

This is the first 33 pages of the book, *Meditation Magic*. This includes “Week 1” of a year-long correspondence course on topics such as chakras, the kundalini, the third eye, lucid dreaming, alchemy, self-healing, etc. The complete soft-cover edition can be ordered at <http://www.meditationtv.com> (\$15 US, 60 illustrations).

This PDF is designed to print on 17 sheets of 8.5×11 inch paper. If you have any questions, suggestions, or comments, please contact the author directly at

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Meditation a g i c

*A Course in Freedom
and Dreaming*

Anami



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Cover art: "Oneness" by Spar Street.

Illustrations by Janine Johnston and Gayle Maddocks.

Printed in the United States of America 10 9 8 7 6 5 4 3 2 1

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Library of Congress Cataloging-in-Publication Data

Anami.

Meditate: the answer is within / Anami.

Blaine WA: MeditationTV.com, © 2000.

Includes biographical references and index. p. ill. cm.

1. Meditation. 2. Dreams. 3. Yoga. I. Title.

BF637.M4A 1996 158.1'2

dc20

ISBN: 0-9635756-0-0

CIP: 96-86166

Canadian Cataloging-in-Publication Data

Anami.

Meditate: the answer is within

Includes biographical references and index.

ISBN: 0-9635756-0-0 1. Meditation. 2. Dreams. I. Title.

BF637.M4A52 1996 158'.12 C96-910553-3

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for You

the One

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Effort is no Ecstasy.

Ecstasy is no Effort.

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*Where Wisdom Ends,
Ecstasy Begins.*

Acknowledgments

This book began as a simple collection of poetry. Then I started writing prose to express subtle ideas for my meditation classes. I discovered that language is a wonderfully vague medium to convey experience. So I write—with pleasure.

Special thanks to George Fowler, “monk-at-large,” whose encouragement energized and affirmed my lighthearted “alreadyness” approach. He is a delightful saint/mystic/teacher.

I am grateful to my friends Merlin Godwin and Neall Calvert: rare lights, kind souls. They offered boundless heart and help in the editing process.

Deep gratitude to my parents, whose love and wisdom have been a blessing; and to Nathan and Christina, whose light always makes me smile. Christina is the inspired calligrapher for the piece facing “We the Children of Light.”

I would like to give special credit to **Janine Johnston**, the illustrator (except clip art on pages 33, 40, 81, 167, 172, 183; and computer-adapted art on pages 10, 92-93, 148.) Her beautiful being shines through her art.

The powerful mandalas are by **Gayle Maddocks** (pages XVI, 36, 47, 51, 53, 84, 126, 160, 184, 188). They completed the circle for this book and reflect her centered, goddess Self. Thank you.

Special thanks to all the wonderful people who have helped in one way or another in the creation of this book (listed alphabetically): Lorri Briggs, Heather Conn, Maureen Carson, Kastasha Combs, James D. Daniels, Eckhart, Sophie Drache, Burt Harding, Miracle Holt, Ramona Jones, Leah Maya, Ruth Razel, Jennifer Song, and Rolfe Welker.

Finally, my deep appreciation goes to all my friends, acquaintances, teachers, and students who courageously journey with me on the path of peace.

Introduction

Quantum physics reveals the holographic nature of reality. The deeper we look, the more we find only ourselves looking back. Scientists of the soul say that this inner space—not outer space—is the final frontier. Alchemists say, “The macrocosm is in the microcosm.” Other wisdom states, “The kingdom of God is within.”

Medications mask the process of going within by treating symptoms. They leave the root cause—limited awareness—untouched. Treat the symptom and the body will find another way to express the limitation. If we chronically ignore our inner guidance, we may find ourselves with a chronic illness.

**If we do not listen to our inspired Self,
we will be taking orders from our complaining self.**

Even things that help us relax (including most guided meditations) can become distractions to becoming conscious of our subconscious. Pleasant distractions cannot replace genuine growth, for only awareness can create more awareness. This is the ascent of spirit in our bodies: the experience of being uplifted, inspired, and in love with all of life.

In the East, this is called the rising of the kundalini (life force) through the seven chakras (energy centers) of ever increasing natural pleasure. This book uses this ancient science to help the reader see how they are progressing on the infinite way within.

The seven levels of pleasure are (from the base of the spine to the crown): relaxation, pleasure, peace, human love, joy, bliss, and ecstasy (universal love). Each level builds on the foundation below it. As the kundalini rises, the more we are able to look within and see the subtle ways we create stress.

We learn that we can adjust our mental, emotional, and behavioral responses. Instead of tuning out and running toward medications, we slow down internally and find answers within. We shift from compulsive behavior to inner freedom. Outer freedom then becomes a simple choice.

This ascent of energy can be a simple, natural, and fun process. When we need to remember a telephone number, we quiet our mind and wait for the answer. If we try too hard (ego), we block the answer. As long as we are relaxed and have harmonious intent, answers come easily and the kundalini ascends.

When this energy reaches a place in the body that needs healing, we enter a crisis. In Chinese, the word for crisis also means opportunity. If we embrace growth, we delight in every opportunity to break through to a new level.

Inspired thoughts, wonderful parents, drugs: these cannot help.

Existential angst cannot be assuaged by mental gymnastics or a psychedelic high. The whole personality must learn how to ascend—any time, anywhere—no matter how hellish the circumstance. Awareness must deepen beyond the objects of consciousness (the world), and beyond the filter mechanism (the mind).

Carl Jung, the renowned Swiss psychologist, said that almost everyone who came to him in their forties came not because of a psychological problem, but because of a spiritual crisis (now known as a mid-life crisis).

Meditate: The Answer is Within begins where psychology ends. It helps the reader find deep peace while fully engaged in the world. It guides the reader up the mount of transfiguration (the kundalini) to the higher self (awareness at the crown chakra). Each chapter illumines many paths leading to this One light.

This book is ageless wisdom for graceful growth.

Laughing dragons, cosmic cats, and wacky wizards reveal the alchemical keys. Laughing dragons breathe fire into your body and challenge you to explore the frontiers of possibility.

**“The body is as solid as your limited thoughts
or as light as your dancing soul.”**

The One-Year Course

Cosmic cats live in wonder and grace. They revel in the pure pleasure of moving their bodies, and instantly release everything that prevents them from purrrring.

“What may have taken you fifty years to learn in your stubbornness, you can now learn in one magic moment.”

Wacky wizards materialize visions in ease and silliness. They live in *conscious ecstasy*: the awareness that life offers as much joy as you know how to receive.

“Life is ecstasy—now. If you *believe* this, you do not know. If you *knew*, you would not believe it!”

With twelve chapters and fifty-two sections, *Meditate* can serve as a text for weekly meditation groups or as a home-study course. Simply live one section per week for a year. Bring its essence into your heart. Expect miracles and tears of joy.

Additional practical, simple techniques are explored in the meditation CD's (see end of book). They take you beyond belief systems into the light of heavenly experience.

These are some of the wild currents of *Meditate*. Try opening it up at odd times to excite yourself with visions of why you are here. You are probably among the many who are ready for awakening. Just a tiny shift of perception is required.

**See what you want to see.
Then wake up and see yourself dreaming.**

Please write to say hello or share your magical awakenings. Workshops, phone consultations, and private instruction via correspondence can also be arranged (see end of book). The website www.meditate.com has dozens of learning aides at your disposal.

From the Heart,



Meditate: The Answer is Within is for people who would rather read less and live more. Each of the fifty-two sections is a distillation of wisdom for blissful living.

But first, scan all the aphorisms (in **bold**) to sense your destination. Then begin contemplating one section per week.

When your heart opens to everything around, then for heaven's sake put the book down and radiate love profound!

Some ideas may not seem possible in a busy world. Perhaps childlike ✨wonder* has become an alien concept. If so, try coloring the illustrations. Let the child within come out and play! Rediscover beauty, mystery, and innocence.

Socrates said, “The unexamined life is not worth living.” So while reading, contemplate how every idea may create a heaven within you and then around you. *Meditate* examines life and its essential, simple nature.


**Anything that seems profoundly obvious is
your soul saying, “AHA! I already know this.”**


Your growth may occur like this: First comes a mystical insight into a deeper level of love and beauty. Then comes the challenge of making the flash of insight a reality. This requires a change in life-style, career, or a dramatic shift in personal interaction.

The greater the flash, the more dramatic will be the changes required. If you make no changes and the insight remains a concept, then the spark will flicker and smolder till another day. This spark is what the wheel of life is about: endless opportunities to learn the same lesson.

Learn it now and save the heartache. Understand the process of growth and make your life a celebration. Learn the art of letting go and embracing change. Only your ego can get bruised in this process—not You, the soul.

Natural High Chart

When you disagree with something in this (or any) book, trust yourself. Yet stay open to another possibility. The soul whispers, “There is always a deeper  Way.”

If one particular section requires extra attention, review it every week while continuing to study new chapters. Certain sections will challenge the very existence of your false self. In fact, your mind can play endless tricks to prevent your blossoming. This is one of the divine functions of the mind: to play counterpoint to inspiration, provoking  soul strength and courage. Understanding this will help you in difficult times.

If a particular section is not enjoyable, or difficult to understand, don’t struggle *trying* to understand. Simply take what inspires you and leave the rest. Sip the nectar of *your* choosing.

In joy, the problem is solved.

Give the poems a chance to help you awaken and heal. Read aloud, they can alchemize a stuck or unnatural breathing pattern and carry you into the fiery frequency of freedom. To appreciate them, sometimes you must *first* be in heightened awareness.

Write your realizations in the margins, keep a journal, or make a list of “Keys to Ecstasy!” on the blank pages at the end of this book. *Meditation Magic* is for you—now. Live it. Pass it on. Make the next twelve months your year of awakening.

Try following the monthly “Natural High Chart” (explained throughout this book). Each day, this chart will inspire you to go a little bit further within, or ascend a little higher.

Integrate one insight a day. It is all you really need to live an amazingly exciting, growth-filled life.

One peak experience a day keeps the gurus away.

Humble yourself daily by going into light. Learn to love learning, growing, being. This will nourish all of who you are. Most of all: become a scientist of love and freedom.

In the World

In Rest

In Meditation

		1	2	3	4	5	6	7	→31
In the World	Ecstasy	√	.
	Bliss
	Joy	√	.	.
	Love
	Peace	√	.	.	.
	Pleasure	.	.	√	√
	Relaxation	.	√
	Cycle of Struggle	√
In Rest	Keys to Ecstasy!	?	?	belly breath	belly breath	the inner smile	one holy breath	cat yoga	.
	Night wizard rest	√	.
	lucid dream	√	.	.
	Noon wizard rest	√	.
	lucid dream	√	.	.	.
	Relaxation a.m.	○	1	2	3	3	3	4	.
	Breakthroughs p.m.	.	2	1	3	3	2	2	.
	Celestial Music	√ ♯	.	.	.	√	√	♯	.
In Meditation	Beyond
	Mental
	Astral
	Bright White Light
	Moon
	Sun	√	.
	Stars	√	.	.

Natural Hight Chart

Date _____/_____/_____

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In the World

$$J_n \text{ Rest}$$

In Meditation

[illegible][illegible]

Chapter 1: Immediate Awakening

Waking Up, Flying Within

From infancy I had recurring lucid dreams. I would find myself awake in unusual worlds—freely conversing with the inhabitants. At some point, I would fly up into the sky to get a bird’s-eye view of where I was. Then I would ask a question to myself that became a recurring key to take me beyond the lucid dream into a state that I now call *wizard rest*. The question was, “I’m awake inside a dream again. What comes *after* waking up?”

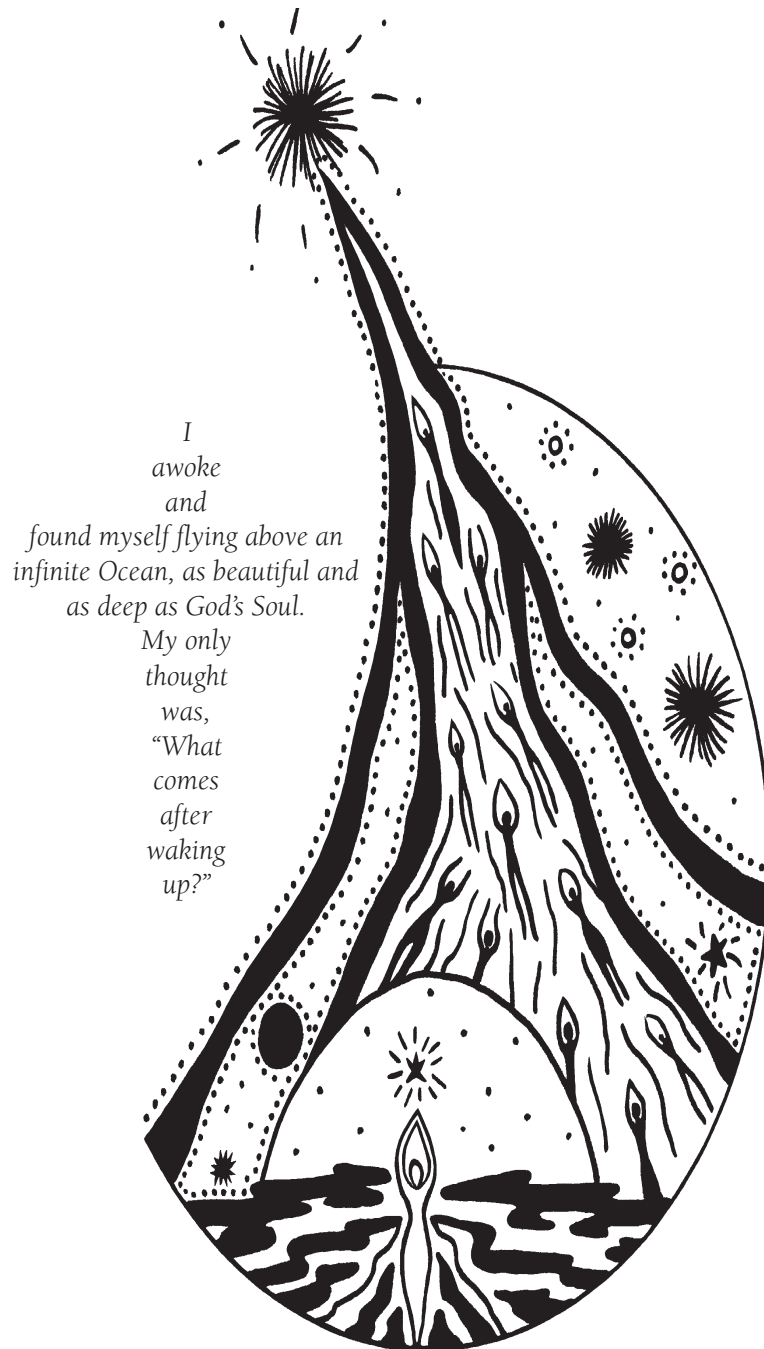
The answer was always an experience of *wizard rest*, of surrendering into the Center and becoming more awake.

I would completely relax every aspect of my being in the twinkling of an eye. I felt as if I was *wizard rest* diving down into an infinite Heart within, while my third eye would pull my soul body back up through the top of my head into a bright, loving white *wizard rest* light.

In that moment, all my energy centers (chakras) would open. I would experience the “oneness” hinted at by mystics. This is the ineffable experience of the nameless God, ineffable because to try to describe the experience is silliness. (But of all silliness, it is the most sublime.) I emerged from the light in the awakened present, with total recall of both my childhood reality and my lucid dreams.

Almost every night I would die.

People who have near-death experiences also speak about going into a bright white light. They return with a spiritual awakening and their own way of sharing love.



I
awoke
and
found myself flying above an
infinite Ocean, as beautiful and
as deep as God’s Soul.
My only
thought
was,
“What
comes
after
waking
up?”

In my own case, I would come out of the light transformed and clear about my life purpose: to awaken people to the freedom and love that they essentially are. In fact, I was waking people up in my lucid dreams—waking up souls who had lost their joy, or souls who were asleep in their dream world, unaware of the superconscious self and the freedom of lucid dreaming.

I would also find myself teaching many people at once. Usually there was a circle of people sitting and sharing. Now, when I teach, I sometimes have déjà vu experiences, feeling as if I have already taught this class in my lucid dreams.

Another recurring theme of the lucid dreams is that I would find myself saying:

Flying is so simple, so natural, so much fun!

Every night was an epic adventure—a delightful, fascinating experience. As I awoke into earthly reality, I would sometimes be whispering, “Flying is so simple, so natural, so much fun!” I would then open my eyes and go do my paper route, play with my dog Tuffy, or go to school.

These dreams would come every night for months, then go away for a couple of months. When I wasn’t lucid dreaming, I would integrate what I had learned into my life. The cycles continued like this until I was twenty. By then I could fly within at will.

I could dream while awake and be awake while I dreamed.

Because of society’s judgement that the dream world is less important than the “real” world, I learned to stay silent about my moonlight adventures. In a sense, all my younger years were about balancing eternal principles with “reality.” I’m sure all *alien*-ated youths have similar experiences.

Most children fly into other dimensions in their dreams, but lose awareness of their experiences as they enter educational systems. They lose their innocence and then forget their dreams.

I was born on Earth Day (April 22), just blocks away from the original Greenpeace office in Vancouver, Canada. I was soaking up the best of these times while staying free from the alcohol and drug scene through my natural fascination for sports and play.

Life was beautiful—a joyful adventure. I thought: Why do we need any “thing” to experience this deep reality?

Why do we need to chase after joy when joy is our essential nature?

I intuitively saw the absurdity of alcohol and drugs. In all my life, I have consumed two beers and two glasses of wine, and never touched drugs. I simply entered ecstasy in play and dreams.

I was blessed to grow up in a loving family made up of four older sisters; one younger brother; a strong, spiritual mother; and an adventurous, responsible father.

By the time I came along (as the fifth child), my parents had given up trying to mold their children into images of themselves. I felt all the love to “follow my bliss.” My mother says that I was totally independent by the time I was twelve, and that nothing anyone said could persuade me from following my fascinations.

In school, I found that it was easier to get along with all social groups, rather than get entangled with one. I wanted to soak up as much as possible, so I pursued many things with passion. Passion was my pure desire to grow, my way of examining each experience with a laser beam of clarity. I realized that I grew quickly when I thought things out for myself. This focused my inner strength.

At sixteen I started meditating twice a day—never missing a day. I naturally shared principles of meditation and freedom with my friends. When I gave a class presentation, it would be about relaxation. “Imagine you’re an upside-down ketchup bottle. The ketchup (your will) moves slowly down onto the energizing French fries (the kundalini). Similarly, when you’re under stress you need to relax deeply down into yourself to renew your energy and heal.”

“Deep feeling is deep healing.”

The part of me that was a teacher of freedom in my lucid dreams awakened. I realized that within was a wealth of wisdom.

All I had to do was *remember* by freely being my Self.

Later, I had confirmation of this in meditation: I experienced a colorful, three-dimensional “slide show” of hundreds of bodies I have had. Many were not human bodies, but in every one I was a teacher of wisdom. Thus, many times I have faced the challenge of learning the language of symbol and myth to communicate awareness beyond language.

**I was too busy having fun to regret having fun.
I believed the rumor that life was a celebration.**

Whenever, as a teenager, I read poetry or something inspirational, I heard beautiful celestial flute music. Several times I ran to my brother in his room and asked him if he could hear it. When he kept saying he couldn't, I knew something was fishy. I repeatedly looked out the window to find out where the music was coming from. I soon discovered that

**The music would fade when I tried to follow it
with my attention, but would grow clearer
as I stayed centered in the 🌀Heart of bliss.**

I later discovered that I was hearing the flute that Krishna, the Hindu avatar, uses as a symbol for being-beyond-illusion. I learned to 🌀tune into many melodies—and *remembered* what Pythagoras called the music of the spheres.

My growth took a dramatic shift into clarity one day when I was seventeen. I entered a crisis trying to decide what to study at university. I wanted to ignore my lucid dreams and be “normal,” and forget the spiritual life by going into a practical field. I brought home from the library a large bag of books on environmental, economic, and political solutions to Third World problems.

Exhausted by my seeking, I lay down to have an afternoon nap. I was suddenly awoken by a loud, deep voice, saying, “The answer is within.” The voice seemed to be coming from the top right corner of my room, but at the same time from inside the right side of my chest. I quickly sat up on my bed to make sure that I was wide awake, and then clearly heard twice more, “The answer is within.”

**“A wise man’s Heart is at his right hand;
but a fool’s heart at his left.” —Ecclesiastes 10:2**

I gradually realized that “the answer is within” was a message to shift away from outer, social solutions, and to return to the 🌀Heart. It reminded me that I could never find what I was looking for in books, politics, or physical adventures. These were all reflections of the diamond within.

It was a 🌀multidimensional experience of my Self exhorting me to wake up, to not slumber through my youth and lose touch with my lucid dreams. The experience lingered in the forefront of my awareness—naturally opening my third eye. I didn't tell anyone about the experience for three years because I knew what happened to people who “hear voices.”

When I was eighteen, I began exploring different esoteric schools and meditation techniques. I started my own experiments with truth, knowing that I could never depend on anything other people considered “spiritual.” I had to remain independent of every kind of “groupitis.” I promised myself:

I will never believe anything until I experience it myself.

This principle challenged me to go within for moment-by-moment inspiration rather than live with “spiritual” concepts floating in my mind. Concepts, hopes, and beliefs cut off the natural flow of energy and inspiration from the Heart, and are subtle veils to happiness and discovering who we are.

We believe our hopes and hope our beliefs are true.

After high school, I still resisted my inner experiences by going to university and studying the social sciences, in particular the economics and politics of the Third World. It always amazed me that we could allow millions to die of starvation and disease. How could we overlook the obvious? We are destroying our planet through unbridled desires and myopic vision.

After I had read and skimmed through dozens of books a day on the social sciences, I moved into the depths of philosophy and comparative religion. I finally conceded that my need to change the world was based on a need to change myself.

My personality resisted speaking about my inner life because I felt I could accomplish more by going into a field of study that demonstrated insight in a practical way.

**I wanted to *do* life, not talk about it.
Eventually, I surrendered to my path of *being* life.**

Thus, “the answer is within” awoke in me a love for spiritual exploration. This not only filled my days with deep peace, but has inspired me to guide others to find their own answers within. In turning within we learn to turn every crisis into gold. Crises are blocked energy currents—waiting to be released.

**Crises are powerful points of ✨innocent magic.
The purity of our intent creates a vacuum for grace
to rush in with a joyous or mysterious solution.**

I have met many people who have had unusual experiences of divine intervention during a crisis. Their answers almost always came in unusual ways, by ✨scientific serendipity. Sometimes the answer is a silent knowing: Wait, be patient, everything is going exactly according to your highest purpose. Relax. Enjoy. Stay open to surprises. Float down the River. It’s taking you to the Ocean.

When I turned twenty, I read *Diet for a Small Planet* by Frances Moore Lappé, and a book on why famous scientists, artists, and philosophers through the centuries became vegetarians.

The next day, I started an experiment with a vegetarian diet (no meat, fish, fowl, or eggs; as little dairy as possible). It was an easy, natural transition for me. I feel that as our thoughts get lighter and our hearts open, we gravitate towards lighter, living foods such as sprouts, fruits, and nuts. (See ✨light diet.)

For years, I haven’t experienced the sluggishness that used to accompany eating meat. I usually feel rested and refreshed, and have a surplus of energy. I naturally stretch (and often meow) like a cat. This keeps my spine aligned so that I have the sensation of spontaneous dance and flying; or the raw, relaxed vigor of a jaguar wandering freely through the forest of life. (See ✨cat yoga.)

This is freedom: open heart, open mind, ecstasy in soul and body, transforming cellular memory into laughter and lightness. In classes, I help people discover that their natural state is light, and that the effect of this is physical ease, pleasure, and weightlessness.

I discovered, as a pleasant surprise, that when I used “the answer is within” to meet all obstacles, life was a blissful journey. I also realized that to go further into the Heart, I had to be ruthlessly honest with myself and my fears; that courage, love, and self-honesty are the keys to growth, not spiritual techniques.

**If we live as the Heart, we release limitations.
Life becomes our dearest friend—always present for us.**

I discovered that to keep growing, I had to embrace *all* life. I found ways to make every moment of life blissful—even those tender, tortuous moments of ✨letting go.

I found that when I surrender to difficulties, they become moments of transformation. Criticism, if it contains any truth, helps to free me even more. This is using psychic and creative energy to see the beam in my own eye rather than looking for specks in other people’s eyes.

**In looking at my Self in others,
I am constantly humbled and exalted.**

I have found that inner freedom can easily be awakened by the freedom of others—like contagious laughter. I have been to India several times and met yogis whose sense of the absurd is very subtle. Through the thunder of silence, they have stirred many cosmic tickles and Heart awakenings.

**If you know where your Heart is,
you are always Home, you have Everything.**

Clear souls do not need to say much. Their role is to allow others to hear their own thoughts and feel their own feelings. Seekers finally have a clear mirror to see who they are.

Fears cannot be projected onto Nothingness.

This scares people who are afraid to face their demons, for love brings to the surface everything that is not love. This is why mystics are dangerous to the status quo. They live in fearless unknowing beyond man-made laws. They respond not to society, but to the flow of grace within. They are not fanatics, but simple, peaceful souls who inspire freedom and love wherever they are.

**Every level of awareness is eventually
humbled by every level of paradox.**

This is an aspect of the perennial philosophy: that there is only one “That” that can survive all doubt. That is what we already are. We need not do anything to attain It. In fact, we have never really left It. Simply waking up is enough.

The great Helen Keller, blind and deaf from infancy, knew well of human plight and from where to draw her strength. She said,

**“Security exists nowhere in nature....
Life is either a bold adventure, or nothing.”**

Soul

The soul is the unchangeable essence of who you are. It is the part of you that hasn't changed since you were born, and will be with you unchanged twenty years from now—and forever. Your body and personality will change, but not you—the soul. It is immortal and can never be hurt by opening your heart. Your ego may get bruised, but that is not the real You.

**Wisdom is your radiance—not the truth in your head.
When you give up everything, you discover Everything.**

The soul is the Self, the Center. The experience of the soul is in the mind. In the soul you live beyond mental reflections because you are both yourself *and* everything you see. Within the soul is the whole universe.

When you overanalyze the nature of the soul instead of enjoying and witnessing it, energy turns to the lower chakras. When you uplift yourself, you draw up the kundalini into the higher chakras. At the crown chakra you experience the soul in its pure state beyond all dualities.

Pause and contemplate the power of these ideas. Divine contemplation* is placing your awareness on the frequency of one unlimited idea—without the mind wandering. In deep contemplation, the idea dissolves into the silence of the soul. From this state, listen to your inner voices—without talking back, engaging the mind, and losing touch with the present. The voices will become less active but more wise.

Finally, become silence and contemplate your unchangeable essence. Walk through your days feeling connected with everything and every person. Know that your openness will touch everyone, sometimes provoking tremendous fears within people.


As soul, these responses do not diminish your serenity. You simply alchemize people's fears with love. By contemplating the timeless silence of your soul, you will not react to the illusions of everyday life.


*The first two chapters/months of this book are more about contemplation than meditation. The CD for these chapters, on the other hand, has many meditation techniques.
Week 1

Breathing Techniques

There is tremendous power in breathing techniques that entrain your thought waves to the slow, healing rhythms of natural breathing. This gradually awakens awareness. The reason: a conscious, gentle breath is always grounded in the present moment—the place of spiritual power.

**Every time your mind follows your breath,
you heal the past by returning to the present.**

These techniques are safe from unbalanced activation of the kundalini. They are useless, however, unless the person discovers the Source of breath—the person breathing. All good techniques dissolve as you integrate. You become  one holy breath.

Associate every spiritual exercise with bliss. This conditions the mind to look forward to repeating the exercises. You may just be pretending to be blissful in the beginning, but eventually, with every in-breath you will draw the kundalini up into actual bliss. Try the following techniques while walking, sitting, and lying down on your back in the corpse pose (see  wizard rest).

Belly Breath (CD 1) Put your attention on the gentle up-and-down movement of your stomach. Do not think about your belly moving, simply feel, feel, feel it move. This will ground you. When you feel sleepy or need more energy to concentrate, breathe deeper by filling your belly up like a beach ball on every inhalation.

Alternate Nostril Breath (Explained on CD 1)

Energy Breath (CD 2) On every exhalation, simply relax your energy down into the stomach or the root chakra. With every in-breath, breathe in more love-energy up into the heart chakra.

You can increase the depth of your breath by 5-20% if you like, but be careful not to shift the emphasis onto the physical level. The objective is to shift from breath to energy, then to light.


Conscious Breath (CD 2) Follow the movement of the breath with your deep inward attention. When you connect the inhalation to the exhalation, and the exhalation to the inhalation, you build a bridge between the inner breath (the prana/kundalini) and the outer breath (the respiratory system). Blissful? Yes!

Kundalini Breathing (CD 3) Bring your attention to the inner movement of your breath as it moves up and down your body. At first, the range of motion might be from the bottom of your feet up to the belly. As you become more relaxed and focused, allow your attention to gradually move up to the heart chakra. Your attention might then range from the belly to the heart.

When you are very focused in the lower chakras, then you will no longer need to *imagine* being connected to the inner breath (prana). The kundalini will actually rise with every inhalation.


Now bring the range of your inner attention from the heart to the throat, then from the throat to the nostrils. Finally, as light begins entering your inner vision, focus only on the in- and outflow of the breath through the nostrils. Feel the gentle, subtle sensations of air flowing evenly through both nostrils.

When the light becomes bright, simply let go of the breath and merge with the light. By doing this, you have shifted octaves from breath into prana, then from prana into light.

Bubble Breath (CD 4) With every in-breath, increase the size of your auric bubble. On every exhalation, simply relax into love and peace. Gradually, imagine that your bubble encompasses all your friends, relatives, and especially the people with whom there exists tension. Finally, let your bubble encompass the whole universe and all your  multidimensional realities. This technique is powerful only if you have mastered Kundalini Breathing.

One Holy Breath (CD 5, Week 38) In one breath you can alchemize any stuck state into immense ecstasy and clarity.

Listening Breath (CD 5) With all your attention, listen to the sound of your breath. When you enter light, shift your attention from your breath to the music of the spheres (Week 43).

Occasionally, add the affirmation “soham” as a reminder to become one with everything you see, touch, or think about. (See  unity.) Soham means “I am That” in Sanskrit, and also approximates the sound actually made by the breath.

“So” sounds similar to the inhalation, while “hām” sounds similar to the exhalation. If you reverse the order, it becomes “hamsa,” which means swan, or a soul liberated beyond the mind.

*There is no magic pill
that can take away your every ill.*

Light Diet

Pills change symptoms, but leave your limited thoughts (the cause) untouched. Therefore:

Emphasize what thoughts you are digesting.

Thoughts have greater impact on your body than unhealthy foods. The reason: while your body eats only a few times a day, your body continuously digests your perceptions of reality.

If you want to accelerate your awakening into light, try an enzyme-rich vegetarian diet: fresh fruits and nourishing foods such as alfalfa sprouts, vegetables, tofu, etc. Eat as few mucoid-producing (acid) foods as possible (yeasted bread, cake, dairy, meat, fish, fowl, eggs, coffee, alcohol, sugar, chocolate, soft drinks, etc.).

A gradual approach to diet change is sensible. Investigate balanced nutrition. Buy organic—you're worth it! Eat foods that nourish you on all levels. Avoid being self-critical about eating unhealthy foods once in a while. "Eat to live, not live to eat."


Eat when hungry. Drink your food. Chew your liquids.

Chew your foods until they become liquids. Sip your liquids until they reach body temperature. Love your body as your Self.

*We are as healthy as our spine is supple,
our intestinal tract is clean, and our thoughts pure.*

Fast Tract

If you want to accelerate your healing, the small-intestine and colon must be cleansed. Every time you eat acid-foods, the body produces a mucous film in the gastrointestinal tract to protect itself. Acid foods also require more time to move through the body, causing gas and dis-ease. Years of poor eating habits creates a thick mucoid lining which interferes with the absorption of nutrients. Decades of unhealed emotions can remain stored in this layer of thick goo (as well as worms and parasites).

As a result, most people are nutrient-starved despite eating huge amounts of food. A  light diet acts as a slow and gentle cleanse to your system. Sometimes even changing to a healthier diet cannot help if the tract is lined with thick mucoid.

The body has an amazing capacity to heal itself—as long as we do our part by doing some sort of a cleanse. Then the body returns to a vibrant state, and energy easily ascends the chakras.

I recommend a cleansing program developed by Dr. Richard Anderson. He dedicated his life to creating a complete, easy-to-follow program that slowly cleanses while keeping hunger at bay. I suggest that you follow his program with a friend so that you have someone to discuss the various stages. His products and book (*Cleanse and Purify Thyself*) can be ordered through: Arise & Shine, Box 1439, Mt. Shasta, CA 96067, telephone 1-800-688-2444.

In the World

Before meditation, go for a short walk. Feel tall and keep your eye focus at the horizon. With every exhalation, relax down into your body. Feel as if you are being pulled to earth by a powerful but pleasant magnetic pull. More than ever before, relax your jaw and every area of your head.

Notice that when your eye focus drops below the horizon that you are drifting into an unconscious dream state (the unhealed “past”). When your eye focus moves above the horizon notice that you may be thinking about the future (the “past” finding a way to resolve itself in the “future” via the creative process).

Keep relaxing and finding ways of enjoying each breath and opening your heart. If you do not feel this divine pleasure, know that you are only one breath away from finding It.

Walk just long enough to feel energized. Walk close to your home or vehicle so that you can enter meditation exactly at the right moment—when you feel a powerful wave of bliss or grace.

Consciously breathe at least five to twenty percent deeper than normal. When you find yourself not breathing deeper, realize that you are daydreaming. When you daydream, you have a hazy connection with both the subconscious (the past) and the conscious (the present). Breathe as deeply as you need to remain fully alert. As your inner connection deepens, breathe less deeply.

In Rest

Lie down on your back in a symmetrical position: position the left and right sides of your body the same. This position facilitates the balancing of the left and right hemispheres of the brain. If you have lower back problems, you may want to bend your knees so that your feet and lower back are flat on the floor.

Rest your hands on your belly and feel the belly move up as you inhale and down as you exhale. (See 🌀breathing techniques; also explained on “Meditate: CD #1” listed at the end of the book.) Breathe as a baby breathes: smoothly, deeply, with the diaphragm. Rest contemplating the beautiful qualities of your immortal nature. Rest with the purpose of waking up awareness of your soul.

Meditation #I

When you first sit to meditate, do not be concerned with posture. Allow your body to slump forward or backwards—but not sideways. Move as gracefully as possible into your chair. Simply relax and contemplate the timeless nature of your soul.

Listen as intently as you can to the silence within your gentle soul—and forget everything you hear. In other words, listen and let go. Do not place importance on anything you hear. Until you shift your attention into the Silence between thought, inner voices are simply unhealed or unprocessed thoughts.

Do not be in a hurry to find your Inner Voice. All good things come to those who wait. All hurry is ego. Answers come from being in a receptive, timeless state. Simply contemplate your soul: how beautiful, infinite, and full of pure love it is.

Do not be concerned if your body moves, but notice that every move reflects an internal reaction to a thought that surfaced from your subconscious. The more you become Silence, the more you see the nature of the mind—its need to move from one perspective to its opposite; never at peace, always seeking but never finding.

As soon as you find yourself feeling sleepy, breathe deeper—without compromising your gentle inner connection. Breathe less deeply as your inner connection deepens.

Meditate with both hands resting on your belly. This can be a constant reminder to stay in touch with your breath. When you begin, your breath may feel unnatural and stuttered. Instead, breathe as a baby breathes: when you inhale the belly fills up like a balloon, when you exhale, the belly relaxes into the spine.

Breathe until you feel a floating sensation. Breathe until you are a puffy white cloud floating in an infinite blue sky. Smile inside. Feel the warmth of the inner Sun. Enjoy.

Keys to Ecstasy!

Immortal Essence is the key to contemplate your soul. *Pleasurable Breath* is the key to find pleasure in each breath. *Float* is the key to challenge your ability to enter the Infinite. Write these three keys down in a dozen different places as divine reminders.