without ego contending
 Here breath, the very air
 Are intoxicating
 Sensuality united with divinity
 Touch joins with infinity
 Like the seas of the earth
 Feeling reaches round the world
 There is dancing and singing
 Pain and sorrow dispelling
 The mermaid queens?
 No mortal can match such beauty
 They are the sea taking on the form
 Of human beings
 Here when a mermaid approaches you
 She relives your memories
 She sees what is to be
 She takes you within a dream
 And shows you
 Whatever it is your most crave
 The thirst and the thirst now quenched

In the same taste
 It could well be
 That the gods and goddesses in human mythology
 Never discovered this place
 Because if they had
 They would have spoken
 Of love that saturates the planet
 Finds fulfillment in every moment
 And possesses an absolute contentment
 That feels one with the universe.

You will notice of course three things
 When a mermaid or mermaid woman
 Sits beside you
 On a beach—
 Your two auras flow together
 As one stream
 The waters are cool, soothing, releasing,
 And unbearably sweet
 And the masculine is here also—
 She draws your energy into herself
 As if the Northern Lights have come down
 Filling her body
 With a quiet, electrical luminescence,
 Though your energy inside of her is gentle,
 It burns with a wild and furious purity
 And there is this mystery—
 You, the woman, and the sea
 Are within each other equally
 There are no boundaries marking
 Where one begins and the other ends
 And the spell of oneness is so complete
 The sea uses the two of you
 To celebrate its innermost serenity and peace

In this trancelike beauty
Your mind becomes the sky
And your souls a love
Encircling the earth.

I ask a Mermaid, How do I become what you are?



She replies, Gaze at the sea. Notice the sensations—the flowing, yielding, the giving and receiving, the surge, the pulse, the rhythm, the continuous releasing, the letting go, and the infinite adaptability.

Then notice the feelings—purifying, cleansing, making new and bringing to life, the nurturing love, the joy in becoming one, and the infinite receptivity.

When you make these sensations and feelings a part of yourself, you enter the realm of the mermaids and become as we are—one with the waters of the earth.

Another mermaid woman said:

When I'm in the ocean, this world and all that I am in it goes away and then I am myself again. It is effortless and a relief. For the time that I am in the ocean I am home and I am my true self. There is nothing hidden and nothing to worry about. I am surrounded by strength, love, pureness, and I am at the core of my original being. There are peace and serenity in my heart--I find myself not wanting to regain my human self again; I just want to live in that moment forever.

Note: The mermaids embody the vibrations of the ocean or water in some aspect in nature. For men, it might be much easier to connect to water by practicing creating and dissolving water in some aspect in nature. The masculine observes, studies, penetrates, and takes control in order to accomplish some purpose.

In other words, it is a more active approach. The emphasis is not so much on receptivity as on using your concentration to do something with water such as reproducing its icy cold temperature or magnetism at will.

Also, this book emphasizes working with the fifth element of akasha to neutralize or dissolve negativity. Most of the mermaids who are here in our world in women's bodies do not find it easy to work with akasha. If there is a negative person in their lives it often is much easier for them to imagine cold water or an iceberg around themselves when that person is nearby. This is because these mermaid women can often easily produce cold sensations with their imaginations which negative people do not like to be around.

(for more on mermaids and how some have taken on human form, see my manuscript Mermaid Women and How to Speak Mermaid at williamrmistele.com and my mermaid archives at williammistele.com/videopoems.html)

The Fifth Element—Akasha—on the Astral Plane

The four realms—let us briefly review. Imagine sitting inside of a rock or stone. Feel that silence inside of you and that physical being is all that exists. Or, enter the realm of gnomes. Here inner silence is a quiet ecstasy. Working to transform and to reshape matter is the essence of your being. You feel perfectly at home. Whatever you have chosen to work at captures your full attention and your whole heart and soul are in it. The attitude of gnomes is not to believe in something. Rather, through your work you bring heaven down to earth. This is the Great Work.

Pause now. Take a brief moment to reflect on being nothing at all. You are in a timeless and spaceless state of awareness without energy, form, or substance present. This does not mean that you do not feel life within you. Rather the opposite. You can create any feeling you wish—any motivation, any inspiration, any pleasure or bliss--almost without effort.

Now for another realm—the realm of the sylphs. Imagine you are floating weightless free of all gravity in the vast, blue sky. Or, enter the realm of the sylphs. Here freedom and beauty are all that exist. You love harmony because harmony is what you produce when you balance whatever opposites confront you. You will know when you are here. Your body feels so relaxed that this relaxation is almost beyond human understanding. I enjoy being here so much it takes an effort of will to pull myself away.

And again pause. In a void now without form, image, sound, color, taste, smell, or sensation of any kind.

And now for the absolutely exuberant and passionate realm of the salamanders. Fire is everywhere. It is consuming, raging, hungry, and

devouring. This realm is very simple to understand and to grasp. Fire wants only these things—to expand, to take command, to grow stronger, and to produce light. In the beginning it lacks discrimination and ethics.

It needs fuel to burn and will take whatever things are at hand—you, others, or anything regardless of how valuable it is. In the end, it can take a tin can, any kind of garbage or waste and produce the light of the sun—it shines that bright. Ultimately, fire becomes light without need of external fuel. The void itself is for fire an infinite source of life. To get to this point is a long journey indeed. But without the journey through every kind of desire and need you fail to attain perfect enlightenment. The enlightened mind is self-existent, luminous and filled with freedom.

Again pause. Spend a few moments within and one with the void. Be nothing at all. Be silent. Be still. Be free of all realms of form.

And now imagine being surrounded by cool, blue green water. Or enter the realm of mermaids. Here love is the only thing that exists. Love saturates every cell in your body with healing, nurturing, soft, tender, and renewing energy. By feeling one with a sea of love you feel one with every other being within it. The oceans and waters of the earth flow through you. You are filled with happiness, serenity, peace, and bliss. I know a number of people who can recharge themselves when they are tired or exhausted just by jumping into the ocean. But these people are blessed. The ocean for them is part of the realm of mermaids.

And there we have it—four elemental realms on the astral plane. Within and through them we attain astral immortality—the ability to renew ourselves from within without end--and we experience nearly every feeling of what it is to be fully alive.

What part, then, does the fifth element—akasha—have to play on the astral plane? The fifth element of akasha on the astral plane has the sheer

power to create any feeling, quality, or aspect of soul that enhances, blesses, and fulfills life—the entire spectrum of what is it to feel fully alive.

Usually the four elements grow and develop a balance between themselves through a natural process. In the beginning, the elements are weak within one's astral body. And they are neutral or have a mixture of positive and negative qualities within them. As an individual acquires experiences and observes life, he or she realizes the advantages of making the elements both strong and positive.

For example, consider the fire element. An individual may at times have negative or excessive amounts of feelings like anger, rage, jealousy, irritability, suspicion, resentment, or a need to dominate and control others. Or the individual is weak in the fire element so that he is passive, passive-aggressive, paralyzed, withdrawn, and feels like a victim.

But in time through exposure to many situations and people the individual changes the fire element in his astral body so it becomes positive and strong. Then he is courageous, daring, resolved, enthusiastic, filled with electrifying conviction and faith, charismatic, self-reliant, and self-confident. He has become a leader that others can emulate. He energizes, inspires, and motivates those around him. But this shift from weak and negative to its opposite may take many years to accomplish and there may not be many situations or positive people around that he can learn from in order to improve himself.

The fifth element enables you to learn to transform from negative and weak to positive and strong without need of external experience. Or it simply makes the process of learning much faster. The fifth element creates a cause that produces the effect of what you want.

The presence of the fifth element also acts as conscience. It inspires and gives intuitive insight into how to develop and balance the other

four elements. You are motivated to seek situations that enable you to learn.

For example, after observing the four elemental realms first hand I realize that the empathy and love of the mermaid realm are not known to the human race. Its love is contrary to the entire direction of human civilization. Our world is fiery, electrical, extroverted, and obsessed with engaging in high risk ventures. The mermaid realm, by contrast, is magnetic, empathic, nurturing, and healing. It conserves, fulfills, and is in harmony with life rather than feeding on the beauty of the natural world to heighten its powers.

How does the fifth element operate in this situation of imbalance? It would normally take the human race another thousand or ten thousand years to acquire the love of the mermaids through historical experience. One of the great ironies of history is that the entire realm of mermaids has been forbidden to the human race. No one has been authorized to reveal its existence. The human race would have entered it with the same vicious cruelty and devouring hatred that Cortez unleashed upon the Aztecs.

However, with tantra or advanced contemplation, an individual can observe something in front of him like a mermaid and reproduce that vibration within himself. The fifth element embodies the powers of the other four elements in itself.

With the fire element, when you gaze upon something you seize and take hold of its essence. You put forth the concentration necessary to fully contact and connect to what you are observing. As you gaze on something with the air element, you perceive all aspects of its nature and all of its applications and interactions and effects on others.

With the water element, you experience within yourself the full life within the other—everything it feels, all of its sensitivity and receptivity and emotional life—they are alive within you as well. And with the earth

element, you repeat and persist in your practice until what you are working at becomes an enduring reality within you.

To give an example, on the mental plane or within the vibration of mind we can read Shakespeare's play Hamlet. With our mind we can measure the conflict, track the highs and lows of the protagonist's fortune, watch the arc of the plot unfold, notice the contributing role of the supporting cast, enjoy the suspense and drama, the presence or lack of correspondence between the outer events and the inner life of the protagonist.

But if we perceive with the astral plane, our depth of understanding is far greater. We would have played the role of Hamlet. We would have experienced the subtext of the dialogues, the emotional force in the interactions, and the sheer conflict of having to act amid ambiguity or without abilities we know we need to succeed. Acting as Hamlet is a totally different experience than reading the play or watching the actors on a stage while sitting among the audience.

Without the astral elements strong and balanced within oneself, the ideals and the plans of action of the mental level simply do not manifest. This is because there is a lack of inspiration, motivation, charisma, and elemental force of personality present.

The Captain of a nuclear submarine may pick up the mic and announce, "We are leaving at 0800 tomorrow morning." But the crew will simply look at each other and wonder what they are supposed to do. What are needed are the XO, officers, and Chief of the Boat. They supervise and insure everyone is ready. They check and double check everyone's preparation. Through observation they can tell that everyone is able to do their assigned job.

They provide the motivation and energy so the mission can be fulfilled. Otherwise those orders handed down by the Pacific Command to the Captain are in jeopardy.

And this is our world—we have no XO and Chief of the Boat. We have a prophet 2,700 years ago saying, “They shall beat their swords into plow shears and their spears into pruning hooks; nation shall not lift up sword against nation; neither shall they learn war anymore.”

That is an ideal and an idea. Good. But does it get acted on? Thousands of years of wars have unfolded. We prevent wars now barely by possessing weapons that destroy cities and entire nations and yet we remain on the brink. And the human race continues to spend a trillion dollars each year on military activities.

You think Divine Providence is going step in without any effort on the part of human beings? Let the Captain of the submarine go check electrical circuits and make sure all the safety measures are in place. Let the Captain check the reactor and make sure that food is in the galley for three months voyaging without surfacing. Let the Great White Brotherhood do it. Let the Ascended Masters do it. Let the light workers and the spirit guides on the inner planes clean up our mess down here in the physical world. LOL. It is not going to happen.

We are the XO and the Chief of the Boat. You want the beauty, the inspiration, motivation, and feeling of being fully alive of the astral plane, then you need to incorporate these four elemental realms into your own soul. Then you will have the force of personality necessary to manifest dreams and ideals on earth.

One simple way of studying the fifth element on the astral plane is to keep a little book of your own favorite sayings of inspiration. These are words that when you read them they automatically create in you strong feelings. The words echo and reverberate through you bringing to life things deep within.

For example, from Pumpkin Seed Point by Frank Waters-- “Adrift on a sea of motionless time, I come to see there are worlds enough for becoming myself.” I can easily fall into a semi-trance whenever I read

those words. I relive what Frank Waters felt when he wrote those words; and I sense a vision belonging to the sphere of the moon in which the awareness of time encompasses in one moment all past and future civilizations on earth.

For me nature is the foothills of eternity. In the same way, beauty is a gate leading to divine being--

“Beauty is a most wonderful thing. To taste it is to fly with divine wings. When its light fills your eyes, you see sights hidden from the wise. When it touches your skin, you are freed of all sin. And if it ever should anoint you, its cool, soothing tenderness flowing through you, then all that you have ever lost is again found and impossible hopes and dreams will soon come around.”

Venus with its vibration of love has been placed in this solar system with an aura filled with divine teachers in order that we might learn to acquire omnipresent awareness. Beauty and love are a sacred path and a steppingstone to that end.

Once more, the nature of the void or akasha on the astral plane? It is nothingness and yet it is everywhere and within everything. It is that receptive, that formless, and that penetrating.



Blue Necked Shiva

A man was walking down a road high in the Himalayan Mountains. And another man approached him coming from the opposite direction who was wearing few garments though the air was bitter cold.

And as the two drew near, the man saw instantly that in spite of the human body the other was wearing it was not a man at all but a god, blue-necked Shiva that stood before him. And because of lore and Hindu legends the man knew that you never want to enter sacred space or offend the gods by being in their presence without a purpose worthy of their divinity. So the man quickly formulated a question that could capture Shiva's attention.

The man said to Shiva, Stranger. You obviously embody the highest nobility and I am not wise enough to comprehend your true nature. But I wonder if I might ask a small favor, for I perceive that you are as gracious as you are wise.

And Shiva said, You may ask me a question.

So the man said, Tell me about love as it appears in your eyes.

And Shiva was surprised that a mere mortal man would ask him to share the secret essence of his being.

Shiva replied, Perhaps only one or two are more detached from creation than am I. I keep to myself, for I enjoy above all else possessing awareness that is formless. I probe with my mind and my will the heights, depths, and breadth of nothingness. So naturally when others look upon me they see the end of all things. But I am equally within new beginnings that are original and that arise from the unknown universe that surrounds us.

The answer to your question is that even for me as well as for all created beings no one ever knows who they really are until love reveals their true self to them. Only in the arms of love can you discover the person that you are meant to become.

And at that moment the man saw a single tear fall from Shiva's eye. But this tear was unlike the tears Shiva cried long ago when his consort Queen Maya left him. Shiva's tears turned into demons, for the race of demons were born at that time from out of the emotion of abandoned love that Shiva felt inside.

But in this case the tear as it dropped from his face and fell through the air transformed into a vision of what the world will one day be when a civilization appears that is inspired and guided by true love.

In the next moment, Shiva vanished. But the vision that formed from the tear did not vanish. It slowly changed, materializing into the form of a beautiful woman. And the woman who was now alive and fully alert took the man's hand and said to him, Shiva has given to you a magical kingdom where those on earth who seek the mysteries of love may come.

And the two of them walked down the mountain and entered that kingdom where they celebrate love as it is known to the gods above.

James O'Brien

James O'Brien slept as if he were dead. But he should sleep that way for you see he was quite dead. Funeral was done and casket was six feet down in consecrated ground. He might have thought that the resurrection of the dead should be his next stop if Christian doctrine was the helmsman navigating his ship. Well, sometimes things do not work out that way—"should" does not always hold sway and doctrines do not always go the right way.

Oh, it was not that James was uncomfortable or claustrophobic though most would agree it was a tight fit with not much room to move about. No. It was not like that at all. James felt rather peaceful. He was surrounded by the good earth and as the song goes, "And I know if I only be true to this glorious quest that my heart will be peaceful and calm when I am laid to my rest." James did feel peaceful but, as others have said, sometimes the end is actually the beginning.

The tombstone above James up there on the graveyard grounds read,

James O'Brien
1895-1960

That should have been the end of it. Some visitors to the graveyard complained that the cemetery management was not caring for the grounds as it should. But management had troubles. There was that annuities scam that had gone around in the '90s that had taken out large chunks of the financial reserves of cemeteries across the country. This cemetery was no exception. But still, the roads remained paved and the trees and shrubs trimmed. Not that it mattered much for James. No one came to visit him anymore with flowers or tears to shed.

One fine day James woke up though he should have been fast asleep and deep in whatever dream the dead dream. James sensed the ground around him. He sensed the other coffins in the graveyard. Seemed he was the only one hanging around. Everyone else must have gone into the light or abandoned the bones left behind from their lives. Or maybe when you are dead you only can sense those who have the vibration of your generation.

It took a week or so before James thought of actually doing anything with himself. Being half-awake felt fine. Not like there was anything he had to do. Nothing marked on a calendar. Time did not work for James the way it worked while he was still alive. He noticed for example that he see someone above walking on the ground and in his mind James could slow that person's movements down. The person then walked oh so slow. Like each step took a minute or more. And James could even bring the person to a stop. One foot raised as the person leaned slightly forward and was about to put his weight down.

And James could do the opposite. He could speed things up so that forty people seemed to be racing about—an entire week of visitors could come and go in a few moments. But then James realized his mind was just out of phase with human time. It took him a while to shift his mental gears so to speak so that his mind moved with the same speed as those who were still alive.

But this was not actually doing anything. It was just making observations. James stood up. Well, he was still underground since he was less than six feet tall. But the top of his head was near the roots of the grass. He could feel that. And so he knew he could probably move about anywhere he wanted to.

He eased himself out of the ground and sat down. He took a look at his gravestone. Everything seemed in order there. He looked about. No one was in the cemetery though of course there were birds and a few

squirrels running around. He sat and watched them till the sun went down.

Next morning James watched the sun come up. It was on toward breakfast but James sensed food was not one of those things you need to be concerned with when you are dead. James went for a walk. He strolled over to the gate of the cemetery and tested if he could leave the consecrated grounds. He cautiously put one foot outside the gate. Nothing terrible happened. He walked a few feet farther and looked around again and then walked on.

A few blocks down there were residential homes. James walked on the sidewalk. The body he wore was actually a younger version of himself before the time when he died. But the shoes didn't seem to care. You can act normal when you are dead, like, who cares?

James came to a house and went up to the door. He tried knocking just to be polite but there was no sound. He walked right through the wood of the door and into the house. Mildred, the lady of the house, was cleaning a few dishes having just finished breakfast. And that is when James made his first big discovery of the day.

James could see a fog like haze around Mildred. And all of Mildred's memories were like pictures floating in Mildred's aura. James could pick one of those pictures and gaze at it and it came alive. But the fog around Mildred was more than that.

James could sense everyone who had ever loved or been supportive of Mildred. And he could sense Mildred's various desires during her life. Like the force of gravity, desires, needs, and wants caused Mildred to make choices and to act. They defined for her who she had been, who she was, and what was left undone.

For James, Mildred was a creature caught in and carried along by a fog. She lived as if in a dream. And as strange as it seemed James could pick any one of those pictures and enter it. He then found himself wearing

Mildred's body back in time. But he was not Mildred. He was only observing whatever she herself had experienced—the things she said, the smells in the air, the taste of food, the sensations of touch, and whatever she saw when she looked around.

All the same, it felt so real it was like Mildred's memory was now his own. But she herself did not know how to do that. Though Mildred was still alive and James was very dead, James felt it odd that the living should act as if they already have one foot in the ground. They forget that the past still lives on as real as anyway James felt as he was now walking around.

James walked out of the house through the wall and then up to and through the fence and through the wall into the next house. The cat mellowed as he saw James enter and ran off and hid under the bed. But Howard Davis who lived in the house did not notice anything. It was not as if James brought with him a foul smell. Though if someone was present with a psychic nose he might have noticed a scent in the air of the next world.

James again saw pictures this time in the aura of Howard. What stood out were pictures of when Howard had been stationed in islands off Japan during the last days of World War II. A destroyer was hit by a kamikaze and sank. Barrels of coffee from the sunken ship rolled in on the waves at the beach. Howard salvaged them. Coffee was passed on to his commanding officer who appreciated having it not realizing the tragic source.

James went inside of one of those pictures in the air around Howard and sat and drank hot coffee Howard had brewed in the mess hall for himself. It was good to be alive. It was good to have survived. A cup of coffee can remind you of things like that.

There were pictures too of Howard fifty feet down the beach when General McArthur stepped ashore when returning finally to the

Philippines. Pictures of Howard's daughter in the hospital shortly after being born. Pictures of an empty house after his wife had died. Pictures some bright, some dim. Pictures and memories were all that were left to him.

And that is when James saw it—the light of insight. Perhaps this “seeing” is why he had awoken while others remained in dreamless sleep or else had moved on. This was something James had left undone when he was still alive. Something he had to finish before his next step whatever it was.

James saw and generalized from just these two examples--that every form of consciousness defines itself by being separated from something else. Mildred was not her husband or her children and yet having them in her life made her Mildred.

And Howard was not a man who lived a healthy life. He was a man wounded in his psyche by war. The war defined who he was. The war kept him from learning more about himself. The past defined who Howard was.

And with an effort James could recall his own life that was no more. He too had pictures though now they were fading since no one had been shining any light in their direction for many years.

James saw that his own desires and the satisfactions that came or the satisfactions that never happened all had the same vibration. The good earth has always been here. The seed that sleeps in the ground awakens in Spring, rises up, unfolds and grows, and becomes the tree that itself releases seeds on the wind. Animals mate. They hunt. They eat. They live and experience their five senses according to their individual nature.

And human beings are animals too but animals with a little more intelligence at least it would seem. And something perhaps more. Human beings can awaken in their dreams or dream while awake and form plans of action to bring those dreams into being.

Is that what I am to see? James asked himself. That I have always been able to step free of the limitations that define who I am. The ways I am separate from others and from my desires and from the dreams I never attained are only a small part of who I am? Limitations enable consciousness to exist. And the limitations separating us and granting us separate identities can be put aside when the person is ready to become free.

Is this not the purpose of love? To lead you to reach beyond yourself so that with others you become one. Step out of the grave Oh you who are dead and walk around. Step out of your body and with your soul and mind enter into others' lives and become them.

The good earth has always been here. It nurtures all of us. It gives rest and peace. And from it we all awaken in due time and become free.

Step free, James said aloud though no one heard his words.

What is next for James? Another story perhaps with another insight I am sure will come round in due course. But for now James is there sitting in a chair on Howard's front porch. James wonders if perhaps there are others walking around like himself.

Part IV: Physical Plane

Introduction

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.

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

perfection of wisdom creates situations that express a sense of freedom, truth, and oneness with others. It takes what is and, depending on your mastery of this vibration, it restores what things you focus on to its original purpose and enhances its path to perfection.

For some the physical plane and for others the astral plane is called Malkuth—the Kingdom. This domain receives the highest emanation from Divine Providence. It is where we learn the most, meet the greatest variety of people and spirits, and where we have the best opportunities for helping others.

The physical world forces us to learn. By undergoing experiences of great limitation, we learn to overcome those limitations, master them, and then and only then do we transcend them.

The king with his authority ordains purposes. The counselors and managers set forth the plans and time frames. The bards, poets, artists, healers, and people with passion, inspiration, and motivation actually set those plans in action.

And then in the physical world, if the other three planes are functioning, something of great value appears on earth and endures through all ages of the world. When some vision is brought down so it actually manifests in its fullness on earth, a great many other people may experience it. The wealth of the inner planes then becomes a wealth in the “real world” that enriches all our lives.

The physical world is not lower. It is a support system for all spiritual journeys and ventures. It is also the end product—here is where the highest visions and forms (or formless) of consciousness are free to manifest. As a mermaid queen once said, “If you are free in your soul, then it does not matter the form you are in or the realm in which you live. In your heart, you remain free.”

It is possible to learn in the physical world to get your aura to shine as bright as the sun. There have been those whose auras are so bright they literally light up a dark room in the night. In the physical world, you can also take a small amount of hydrogen and fuse the atoms so they shine as bright and as hot as the sun.

The physical world contains immense amounts of energy stored in physical form. Neither of the above skills—to release the energy in matter or to create the vibration in one’s aura that fulfills life in every conceivable way—can be learned on the inner planes. You have to journey to this world to acquire these abilities. A civilization must exist within the physical world and master this world before it accomplishes the purposes originating from the akashic plane.

A Practical Application of the Letter U: A Prayer for Dictators



Kim Jong Un (N. Korea)

Visualize some individual of power in front of you as if he is actually there. The following is not so much a prayer as words that describe what you see in your visualized image. You are changing his aura so his vibration embodies justice, truth, and unselfishness. He can respond to or ignore your inspiration. But the energy is there. It will assist him if he

follows a path of light and it will reduce his power and dissolve his negative influence if he persists in a path of destruction.

May your spirit perfectly embody the highest ideals—your power creating a just society and justice between nations.

May you seek to meet human needs—protecting the weak, sheltering the homeless, healing the sick, and creating opportunities to enrich others' lives.

May you embody wisdom—enabling every true purpose to be accomplished creating harmony as you resolve conflicts and set in motion plans of action.

May you establish on earth enduring institutions of great value that empower others to find their own happiness, satisfaction, and fulfillment.

Let all other things about you that are not of the highest ideals be now dissolved. They are no more. They are gone. It is as if they never existed.

May your mind be enlightened so that you see the world as it really is.

May you be free of attachment to ideologies, isms, theologies, philosophies, economic theories, and historical interpretations.

May you solve problems on their own terms rather than perpetuating the interests of specific groups or political organizations.

May you seize opportunities as they arise to make this world a better place than the one you entered.

May you unite rather than divide.

May all power that you hold, may all organizations that you control be utilized to serve the people of your nation and of the world.

May all false attachments, every idea in your mind that does not serve the purposes of love and justice, be now dissolved. They are no more. They are gone. It is as if they never existed.

May you live life to the fullest. May every happiness be yours. May you know every satisfaction. May you be an instrument of divine grace offering peace, contentment, satisfaction, happiness, and fulfillment to others.

Let the desire to harm, hurt, haze, degrade, or to control be now dissolve. All that is selfish within you is gone. It is no more. It is as if it

never existed.

May the words you speak, your actions and the things you accomplish be as bright and dazzling as the sun.

May all corruption, malfeasance, and greed now dissolve. They are gone. They are no more. It is as if they never existed.

May you accomplish on earth the deepest purposes of life.

Hereby I dissolve every other vibration, energy, thought, feeling, and sensation within you that does not serve life's deepest purposes.

They are gone. They are no more. It is as if they never existed.

May justice fill the earth, for Divine Providence has ordered the human race to accomplish this.

Summary (From the earthzone spirit Yabrio in Capricorn)

You can change the physical world by erasing the future that the evil doer is dreaming into being. Then his followers will sense that something is profoundly wrong. What was so obvious is now gone.

How do you erase the future for someone who abuses their power? You dissolve his power base--the dream that he uses to enthrall and control others--by filling that leader's aura with a void inside. Void as in empty or void as in the enlightened mind that has no attachment of any kind and is so pure it perfectly reflects the world as it is without even the smallest hint of selfishness in it.

Filling someone with a void is like offering them a conscience—they get to step back from life and look at their actions as if they are watching someone perform on a stage while they are in the audience now watching. And they can ask questions like, Why this course of action that is so blindly self-serving? Why not consider all these infinite possibilities that surround me that reflect life and the experience of feeling fully alive with endless variety?

Charlie Brown



Lucy: Hi Charlie.

Charlie: Hi Lucy.

(Bully sneaking up and grabbing Lucy's left arm)

Bully: I got you. Last time I was here I forgot for some reason what I really wanted to do. I went off instead and helped John Fischer wax his car. I mean, I know a lot more about waxing cars than he does and I thought it would nice to help him out. But that is not the real me.

Lucy: What is the "real" you?

Bully: The real me demands you give me thirty per cent, no, sixty per cent of your gross receipts from this little business you are running here in my territory. Call it a licensing fee.

(using her "these are not the droids you want" voice)

Lucy: Repeat after me: I embody freedom and fairness, truth and clarity, oneness and unselfishness.

Bully: I embody freedom and fairness, truth and clarity, oneness and unselfishness.

(Bully letting go of Lucy's arm)

Lucy: (to bully) Hi. How are you?

Bully: Hi Lucy. I am feeling really good. Don't remember ever feeling this good before. Listen Lucy. I have to go. It just occurred to me that I want to create a new organization called Youth for a Better America. I am going to organize teenagers to help out around their neighborhoods

as a way to grow up, mature, and get a sense of self-esteem and work experience. Old man David's house needs to be painted and I know he can't do it by himself. Down the block, that new family is too busy to get around to cleaning up their yard and cutting the grass. And Mrs. June is too senile to go grocery shopping. I know some friends and we can do these things and a whole lot more. It is all about being good neighbors, having strong ties to a community, and realizing how much we can really do to help others instead of just farting around and wasting the days of our youth. So so long.

Lucy: Good-bye and good luck with that.

Charlie: Whoa. I saw what you just did. I could feel it in my bones. You just took control of his brain and reprogrammed him so that the bully that he is is now gone.

By what authority do you intervene in this way to erase someone's personality and replace it with his better self, to replace malice with love, selfishness with righteousness, and corruption and greed with fair play?

Lucy: Charlie, when you look upon me you see but a little girl. But in truth I am the void manifesting through the form of a young woman. In my essence I am absolute freedom, for there are no barriers or boundaries or limitations of any kind that exist within my consciousness. I am perfect detachment and clarity of perception. There is nothing anywhere that I do not perceive in its truth and in its original nature.

And though I am utterly transcendent, I am never without action. I am within every heart as its inner most essence blossoming and to each being I am a lamp before its feet guiding it to attain its highest path to perfection.

Charlie: Whoa.

Lucy: And so you see Charlie what you call intervening and reprogramming I call inspiring and creating for another a path of light.

Charlie: Whoa.

Lucy: I embody the source from which all things arise, that in which all things move and have their being, sustaining and maintaining all things, and that to which all things return through embodying absolute freedom and perfect enlightenment in themselves.

Charlie: Whoa.

Lucy: That is right Charlie. In my presence, each being meets its true self. I reveal to each person their best choices in life and it is my very nature to fulfill life in every conceivable way. Shifting between alternate realities and gazing upon all future possibilities, I allow each individual to step forward here and now onto their perfect path of life.

My authority? I do this to bear witness to the glory of the One Light, ineffable and unknowable, that shines throughout the universe. In me you see as in a mirror reflected that I am the perfect shining of this light.

Lucy: (snapping her fingers) Wake up Charlie. I am not trying to hypnotize you. You asked a question. I am required to answer any genuine question put to me and that is what I just did.

Charlie: Yeah, but you still took possession of that bully. What happened to his free will when you did that?

Lucy: Oh, the bully is still right there inside of him. It is just that the sudden manifestation of the best possibilities that life has to offer him was too much for the bully to retain hold on him.

Charlie: But what happens when the person's old self does hang on?

Lucy: Oh? That happens from time to time. A dictator of some nation who is malicious and cruel only knows himself as being selfish and destructive in every cell of his being. Often the dictator then dissolves into nothing sooner or later. Usually sooner when I appear to him in his dreams.

Oh the dictator or malicious CEO could live three or four decades longer as an evil warlord or as a dark soul void of conscience. But then he would die and go into the light and see the truth of his life—that everything he did was an illusion and that no good came from it. But I can suspend time you see. I allow people to go into the light right now amid life. And then they see the truth and if there is no truth in them then the light itself dissolves the entirety of their being. In other words, everything they do is built on lies so that when truth appears what they are dissolves.

Charlie: You are acid to evil and light to darkness Lucy.

Lucy: You are a quick study Charlie.

Charlie: Lucky for the bully he responded to the light.

Lucy: Everyone does eventually though sometimes it takes a long journey through darkness until they are ready to ascend.



Focusing, Magic, Dragons, and the Void

In the fantasy genre involving magicians, the mage who knows the magical name of a dragon or spirit has power over that creature or being. He can bind it by his will to serve his purposes. In the story, *Wizard of Earthsea* by Ursula LeGuin, the wizard Ged, as a young mage, inadvertently allows an unknown entity to enter our world due to an ill-conceived magical experiment.

This entity had no name and it seeks to strip Ged of his will--that is, to disrupt the integrity and reduce the power of his mind and self-awareness. In the end, Ged confronts this being and discovers it is not alien to his own nature but part of him. During his journey, however, in a typical manner, Ged demonstrates his authority over dragons by

speaking their magical names. Basically, what he is doing in using this form of magic is saying to the dragon, “I understand and am one with what is at the core of your being--you can not act against me without destroying yourself in the process.”

But one dragon had no fear of Earthsea magicians. He quite willingly allowed his magical name to be widely known. The reason was that the sources of inspiration and energy that animated his spirit were beyond the wisdom and magical arts of that civilization. The power of the spoken word requires that, more than a mystic, we be one with the mystery we seek to comprehend. At times, this requires that we put aside our human perspectives and perceive what we are dealing with from a cosmic dimension.

This story from fantasy plays upon a theme at the core of Western magical tradition: the power of the spoken word and the magical act of naming. Yet in occult lore this power of naming is often expressed in the most obscure esoteric terminology and symbolism. I would like, therefore, to give an illustration of a method which demonstrates the power of naming from within humanistic or transpersonal psychology. This method, however, can easily be upgraded so it is useful to anyone pursuing a spiritual path.

Focusing

In 1979, Dr. Eugene Gendlin published a book called *Focusing* from Bantam Press. Gendlin noticed that clients who were succeeding most in therapy already possessed specific skills. After studying these individuals, he summarized these skills in a straightforward, six step method.

Gendlin’s six steps begin with the concerns of our everyday lives. From there, we observe changes in our physical bodies to better understand ourselves. This process of discovery unites the inner and outer worlds. At the end, we bring back with us the insights we have found and seek to make a place for them in our lives.

Like a mage entering a magic circle who seeks to understand the nature of an unknown presence shaping his life, we are invited to name

the subtle movement of energy flowing through us. To accomplish this, we must go beyond normal consciousness with all its familiar associations. We must perceive in an original way the part of our psyche that is waiting to be embraced, and in some cases, assigned a purpose by the conscious mind.

Once we discover what is hidden and find a word for it that is in accord with its own nature, we can consider in what way the insight generated has a part to play in our outer world activities. Everyone who processes their feelings in this way is already acting as a magician. Through the power of focused attention and a spiritual will, they shape and release the awesome energies of the psyche so these may play a creative and positive role in our world.

The six steps in Gendlin's method are called: Clearing a space, felt sense, handle, resonating, asking, and receiving.

1. **Clearing a space.** In the first step, we take notice of what is going on inside of us. We can focus our attention, for example, on a problem we may be having. The goal in this step is to set off to the side all other concerns so that we clear an open space within us. In a sense, we take an inventory of the various tensions and things disturbing us at this moment in time. The idea is that the body can be used as a highly sensitive device for registering and observing the energies that are active within us. By focusing on what we feel and what our bodily sensations are, we enter into direct contact with these energies.

2. **Felt Sense.** In the second step, we pick one “stuck” feeling and seek to get a bodily sense of what it is like. We might begin by asking the question, “What is keeping me from feeling happy today?”

We could just as easily ask any number of questions arising from personal, universal, or cosmic dimensions: What do I feel about that person? What do I need to do to make this relationship work? Why am I unable to trust? Why am I so obsessed? What is needed to be a poet or for me to be successful in my business venture? Or even, if you are very ambitious, What is the nature of such and such a spirit? And why not the question also, What is the divine will for my life?

Now consider the feeling that appears in your body in all its aspects

when you ask your question--its shape, color, sensation, qualities, movement, intensity, location--whatever qualities you can observe. If the topic is something you care about, you will have a feeling. And because the process we are pursuing arises from our body, this sense is at first without precise definition. We do not yet have a name for it.

For example, whenever we use words like stuck, miserable, unhappy, anxious, worried, etc. we are using a generalized word to label a specific and unique energy configuration within us. The generalized word steals from us our understanding and experience with what is actually there.

If a woman tells us she is happy, we may know what being "happy" is for us but not necessarily what it is for this other person. Similarly, if you say to yourself, "I am feeling sad today," the sadness you are experiencing has its own life and does not necessarily replicate anything you have felt before.

Imagine the difficulty, then, when it comes to communicating our spiritual experiences. I have a friend who not only talks to the undine Istiphul but she knows when I have been meditating with Istiphul. Yet her experiences with this undine are completely different than mine. Istiphul asks her what it is like to eat chocolate and they joke and laugh together like teenage girls at a pajama party. They discuss things women talk about when men are not present.

Part of Gendlin's method, then, involves treating our subjective sensations and feelings as something completely unknown and waiting to be discovered. What we do is enter a state of internal silence and observe what is occurring without any preconceptions--without the anxiety that urges us to leap quickly to a conclusion and without the piety which presumes to already know the answers to all questions.

Peter Beagle who is the author of *The Last Unicorn* once said that magic involves a lot of listening and a little technique. Some people visit Stonehenge in England and take pictures. Other people walk through Muir Woods near San Francisco to experience the pleasure of being among trees and in a natural setting. But a druid, for example, will sit with his hand on the stone or the tree for an hour without moving so he can sense the vibration and the spirit hidden within--same stone or tree,

but the amount of attention and respect extended is much greater and the five senses are allowed to perceive without mental distractions.

3. **Handle.** The task now is to continue scanning the energy configuration/sensations within your body. But now we are going to represent to our conscious mind a word, image, or phrase for what we sense. The word "handle" relates to the sense of touch. It is a kinesthetic word.

For many individuals, visual and auditory sensory modes of perception are more dominant rather than tactile ones. But you can use whatever form of language or image works for you including taste or smell. Examples of kinesthetic words are: heavy, dense, feathery, hot, cold, pulsating, hard, etc. You may also prefer emotional words like fearful, sorrowful, irritable, yucky, etc.

You can, in fact, free associate to whatever extent or in whatever way works for you. You can use whatever form of sorting, processing or naming procedure you wish in order to discover the appropriate handle. The advantage of engaging internal states in this way is that it is then much easier to focus on them and notice the way in which they are changing.

4. **Resonating.** Now we check a number of times the extent to which our image or word "resonates" with the felt sense or the sensation we are perceiving within our body. In other words, carefully check to see how well your thought "fits" the perception. Even in the moment when we directly sense what is going on within us, we may in the next moment be unable to recall what we have just experienced unless the conscious mind employs some sort of tool to expand its awareness. Resonating in this way also focuses more energy and awareness into the area we are working on which may then begin to change as a result.

5. **Asking.** Now we can ask questions such as, What is this? What would make this OK? What is behind or underneath it? What is the worst of it? And then, having asked this question, we allow an answer to come to us not from our conscious mind or from the stuck area but from our total body and being.

Buddhists, for example, are very good at just sitting in a state of

emptiness/openness without having to use thoughts as reference points. There is simply a silence one can enter, a stillness as big as the heart and as vast as the sky. This silence or void I explore in my book, *The Perfection of Wisdom*. (soon available free at williamrmistele.com) The Western world is so extroverted very few explore internal silence. If you explore it well, you can dissolve negativity in yourself and in governments as well. See my story about a Tibetan lama and a sorcerer at the end of this essay.

The point is that a stuck feeling is, in a sense, in a cage--the bars are created by fear, anxiety, desire, craving, need, hatred, self-loathing, whatever--the feeling is stuck because it is attached or defending its own nature. Take away the need to cling, to attach, to flee, to hang on to anything and the cage is gone. The stuck feelings, now having access to the whole body and all the chakras, can then simply transform. Instead of being held tight and unable to interact with our other feelings and thoughts, it joins in and flows with all that we are. In this moment, we gain an insight into what we want to do or, through simple acceptance of the new energies, we are ready to move on.

In meditation, there is a method out of Harvard which asks what the best option to a negotiated settlement is. When you see clearly your alternatives, you gain a perspective on what you need to do. In working with individuals with suicidal tendencies, it sometimes helps to ask what their worst feeling or fear is. If they look directly at what is bothering them and can name it themselves, they have already stepped beyond it--they have found their own best response.

Sometimes, of course, what is stuck is simply an unknown energy/feeling which does not release because it is waiting for us to give it definition--to assign it a purpose to fulfill. In this case, as with a little piece of chaos, you simply need to find the right resource which illuminates its nature.

We know what it is like to be around certain individuals who inspire or light us up inside. Even in the darkest places within ourselves we feel safe, at peace, and full of life in their presence. Sometimes we need such an image, a spiritual person, a teacher, or being which allows us to feel safe in dealing with the unknown content within us. Then we can let

go. There was a path waiting for us to find it but it was on the other side of the darkness through which we were unable to pass. Another serves as our guide, not to tell us what to do, but to light up our situation so we see where our path continues.

Some problems can be put on the shelf so we can get on with our lives. But they in fact do not go away until we find the actual solution to them. Some personal problems, of course, have no resolution other than becoming enlightened. The magician, however, is quite familiar with meditating within an akashic state of timeless and spaceless awareness. After all, the idea of developing a spiritual will means we seek to be able to track a problem back to the source from which it arises wherever that may be on a personal, universal, global, or cosmic level.

At the end of this section is a selection from a story not about dragons but about a pastor and a mermaid. The Baptist pastor puts off to the side his thoughts and ideas and perceives what is actually in front of him—Pastor Bob and the Mermaid.

6. The final step is to take a few moments **to be with** this new feeling. Whatever insight arises or change in feeling occurs, note it, and then carefully consider if this insight has a place in our lives. Can we enlarge our awareness of who we are by incorporating this new level or kind of energy into our personality? Our particular experience in a focusing session may then serve as a steppingstone a trail marker for the path we are following.

The hero's quest as outlined by Joseph Campbell often refers to a similar process. In the previous steps we may in fact discover a "treasure," a new insight with possible rewarding results if we can figure out how to bring it back to our everyday life. But in mythology, the hero who finds a treasure is not done with his journey or his quest. Unless what he finds is brought back and shared somehow with others, that is, allowed to impact upon his life, the treasure is lost--it is reclaimed by the unconsciousness or spiritual world.

Namkai Norbu Rinpoche, as a child, once dreamed of being given a sacred scroll. When he woke up from the dream he found that the scroll was actually in his hands. He took it to his uncle who was a wise man. But the uncle determined that the world was not yet ready for this

wisdom and so the scroll was given back to the realm from which it came. Part of receiving new insights is being able to live in such a way that they have a place where they can take hold and flourish in our lives. It is up to us to regard them in such a way that their power does not fade away.

For years I used to do focusing to process personal experiences. Often, however, I noticed that when I pursued a feeling, I would take more than a few moments or minutes which is typical of the focusing practitioner's approach. I would enter focusing the way I did any kind of meditation. I would stay with it for as long as it took to track down what I was after. It is possible to return another day and continue on from where you were working before.

In evocation, the "felt sense" I use is often the presence of the spirit I am working with. As I have mentioned earlier, I may ask the spirit questions--What is the essence of your being? Or, What are your innermost dreams? and so forth and then wait for an answer as in the "asking" step of focusing. What I bring back with me from using focusing as part of evocation is an increased awareness of the spirit's way of perceiving, how it thinks, and the wisdom it is a part of.

In the story I share about the undine Istiphul, the connection I have with her involves a continual process of moving from the familiar into the unknown and then assimilating that new energy into my own awareness. Again, this is not unlike the mythic image of the hero's journey--of crossing over boundaries and leaving behind the familiar world of everyday life. Entering into an unknown realm, we encounter new companions discovering and developing new abilities along the way. After measuring ourselves and exerting our full spiritual will, we discover one or more of the four great treasures of life. We then return as a new person to the world to share what we have found.

There are a number of methods in transpersonal or humanistic psychology which I believe are useful to those who travel between the worlds. As in the practice with cosmic letters, one of the great tasks of any spiritual work is to develop a continuum between ordinary awareness, everyday life, and the mystical, mythic, and magical dimensions we enter. If one or two rungs are missing on the ladder we

use to ascend and descend from elevated states of awareness, then our ability to apply our insights in our lives is diminished.

Kierkegaard complained about Hegel that Hegel had such beautiful concepts in his philosophy--such a marvelous intellectual edifice he had constructed to tame history. But, for Kierkegaard, Hegel himself lived in a little shack. Nothing of Hegel's philosophy has any bearing upon the actual decisions we made in life. Magic, by contrast, is a study of how to made the best choices in life. And it masters the power necessary to follow a path filled with awe, wonder, and profound beauty.

Summary

Briefly, calm yourself. Then focus on something—your body searching for any stuck feelings; your soul searching for any emotions or feelings that seem off or disturbed; your mind—searching for something that is perplexing or confusing; your spirit—searching for what is missing from life. Ask a question about any of these things—such as what is that? Or, why am I feeling that way? Or, what is not right in regard to this aspect of my life?

Then get a felt sense—what sensation appears in your body in relation to the question you ask. If you have trouble sensing your body, try reading my essay on Body Awareness (<http://williammistele.com/body1.htm>)

Next find a word, phrase, or image of some kind to express this body awareness. Such as—there is a heaviness in my solar plexus; an ache around my heart; a feeling of a belt that is tight around my brain; a feeling on my skin of something prickly; a feeling of hot energy like nearly fire being directed at me from someone; a feeling of walking on thin ice; etc.

Then resonate back and forth between the actual physical sensation and the image or word you use to describe it. You check for the accuracy of your description until it fits just right.

Then ask, what is this? What is underneath it? What is behind it? And then just wait for your body and not your thinking mind to respond. A strong extrovert might not be able to focus in this way at all. This is

going inside, not solving a problem through action; it is internal action involving silent listening.

When you get a physical response in your body, ask yourself about it. Has something changed? Has the energy stuck in some part of your body shift or moved? Do you feel comfortable with what appears and are you familiar with it? Does it make sense to you?

And finally, take a bit of time to think about what has happened. Does this tell you about something you may need to do different in your life? Do you have a new insight that you can come back to or apply in some way?

This is focusing—you allow the awareness of your whole body to focus in one the part of the body that is stuck. If you remain open and use the energy of your entire body to sense the part, then the part opens to the whole and is transformed.

In the following story, the Tibetan lama does focusing from the point of view of the step involving silent listening. The Tibetan lama becomes silence itself. And yet he is fully attentive to whatever is occurring—to the energy being directed at him though he maintains his awareness of a void—of being a vast, open space of pure clarity in his awareness.

Sometimes focusing requires a spiritual resource like a void meditation to deal with intense or very negative energies. But if you can do a void meditation, you are no longer working as an individual on a personal problem. You are like the mage who deals with dragons—you can reduce and dissolve negativity anywhere on earth.

From Pastor Bob and the Mermaid

(Note: Watch Pastor Bob's process of moving from ordinary reality into a direct encounter with spiritual reality. If the spiritual world is to enter you, it needs a space within you through which it can move. And yet the conscious mind must find a name for it otherwise it is lost to our world.)



It is Saturday morning, the last day of their stay in the cottage at Kawela Bay, Oahu. As he had done each morning, Pastor Bob has gotten up before dawn to walk the beach, his feet among the waves, the first purple light staining the horizon, while the birds were only just now beginning to sing their songs.

Pastor Bob sits down on the sand, five feet from where the water in dancing spray reaches out with glistening fingertips feeling every grain of sand—fingers as sensitive and quick as a concert pianist playing a great concerto, yet one never heard by human ears. It is just then before sunlight even touches the waves that the mermaid appears. She is sitting right next to him on the sand. At first Bob sees a woman half human and half fish.

He can see right through her, so naturally he thinks his imagination is a little overactive. Bob blinks, and then he sees her bending and wrapping her arms around her knees. At this point, she looks real enough for you or for me.

She has black hair and sharp, shining, blue eyes. Her skin is pale, and she is wearing a thin, caftan shawl that leaves little to the imagination.

“I should not be talking to you. You are not in the Bible, so you are either not real or else you are evil.”

The girl replies, “You do not know how to read your Bible if you cannot find me in it.”

Pastor Bob says, “Well then, tell me where—what chapter and verse?”

The girl says, “In the beginning, verses and chapters were never there. You have come from a tradition where men study and memorize the written word. But what you see in front of you is the living word.”

Pastor Bob asserts, “If it is not in the Bible, I have no need to believe.”

The mermaid counters, “It is written: ‘He showed me the river of the water of life, bright as crystal, flowing from the Throne of God and of the Lamb through the middle of the city.’

“Those words are written, and you can read them aloud and think on them. But I am this river. It flows through my soul. We have the same taste; we are the same divine grace. In me, words once written you now perceive in sight and sound that is living. And like that river I exist to assist those who bring healing to the nations.

“And these words also,” the mermaid continues, “‘Out of his belly shall flow streams of living water.’ This is impossible to miss—the written word speaks of something living that shall come to be. “In me prophecy is fulfilled—the essence of my being is an innocence that gives all of itself in every moment and brings new life to whatever it is near.”

The mermaid stops speaking and sits silently next to Pastor Bob. He gazes at her for almost a half hour. Thoughts, when they arise in his mind, quickly dissolve. Like the sea that lies before them, she embodies a timeless sensuality in which thoughts are not the primary mode of perception.

After the half hour, Bob turns to her and says, “How do I become what you are?”

The mermaid replies, “Gaze on the sea until the sensations and images change into feelings and the feelings change into ecstasy. In the sea, there is no time: past, present, and future combine. Take your human desires and needs and unite them to what we dream: a love that is forever one and forever free.”

It takes Pastor Bob a few months to come to terms with this experience. There are some things that defy analysis, and sometimes the best choice is simply to accept them.

But one Sunday Bob does something different in church. Previously, he has always started his sermons with a Bible verse that leads to a story or two and then he returns to the verse and what it means for our lives. But this time he begins:

Sometimes all you need to do is to put your thinking off to the side and just gaze at what is in front of you if you want to taste wonder. And this is very important to know because there are times when the Bible speaks of something of great wonder.

Our scripture reading for today: ‘He showed me the river of the water of life, bright as crystal, flowing from the Throne of God and of the Lamb through the middle of the city ...’

Thereafter, members of the congregation occasionally commented on Pastor Bob’s changed demeanor: “Do you think it was that trip to Hawaii?” And the response is sometimes, “Can’t really say, but he acts so relaxed and at peace like he is standing on a beach with the spray of waves splashing on his feet.”

Projecting into Another Person

Imagining you are another person is sometimes practiced in Western psychology. I have met therapists who on occasion use it. Basically you imagine you are the other person in every detail: what they look like, their body language, how they speak, think, feel, and are sitting or standing. You then look for a physical sensation in your body of what it is like to be this person. And then you ask yourself, What is this sensation like? Is there an image or symbol that you could use to express it? What does it tell you about what the other person is like or about the inner flow of the other’s life?

This action usually establishes a subliminal connection to another person because for a short period of time you and the other person may feel closer to each other than anyone else. The exercise establishes another line of communication—body to body and feeling to feeling—between two people rather than through words and thoughts that are so typical of communication in human society.

For example, I imagine I am a young woman whom I consider to be amazingly complex. After a few moments, I get a sensation in my belly as if I had just eaten a piece of Godiva chocolate. It is sweet, warm, and satisfying. The sensation tells me that in spite of my ideas about her, she actually is what she appears to be—a sweet, young, and a loving woman.

With a stock broker whom I just met, I get a sensation of being very relaxed, laid back, and easy going. This sensation is in complete contrast to his physical appearance which is tense and in control. I ask him about this. He says he is looking forward to retiring and that I seem to know more about him than any of his friends.

I taught a woman this form of empathy. Just after imagining that she was one with me, she paraphrased my conversation with her. As she did so, I felt that her words were like my own voice speaking to me from depths inside myself. I do not recall ever having had this experience before.

Almost everyone has had a life-long friend. In talking to such a person there is a feeling of trust, relaxation, an effortless ease and satisfaction that accompanies the conversation. Yet no friend I have ever known speaks to me with a voice from the depths of my heart.

This kind of empathy allows you freedom of movement so your consciousness can move back and forth between yourself and another. In so doing, you discover an energy and connection that underlies and joins both of you.

People often ask me, How to I make this relationship work? How can I overcome the barriers separating myself and this other person? How can I enhance the relationship so we feel really close to each other?

My mother was really good at overcoming conflicts with others. It was like she was telepathic and could read their minds. If a sorority sister

was mean to her, she would offer to do the woman's hair. She then, by accepting and assisting the other, became the woman's closest friend. No more mean sorority sister.

Sometimes when someone died who my mother barely knew that person would appear to my mother in a "sending." The departed soul would talk to my mother because no one else could see or hear her. My mother's gift of being receptive involved more than this world.

If you want help in a relationship, there are all sorts of things you can do. You can work with a counselor. You can create special experiences which the two of you share only with each other. You can help each other learn something new or be there to help the other work through some sort of problem. You can really listen to the other person without trying to insert your own judgments.

But if you want the spice of divinity or the blessing of Divine Providence in your life then think about making an effort that no one else you know is doing. As in the stories of the Buddha walking down the road, imagine you are the other person. Study the other as if you are reviewing your own life. Do it once a week.

This is not "falling in love." This is creating a sacred space through your art in which two separate people can meet and feel they are one. I observe this and learn it from different spiritual beings. It is taught and practiced in many spiritual realms.

But human beings rarely touch on this. They treat relationships as if they should be as easy as making toast in the morning for breakfast or watering the lawn in the evening. Actually, getting to know another, to know all you can about another, celebrates the deepest mystery of life. Those who persist in this practice are offered unique gifts and entrusted with powers beyond the knowledge of our world.



Empathy is probably the one thing that human beings are least interested in learning. If you feel what another feels, then this implies you are passively sensing the other person. If we consider empathy as being closely aligned with the feminine in its nurturing capacity, then some might regard this supportive aspect of empathy as being weak. It would seem that masculinity, by contrast, takes charge and changes things. This point of view is a great mistake.

Empathy can control just as easily as it can receive. It can recreate in itself what another feels, and it can just as easily create new feelings in another person. Our own psychologists notice something similar. If you establish a subliminal bond with another person and change your

feelings, then the other person tends to change also without being conscious that this is happening.

I used to do divorce meditation. A divorcing couple is assigned a male and a female mediator who work together as a team. We would separate the man and woman who were getting divorced and listen carefully to each of their stories.

The common denominator which was always there in each divorce was that the married couple lacked empathy for each other. For example, the man thought his wife's role as far as taking care of the children and the house should have been easy for her to perform. She thought his role as a husband in making money should have been easy and certainly more enjoyable than what she was doing. They could not grasp the other's actual situation. They had ideas in their minds that prevented them from sensing what the other was feeling. Couples are sometimes two strangers living together wearing masks who never see each other's face.

I have had powerful people say to me, "Look at this from my point of view." From their point of view, there are no other considerations. They feel what they are doing is that important. A balanced response would be, "I will look at it from your point of view, but you have to also look at it from my point of view."

In meditation, we consider both points of view, what each feels, what each thinks, and the conflicts they have with each other. Then, combining empathy and clarity, we assist them to discover their common ground and how they can move from the present into a negotiated settlement that both parties can accept and live with. It is not enough to feel what the other person feels. To assert oneself in a fair manner, you have talk about where you want to be in the future. There is give and take, trading, that is the heart of negotiation.

And this is where empathy as I study it reveals something amazing. I interview people who do not just visualize the future. When they talk to me they possess astonishing psychic skills that enable them not only to perceive but also to be in the future as they talk to me.

If you talk to someone about the future, about the outcomes desired, that is an intellectual discussion. If you talk to someone about the future

outcome as if you are there right now witnessing and living it, then the credibility of your words is far more powerful. In this case, you are reporting on something that is already real to you.

If you are dealing with an individual in conflict or a negative individual, you can often dissolve the negativity or the confusion by doing this: Visualize the other person's "better self," who he is meant to be, the individual having learned all that he needs to learn to be creative and fulfilled. But live it also. Imagine that what you are seeing is real right now and you are in the future with this now fulfilled person.

The most skilled empaths do this spontaneously. They can not only sense your feelings and memories as if they are their own. They live and experience your future as well.

The mind can chose to believe something. But if in your heart what your dream is already one hundred per cent real, then your dreams shape the world around you. And they create a path from where we are now to where we can one day be. The dream becomes reality.

One of the abilities that Franz Bardon describes as part of the cosmic letter U is this transference of consciousness into another person. If you imagine you are other people, at some point you will notice it is not just your imagination that is at play. You actually perceive what the aura, body, and soul of the other person is like from the inside. Your impressions are not generated by your imagination. They are direct perception from being within the other person.

In the void there are barriers separating one person from another. There is only oneness. True, this imagining you are someone else is an unusual idea. But it is a practice full of wonder and divine insight. Make the void part of your meditations and you gain unique insights into everyone in your life.

Question: How do you use the void to transform? Be specific and keep it short.

Response: Take the specific problem or thing you want transformed and

now have it and only it appear within a void. I have described meditating on various kind of voids. Pick one.

I used to get angry at my father. Now if I step into the void and view this issue I see my father being born and his father and his father born. I see the entire history of Western civilization back to the ice age 80,000 years ago when the alpha male was invented as an upgrade without which there would be no women on earth today, no men, and no children. We all owe a debt to alpha males otherwise the 1,200 of us who survived that ice age would have ceased to exist.

Now then I see my father's childhood, where he learned his ways and why he has succeeded in life so well. Almost everyone looked up to him including the mafia. They couldn't bribe him or find any dirt on him. He embodied that perfection of faith that is in the Protestant tradition—you work very hard and God will bless you because your faith connects you directly to Him. The problem is that when the Protestant Tradition does accounting under liabilities there is no category labeled costs carried forward to future generations from destroying the planet.

Are you still with me? I see everything pertaining to my issue. I feel what he feels. I think his thoughts. I know him better by far than he knows himself. I can experience his ability to not slow down as he drives between a parked car and a bus coming the opposite direction with a half inch to spare on each side of his car. I understand how he could so easily manipulate other people with his power and authority. Sometimes and often for the good. Sometimes totally out of control and with no purpose with the bad.

And here is the deal: because I remain the void during this “life review” there is no separation between me and what I am focusing on. I remain the void, detached, clear, in perfect peace and ease. There are no therapists/new age teachers/gurus who offer this kind of life coaching experience.

And so how can I feel anger when I am one with my father in my awareness? I am not mad at President Obama and prime minister Noda or after him Abe Shinzo of Japan for totally ignoring the most important issue regarding human survival since mutually assured destruction—reactor #4 cooling pool at Fukushima Japan that is ready to collapse in

any moment and contaminate the entire Northern Hemisphere of the planet.

How can I be mad at them when I feel one with them? Rather, the question now is how do I inspire others to prioritize so they put the necessary energy into insuring their own survival? I have meditated on this many times. How to motivate people to do good and work toward peace and build institutions of great value when all they want is power, just power, and they are not afraid of pain and terror?

You get inside of them and meditate that you are them and you are also the void, an infinite void with absolutely nothing in it. You make the two one. And now they must decide--do they pursue those things that are of enduring value during their little time on earth? Or do they simply hang onto that rotten, sick, fake identity of false attachments by which they define themselves and watch their identity slowly dissolve into infinity? Choose wisely, says the void with the authority and power that originates everything that exists.

What you do for yourself, if you find this works, you can in the very next instant do for anyone on earth. The void is also the perfection of oneness. To be one with another you have to let go of all boundaries that separate. To know love you have to be willing to let go of everything in yourself preventing you from accepting and from being love.

That is as short of an explanation as it gets. Try it out on the negative people in your life. Life on this planet is meant to be enjoyed. You discover and explore what is here. Life is also a school. Mastering the void is basic awareness 101 and a gate through which one may pass that leads to your highest path.

See also:

Top Ten Kinds of Voids--
<http://williammisteale.com/10voids.pdf>

Appendix

Note: On the Method in this Book

Franz Bardon in *The Key to the True Kabbalah* has a very rigorous training system for working with cosmic letters. Also, he strongly suggests individuals finish the main part of *Initiation into Hermetics* before going on to cosmic letter practice. Cosmic letters require an ability to concentrate on three senses and beginning without such training may produce poor results.

On the other hand, there are three hundred and sixty spirits of the earthzone that Bardon describes. Almost every one of these spirits could present the material in *Initiation into Hermetics* in its own unique way. Some spirits would start the students with a spiritual initiation and require clarity about what precisely the student is committing to in studying magic. Others would almost certainly begin with training on the five senses but not as a mental exercise as Bardon presents them. Rather they would be more closely aligned with the tradition of bards who explore the mystery and wonder of sensory perception that Bardon totally ignores in his three books.

My point is that the cosmic letters themselves are not only a very serious and demanding set of magical practices that it takes years to prepare to work with. Rather, they are with us in every moment—in our breath, in our five senses, in our feelings, and in our everyday actions. They are the building blocks of creation that make up the composition of matter, energy, life, space, time, and spirit.

The cosmic letter A can be found in contemplating the blue sky. The cosmic letter M can be found in contemplating the ocean and water and liquids in nature. In fact, a clever teacher might briefly describe each cosmic letter to his students and then require the students complete a homework assignment—assemble their individual observations about how each letter operates in nature, within his personal experience, and within the greater universe.

Contemplation is itself a rigorous discipline and also a magical art. In the end, the goal of magical training is to discover and to master the energies of the universe within oneself. Yet it falls into the hands of each student to discover how to sustain his own motivation and inspiration for his decades of practice. For some students, contemplation of these wondrous cosmic letters is something to explore and master within oneself at the beginning rather than at the end.

I have presented the cosmic letter U with such clarity and detail that it requires no preparation for its practice. Older women, young teenage girls, housewives, and farm hands can practice the cosmic letter U and notice results sometimes immediately. At the same time, I also present the letter U as the perfection of wisdom. It is mastered over the course of many life times. And it incorporates all other practices to some extent within it—



I Was Once A Samurai

Sometimes when I meditate
 He awakes inside of me
 On occasion he speaks:
 I studied Buddhism
 To clear my mind
 I studied the way of the sword
 To better serve my lord
 My inner silence was so complete
 I could hear others words before they speak
 I could perceive their future acts
 When and where they would attack
 The past and future are the same
 There is nothing permanent that remains

I reply,
 I carry on your work
 I am a knight
 Of the Goddess of the earth
 My inner silence is so complete
 I hear angels when they speak
 And the elements
 Of water, earth, air, and fire
 Reveal to me their mysteries

Sometimes when I meditate
 I awake within my future self
 He says to me,
 I carry on your work

There is an inner stillness so complete
 It embraces the universe
 The dreams you once dreamed
 Have now become reality—
 Justice fills the earth

From *The Key to the True Kabbalah* by Franz Bardon

[Tone: B.. Color: Shiny black. Element: Akasha—neither space nor time. Organ: Solar plexus/Adrenals]

Akasha: The oscillation of letter "U", in the akasha principle, bestows on the kabbalist the faculty of comprehending this principle from the point of view of the creative act and karma. If the kabbalist masters this oscillation, which he will achieve by repeated practice, the original source of everything that exists in all its forms will be revealed to him so that he will fully comprehend it and have it close at hand in his consciousness. This faculty cannot be acquired by anything other than the oscillation of letter "U".

Mental: The "U" oscillation evokes the highest form of intuition and inspiration in the mental body, and at the same time renders it possible for the kabbalist to explore and master his own karma and its modification.

Astral: When mastering the "U" oscillation in the astral body, the kabbalist will be endowed with the faculty of transferring his consciousness wherever he wants it to be and thus becoming perfect master of it. At the same time, he will gain the ability to evoke states of trance of any kind, just as he pleases, and to master the art of emitting his astral body completely.

Material: In the material world, this letter oscillation makes one understand and apply the secrets of the akasha principle in respect to matter and impart the faculty of comprehending the mode of action of the quadripolar magnet with regard to the whole of matter, of

penetrating into all its mysteries and of mastering it. Apart from other things, the kabbalist, by the help of this oscillation, also learns to apply the principle of the ether in our material world from the magic and kabbalistic point of view.

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Note: These books are readily available from online vendors as well as from www.merkurpublishing.com and amazon.com

