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Swami Satchidanand

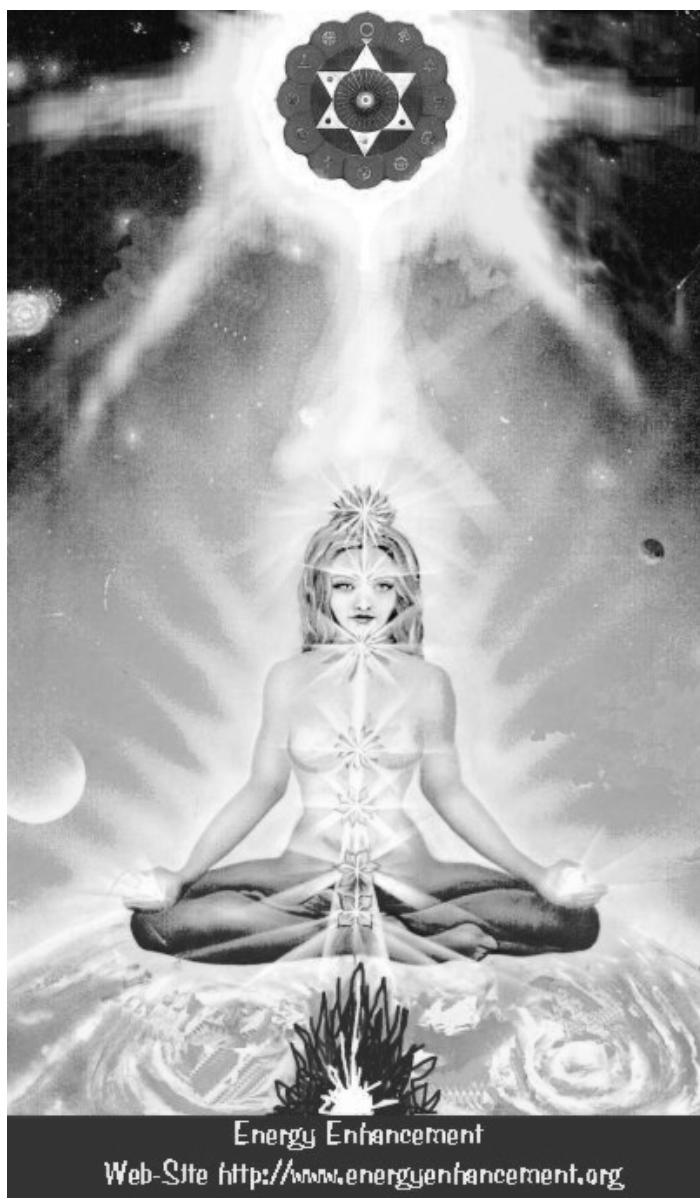
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The Energy Enhancement Book

By Satchidanand



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THE SYNTHESIS OF LIGHT (SOL) BY SATCHIDANAND

Introduction

This work has been written with the aim of introducing the Techniques of Energy Enhancement to the world.

This New Course of Energy Enhancement is really only an Integration and a slight improvement on Ancient Techniques over 5000 years old with the best track record of success in producing a movement in the Evolution of those partaking of them.

1. **Energy Enhancement Speeds UP** the Process of Enlightenment.
2. **Stop the Pain...** Energy Enhancement teaches how to dissolve old trauma and pain.
3. **More Energy.-** Less Sleep, More Vigour, More ability to do, Speeding up of the Normal mind.
4. **The Grounding of Negative Energies and the Removal of Pain.-** No bodily Aches and Pains, No bad Memories, Stable Emotions, Full Breathing, A quiet Mind.
5. **Soul Fusion, Access to your Genius.-** The Ability to Channel information, More Creatively in your chosen field or Effort, the Path of your Life.
6. **The Mastery of Relationships.-** At peace with all your Relationships, Appreciation of the Good and Bad qualities of all, The Mastery of leaving and being left, the Mastery of Bereavement, The ability to come and Go, Complete Freedom.
7. **The Mastery of Thoughtforms.-** Mastery of Bad and Good Habits. The healing of all painful Inner Children. The ability to deal with all your Childish Strategies. The Channelling and Creation of Teaching Tools for the benefit of Humanity. The ability to Dissolve old Outmoded Thoughtform

COME LEARN THE ADVANCED TECHNIQUES OF ENERGY ENHANCEMENT, NOW!!

ENERGY ENHANCEMENT LEVEL ONE – THE GAINING OF ENERGY.

MEDITATION, SHAKTIPAT, ENERGY CIRCULATION, THE KUNDALINI KRIYAS, THE FIVE ELEMENTAL PATHS OF CHI OF CHINESE ALCHEMICAL TAOISM, THE GROUNDING OF NEGATIVE ENERGIES, ACCESS TO KUNDALINI ENERGY, CHECK OUT FOOD, REMOVE ENERGY BLOCKAGES, STRONG PSYCHIC PROTECTION, LEARN THE MERKABA, PYRAMID PROTECTION, POWER TOWER PROTECTION, INVISIBILITY, THE BUDDHAFIELD, CREATE THE ANTAHKARANA, SOUL FUSION, MONADIC INFUSION, LOGOS INFUSION, SIRIAN INFUSION, THE AVATAR OF SYNTHESIS!!!

ENERGY ENHANCEMENT LEVEL TWO – THE REMOVAL OF ENERGY BLOCKAGES.

THE REMOVAL OF ENERGY BLOCKAGES, THOUGHTFORMS, IMPLANTS, ENTITIES, AURIC EGG BLOCKAGES, DISAPPOINTMENT, BEREAVEMENT, NEGATIVE EMOTIONS – ANGER, FEAR, WANTING SYMPATHY, MANIC, SADNESS, DEPRESSION, CHRONIC DEPRESSION, ENVY, JEALOUSY, THE DESIRE TO DO HARM, EMOTIONAL IQ, CLEAR CANCER FROM THE DNA, CHAKRAS, PARTS OF THE BODY, THE TIMELINE, THE KARMA CLEANING PROCESS, THE WOMB, THE PRIMAL SCREAM, CLEAN THE KARMA FROM ALL THE YEARS OF YOUR LIFE, CREATE GOOD LUCK, AND GOOD HEALTH.

ENERGY ENHANCEMENT LEVEL THREE – THE KARMA CLEANING PROCESS.

KARMA CLEANING PROCESS, CLEAN THE KARMA FROM PAST LIVES, FUTURE LIFE, FUTURE LIFETIMES, SOUL FRAGMENTATION AND RETRIEVAL, INNER CHILDREN, INNER SABOTEURS, SELFISH EGO SUB-PERSONALITES, LIFE DESTROYING STRATEGIES, THE ALOOF, THE INTERROGATOR, THE VIOLATOR, THE SELFISH COMPETITIVE STAR, THE VAMP OR DON JUAN, THE PLEASER, THE BLAMER, THE CRITIC, THE KING, THE SELF DESTRUCTOR, ALL THE DESTRUCTIVE VOWS FROM THIS AND PAST LIFETIMES, THE CREATION OF SELF LOVE, LOVE AND SERVICE.

ENERGY ENHANCEMENT LEVEL FOUR – THE MASTERY OF RELATIONSHIPS!

MASTERY OF HIGH TANTRA, THE PSYCHIC SEXUAL CONNECTION, HEAL
BEREAVEMENT, CLEAN THE TIES WHICH BIND, THE HIGHEST HEART, THE
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MONEY, THE SOUL CONNECTION, RELATIONSHIPS – THE KARMA CLEANING
PROCESS WITH ALL YOUR RELATIONSHIPS, FRIENDS, FAMILY, MOTHER AND
FATHER, REMOVE BLOCKAGES FROM FRIENDS AND FAMILY, HEAL THE WORLD.
BECOME A MASTER, A MERLIN, A JEDI KNIGHT.

THE PAINLESS REMOVAL OF STRESS, TRAUMA AND NEGATIVE EMOTION.

Are only some of the Benefits accorded to those who work at Energy
Enhancement Techniques.

The Brain and it's Functions with regards to Meditation.

Chakras and Computer Processors.

The Brain is made up of what are called in India "chakras". Chakras contain various functions, which the total brain uses.

Chakras are parallel processors within the super-computer of the "normal" human brain, which act independently yet in concert, in real-time, to perform the functions of a "normal" human being.



Placement of the Seven Major Chakras on the Human Body.

The more of these little "chakras" we can get working, the more our intelligence can expand - exponentially!

Normally each chakra can work in parallel with other chakras, yet independently.

To help understand this, imagine three builders.

- One has the job of carrying bricks.
- One makes the cement.

- One lays the bricks and cement.

All three work totally independently but at the same time (in parallel). Houses get built quickly when all three work together and continuously communicate to see how they are getting on. Houses get built slowly when only one builder works, when they start doing each other's jobs or the communication breaks down. Then surpluses build up and go to waste, the cement dries up without being used, or nothing arrives making the others idle.

The home computers we use have only one processor, or one chakra. They are a little slow and have no intelligence whatsoever. They work on the GIGO system - garbage in, garbage out! They can not discriminate as to what is important and what is not.

The functions of the Chakras comprise control of:

- the Body
- the Emotions
- the Intellect
- the Spirit.

The functions of the Chakras comprise

- the Unconscious components of the Total Mind.
- the Subconscious components of the Total Mind.
- the Conscious components of the Total Mind.
- and the Trans-conscious components of the Total Mind.

Note that the intellect is only one small part of the whole, only one of the seven chakras, yet we think that this comprises everything. We get confused when we are destroyed by our emotions because the emotions do not act intellectually. The intellect cannot control them without correct communication.

These components are each independent mechanisms which in most people hardly function at all and almost never together, due mostly to bad communication. Most human beings use only one chakra function at a time and rarely in parallel. The single function very rarely works to its ultimate potential. The various functions work together to different levels in different people.

Chakras and Communication:

The Ancient Symbol of the Tower of Babel or Babble.

- The Tower of Babel is the synonym in the Bible for a human being.
- In a "normal" human being every part works and communicates together.
- The brain, spine, and connection with the Soul - the Antakarana - comprise the tower.
- Along the spine are the Seven Major Chakras or parallel processors.

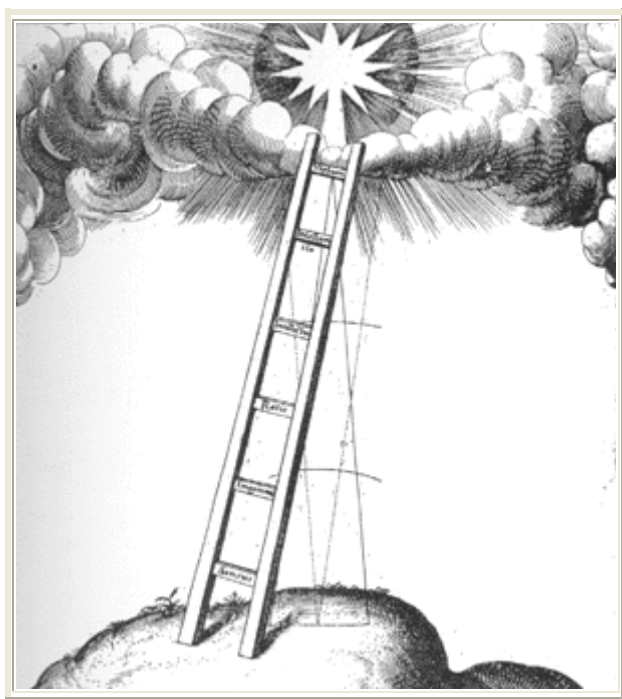


The Seven Major Chakras.

As I have said, these chakras rarely communicate. They rarely work together. The parable goes that because God was afraid that the Tower of Babel would be built so high as to reach heaven, he purposefully created different languages amongst the various people building the tower. Because of the lack of communication the tower never got built to Heaven.

The lack of communication between the chakras, or the people building the Tower, symbolises their lack of integration. Because we are not integrated, our psychic bodies will not reach up to heaven. We have never managed to contact our Higher Selves. We are not Enlightened.

The Enlightened have built a Tower of communication:

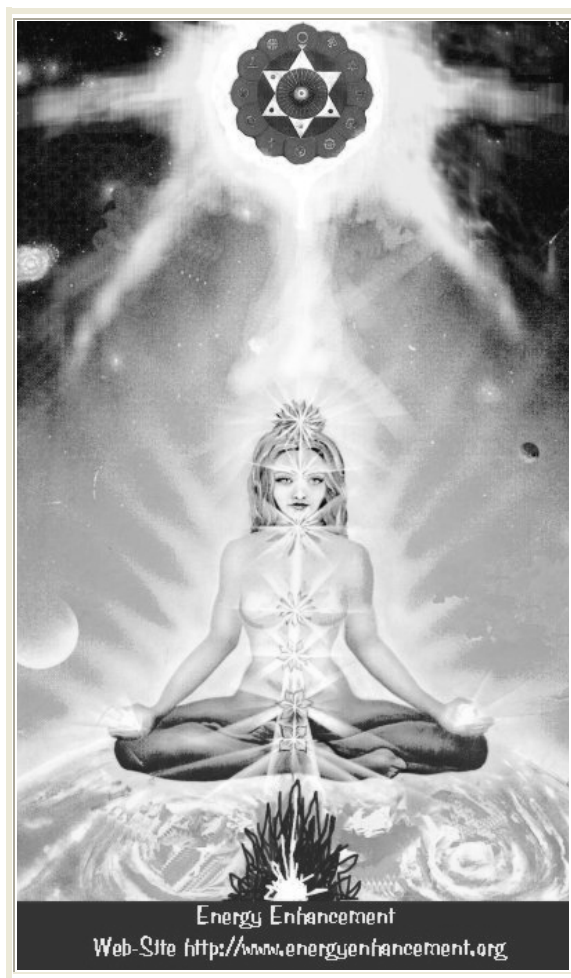


"Twixt Heaven and Earth".

The Antakarana.

In the Ancient Sanskrit this Tower has been given the name:

"The Antakarana."



"The Antakarana" - The Tower of the Soul.

It is the psychic wiring, created in mental matter. A thoughtform created

dually by the Soul and the aspirant to connect the Crown Chakra through to the Soul and then to the spiritual triad and then the Monad.

Your evolution is the height of your Antakarana or how many chakras within and outside the body you have integrated into your being and removed all energy blockages from.

Please notice I said "Chakras Outside the Body!" - These chakras are energy centers and brain functions called the kundalini center in the center of the earth, and the Soul, the Monad, the Logos, Sirius and the Avatar of Synthesis above the head through an infinity of chakras above the head towards God.

The Astral plane is not flat. Although most people inhabit the psychic slums in the basement of the astral plane in their dreams, when they go to sleep.



Sleeper inhabiting the Astral Plane.

It is the "Rainbow Bridge" whereby the Higher frequencies of the energy of the Soul are stepped down to that of the Earth, so that the Earth itself can raise its frequencies, can evolve. We have been created to help in this creative act.

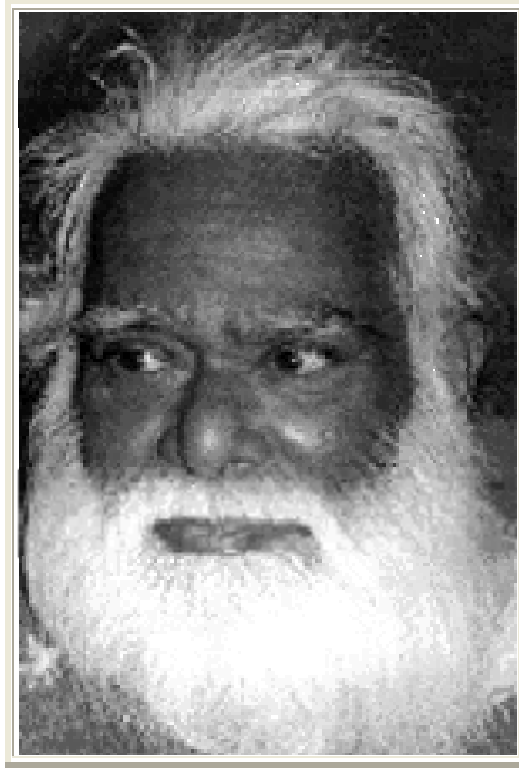
These frequencies are stepped down Octave by Octave through each Chakra which are really Way Stations in the Energy System of the Soul. This is the "Music of the Spheres" of Pythagoras. Because The Enlightened Master Pythagoras was indeed talking of Chakras when talking about the Spheres or the Planets. Each Chakra as it evolves corresponds to one or more of the Planets. This is the secret of Astrology. This is the means whereby the Seven Sacred Suns and the Seven Sacred Constellations in this Sacred Universe affect us.

Each Chakra, when working correctly, acts like a Transformer in an Electrical system to halve the Energy Frequency of God. The frequency drops Chakra by Chakra, "Station by Station" as said David Bowie, on its way down to this planet because as Gurdjieff said "Normal Human Beings are transmitters of Cosmic Energy". And this is the function of Normal Human Beings. Those who are Enlightened. To transmit the Energy of The Soul. Whereby the higher energies of Truth, Prophecy, Intuition and Initiation are sent down towards this Planet.

Where the Higher Energy Frequencies of God create the Higher Energy Thoughtforms towards which the Median of the Masses are moved as they evolve and as the Earth Spirit Evolves.

Because the Energy Transmitted by the Enlightened is used to raise the frequency level of the Earth itself and all the people on it. To transmit the Light of Love down on to this planet of Love. To dissolve the Selfishness of the separated selves, those "Law of the Jungle" egos who cannot communicate with The Higher Self. Who think of themselves as separate, who think themselves Apart. Who do not know that they too are A Part of the Universe of God Itself. Those who are not connected. Those who have not been touched by God. Those who are not "Made".

GooRoo.



Yogi Guru.

The Enlightened exist to bring light into darkness. To dissolve the darkness and this itself is the meaning of the Sanskrit word "Guru". A person who dissolves or Transmutes Goo is a GooRoo.

The Light of the Soul.

And this is done through the Light of the Soul. Brighter than Ten Thousand Suns it exists alone. Unchangeable.

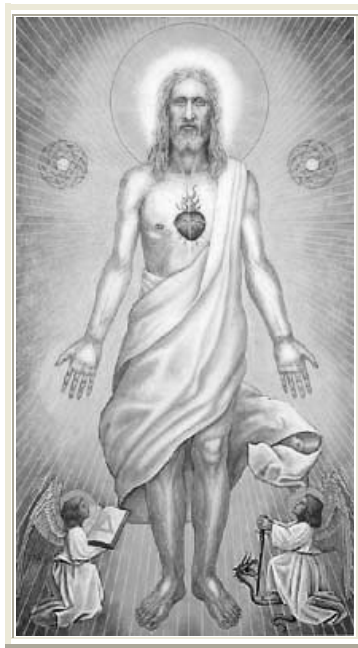


**The Light of the soul... Brighter than Ten Thousand
Suns...casteth out all darkness.**

Like Fire it lights everything with which it comes into contact. And once you are lit, you too burn with the Fire of the Soul. Like Prometheus you bring down the Fire of God onto the Earth, for the Benefit of every living being.

The Integration of the Chakras: Part 1.

In the past, normal people, - like Jesus Christ (Christian), Shakyamuni Buddha (The First Buddhist Master), Bodhidharma (The First Zen Master who synthesised the neurological technology of Buddhism and Taoism), Jallaluddin Rumi (A Sufi Master, one of the Mystics of Islam called the Persian Shakespeare. Sufism itself, synthesises Hinduism and Islam.), Mahavir (Jain Master), etc; - through training and a lot of hard work actually got the human mechanism to work as it should. They reached their potential as "normal" human beings and really impressed the rest of us, even after a thousand years.



"They reached their potential as "normal" human beings..."

As we know, most people function at a very low level only using perhaps 5% of their potential brain power. Most studies of human beings by behaviourists like Pavlov or psychologists like Freud actually point out the mechanical or robotic nature of most people. They never

studied a "normal" human being. Most of us are "wolf-children", brought up in a very primitive and one-sided way.

So a study of the various elements of the brain, the chakras, with a proviso that the map is not reality, can be very helpful in elucidating the functions of a normal human being. An integration of all these functions is necessary so that they can act in parallel. Each function of the brain should work to its limit and is necessary to the super functioning of the whole. One function working alone is very little. Two functions squares the response of the system. With three functions working together the response is cubed!

To be said to have Control of something we must be able to stop it.

Similarly with the Chakras.

The Following Zen Story Illustrates this Integration of the Functions.

Tsu Hsia asked the Master:

‘What sort of a man is Yen Hui?’

Master:

‘For kindness he is a better man than I am.’

Tsu Hsia:

‘What about Tsu Kung?’

Master:

‘For eloquence he is a better man than I am’

Tsu Hsia:

‘Tsu Lu?’

Master:

‘For courage he is a better man than I am’

Tsu Hsia:

‘How about Tsu Chang?’

Master:

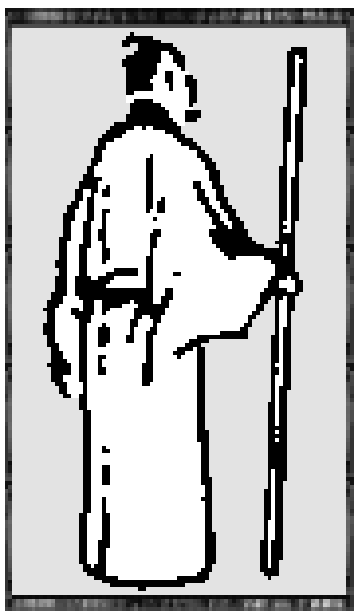
‘For dignity he is a better man than I am’

Tsu Hsia rose from the mat and asked:

‘Then why do these four serve you?’

The Master smiled and replied:

"Sit down Tsu Hsia and I will tell you..."



"My virtue is the Mastery of the functions."

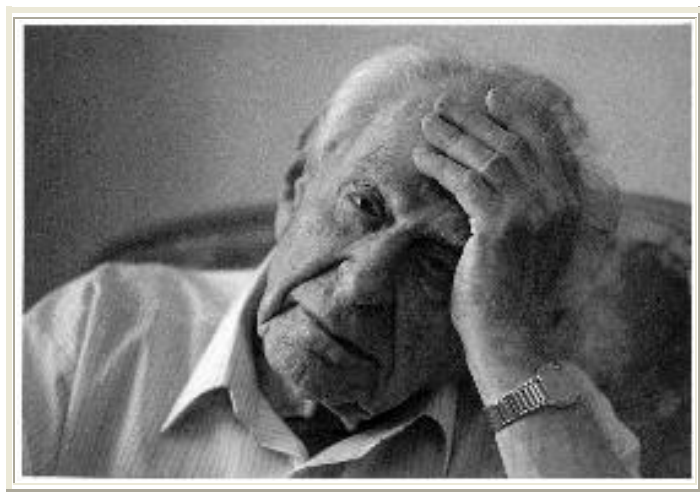
- Yen Hui can be kind but cannot check the impulse when it will do no good.
- Tsu Kung can be eloquent but cannot hold his tongue.
- Tsu Lu can be brave but cannot be cautious.
- Tsu Chang can be dignified but cannot unbend in company.

Even if I have the virtues of all the four men together, I would be unwilling to exchange them for my own.

My virtue is the Mastery of the functions. The ability to stop as well as to start each function.

That is why they serve me without misgiving."

Karl Popper, the famous philosopher of science, stated that in order for science to be able to prove a theory, one must be able to perform an experiment, which could potentially disprove that theory.



Karl Popper.

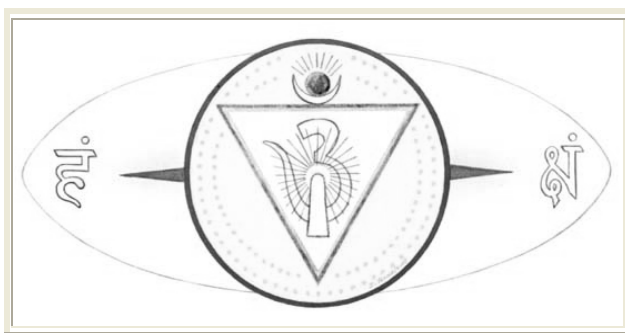
"To have power one must be able to stop the source of that power."

The Master in the story, like all Buddhas, demonstrates his integration of all the functions, real intelligence and not just one-sided functionality.

The reason why he is a Master. The message is that the master is not attached to any one talent, any one function, and therefore can stop any function at will. He can stop his mind, his emotions, his spirit or any of the talents above.

This is true mastery.

Intellect is not Intelligence.



Chakra 6; Ajna - The Chakra of the Intellect.

Also, it is important to note that our much-vaunted intellect, though important, is only a small part of the whole, the gestalt. The intellect is only one function of the greater whole. The function of Ajna chakra, one chakra amongst seven. It is of great importance to know the intellect is not intelligence. Intellect is of the mind; it depends on memory, it functions through borrowed knowledge.

All of our educational systems in the world are rooted in intellectual development; hence they all depend on memory. The examinations in our schools, colleges, universities, are not of intelligence. Memory is mechanical. A computer can have a better memory than a man of genius, but the computer has no intelligence.

Intellect is the faculty of knowledge. Intelligence is the faculty of knowing.

Knowledge is always dead; it is information. All of our educational institutions are doing with students exactly what we are doing with our

chakra computers, just feeding them more and more information. No computer can answer a question for which it has not already been prepared. Intellect can only answer that which it already knows; it is stale, it is of yesterday.

Intelligence is responsibility, it is a response to a new situation, not out of your past memories but from your present awareness, this very moment. You don't function as a computer, you don't search for the answer in your memory; rather you simply open your consciousness to the situation with your totality, the gestalt, and allow the spontaneous response, in real time.

Intelligence is response - ability; the ability to respond. The response is going to surprise even you, because it is so new - you are not repeating anything from the past.

There has been a perennial conflict between intelligence and intellect. The man of intellect thinks the he is intelligent because he knows so much. He has accumulated a great heritage of knowledge; he is burdened with all kinds of information, which he cannot get rid of. He does not have the possibility of being able at will to lay down his burden, to stop the fears of the past, the worries of the future, his life programming given to him by his reaction to his parents. Because he wants their attention. Because he wants their Love. Because he wants their Energy he programs himself as a child with selfish strategies to obtain all these things.

In this way is created Selfishness and the thoughtform of "The Law of the Jungle" - Kill or be Killed.

In this way is programmed selfishness. The whole of our lives can be destroyed by adherence to this thoughtform and the strategies we program ourselves to use in this selfishness. These hopeless, destructive strategies are depicted on three parallel levels by Eric Berne of "Transactional Analysis" fame who wrote "The Games People Play."

The man of real intelligence is innocent; he functions from moment to moment. His functioning has a freshness and beauty but to find intelligence one has to go beyond the intellect.



The Seven Chakra System.

The intellect is just one function in one Chakra. It works better when it is integrated with the whole. With all Seven Chakras functioning perfectly together. The movement of the body as in the martial arts or in dancing. The emotions as in will power or love. Every improvement of each function. The ability to stop any function at will. Each step towards functional integration adds to our total intelligence. To our Wisdom.

In the ancient texts the mind is likened to a mad monkey which leaps here and there, totally out of control. Our painful memories which we cannot get rid of are the problem; our worries and cares; each negative and uncontrolled thought causes a part of our mental capacity to be blocked.

*"And we are here as on a darkling plain
Swept with confused alarms of struggle and flight,
Where ignorant armies clash by night."*

- Matthew Arnold -

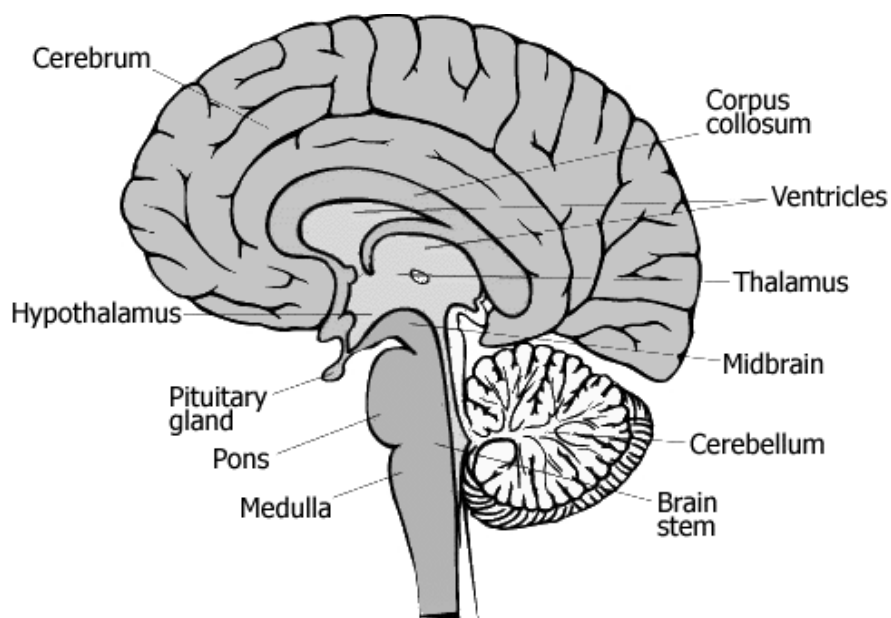
In a computer, what happens when it has too many programs running at one time? It slows the whole thing down tremendously and it eventually locks up. It is the same thing with thoughts. The mind's capacity is used up by useless fears and negative thinking and it too eventually locks up.

Pressing the "Mind Off" Button.

The same thing happens in the human brain as in computers. If we cannot press the 'OFF' button. If we cannot consciously purge the useless programs which slow down the conscious and unconscious mind, then eventually the brain gets clogged up.

It stops in a nervous breakdown. Various types of mental breakdown are endemic in our modern high-pressure society. Most of us have seen some of the symptoms within ourselves at some time in our life. The statistics say that 30% of us will have at least one nervous breakdown in our lives.

The same Energy Enhancement techniques which act as a fast for the mind to expel the ancient long running useless programs and programming, also act to integrate all the functions within the brain giving an exponential increase in Brain Power and awareness. They are simple and of ancient origin.



The Human Brain.

The Meaning of Ancient Symbols.

Introduction.

The purpose of this chapter is to mention that these ancient symbols from many different World Religions are codified, powerful, guided meditations.



The Calvary Cross; one of many ancient spiritual symbols.

All of these Ancient Symbols, these Guided Meditations, some of them Thousands of years old, are used, given, in the Techniques of Energy Enhancement.

Energy Enhancement Is a series of Guided Meditations leading towards Enlightenment, Harmony in your Relationships and Lastly, World Harmony and Peace. The techniques are mostly channeled first and then surprisingly found in the Ancient Symbols written about here.

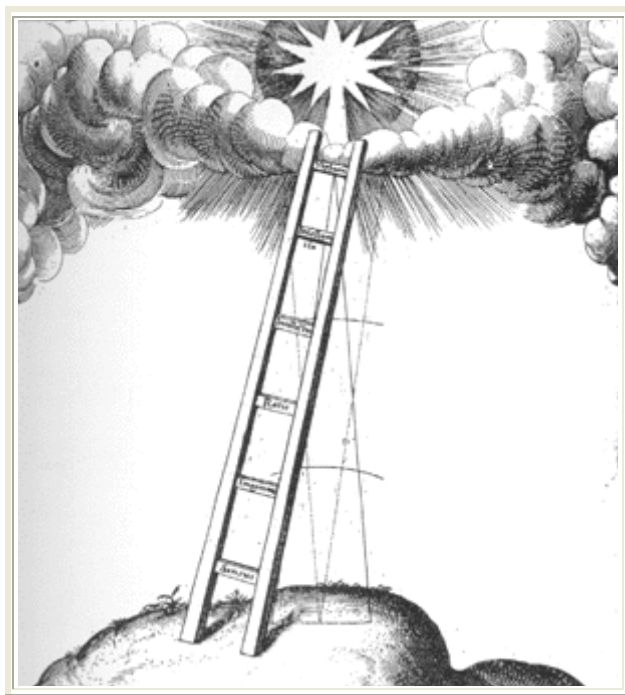
The Powerful Kundalini Kriyas and the Daoist Meditational Techniques in Stage 2 of Energy Enhancement, written about here are only given

by word of mouth on specialised courses very difficult to find.

Each religion is a precious jewel given by God to one Master who passes on these techniques of Enlightenment to his Congregation, to his Sangha.

God does not care how you Evolve, just that you do Evolve.

In a way, each of these techniques is a Ladder to take you up to heaven.



When you have reached heaven then you can throw away the Ladder, unless that is, unless you want to become a Boddhisatva and stay on to help all living beings attain the same peaceful exalted state. Then the ladder is again necessary, for the people who come afterwards.

One technique is sufficient to make you enlightened. If you choose to become a Boddhisatva teacher, then you will need to become an expert on many different techniques, so that you can help many different people. You will need to become a ladder collector.

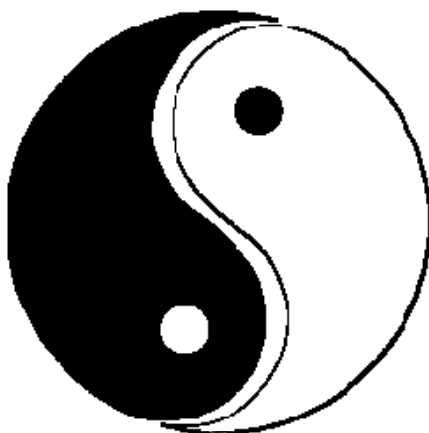
Then the fact that marauding, monocultural "Religious" Organisations have destroyed the Temples and the Texts of these precious jewels, becomes something of a crying shame of humanity. Thank heavens for the ingenuity of these Masters who knew, and know, the Gengis Khans of humanity, the mentality of those "Right Men", those competitive tyrants who say "Not invented here".

Thank heavens that these legominisms, these codified meditations have been passed down in Symbol and teaching tale for thousands of years.

The Yin Yang Symbol and the Five Elemental Paths of Chi; Taught in Energy Enhancement Techniques.

The most profound secrets of Taoism are contained within this symbol, sent to us down the ages in an innocent picture.

Gurdjieff, one of the first Sufi Masters to teach in the West, called these inheritances, formulated by the ancient Masters of Wisdom, by the word "legominisms".



Yin Yang symbol.

This Legominism, this symbol, means movement in a circle. Movement of energy around the body in the Central and Governing Acupuncture Energy meridians.

Ancient Taoists formulated five elemental paths of energy all of which are taught in the Levels of Energy Enhancement. Each element more profound than the last. The five elemental paths of Energy Enhancement are those of:

1. Water.
2. Air.
3. Earth.
4. Wood.
5. Fire.

The circulation changes from the Yin of one element to the Yang of the other. From the energies of the Earth to the energy of the Heavens. Between earth and sky there is a voltage along which energy can flow.

The dots in the yin and yang tears symbolise the Chakras at the base of the spine - Mooladhara Chakra whose element is earth, and the crown of the head - Sahasrara Chakra. It shows how energy can be reversed when a person works to their full potential.

Not only does energy flow from Heaven to Earth, but also from Earth to Heaven. Yin changes to Yang, Black to White. Stuck negative energies are transmuted to positive flowing energies.

This is a secret taught in the first Level of Energy Enhancement. It is profound and leads to removal of stuck energies and emotions and painful memories. It is the secret of the cleaning of the Augean stables as in the Fifth labour of Hercules.

The Fifth Labour of Hercules.

In the past, psychologists have only worked on one painful experience at a time by providing a meaningful theory by Freud or Jung and then examining the problem.



C.G. Jung.

Through understanding the problem, it is released and the client adjusted back into society in his proper place. He may still be neurotic because only one problem has been solved.

The same with ancient lives. We may travel back to, see and fix one life problem in one of our past lives, but what about the other thousands of life-times, each with their own traumas, deaths and problems.



Hercules.

There is an ancient Greek myth about Hercules, the Son of God, Zeus, wanting to marry Persephone the Daughter of the King of the underworld. The Crown Chakra wanting to combine with the Base Chakra. Shiva combining with Shakti. A Human Being becoming Enlightened.

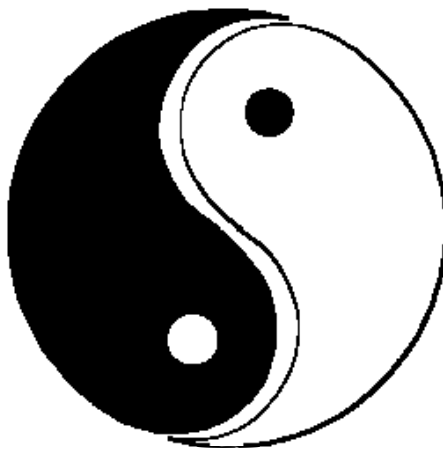
He needed to ask her father's permission. When he did, her father was pleased to marry his daughter to the son of Zeus but first he must perform 12 tasks. The 12 labours of Hercules. The fifth task was to clean out the Kings stables - The Augean stables. Hercules said, "No Problem," but when he saw the stables, he realised what a mountainous task he had taken on. There were thousands of horses and they had been creating manure for hundreds of years. Just like we, ourselves, create and absorb pain and Karma over thousands of lifetimes. At first, he tried to dig the manure, examining every turd. Just like the psychologists and past life therapists of today. But after one month he had got nowhere. He had only cleared a small hole in a mountain of shit.

After much thought, he then projected to change the course of the river Styx, the river we cross when we die, through the stables. When he did this, the stables were quickly cleaned as the river washed all

the manure away. Deep Rivers of Energy lie hidden deep within us. As we learn to access and then to use them. So, All our History. All our pain can be dissipated and washed away

In the same manner, our first Level of Energy Enhancement teaches basic methods whereby the mountains of manure within us can be removed, painlessly, without examining every turd. The whole mountain can gradually be moved and our History painting which has been painted brushful by brushful, day by day, can be returned to the clean white sheet we were when we were born. We are full of a lot of History not only from this life, but also from previous lives. Our Energy Enhancement can truly remove this Personal History so that all painful memories can be dissipated and our energies can then start to flow in their natural courses, once again.

An enlightened being is sometimes given the title Paramahansa. This refers to an ancient Hindu myth of when the world was young, the whole of the surface was covered with water. The mischievous Gods mixed milk and poison in the water and stirred it all together. Paramahansa was the name meaning the Great White Swan. This enormous Swan, is said to have had the ability to put its beak deep down into the water and draw out pure milk. It had the capacity to discriminate and draw in only the milk, which is the reason it remained white, and reject the water. Not only that, a Paramahansa has the capacity of changing water into wine, poison into milk, Yin into Yang, black into white.

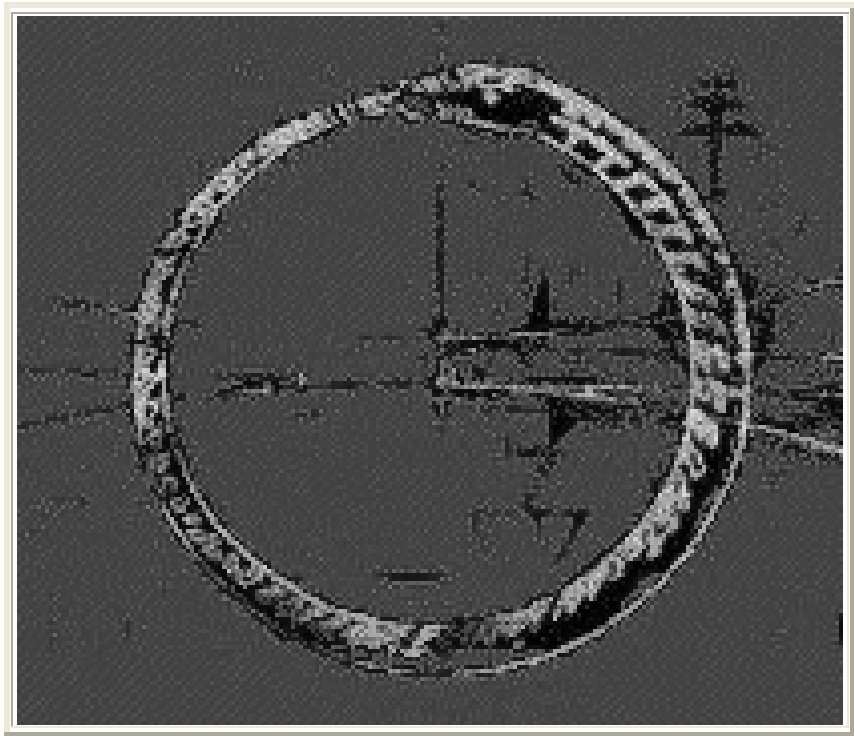


Yin Yang Symbol.

This Yin Yang drawing symbolises the process whereby we too can do the same.

It shows how to keep free of negative influences and energies by transmuting them within our energy systems. The function of a Paramahansa. The Function of an Enlightened being. The function of Energy Enhancement Level 1.

The Worm Ourobouros.



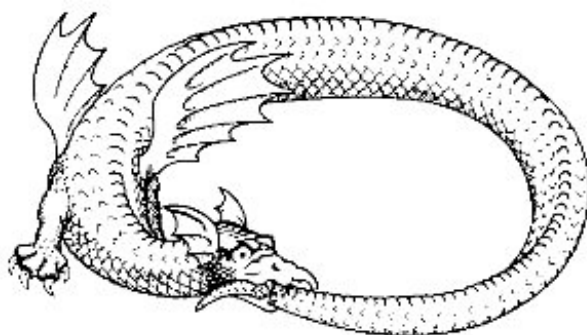
The Worm Ourobouros.

The Worm Ourobouros is a Dragon which encircles the world and has its tail in its mouth. This symbol has the same meaning as the Yin-Yang and Zen Circle but comes from the frozen North of the world.

The symbol comes from the Icelandic and Norse Sagas which talk Of the Gods and men that die in battle who live in Valhalla. Odin or Woden from which comes Wednesday or Wodensday is the One-Eyed god of wisdom.

The Tales tell of how in order to obtain the gift of wisdom from one of the gods, he had to give the gift of one of his eyes.

His eye became one...



...the Third Eye of Ajna chakra became open...



...and he became wise.

The Zen Circle.

The Zen Circle is the same shape and meaning as the Yin-Yang and the Worm Ourobouros.



The Zen Circle.

Zen comes from the Sanskrit word Dhyana. When Boddhidharma was sent by his enlightened mistress, over the mountains of the Himalayas to China, Dhyana was changed to Chan and there was mixed with Taoism. This mixture, when taken by Zen Master Dogen to Japan, became Zen. Zen is the Hybrid of Buddhism and Taoism. However, Zen is not just the simple Dhyana of the Yoga Sutras of Patanjali where Dhyana is described as "The flow of energy between the meditator and the focus of meditation". In Zen, Zen has come to mean what the Yoga Sutras of Patanjali refer to as Samadhi and not any of the 17 levels of Samadhi referred to in that book, but the final level, that of Nirbija or "No Seed" Samadhi. Enlightenment.

Zen and Zen Masters have spent years, shocking people into Samadhi. For example, one of the few enlightened Zen Masters, Yuanwu, said, "The essential point of Zen is to make the roots deep and the stem firm". That is, how to ground negative energies.

The Zen Circle again is The Circulation of the Energies, The Kundalini Kriyas, The Daoist Elemental Paths of the Chi.

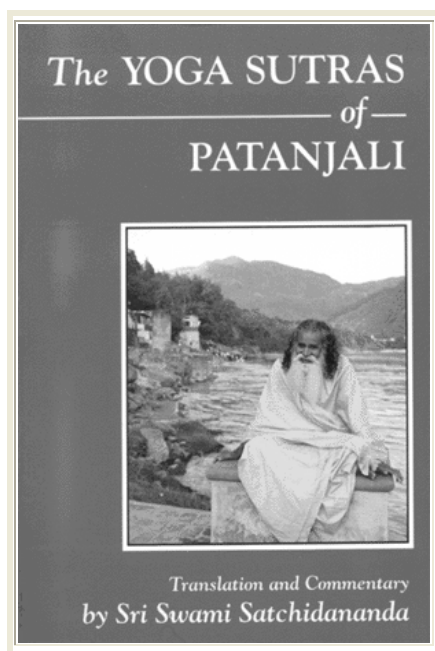
Zen Masters are always saying, "He is not enlightened!"

Yuanwu says, "Zen teachers without the methodology of real experts unavoidably cheat and deceive those whom they try to teach, leading

them into confusion, fooling around with a bunch of curios." Many Zen teachers, now and in the past, try to fool people with just the first stages of meditation, just to make the mind still.

To the outward eye, all meditators look the same. Normally, we cannot tell the experience of another human being just by looking at them. So that when we see the person sitting in meditation, we cannot understand the exercises given to them in meditation to expand their awareness.

The Eight Limbs of Yoga, taught in the Yoga Sutras of Patanjali finish at Samadhi. However there is a Ninth Limb to the Eight Limbs of Yoga, also taught in the Yoga Sutras of Patanjali. This is "Samyama". This is what we teach in the Levels of Energy Enhancement.



The Yoga Sutras of Patanjali; Commentary by Swami Satchidananda.

The Third Book of the Four Books of The Yoga Sutras of Patanjali is almost completely filled with the coded methodology of Samyama upon the Chakras. Its aim is the Creation of Psychic Powers. However, the last part of the book says in III 38, "These powers are obstacles to

Enlightenment or Nirbija Samadhi, but are Psychic powers or Siddhis in worldly pursuits," and in III 51, "By Non Attachment even to Siddhis, the seed of bondage is destroyed" and thus follows Kaivalya, Independence or Enlightenment.

We do not become attached to Powers, however it is nice to play with them. They show us that something is happening. And if we use them to purify the Psychic bodies, as the Levels of Energy Enhancement, then this teaching is very powerful.

In Energy Enhancement we are careful to teach only Siddhis to purify the Psychic Bodies. Particularly The Grounding of Negative Energies. The Opening of the Heart and the destruction of Selfishness. The Mastery of Relationships. The removal of blockages between the Base and the Crown Chakras - The destruction of the Fear of Death - Enlightenment!

Taoism combined with Buddhism created the hybrid of Zen. Therefore it is only natural that Taoist principles became incorporated into the real Zen.

For example, my Zen teacher, Zen Master Hogen of Japan, says that Hogen means, "Master of the Tao".



The Swastika.

Although used by Hitler and the fascists during the Second World War, this symbol is ancient and comes from old Hindu sources. Hitler knew that it came from old Aryan sources, and Aryans and the Hindu religion have been found in archeological digs in the Indus valley in India dating back 5000 years at least. This symbol includes the meaning of the Cross and the Reiki symbol Choku Rei. Choku Rei symbolises movement in a circle.



The Swastika.

Again, wise sages, the awakened ones of the past have encoded a message in the symbol because they know about the burning of books, the rewriting of history, the pogroms against various religions and races, the destruction of all that is not theirs in all races and religions. The symbol, like the cross, shows the awakening of the energies of the spine and the opening of the Heart. However it also means something more.

It shows movement in a circle. Depending upon which way around the limbs are, it shows movement in a clockwise or anti-clockwise direction. This refers to Circulation of energy around the body. One of the most profound secrets of Yoga Kriya, Reiki and Taoism, which forms part of the first Level into Energy Enhancement.



The Chakras on the human body.

Through this method, blockages in the chakras can be overcome and energy made to flow correctly in the central spinal channel. This is a secret of Kriya Yoga taught only orally by Gurus to their most advanced disciples. It is the Kriya Yoga of Lahira Mahasaya taught by Paramahansa Yogananda. It is the Taoist circulation of the five elements.

The world has changed. More is required now.

Not only that, but also, this symbol gives the secret of force, and the direction of movement of spiritual energy.

CHOKU REI

pronounced: Cho-Ku-Rei



Fig 3.6b: Clockwise Chokurei.



Fig 3.6c: Anti-clockwise Chokurei.

**Clockwise, energy flow is
spirit to matter.**

**Anti-clockwise, energy
flow is matter to spirit.**

To draw a "Choku Rei": Start at the handle, then down to the bottom, then Spiral in, in one continuous line.

Looking in the direction of the movement of spiritual energy, the force associated with this movement always move anti-clockwise to the direction of movement. As it moves the spiritual force moves in an anti clockwise spiral around the axis of movement.

Those familiar with physics will remember the picture of light moving in a straight line with the lines of magnetic force moving in a spiral around it. Spiritual energy is exactly the same.

The Spiral Altar Columns of St. Peters in Rome.



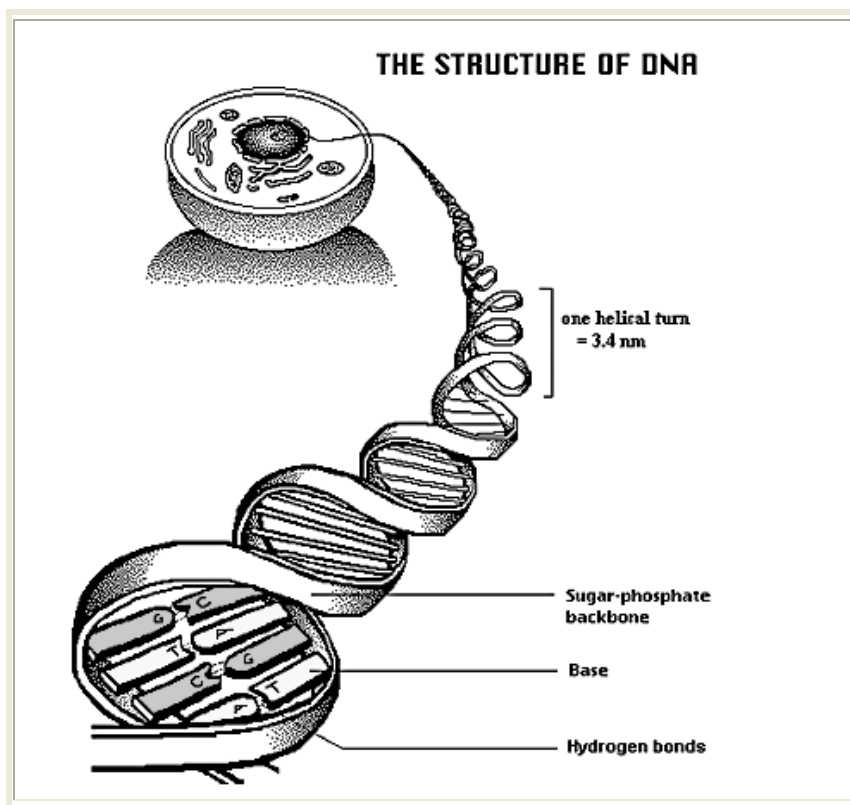
Saint Peters cathedral, in Rome, in the light!

An example of this knowledge is symbolised by the Bronze pillars of the altar in Saint Peters cathedral, in Rome.



The Bronze pillars of the altar in St Peter's Cathedral, Rome.

Within these vast bronze pillars, cast for a kings ransom in the middle ages, is the secret of the ascending and descending spiritual energy, both of which are necessary for enlightenment, but in the unenlightened only flows in one direction, from up to down.



The Pillars are composed of two spirals of energy intertwined around each other like the spirals of DNA in a gene. One spiral is clockwise representing the ascending current. The other spiral is anti-clockwise representing the descending current.

The Whirling Dervishes of Jallaluddin Rumi.

The symbol of the Whirling Dervishes institutionalised in the Dervish organisations since the 12th century AD, is a visual moving symbol of the Swastika, Choku Rei and the Altar Columns of St Peters in Rome.

Sufi Dervishes are the mystic Monks of Islam.



Whirling Dervishes.

Practically, as you turn anti-clockwise the descending current is activated. You discharge negative energy into the earth as the Base Chakra becomes activated.

As you turn clockwise your energy system reaches up to the Soul as the Crown Chakra opens. The Ascending current becomes activated.

Whirling is a preliminary technique to Energy Enhancement Techniques, much beloved by Devi Dhyani.

Fast turning with dirty, blocked chakras moves the negativity quickly and people may develop headaches or become physically sick.

Slow turning, or whirling - movement of the hips as if you were turning a Hula Hoop, gently and slowly removes the negativity. As a point of interest the Hula Hoops were developed by the Kahuna Mystics of Hawaii, for the benefit of the whole human race, in order to accelerate the clearing of the Base and Crown Chakras.

By whirling you can have a real knowledge as to how pure and cleared out your base and crown chakras are.

This is a real and practical method preliminary to Meditation for clearing the spiritual body.

Dervishes turn for days and have experiences of Ecstasy and Cosmic Truth.

Mercury.



Mercury the winged Messenger.

Mercury is the winged Messenger of the gods. His symbol shows him

connecting heaven and earth with a column of energy. He has winged feet and connects with intuition, prophecy and communication. The symbol signifies the energy, chi, prana, or bioenergy, which continuously flows between heaven and earth in a normal human being. Not one of the wolf children but someone like Gautama Buddha, the Prophet or Jesus Christ

This Greek symbol also became mixed up in Alchemy. It is meant to symbolise what happens when Bioenergy, prana or chi flows correctly and is enhanced and awakened in the central column and both sides of the spine.

However, in order to hide the mystical and spiritual meaning from the messengers of the Roman Catholic Inquisition who tortured and murdered millions of innocent people in the middle ages, the spiritual Alchemists threw up a smokescreen and pretended that their Mystical symbolism referred to chemical elements.



Creating 'Fools Gold' in a Laboratory.

Many people wasted their energies on heating the metal mercury and

some even poisoned themselves with its vapour.

The money minded tried Spiritual Alchemical formulae which in reality showed how the purification of the lower energy centres, the animal side of man, would eventually raise greater energies within the spinal column and eventually power the higher head centres.

When the higher head centres become activated with the enhanced energies of the spine then the Universal Source of Energy is accessed, the aura of the head centres becomes golden. In many stories, the hair becomes golden as in the story of Iron John. The true gold is getting in contact with higher spiritual energies.

The money minded tried to create the metal gold, which in spiritual terms is Fools Gold, through translating these spiritual formulae into physical terms. A method doomed to failure. The science of chemistry, although not originally intended by the Alchemists, eventually grew out of this search for money and gold.

The Staff of Aescpeulus and Jacobs Ladder.

The Greek Myths include many lessons sent in symbol by the wise sages of the past. The staff shows a central column of energy intertwined with two streams of energy.



The Staff of Aescpeulus.

They intertwine around the Seven major Energy centres of the spine. When this occurs correctly then true healing happens and we become enlightened.



The Chakras and the two intertwined streams of energy.

Medical doctors of the present day have adopted this symbol without understanding its meaning which is that healing only happens when all the Energy Centres are activated and working properly.

If you are not enlightened you are sick!



Real healing is the integration of the chakras with the Universal Energy Source or Enlightenment.

Bioenergy of many higher and higher frequencies is needed to perform healing. However, what is that healing whose eventual end can only be a so-called "natural" death? Real healing is the integration of the chakras with the Universal Energy Source or Enlightenment.

In the spine, there are three streams of energy. A central column of energy and two others, one to the left and one to the right. Along the spine are seven major energy centres connected by the central column. The stream to the right of the central column is the male side controlling the sympathetic nervous system, the fight or flight reaction, the energy of action. The stream to the left is the female side controlling the Parasympathetic nervous system which, through the vagus nerve controls speed of the pulse beat from the heart. When the vagus nerve is activated the heart slows down and the body is relaxed.

Manic depression is common and occurs when the right and left energies are uncontrolled through the presence in their Aura of an Entity. When a person is stuck on the right, the male manic side, then the body becomes wiry and thin and heart attacks become prevalent. When stuck on the left, the female depressive side the person becomes lethargic and fat and easily depressed. The physical base of these energies is the perineum in the male and the vulva in the female. Their other control point is the left and right nostrils. Blocked nostrils and mucus show a blockage of these energies.

Activation of these energies means the normal energies flowing in the spine are increased due to correct connection, removal of blockages in the Energy Centres and Channels, and strengthening of the spinal energy channels. Problems in the awakening can be due to any one of these three. This can be called the awakening of the Kundalini.

Kundalini activation of the Left channel activates the side of the brain awakens prophesy, intuition and prediction. Kundalini awakening of the

Right channel awakens the side of the brain controlling healing and the giving of energy, control over nature, matter and the mind. However, Kundalini awakening of either the right or left channels alone is an unbalanced awakening and can lead to madness.

The balanced Kundalini awakening of the central channel, called in the Sanskrit Sushumna, means liberation from the dream of life and death. Liberation in this life. When the right and left energies are balanced, the central column can become activated and the person can then choose whether they want to be active or relaxed.

Then the male and female become balanced.



Tarot art card, symbolising inner balance.

This is symbolised by the Lovers and Art in the Tarot pack. When the male and female marry, then an androgynous figure is produced. The child of this marriage is the child Horus. The uneducated Essence.



Connection with your Higher Self.

Your Soul.

Enlightenment.

The Cross.

The addition of the cross bar to the Staff of Aescepulus and Mercury shows the next stage. The awakening of the Heart.



The Calvary Cross.

As the energies flow from Above to Below, from the Macrocosm to the Microcosm, from Heaven to Earth. As we channel these energies, they are distributed from the Heart through the arms and hands. We a

crucified on the cardinal cross. The Awakened energies of the spine are expressed through the heart and the hands.



The Celtic Cross of Cong.

When powerful, awakened, Kundalini energy is also awakened in the Heart, then we see the Heart of Christ in total selflessness.

A minor awakening comes when we become a little less selfish. When we see that our benefit is bound up in the benefit of all living beings. When our selfish, egotistical, animal, lower selves are seen for what they are, on the way to being conquered, vanquished.

The Cross of Lorraine and the Celtic Cross (Iona Cross).

The Cross of Lorraine.



Cross of Lorraine.

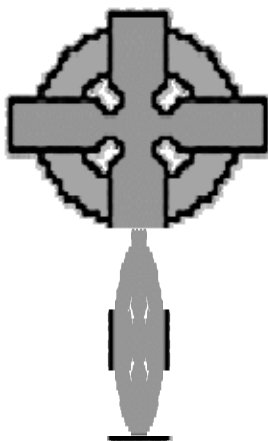
The first intersection from the top represents ajna chakra, the second intersection represents anahata chakra. Ajna Chakra, the Heart centre in the head is added on.

The Celtic or Iona Cross.



A Celtic Cross.

Here are the Celtic and Iona Crosses which are major symbols from the rebellious Irish Bishops, from the land of the Saints, who created such bother for many Popes.



Iona Cross.

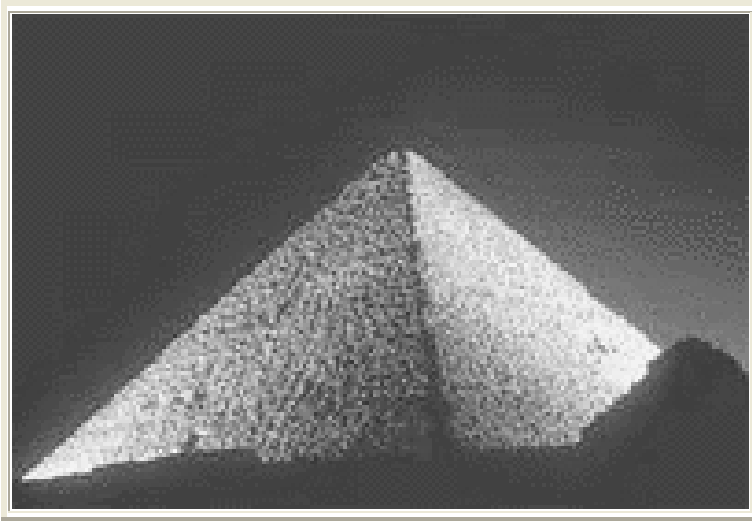
The effort put into repressing such information worked because no-one knows that these crosses represent where they cross the Kundalini energies available in the very center of the Earth. The cross staff coming out of the earth is the Antakarana which connects heaven and earth from base chakra to crown chakra and then to the Soul and the Monad.

Energy Enhancement teaches the true use of these energies in Meditation in Level One of Energy Enhancement Techniques.

Knowledge of these energies could free people in mind and body and spirit.

Why has Christianity suppressed this knowledge for so long?

The Pyramid and the Om or Amen.



Cheops Pyramid.

The Pyramid is used as a visual psychic symbol whose potency is that of the OM or Christian Amen. The OM is the sacred word of the Hindus but is also a major teaching on enlightenment. It is composed of three syllables, AUM.



The Sacred Om.

As taught to me by Swami Satchidananda, when chanted with visualisation it becomes Mantra Yoga whose aim is the energetic understanding of Enlightenment.

He jokes that this is a ladder, Jacobs Ladder, which can take us up to heaven. Unfortunately the literal minded are the ones who put these Ladders, the Bible or the Sacred OM on the Holy altar and chant "Oh Holy Ladder, Please take me up to Heaven." These techniques are not intellectual. They lead to a right apprehension of energy. They must be used.

- **A**, in a deep voice. Feeling the vibration deep in the base chakra, and visualising the position of the base chakra. This note is the fundamental. Never lose it whilst entering into the other notes.
- **U**, move the energy, the vibration, the visualisation, into the heart.
- **M**, to the nasal cavity, just behind the nose. To the forehead or Ajna Chakra. The top of the head or the crown chakra.

As your breath fails you send the energy up into the centre of the universe and down into the centre of the earth.

The pyramid has a four-sided, square base. The base chakra is always symbolised as having four petals or sides. As it rises higher, the pyramid comes to one point, symbolising the Crown Chakra. Thus, it is a visual representation of the OM.

For thousands of years, the visualisation of the pyramid with this understanding, has been done by advanced initiates of the race. Leaving the pyramid as a potent thoughtform to be used in meditation.

Level One of Energy Enhancement uses this thoughtform in the regulation of, and protection from, entities. Entities are living thoughtforms, either people who have died or thoughtforms which have been created in psychic space for a purpose.

When Negative entities enter into your aura they perform their function. They parasitise your Energy field for life energy. Their negative energy upsets your emotions causing you to be upset and angry or depressed, even manically depressed.

Usually an entity is the cause of all major diseases, cancer, heart disease, etc.

Positive entities are psychic powers or Angels of all different potencies or levels of evolution or height capability on the Astral and Mental Planes.



It has been said that "A man has Entities like a dog Has Fleas!" They have migrated to more evolved people through osmosis as the entities search out a brighter energy source. They jump onto you from other people. They have been placed in your Aura by Black Magic groups in many of your past lifetimes, to drain your energy back to the group, and to prevent your evolution, where they stay on until removed by something like Energy Enhancement.



Healing hurt Angels.

Learning how to Heal the negative and hurt Angels and thus heal yourself is an advanced function of the teaching of Energy Enhancement.

The Sphinx or Centaur.



The Sphinx Statue in Egypt; Half Human, Half Lion.

The Sphinx is an early symbol composed of a human face on top of an animal, lion body. Recently, the Sphinx in Egypt has been proved to be greater than 10,000 years old because of the erosion on its side created by rainwater. The last rain to fall in that desert was 10,000 years ago.



A Centaur; Half Human, Half Horse.

Like the centaur, it symbolises the two parts of man usually split apart, waiting to be integrated by enlightenment. The higher self is symbolised by a human face. The selfish, animal part of man is symbolised by the lion's / horse's body, like nature, red in tooth and claw.

The Symbol of St Michael and St George and the Dragon.

This symbol shows the Saint piercing the fiery dragon with a sword. The sword is plunged vertically from above down. The energies of the Soul awaken and destroy the lower man. The sword is the same symbolism as the Staff of Aescpeulus and Mercury.



St. George and the Dragon.

The addition of the Saint represents the Higher Self of the Higher Chakras. The higher triangle of chakras include Vishuddhi, the throat chakra, Ajna the brow chakra or Third Eye and Sahasrara the crown chakra. The Dragon symbolises our lower self, like the animal part of the Sphinx and Centaur, through the lower triangle of chakras. Mooladhara Chakra the Base Chakra, Swadhisthan Chakra the Abdominal chakra and Manipur Chakra the Solar Plexus Chakra.

This Dragon lower triangle symbolises the animal part of man. The sleeping, Kundalini Serpent. The normal person, who is brought up by wolves as Romulus and Remus were. Wolf children unaware of their higher natures.



The message of the symbolism shows how to conquer the lower self in the form of a visualisation or guided meditation.

The Saint and the Dragon, the lower and the higher, are also combined in the images of the Sphinx and the Centaur. The message of the symbolism shows how to conquer the lower self in the form of a visualisation or guided meditation. How to overcome the Sleeping Dragon within ourselves. How to increase our emotional age, our emotional IQ. We overcome our Dragon by working on the energies in our spine and heart in Meditation using Energy Enhancement Level 1.



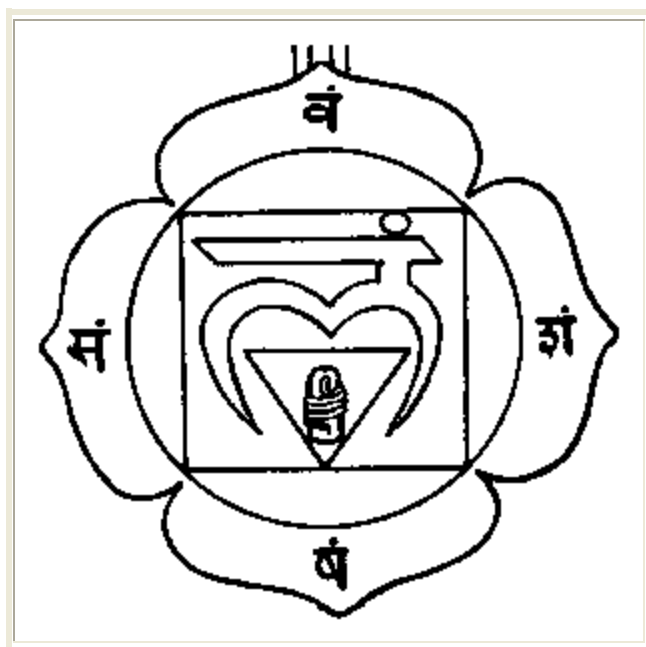
The cross bar on the sword of Michael also uses the image of the Cross, the awakening of the Heart as our lower selfish, egotistical selves are overcome.

The symbol of the Bodhisattva is one of an enlightened being who refuses to leave this planet until everyone else is enlightened. The sacrifice of the higher self for that which is lower. To raise the lower energies higher.

To raise the energy level of man. To raise the Energy Level of the whole Earth as the sword also symbolises the Antakarana. The Rainbow Bridge. The passage between Heaven and Earth. The ultimate gift of the Heart.

Alchemy and VITRIOL:

The Secret of the Philosophers Stone.



The Base Chakra - Earthing and Grounding.

Grounding is the basis of the first Alchemical Formula - VITRIOL. This is the Latin name for an acid which dissolves everything. It dissolves all physical toxins; it also metaphysically dissolves all psychic toxins, negativity, fear, anger and pain. It does this through earthing us.

As electricity, the power of electricity can only be used when it is earthed. Therefore, we can only function when we have our feet on the ground. Firmly planted on the earth. Some people may feel that we were not meant to be on this planet. They do not feel at home here. They prefer to have their heads in the clouds. "Hullo clouds, Hullo sky," said Fotherington Thomas. They prefer to be 'space jockeys', thinking great ideas, and great thoughts, which make them feel good. Unless we can ground, unless we can earth these great ideas. Unless we can manifest our thoughts in a practical down to earth way. **Unless we can DO.** We may as well not be here. This is the use and purpose of

grounding. Through the practice of grounding we can plant our feet firmly on the ground and manifest the Base Chakra - "I am here" in my place, naturally in this earth, this universe, in a real, manifest, grounded, earthed way.

The formula describes a visualisation. A guided meditation and not some chemical formula. The formula uses the letters, VITRIOL, as the first letters of the words of the formula in Latin and corresponds to the 15th trump of the tarot - Art (XV). Combined they represent the Philosophers stone

<i>Letter</i>	<i>Latin</i>	<i>Translation</i>
<i>V</i>	<i>VISITA</i>	VISIT
<i>I</i>	<i>INTERIORE</i>	THE CENTRE
<i>T</i>	<i>TERRAE</i>	OF THE EARTH
<i>R</i>	<i>RECTIFI - CANDO</i>	The right leading of the transmuted energies which have just been created in the path of the true will or the soul.
<i>I</i>	<i>INVENIES</i>	THERE YOU WILL FIND.
<i>O</i>	<i>OCCULTEM</i>	THE HIDDEN
<i>L</i>	<i>LAPIDEM</i>	STONE

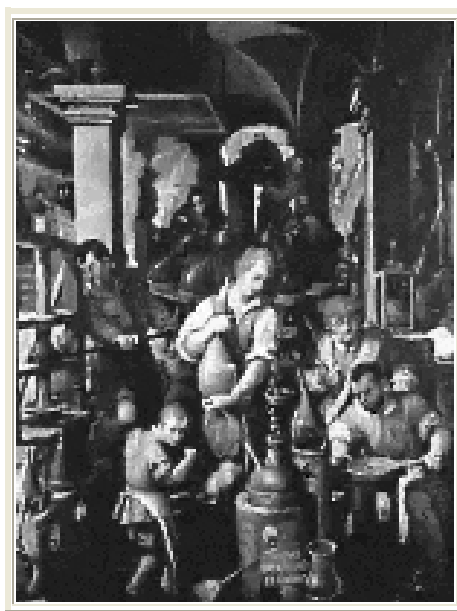


The Art Card from the Tarot.

Art is one of the Trump cards of the Tarot and is one of the highest achievements of alchemy which is to transmute the negative energies held in the lower chakras or sent to us, into positive energy to feed our evolution, as fuel for our evolution. To drain the last dregs of our vitriol, of our pain, our bile, our anger.

This is the secret of, use and virtue of, "The Philosophers Stone" - That which transmutes Base metal into Gold. That which transmutes the Negative Energies, stuck and blocked in the Base Chakra into pure clear spiritual energies - the gold of the Sahasrara Chakra. The Secret of the Golden Flower of Jung.

Many people, i.e. 'Alchemists', tried to find this physically. They did not realise that the formula refers to a guided meditation to transmute negative energies into positive energies.



A misguided alchemist in his laboratory!

The Art card shows the change of the white eagle into red, the red lion into white, the lovers are now fused, integrated into an androgyne figure. A multicoloured rainbow rises out of putrefaction, the putrefaction of stuck and negative fears, pain, emotions and energies held in the lower triangle chakras in the human being. In you. The raven perched on a skull in the cauldron.

When energies do not flow then they putrefy. A rainbow is created when they are made to flow by the visualisation, and we are taught how to transmute, to change, negativity into positivity.

We learn how to use our negative energies as fuel for our evolution by means of VITRIOL as well as other techniques in the First Level of the Four Levels of Energy Enhancement.

This is the formula for the Philosophers Stone which all alchemists spent their lives searching for. It has the virtue of transforming and transmuting base metal into gold. To transform negativity, pain, anger and fear into higher, purer energy. To purify the base chakra and transform its energies into those of light. Usually problems arise in an unbalanced awakening of the Kundalini energies when impurities still reside in the system.

However, when these impurities are removed by the wonderful system of Energy Enhancement, the Kundalini serpent power starts slowly to manifest in its safe and beautiful way. Transmuting and transforming the negativities of each chakra in turn as the energy rises up the spine towards the Crown chakra on top of the head. The golden flower, the thousand petalled lotus, Sahasrara Chakra.



The Thousand Petalled Lotus.

When this happens we know our true immortality as we pass from body to body along the eons for thousands of years.

This teaching is available in the Levels of Energy Enhancement.

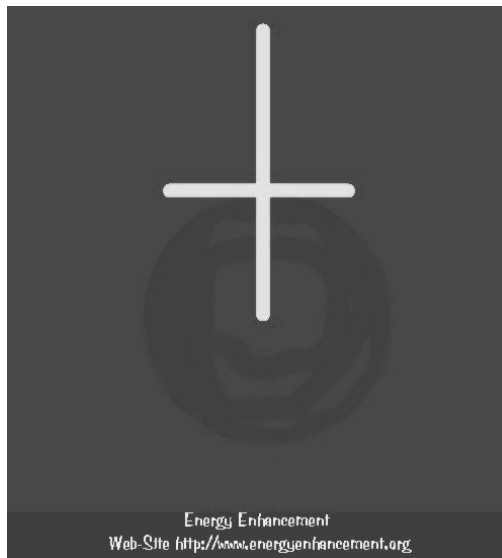
The Ankh, Squaring the Circle, the Sword in the Stone and the Myth of King Arthur.

The Ankh, ancient symbol of Egyptian times, is updated in the symbol of the Sword in the Stone.



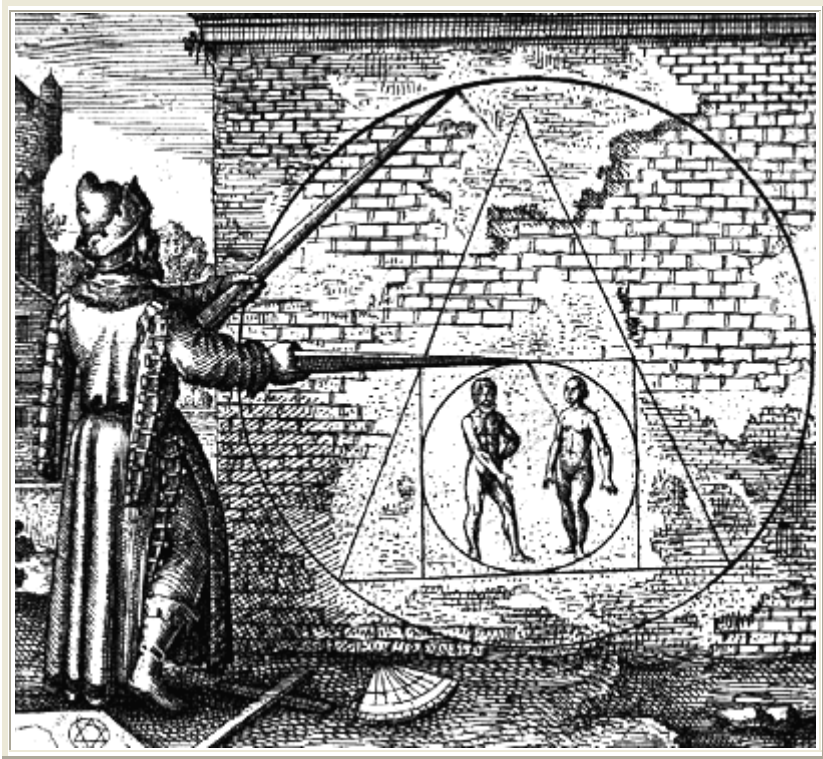
The Ankh.

The two obviously look alike. The Ankh has no shaft to the sword and shows just a circle symbolising the Earth with a tangent to the Earth with a perpendicular arising out of it.



Whereas the Sword in the Stone shows a cross or sword whose tip is plunged in to the surface of the Stone where the Stone symbolises the Earth.

Energy Enhancement Meditation and The Squaring of the Circle.



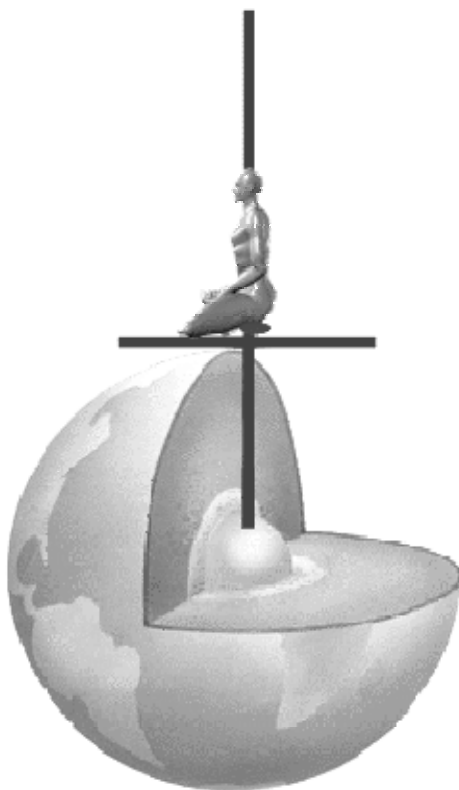
The Squaring of the Circle is an ancient Masonic phrase whose meaning, hidden, is seen, once one understands a little about meditation. It means that which is always square, at 90 degrees, to the earth, again symbolised by a circle. Why has 90 degrees always been called "The Right Angle?".

Why does the word "**angle**" resemble the word "**angel**"?

There is a energy in the centre of the Earth which is always travelling outwards in every direction from the centre of the Earth. This Energy Is Kundalini Energy.

When it comes out of the surface of the Earth it is always at "Right Angles" to the surface. It is a verbal representation of the Ankh symbol.

Since most of the lore of the Masons was passed down from the symbolism of Egyptian times, is it strange that the symbol of the Ankh should be used?



Energy Enhancement and The Squaring of The Circle.

*"That which is always at right angles (the right angle) to the earth is
the human spine in meditation."*

However, ***until we meditate regularly***, our spines are very rarely exactly at right angles to the earth. We have not squared the circle.

No amount of intellectual knowledge will compensate for not learning

how to meditate and regularly, every day, practicing meditation. Getting our bodies and nervous systems used to the high voltage electricity, which emanates from God. The energy which attunes us to our soul and our soul path. That task we are meant to perform in this lifetime. That which gives meaning to our life. That path with heart which evolves and mutates every day as we become stronger and more capable.

As our energy systems become more evolved and transparent to the higher and higher frequencies which flow through this multiverse.

Striving towards our evolution. Because it is possible to evolve, to get better, to learn to become better than that which we are. Away from the limited wolf children which we were born. To grow our acorns, which we were born, towards the oak trees, we are meant to become. Towards the rose trees, which the rose hips, can become.

From the seed towards the perfume of the flower, which spreads outwards to attract the people who can receive that fragrance. Those of you who have noses to smell let them breathe in the perfume of enlightened beings. Those of you who have ears to hear, let them hear.

Not to be satisfied with all your talents, your jobs, your houses and your cars. But to strive ceaselessly for a higher meaning. A higher frequency. A higher energy. A higher capacity to do and to be.

There is a Zen story about the student climbing up a 100-foot pole. And no element of these teaching tales should be missed. Please notice the similarity of the 100-foot pole to the Ankh or the Sword in the Stone. After many arduous efforts he eventually gets to the top and looks down at the Master sitting in Meditation below. He asks what next? The Master replies, "Take one step higher!"



Statue of a Buddha - "An Awakened One"

We can strive towards the ideal of the Bodhisattva, the enlightened being, unafraid of death, who remains behind on this planet to give the chance of enlightenment to the others who remain here. Those like the Buddha, Jesus Christ, Mohammed, and all the thousands of unknown enlightened beings who regularly pass through this caravanserai, this temporary encampment, which we call life.

A Partial Teaching of Meditation.

The Spine must be in Alignment.



Sitting with a straight spine.

Whenever I teach meditation, I always ask the people to get their spines exactly at right angles to the earth. I say, imagine that there is a stream of energy flowing out from the centre of the earth, at right angles to the surface of the earth reaching out towards the Centre of the Universe, the Universal Spirit or the One God who has 10,000 names.

Then, sitting straight, I say sway backwards and forward just two centimetres and feel when the energy flowing in your spine is in alignment with this energy at right angles to the earth. When your spine crosses this energy it is in alignment with this energy. Then you will feel something in your spine. A zap of electricity. Heat. A ping at the base of your spine. A flow of the energy from God.

And when you feel it, I say, stay there in this flow and you are already in meditation.

Then sway your spine from side to side and feel for the same energy. When you find it rest there again and feel the flow. Then your head. When your spine is in alignment with this energy. Then sway your head

to get the neck and the back of the head into alignment with this energy. Just a centimetre. Pushing the back of the head up towards the sky. And then from side to side, just a centimetre Do you feel the flow?

Then you have squared the circle.

There is a story about the rain which always flows from heaven. It rains down upon the worthy and unworthy. Both. Some people are like pots. Some of them are broken and sick. Some of them are lying on their side. But only those pots who are upright, gather in the living waters from God.

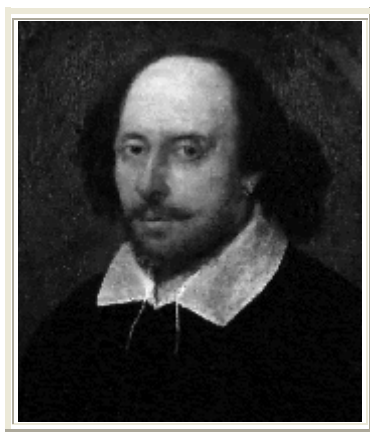
"The quality of mercy is not strained.

It droppeth as the gentle dew from heaven.

Upon the Earth beneath.

It is twice blessed First by he who gives

And then by he who receives."



- William Shakespeare -

*Meditation is a great blessing, if you too can learn
how to receive.*

Another Partial Teaching on Meditation.

Sitting and Grounding in Meditation: The meaning of the Sword in the Stone.

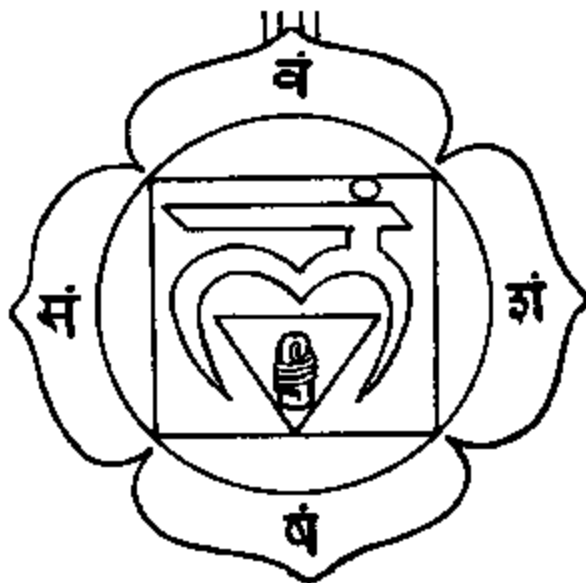
And why does every Master of meditation say to his students that they must sit in meditation in these stupid, uncomfortable poses called the lotus posture or the "Easy" pose.



Easy Lotus Meditation Posture.

They say that eventually you must be like them, in a state of meditation 24 hours a day, whilst washing the dishes and doing your normal daily life. So why do they say that you must practise getting into a state of meditation in this silly sitting position? Why not meditate in the bath? Why not meditate whilst lying in bed? Why do we have to put ourselves through this uncomfortable trial?

The answer lies in the Base Chakra whose symbol in Hindu literature includes the Kundalini serpent coiled, sleeping, three and a half times around a Shiva Lingam.



The Base Chakra.

The Shiva Lingam corresponds to the Spine. The Kundalini serpent corresponds to a higher level of energy, which is needed to clean the negative energy or pain from all the rest of the Chakras. If you are selfishly sleeping, it is only active in the lower three chakras. The fourth chakra, the heart is not yet active. The first Initiation of Alice Bailey has not yet been taken. It only becomes active when the base chakra becomes active by its being or its starting to be cleaned. And how do we start to clean it? By sitting!!

Sitting places the legs, knees and hips, all attached to the base Chakra, under a slight strain which causes all the negative energy to become activated. Thus, we start training in the Grounding of Negative Energies just by sitting!

Hindu Masters always sit and expect all their students and guests to sit with them, sometimes for hours whilst they wait for the Master or whilst the Master talks. They do not allow you to show your feet to the master. They say that bad energy comes out of the feet and it would be very bad manners to show your feet to them. Thus, through compassion, they insist on activating all your negative energy in the base chakra, only when it becomes active can it be Grounded.

The Sufis say that bringing an unformed man into the presence of the wise, is like throwing a dead dog into a pool of rose water.

We feel the waves of negative energy emanating from the sitting student. The amount of Grounding a Master must do for His students beggars belief. They sit and through them doing the job, the student gets the idea on the psychic plane and starts to do it for himself.

Energy Enhancement techniques start with sitting meditation but graduate on to more advanced guided visualisations of the Kundalini Kriyas and the five Elemental paths of the ki of Taoist Masters, including "The Earth Path". And those of Alchemy - The creation of the Philosophers Stone- from VITRIOL, "The right leading of the Released Kundalini Energy along the Path of the Soul!"

Zen Masters sometimes sit, for 15 hours a day with their students. Normal Seshein or Retreat or literally "A time when we try Harder" makes students sit in Zazen Literally "Sitting Meditation", for 6-8 hours per day for a week.

I could sit for sessions of 30 minutes when I first started to sit. After one week with Zen Master Hogen, I could sit for one hour. I could feel him cleaning my base chakra every time I sat for years after our first meeting.

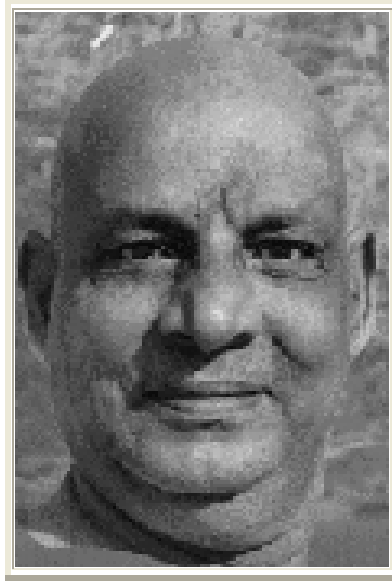
"Can you feel my breeze blowing?"

Even from 10,000 miles."

- Haiku by Zen Master Hogen -

Yes Master Hogen I can! And all thanks to you! For all your blessings upon me.

When I visited Sri Sathya Sai Baba, he was giving Darshan twice a day. Each time we had to sit cross-legged in the boiling Indian sun for hours whilst waiting for him. I used to meditate at this time but many westerners became annoyed and left. They did just not understand his compassion. His methodology.

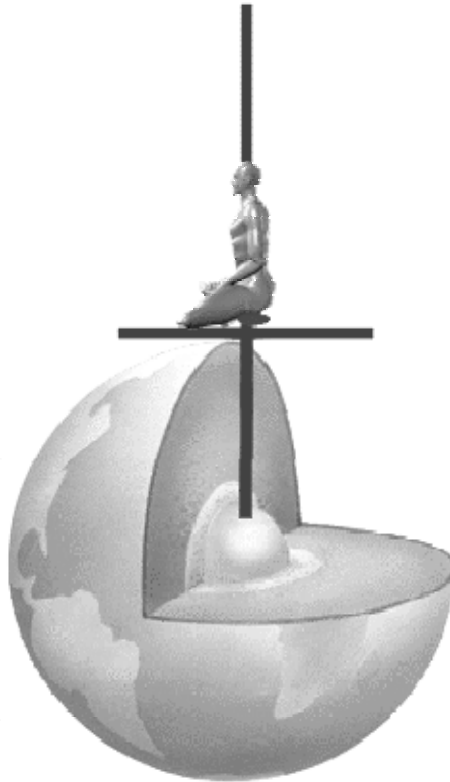


Swami Sivananda; "You could be enlightened!"

Swami Sivananda said that if you could sit for 3 hours without moving, then it is possible you could be enlightened.

The Sword in the Stone.

Grounding is the meaning behind the symbolism of the Sword in the Stone.



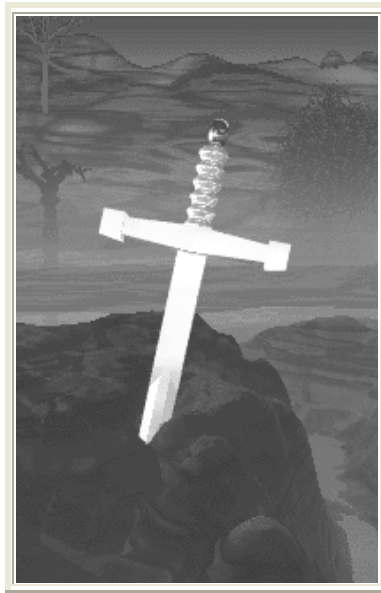
Grounding Negative Energies.

This later symbol is an evolution of, is higher than, The Ankh, The Sword and the image of St Michael, symbolises the awakened energies running up and down the spine also symbolised by Mercury - the winged messenger of the Gods and the Staff of Aesclepius - symbol of healers and medical Doctors. Moreover, the sword also encompasses the cross also used in Christianity and the awakening of the Heart.



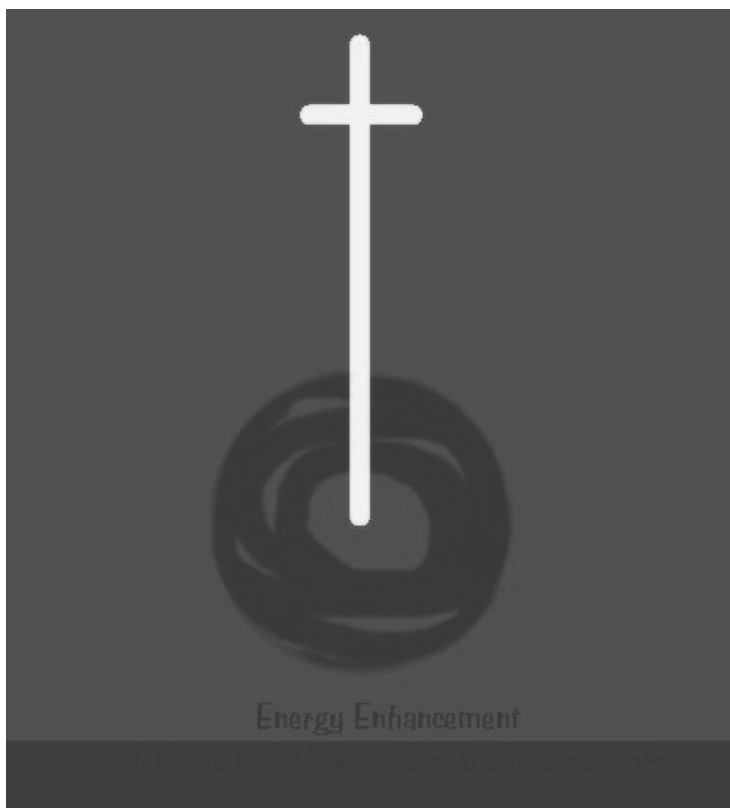
Mercury: The Winged Messenger carrying the Staff of Aescepulus.

Further to this, now the Sword is plunged into the stone.



The Sword in the Stone.

The energies are grounded in the earth, symbolised by the circle, founded in the land. This symbol gives further information on how to overcome the lower self and awaken the Heart. This is a further meaning behind mastery and also majesty including the symbol of VITRIOL.



It means that once you are sitting in meditation and your spine is square to the Earth, then, the energies aroused can be directed through the heart, leading to the first initiation on the path of enlightenment, The Opening of the Heart. When we start to open the heart we become less selfish. We start to think of others instead of only ourselves.



The Heart Chakra: Anahata.

This work is helped by the Second Level of Energy Enhancement which utilises this flow to get rid of, to dissolve, negative energies which exist between people. In all our relationships. The relationship we have with our parents. The relationship we have with our husband or wife. The relationship we have with our children, all the way down through our boss, our friends and the person we meet in the street.

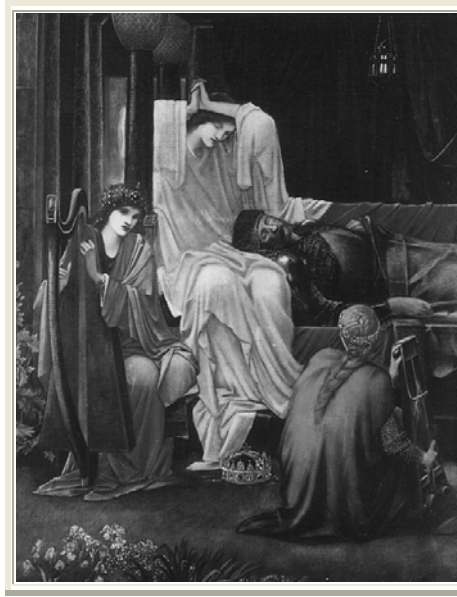
This negative energy causes us to accept or reject all manner of people. It does not allow us to have a fresh relationship with a person, without any holdover from the past. Many people have difficulties with some of the relationships mentioned. These are the strong relationships. The hot fires which test our emotional IQ. Gurdjieff said that it is every human beings duty to love their parents.



G.I. Gurdjieff: "Love your parents!"

"Until we can do this, " he said, "we are not truly human. We are not healed."

The Myth of King Arthur and the Second Initiation on the path of Enlightenment.



King Arthur and Queen Guinivere.

The myth of King Arthur goes even further as it shows the next major problem of the awakened energies in relationships. This is shown by the relationship of his wife, Queen Guinivere with Lancelot, the pure and shining Knight.

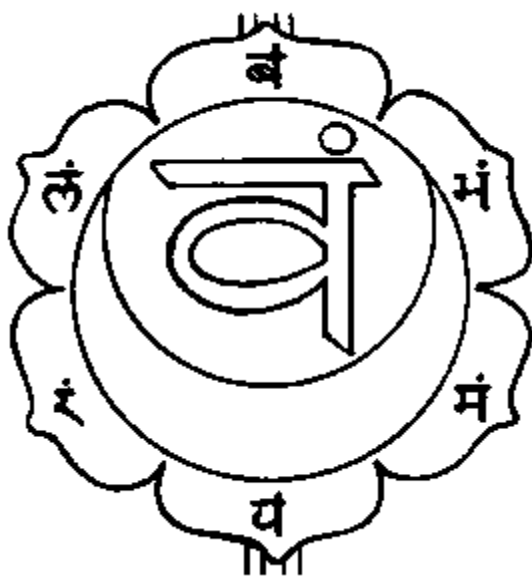


Lancelot.

Lancelot is pure, stainless, incorruptible and undefeatable until he falls. Until he falls in love with the inappropriate woman. This shows the increased attractive powers of the awakened energies flowing in the spine and Lancelot's lack of control of those energies. The Sword came from the Lake of the emotions. It was given by the Lady of the Lake.



The next major problem of the awakened energies is called the Second Initiation of Alice Bailey, on the path of enlightenment. It is control over the Energy of Relationships. The selfish energy, sometimes called desire, which stems from the second chakra.

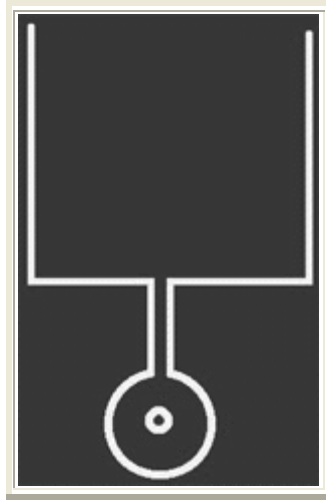


The Second Chakra.

The principle of Courtly Love was given to the Knights of the Middle Ages. It is said to have been spread throughout Europe by the Troubadours, students of the Sufis, who sang songs of love, symbolising the love of God. They originated in Spain where Christianity and Islam met. This cultural clash spread the influence of Sufism, the poetry of the Sufi Masters like Jallaluddin Rumi and Averroes. Sufi Mystics are the mystical heart of Islam as Zen is the mystical heart of Buddhism being a hybrid between Buddhism and Taoism, as Hassidism is the Mystical Heart of Judaism.

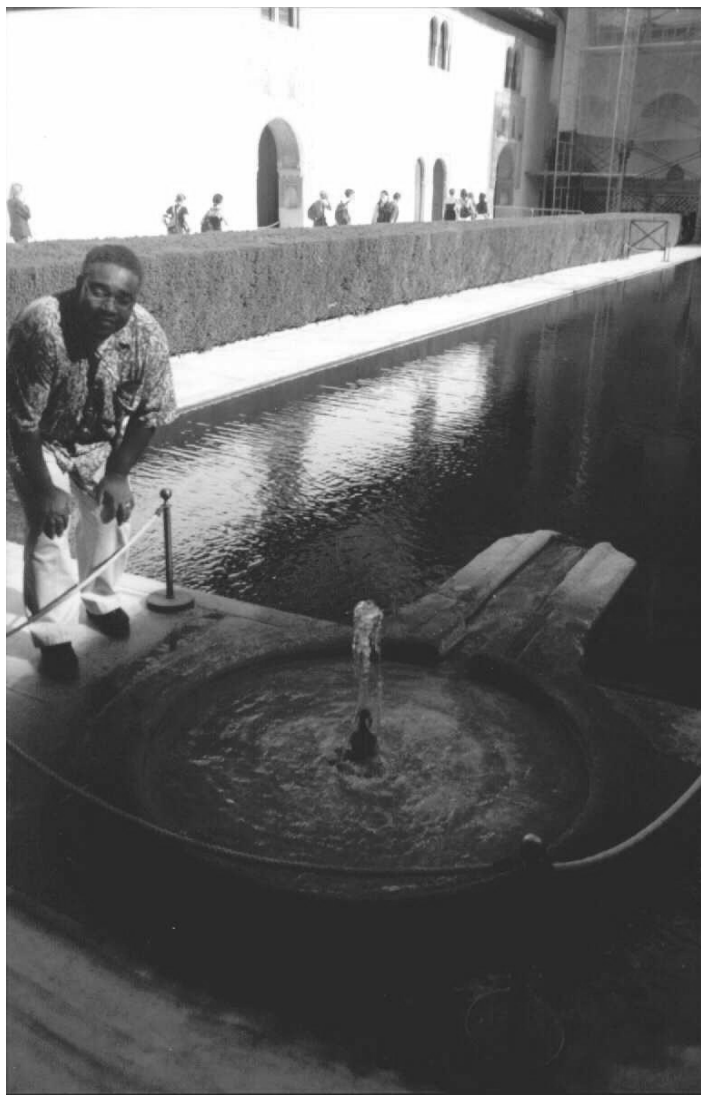
The help of the Sufi mystics sent their ideas even into the myth of King Arthur.

Many Sufi mystics came from organisations with names like the builders or the lock makers (Naqshbandhi).



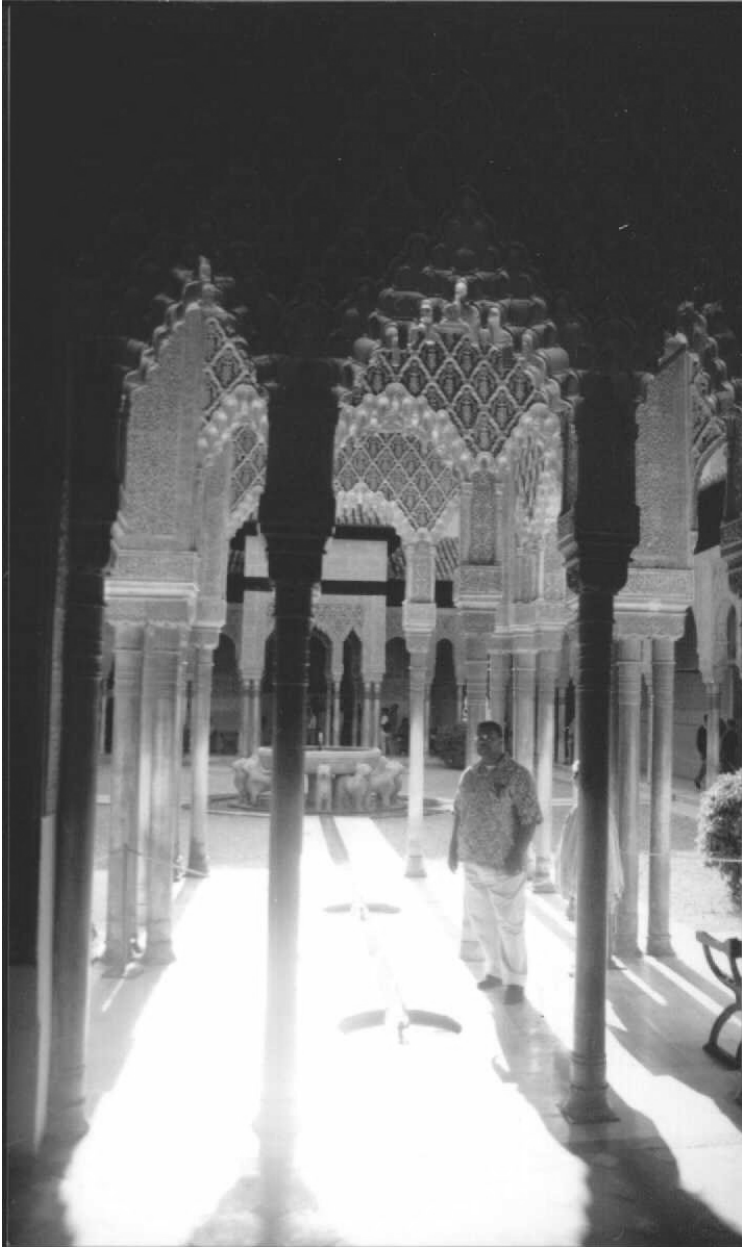
Plan of a pool at the Alhambra Granada.

When you go to the Alhambra in Granada, Spain, you come across many symbols of Sufism. Above is the plan of the Pool of water (Rectangle) in front of one of the beautiful buildings there. And a fountain (Circle) with a water channel between the two. The water from the fountain comes out of the little circle in the center of the bigger circle and flows into the pool.



The symbolism is obvious given what has just been told about the sword in the stone and St Michael. The large circle is the Earth. The little circle is kundalini energy which flows in every direction but is then channelled through the Antakarana, the channel, into the pool, the ocean, the Soul.

The fountain and the channel looks like a Key, does it not? Therefore here is the key of the Lockmakers, the Naqshbandi.



Further, the Lion Fountain at the Alhambra has Four channels with two circular pools on each of them linking into the central Fountain. The central Fountain is the Logos, the first pool is the Monad, the second

pool is the Soul. Back in the shade is you in the foreground.

This shows how every person on this planet is connected. How to leave your body and connect. How to become Enlightened. Just go one step higher....in your meditation....

The secrets of Level One of Energy Enhancement inscribed in Stone by the Sufis.

Come to learn these secrets in the Energy Enhancement Online Course or here with us....

Whenever I ask about the Masons they ask, "Who built the pyramids? The answer obviously being the Masons or the builders which shows the antiquity of these ideas. Each output from the central Sufi source works on one of the chakras. Only one of the organisations can integrate the whole human being.

This Sufi Organisation is said to be the Naqsbandi.



This secret of meditation and of the reality of energy flows in the Universe itself, is taught in;

Level one of Energy Enhancement.

The Second Initiation of the Second Chakra.

The problem to be overcome here is that of relationships. As our energies get stronger so the results of our doing become that much stronger. Even though we learn to Earth our energies. Even though we become a little less selfish. The whole Kingdom can be destroyed by the uncontrolled use of those energies as they become more Enhanced and thus more attractive.



The Second Chakra and relative position on the body.

The Insights of the Levels of Energy Enhancement, particularly those dealing with Relationships, show how these problems can be overcome. Control of energy is central to this.

Even further, The Round Table of King Arthur symbolised that all the Knights were capable of becoming King. Everyone could speak equally around the table although ruled by their sovereign lord. The Table also symbolises the earth which is the source of the energy of the land, the source of the energy of the sword. It points to a World Government where everyone is more free through the same law of the land.

King Arthur, to help all his Knights overcome their problems in the kingdom represented by his wife and Lancelot, because all of them, everyone, has the same problems, gave a final great quest and image.

The Chalice - The Search for the Holy Grail.



Attainment of the Holy Grail.

This is the search for the Holy Grail. The Cup of Christ is that which gives everlasting life. It is said to be a Chalice or cup brought to England, to Glastonbury, to the Chalice Well Trust, by Joseph of Arimethia who was given it by Christ.

It is really the search for the Divine in all of us. It tells us not to be content with getting more energetic, with being stronger and more attractive. It shows us the direction into which we are meant to put our energies to save us from our own selfish egotism.

The symbol of the chalice is that it is empty. Only when our minds can become empty at will is the chalice able to be filled with the pure energies and thoughts of God and our higher selves. This is the sanskrit "Chitta" of Satchidanand. The mind space, free from thoughts. This is the "No Mind" of Zen. This is the spring at the top of the mountain. This is when all the seeds of our karma are burnt.

In Sanskrit, seeds translates as "bija" and no translates as "nir". This is Nirbija Samadhi. No Seed Samadhi. The final Samadhi of the seventeen described in The Yoga Sutras of Patanjali. This is Enlightenment. And what is it? It is when we can listen to the still small voice within us. When we can say "Not my will but Thy Will be done."



It is a very active state, because we have much to do.

Swami Satchidananda told me that there are many fires on this planet and many people rushing around with buckets to put them out. However, many people have their buckets filled with petrol. They are filled with much negative emotion, fear, and anger. They have not yet become filled with pure, clear water from the spring at the top of the mountain, Sahasrara or the Crown Chakra.

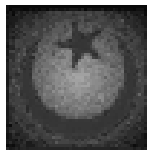


The White Dove.

The white dove always symbolises the coming down of the spirit into the chalice, the quiet mind. We can only be King when we are in contact with our Crown - The Divine right of Kings. When we are filled with the pure clear water of God then we are all Kings. We can start to put out fires. We then become masters of our soul, our higher self. We are the captains of our destiny and have nothing more to seek.

The Chalice in the Moon, Star and OM Symbols.

The Moon Symbol is a symbol for the Chalice or the empty mind, free from unwanted thoughts. The star for higher levels of energy. The star can symbolise the soul, or God, Allah, Brahma. Mohammedans use the moon and the star.



The Moon and the Star Symbol.

Even the OM symbol contains the Moon and the Star.



The Ancient Om Symbol.

Let us study fig 3.19c (5). Here we have the Om, from Hindu and the StarMoon Symbol, from Muslim sources, put in correct juxtaposition.



The Om and the StarMoon in correct juxtaposition.

The Om Symbol without the StarMoon looks to me like the Hips, the base chakra, the bottom, with a Kundalini snake coming out of it, up the spine waiting for the descent of Spiritual Energies from the StarMoon.

This explanation could be really nice for Ecumenical purposes - the Synthesis of Hindu and Muslim symbology - as an explanation of the workings of the Base and Crown Chakras; of Ascending and Descending forces.

The Pentagram.

Upright and Upside Down.

The Ascending and the Descending Forces.

UPRIGHT.



Upright Pentagram.

This symbol of Magik and the Western Mystery Tradition consists of the four major elements (lower 4 Chakras) and the head and throat.

1. ***Earth symbolises the base chakra.***
2. ***Water symbolises the second, relationship or sexual chakra.***
3. ***Fire symbolises the Solar Plexus.***
4. ***Air Symbolises the Heart.***

The astral plane is not flat, it also has height or depth.

In Magik, the teachers invert the symbol.

INVERTED.

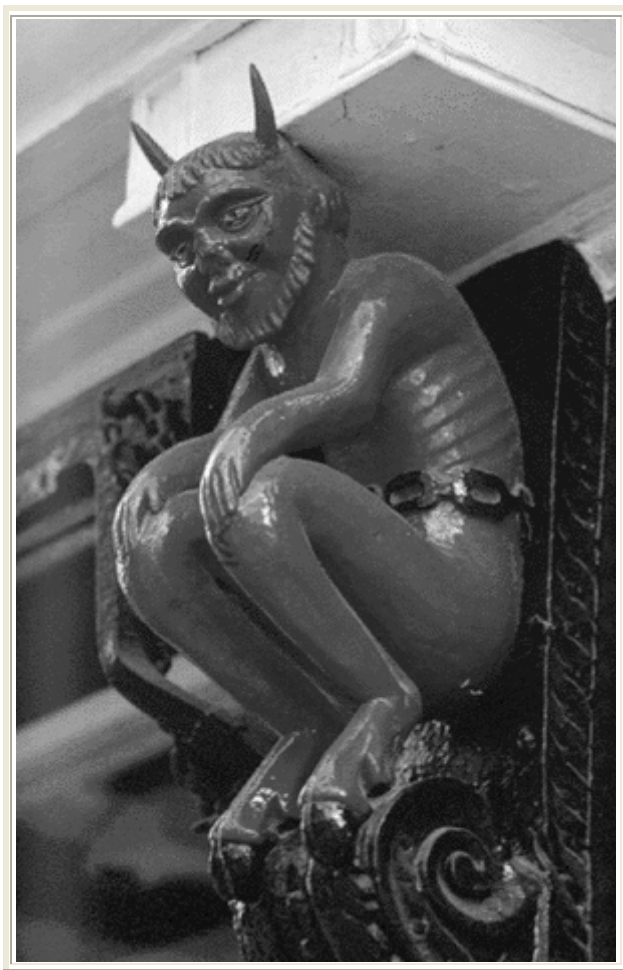


Inverted pentagram.

The major reason for this is that for enlightenment we need to invert, change the direction of, the energies. Kundalini aroused when a human being, instead of just eating and digesting the energies coming down from heaven to earth, consciously starts to transmute the negative energies of the body through VITRIOL. Rectificando of VITRIOL really means, "The right leading of the transmuted energies along the path of the Soul." Kundalini energy from the centre of the Earth is aroused and travels outwards from Earth to Heaven along the path of the spine. The energy is inverted.

Ken Wilber talks in his books about the battle between the Ascenders and the Descenders, between Shiva the destroyer and Vishnu the maintainer, and the philosophical battle between the two. The pentagram says that both are necessary to the creation of an enlightened being. These energies are real and not just a philosophical abstraction. Thus the inversion of the pentagram in the creation of an enlightened being.

The description of the devil in the Tarot describes an enlightened being.



The Devil.

Again, the Christian Organisation killed, tortured and burnt at the stake four millions of "witches" and "warlocks" during the middle ages. The ancient religion of "Wicca" or "The Wise Women" was almost destroyed by this pogrom whose other aim was the repression of dissent, as was Hitler's "Final Solution" of the Second World War. Not only the Jews were sent to the Gas Ovens, but also all political opponents.



Voltaire.

The cry of Voltaire was, "Remember the cruelties!" in order to prevent the mistakes of the past.

Throughout the ages of the World, sometimes religion has been used as a Military Arm of the State. Sons of the Lords in England had a difficult choice as to whether to go into the Army or the Church. The church of Rome from Constantine to the Holy Roman Empire, and also from the time of Henry the Eighth when he formed the Church of England, the great mythical imperial Empires of the Aztecs and Incas, Khans and Ramses, have always been used as the psychological arm of control following the conquest of the military.

And what better way to send your Secret Service to infiltrate a country.

Religion has always been used to inoculate you against the real thing. And the real thing exists but is hidden because the truth is always dangerous.

The real techniques of Enlightenment, have always been hidden because they are so dangerous to selfish people and the selfish single state. The aim of these techniques is liberation from the small.

As we evolve, we graduate from the mother to the family, to the city

municipality, to the Country with its King or Queen, and then to the World. The World or the Cosmos is the highest form of Evolution. The Selfish State which wants to become stronger than all the rest has a powerful motive to prevent the evolution of its citizens for the benefit of the world. "My Country right or wrong," it says. Because any organisation cannot function amidst dissent. The anti-evolutionary propaganda has been very successful. 96% of all the people in America still are at the evolutionary level of the football supporter.

A World Citizen believes in equal rights to monetary benefits, or social security, housing benefits and education, regardless of race, country, colour, age, religion or sex.

A World Citizen believes that an educated woman and man will have fewer and more educated and evolved children.

Education is what can solve the population crisis. An example is Kerala, a state in India where 99% of the people can read. There the population rate is stable and dropping. In the rest of India there is almost no education for the poor. There the population rate is exponential.

A World citizen believes that the world is responsible for every child who enters it and therefor must support it. The Universal Rights of the child are inscribed in the United Nations, but it having no budget they are not enforced.

Any unwanted child is a failure in the Education system of the world.

This situation can only be brought about by a World Government using a world pollution tax. Only a World Government can curb the activities of the rapacious and highly evolved International Companies, who defeat a countries tax measures against them by threatening to move to another country where the laws are more lax, and the wages are less of a burden.

The Omphalos and The Omphalos stone from Delphi.



The above stone was originally placed in the heart of the sanctuary to Apollo, where the Pythia (Pythonesses) Delphic Divinatory Mediumistic Channeling Priestesses of the Serpent Kundalini would give the god's oracles...The spot where it represented the center of the earth, hence the name Omphalos, or Om Phallus, first determined when Zeus sent two eagles from each end of the kosmos and the two then met and circled in the Center of the Earth... (see Alchemical VITRIOL)

The stone shown above originally had two golden eagles attached to its top. This makes the symbol of Omphalos look very much like the Caduceus of Mercury, messenger of the Gods And Hermes which also symbolizes the Antahkarana – the Column of Energy between Heaven and Earth.

In addition, the Greeks believed that the Omphalos stone marked the spot where Apollo first established his oracle by driving the serpent monster Python into the Earth at Delphi. Serpents are the symbol of Kundalini Earth Energies. All Myths give hints towards guided Meditations which can internally enhance Kundalini Energies to pierce and purify the chakras and thus initiate enlightenment, a quantum leap

in human evolution which involves piercing the granthi (Sanskrit, Knot) or the knot (Gordian Knot) of the heart. Only the person who has purified the Gordian knot of the heart is pure enough to become a Priest or become Enlightened.

There are many Omphalos stones all around the Mediterranean and they were placed in Temples in locations where earth energies were more intense and thus Rites of Initiation and Divination – all Shakti spiritual energies helping Initiation and Illumination were increased and psychic powers were intensified in those places.

The place where Omphalos or Earth Energies arise is the Center of the Earth. The Center of the Earth is Omphalos *where* Om is the Guided Meditation using sound which creates the Kundalini Connection between heaven and earth and Phalos – Penis Greek. Or Phallus, Penis Latin – Penis being the Shiva Lingam (Sanskrit, Penis) - connecting this with Sexual Energy, Kundalini Energy and the Base Chakra which connects with Kundalini Chakra and Shakti in the Center of the Earth, is the Column which represents the connection between heaven and earth.

Why the decoration on this stone? According to ancient accounts, there was originally a different Omphalos stone at Delphi, prior to the one shown here (which was made as a replacement in the 4th cent.BC). The first stone was a meteorite, and was draped in an *argenon*, or woven net, thus creating an effect reminiscent of woven snake baskets.

Python was a giant Kundalini serpent. Such imagery was surely evocative of the stone's importance as a sacred marker of Apollo's or God the Fathers victory over the terrifying serpent by sending him into the center of the earth a reflected Shakti Kundalini Energy always arises, is reflected, from the earths Center at that spot....

Axis Mundi and the Antahkarana, Mount Kailash, The Christian and Hindu Holy Trinity and Alchemical VITRIOL.



Mount Kailash, depicting the holy family: of Shiva (See Shiva Lingam or Shiva Penis) the Axis Mundi Column or Ananda and Shakti Earth Kundalini Energies from the center of the earth cradling Ganesha the guardian of the Base chakra preventing Shiva energies flowing precipitately into the Shakti Earth Energies in the Center of the earth which happens only upon Enlightenment. The top of Kailash represents Heaven, the male energies at the top of the column of Energy or Brahma.

This is the Hindu Holy Trinity of Axis Mundi or the Antahkarana...

1. Father – Brahma, Sat or the chakras above the head,
2. Holy Spirit - Shiva –or Ananda,
3. Son, Vishnu (Represents the purified Mind of the second sutra of the Yoga Sutras of Patanjali - Yogas Chitta Vriti Nirodha –

Enlightenment or Yoga comes when there are no thoughts in the Mind. Impure thoughts are Chitta Chatter) or Mother Mary, Shakti - Energies from the center of the earth. Both Vishnu the Mind or Shakti Kundalini Energies in the Center of the earth are essentially quiescent, female, passive and only reflect the Higher Energies of God, Father, Brahman thus they reflect –

This is the Rectificando of VITRIOL - Visita Interiora Terrae Rectificando Invenies Occultum Lapidem – A Guided Meditation – Visit the Center of the Earth there you will find the Philosophers Stone which transmutes Encapsulated Trauma (Lead) into purified spiritual gold through Rectification. As you send all negative energies into the center of the earth they will burn and purify in the Nuclear Furnace in the Center of the Earth. The purified energies will come back up towards you. They will be reflected up and will be rectified, purified. Then, “Take the purified energies along the path of the soul!” To create enlightenment) and is absolutely necessary and is symbolized by the Meditational Taoist Macrocosmic Supra-Galactic Orbit of Chinese Alchemical Taoism.

Thus Satchidananda, Holy Trinity – Father, Son and Holy Spirit, Shiva, Brahman, Shakti or Vishnu, the Holy Grail, VITRIOL and the Taoist Macrocosmic Supra-Galactic Orbit of Chinese Alchemical Taoism are the same guided meditation for Enlightenment.

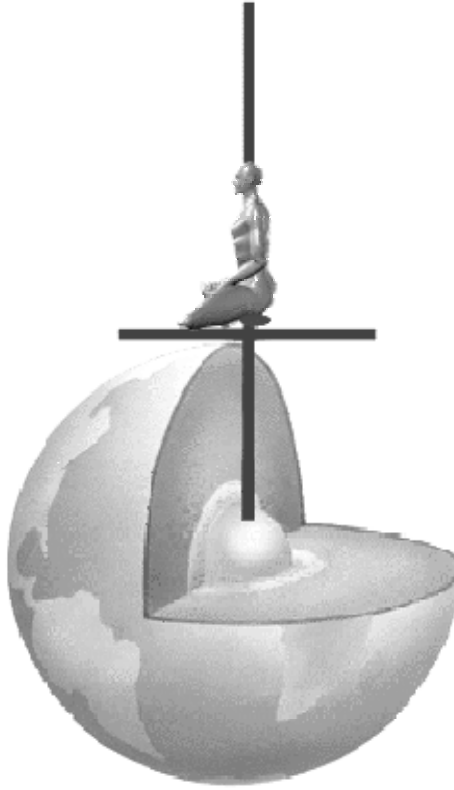
Axis Mundi and the Antahkarana and the Holy Grail.

Chitta represents the purified mind represented by the lunar hemisphere of the OM Symbol and the Islamic Symbol reflecting the light of the Sun. This lunar hemisphere represents a cup into which falls the intuitive energies of God. Like the Cup which Jesus Christ used on the Night before he was taken by the Romans and the Pharisees it holds the Blood of Christ, The Sang (Blood) Real (True) – This Cup of the purified mind holding no Encapsulated Trauma, Guilty Shameful Karma or Energy Blockages which produce unwanted Chitta Chatter represents The Holy Grail of all Spiritual seekers, Illumination, Enlightenment which is the result of the purified mind, a mind born of

meditation as says the Fourth Book of the Yoga Sutras of Patanjali. Then the mind glows (Illumination, EnLIGHTenment) with the energies of God producing the Halos we see above the heads of Saints.

Axis Mundi and the Antahkarana and the Cross of Christ.

The **axis mundi** and the Antahkarana also **cosmic axis, world axis, world pillar, Antahkarana, Omphalos and center of the world** is a symbol representing the column of connection between sky and earth or Enlightenment. It shows connection between the two realms. It rises from the place where the four compass directions unite in the Center of the Earth, allowing spiritual spiral energy treasure from heaven to be disseminated throughout the world along the heart horizontal limb nailed onto the Axis Mundi at the Heart Center creating the Cross of Christ.



Axis Mundi

Axis Mundi and the Antahkarana.

The *axis mundi* appears in many cultures and takes many forms. A Line of Energy flowing from Heaven through the Surface of the Earth into the very center of the earth.

The image is a trinity of

1. Top of the column – Heaven,
2. Column – the flow of spiritual Energy of the Holy Spirit
3. Bottom of the column, The Son, Vishnu or Krishna or Christ or Deeper – Shakti Kundalini Energy from the Center of the Earth

It may have the form of a natural object (a mountain, a tree, a vine, a stalk, a column of smoke or fire) or a product of human manufacture (a staff, a tower, a ladder, a staircase, a maypole, a cross, a steeple, a rope, a totem pole, a pillar, a spire). Its proximity to heaven may carry implications that are chiefly religious (pagoda, temple mount, church) or secular (obelisk, minaret, lighthouse, rocket, skyscraper).^[2] The *axis mundi* features prominently in cultures utilizing shamanic practices or those with animist belief systems. Yet it appears just as prominently in the most technologically advanced cultures – wherever the impulse persists to link a tower with the spiritual idea of a "world center." Axis Mundi.

Squaring the Circle, Ankh and Axis Mundi.

In respect of the Axis Mundi – Antahkarana column of Energy. This column can exist at any point on the earths surface – a mid point between Heaven and the Center of the earth. The Column of Axis Mundi is always at right angles to the tangent surface of the earth. The Column is always square to the tangent surface of the earth and the Earth is a Circle. To Square the Circle is yet another symbol or representation of the column of Axis Mundi – Antahkarana – Ankh.



Ancient Ankh – The Circle is the Earth, Tangent to the circle earth, and the World tree Antahkatana which arises from the center of the earth and is Square to the tangent, thus, “Squaring the Circle” is the alignment of the spine with the Kundalini Energies from the Center of the Earth in Meditation.

Axis Mundi and Mountains.

It comes naturally to think of one's own home and land as "the center of the world" because it is the center of one's known universe. The name of China or "Middle Kingdom" – expresses an ancient belief that the country stood at the center of the world.

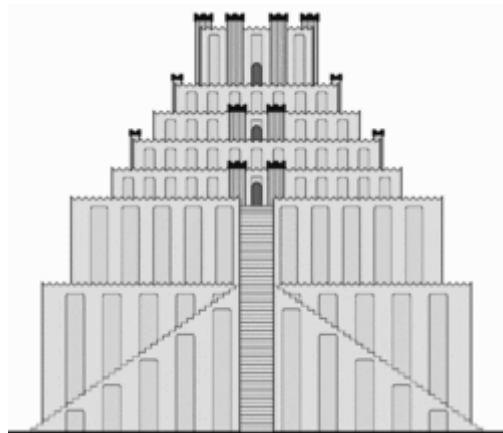


Mount Fuji, Japan.

Within this central known universe a specific spot –often a mountain or other elevated place, where earth and sky come closest – gains status as center of the center, the **axis mundi**. High mountains are typically regarded as sacred by peoples living near them. Shrines are often erected at the summit or base. Japan's highest mountain, Mount Fuji, has long symbolized the world axis in Japanese culture. Mount Kun-Lun fills a similar role in China. Sioux beliefs take the Black Hills as the axis mundi. Mount Kailash is holy to several religions in Tibet.

In ancient Mesopotamia the cultures of ancient Sumer and Babylon erected artificial mountains, or ziggurats, on the flat river plain. These supported staircases leading to temples at the top. The Pyramids of Egypt similarly. The pre-Columbian residents of Teotihuacán in Mexico erected huge pyramids featuring staircases leading to heaven.^[4] The Middle Kingdom, China, had a central mountain, Kun-Lun, known in

Taoist literature as "the mountain at the middle of the world." To "go into the mountains" meant to dedicate oneself to a spiritual life.



Reconstruction of Etemenanki, an ancient Mesopotamian ziggurat (based on Schmid).

Because the axis mundi is an idea that unites a number of concrete images, no contradiction exists in regarding multiple spots as "the center of the world." The symbol can operate in a number of locales at once. The ancient Greeks regarded several sites as places of earth's *omphalos* (navel) stone, notably the oracle at Delphi, while still maintaining a belief in a cosmic world tree and in Mount Olympus as the abode of the gods. Judaism has Mount Sinai and Mount Zion, Christianity has the Mount of Olives and Calvary, Islam has the Temple Mount (Dome of the Rock) and Mecca, said to be the place on earth that was created first. In addition to Kun-Lun the ancient Chinese recognized four mountains as pillars of the world.

All sacred places constitute world centers (*omphalos*) with the altar or place of prayer as the axis. Altars, incense sticks, candles and torches form the axis by sending a column of smoke, and prayer, toward heaven. As the incense is consumed so purified sacred ash is created, much like a human beings process of enlightenment. The sacred ash of the Hindus is created from cow shit. Burning creates a white sacred ash – Vibuti which is then used to bless and purify the forehead of Ajna Chakra, the mind. The architecture of sacred places often reflects this role. The stupa of Hinduism, and later Buddhism, reflects Mount Meru.

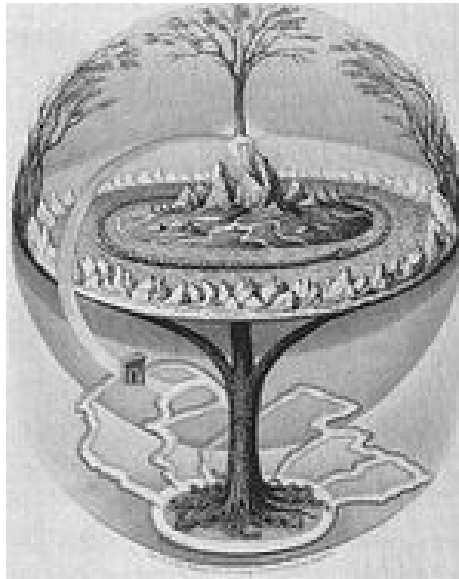
Cathedrals are laid out in the form of a cross, with the vertical bar representing the union of earth and heaven as the horizontal bars represent union of people to one another, with the altar at the intersection. Pagoda structures in Asian temples take the form of a stairway linking earth and heaven. A steeple in a church or a minaret in a mosque also serve as connections of earth and heaven. Structures such as the maypole, derived from the Saxons' Irminsul, and the totem pole among indigenous peoples of the Americas also represent world axes. The calumet, or sacred pipe, represents a column of smoke (the soul) rising from a world center.

Axis Mundi and the Antahkarana and Plants.

A plant can serve as the axis mundi. The tree provides an axis that unites three planes: its branches reach for the sky, its trunk meets the earth, and its roots reach down into the underworld.

The Ancient Hindu Bhagavad Gita talks of a tree stretching from the center of the earth into heaven and this myth spread far into South East Asia and the Pacific affecting Shaman and Religion all over that area. In some Pacific island cultures the banyan tree, of which the Bodhi tree is of the Sacred Fig variety, is the abode of ancestor spirits. The Bodhi Tree is also the name given to the tree under which Gautama Siddhartha, the historical Buddha, sat on the night he attained enlightenment.

Yggdrasil, the World Ash (Norse).



In Norse mythology, **Yggdrasil** (Old Norse **Yggdrasill**, IPA: [ˈyɡ̊ ˈdrasil]; the extra -l is a nominative case marker) is the World Tree, a great ash tree located at the center of the universe and joining the nine worlds or chakras of Norse cosmology. The trunk of the tree may be thought of as forming a vertical axis around which these worlds are situated, with Ásgard, realm of the gods, at the top and the underworld realm of Niflheim at the bottom. Midgard, the world of mortals, is located in the middle and surrounded by Jötunheim, land of giants, both of which are separated by the ocean. Yggdrasil is also sometimes known as **Mimameid** or **Laerad**.

While the name Yggdrasil means the "terrible steed", it is usually taken to mean the "steed of the terrible one", with Yggr the epithet of the god Odin. In other words, Odin's horse, referring to the nine nights he is said to have spent in meditation in the chakras above the head hanging from the tree, or "riding the gallows", symbol of Death – this means he had to leave the body in Meditation and rise towards higher chakras above the head in order to acquire knowledge of the divination of the runes. "Drop Body, Drop Mind" Zen Master Dogen

"I know that I hung on a windy tree
nine long nights,
wounded with a spear, dedicated to Odin,
myself to myself,
on that tree of which no man knows
from where its roots run."

— Larrington trans.

139.

"No bread did they give me nor a drink from a horn,
downwards I peered;
I took up the runes, screaming I took them,
then I fell back from there."

— Larrington trans.

Relating to the shamans of the Saami, a person can send out their *Hugr* ('soul', 'mindforce', or 'consciousness') to travel via the Tree from this mind to another or to higher chakras above the head. Body Jumping.

To contemplate the entirety of all worlds and transcend them to peer out across the infinite nothingness of Ginnungagap, the Abyss of Hermes Trismegistus, the Other Shore of Gautama Buddha's Heart Sutra, " Lets Go! Lets Go To the Other Shore. Landed on the Other Shore. Bodhi Svaha!! Enlightenment Is!! awakens existential power. Ójinn rises up the Higher Chakras of the Tree in a Samadhi trance-like experience that transcends the worlds of life and death, to achieve Enlightenment.

The poem *Grímnismál* has much to say concerning Yggdrasil. According to stanzas 25 and 26, the goat Heidrun stands atop the roof of Valhalla and feeds from the leaves and branches of the tree. From her udder flows an endless cornucopia supply of mead for the einherjar. Likewise, the stag Eikthyrnir also feeds from the tree atop the roof of the hall, and from his antlers water drips into the wellspring Hvergelmir,

located in Niflheim and from which all rivers flow. In both stanzas the tree is called Laerad but is often identified with the World Tree.

In addition, a two winged eagle sits perched above while the Dragon Kundalini Serpent Nidhogg rends the tree from beneath, and serving the role of a messenger (the Caduceus of Mercury) bearing spiteful words between the two is a squirrel named Ratatosk who must run up and down the length of the trunk which is gradually rotting. "The ash of Yggdrasil suffers agony more than men know", ("Love is the Energy of Change" - Satchidanand) and yet according to stanza 44 it is still the "noblest of trees."

Other examples include Jievaras in Lithuanian mythology and Thor's Oak in the myths of the pre-Christian Germanic peoples. The Tree of Life and the Tree of Knowledge of Good and Evil in Genesis present two aspects of the same image. Each is said to stand at the center of the Paradise garden from which four rivers flow to nourish the whole world. Each tree confers a boon. Bamboo, the plant from which Asian calligraphy pens are made, represents knowledge and is regularly found on Asian college campuses. The Christmas tree, which can be traced in its origins back to pre-Christian European beliefs, represents an axis mundi. Entheogens (psychoactive substances) are often regarded as world axes, such as the Fly Agaric mushroom among the Evenks of Russia.

Axis Mundi and the Antahkarana and Human form.

The human form can function as a world axis. Some of the more abstract Tree of Life representations, such as the *Sefirot* in Kabbalism and in the *Chakra* system recognized by Hinduism and Buddhism, merge with the concept of the human body as a pillar between heaven and earth. Disciplines such as Yoga and Tai Chi begin from the premise of the human body as axis mundi. Astrology in all its forms assumes a connection between human health and affairs and the orientation of these with planets representing Chakras. World religions regard the body itself as a temple and prayer as a column uniting earth to heaven. The Renaissance image known as the Vitruvian Man represented a symbolic and mathematical exploration of the human form as world axis.

Axis Mundi and the Antahkarana and Houses.

Houses also serve as world centers. The hearth participates in the symbolism of the altar and a central garden participates in the symbolism of primordial paradise. In Asian cultures houses were traditionally laid out in the form of a square oriented toward the four compass directions. A traditional Asian home was oriented toward the sky through Feng shui, a system of geomancy, just as a palace would be. Traditional Arab houses are also laid out as a square (Base Chakra) surrounding a central fountain (See Alhambra Fountain, Granada, Sufi Knowledge and the Hindhu Shiva Lingham) that evokes a primordial garden paradise. The nomadic peoples of Mongolia and the Americas more often lived in circular structures. The central pole of the tent still operated as an axis but a fixed reference to the four compass points was avoided.

Axis Mundi and the Antahkarana Shamanic function.

A common shamanic concept, and a universally told story, is that of the healer rising up the axis mundi to bring back knowledge from heaven and the higher chakras. It may be seen in the stories from Odin and the World Ash Tree to the Garden of Eden and Jacob's Ladder to Jack and the Beanstalk and Rapunzel. It is the essence of the journey described in *The Divine Comedy* by Dante Alighieri. The epic poem relates its hero's descent and ascent through a series of chakras that take him from through the center, core, of the earth, from the depths of Hell to celestial Paradise.

Anyone or anything suspended on the axis between heaven and earth becomes a repository of potential knowledge provided it has been tested as pure. A special status accrues to the thing suspended: a serpent, a victim of crucifixion or hanging, a rod, a fruit, mistletoe. Derivations of this idea find form in the Rod of Asclepius, a Kundalini snake entwined around a central stem, the emblem of the medical profession, and in the caduceus, an emblem of correspondence and commercial professions. The staff in these emblems represents the axis mundi while the Kundalini serpents act as the energies which pierce the chakras and purify the mind on the path of enlightenment, guardians of, or guides to sacred knowledge.

Caduceus. See also Omphalos. The Kundalini Serpents in the Caduceus entwine around five lower chakras which connect to the Center of the Earth through the Base Chakra . The wings of Mercury of the mind at the top of the caduceus represent the two petals of Ajna Chakra of the Mind. The Circle at the top of the Caduceus of Mercury, the messenger of the gods, represents the crown or Sahasrara Chakra connected to the chakras above the head like the Sun, or Sirius also represented as a circle.



The Caduceus.

Axis Mundi and the Antahkarana Traditional Expressions.

Asia

- Bodhi tree where Gautama Buddha found Enlightenment
- Mount Meru in Hinduism
- Mount Fuji (Japan)
- Mount Kailash regarded by several religions in Tibet, e.g. Bön
- Jambudweep in Jainism which is regarded as the actual navel of the universe (which is human in form)
- Kailasa (India), the abode of Shiva
- Mandara (India)
- Kun-Lun (China), residence of the Immortals and the site of a peach tree offering immortality
- Pagoda structures in Asia
- Stupa in Buddhism
- Human Form (yoga, tai chi)
- Central courtyard in traditional home
- Bamboo stalk, associated with knowledge and learning

- Taoist Meditational Energy Orbits create a dual flow of energy through a central axis which flows around and through all the chakras, thus aligning the chakras and increasing the Kundalini energies flowing through them, thus creating Samadhi and Enlightenment.

Middle East

- Tree of Life and Tree of Knowledge of Good and Evil
- Jacob's Ladder
- Jerusalem, specifically, the Temple
- Cross of crucifixion
- Steeple, Spire, Aspire, Expire, Inspire
- Mecca, specifically, the Ka'aba; focus of Muslim prayer and where Adam descended from heaven
- Dome of the Rock where Muhammad ascended to heaven
- Minaret
- Dilmun
- Land of Punt
- Paschal candle
- Garizim (Samaria)
- Alborj (Persia)
- Garden of Eden
- Tower of Babel
- The Merkaba meditational construction for psychic protection and astral travel creates a tetrahedron turning anticlockwise connecting the lower axis mundi to the center of the earth and another tetrahedron turning clockwise and receiving through a higher Axis mundi, energies from the center of the universe. This Meditational construction also increases Kundalini energies creating Samadhi and Enlightenment.
- The Tibetan Prayer wheel also introduces the concept of the energies circling or spiraling around a central perpendicular column. The energies flow anti-clockwise looking in the direction of the flow away from you as these energies contain relativity.
- The Jallaluddhin Rumi Whirling Dervishes of Islam also representing techniques of whirling or turning around a central axis and thus increasing spiritual energies, getting into Samadhi states, attaining Enlightenment.

Europe

- Yggdrasil (World Ash Tree)

- Mount Olympus in Greece, court of the gods
- Delphi home of the Oracle of Delphi and the Omphalos Stone
- Montsalvat (Grail legend)
- Maypole
- Christmas tree
- Jack's Beanstalk
- Rapunzel's Tower and Rapunzel's Golden hair which represents a Ladder of energy taking you towards heaven and Enlightenment. "Drop Body, Drop Mind" Zen Master Dogen
- Hearth
- Altar
- Human Form

The Americas

- Teotihuacán Pyramids
- Black Hills (Sioux)
- Totem Pole
- Tent
- Calumet (sacred pipe)
- Bamboo (Hopi)

Modern Expressions of Axis Mundi and the Antahkarana.



Taipei 101 (Taiwan).

Axis mundi symbolism abounds in the modern world. A symbolic connection between earth and sky is present in all skyscrapers, as the term suggests, and in other spires.

Feng Shui which is the science of Earth Energies in Architecture as well as Internal Decoration to Increase earth Energies and remove negative Energies considers Skyscrapers to call Fire Dragons to them (Dragon – Serpent – Kundalini Earth Energies) Usually we put a pyramidal structure at the top of such building to call these fire Dragons such as the pyramidal Ben Stone at the top of Pyramids and also at the top of Big Ben in London.

Such buildings come to be regarded as "centers" of a civilization and icons of its ideals. The first skyscraper of modern times, the Eiffel Tower in Paris France, exemplifies this role. Taipei 101 in Taiwan, a twenty-first century descendant, unites the images of staircase, bamboo, pagoda, and pillar; at night, it also evokes a candle or torch. The Egyptian Obelisk-like Cleopatras Needle taken from Alexandria in Egypt to London and its mirror Obelisk taken similarly to Paris in France are also mirrored in the Washington Monument in the United States and capital buildings of all sorts fill this role. The Burj Dubai (United Arab

Emirates) will fill the role as it adopts characteristically Arab axis mundi symbols.

The design of a tower emphasizes different elements of the symbol. Twin towers, such as the Petronas Towers (Kuala Lumpur, Malaysia) and the former World Trade Center (Manhattan), maintain the axis symbolism even as they more obviously assume the role of pillars from the Masonic Egyptian tradition, Jubelo Jubeli. Some structures pierce the sky, implying movement or flight (Chicago Spire, CN Tower in Toronto, the Space Needle in Seattle). Some structures highlight the more lateral elements of the symbol in implying portals (Tuntex Sky Tower in Kaohsiung, Taiwan, The Gateway Arch in Saint Louis).^[12]

Ancient traditions continue in modern structures. The Peace Pagodas built since the 1947 unite religious and secular purposes in one symbol drawn from Buddhism. The influence of the pagoda tradition may be seen in modern Asian skyscrapers (Taipei 101, Petronas Towers).

The various stages of the Pagodas and the Stupas and also the representations of higher chakras on world tree towers around, and the spires at the top of Islamic Cathedrals like the Blue Mosque and the Taj Mahal represent Chakras above the head as in the tradition of Dante Alegiri in the Divine Comedy. Meditation allows travel along Axis Mundi to these higher chakras which are higher Spiritual Functions enabling man to escape the confines of the Lower chakra bodies and attain Illumination.

The ancient ziggurat has likewise reappeared in modern form, including the headquarters of the National Geographic Society in Washington, DC and The Ziggurat housing the California Department of General Services. Architect Frank Lloyd Wright conceived the Guggenheim Museum in New York as an inverted ziggurat.



***The Endless Column* represents chakras above the head between man and god by Constantin Brâncuși (1938).**

Modern artistic representations of the world axis abound. Prominent among these is *The Endless Column* (1938) an abstract sculpture by Romanian Constantin Brâncuși. The column takes the form of an umbilical or pillar linking earth to sky even as its rhythmically repeating segments suggest infinity or higher chakras above the head.

The association of the cosmic pillar with knowledge gives it a prominent role in the world of scholarship. University campuses typically assign a prominent axis role to some campus structure, such as a clock tower, library tower or bell tower. The building serves as the symbolic center of the scholastic "world" and as an emblem of its ideals. The symbolism also appears in the image of the "ivory tower," a colloquial metaphor for academia.^[13]

The image may still take natural forms, as in the American tradition of the Liberty Tree located at town centers. Individual homes continue to act as world axes, especially where Feng shui and other geomantic practices continue to be observed.

Axis mundi symbolism may be seen in much of the romance surrounding space travel. A rocket enables travel from earth to the

heavens. On the pad it shares the symbolism of a tower, and at launch it creates a column of smoke from earth and sky.^[14] Astronauts embody the mythic story. Each embarks on a perilous journey into the heavens in the quest for knowledge; if successful the adventurer returns with a boon that benefits all the world. The motto on Apollo 13 insignia in 1970 stated the story succinctly: *Ex luna scientia* ("From the Moon, knowledge").

Axis Mundi and the Antahkarana in Modern Storytelling.

The axis mundi continues to appear in fiction as well as in real-world structures. Appearances of the ancient image in the tales and myths of more recent times include these:

- The ash tree growing in Hunding's living room, in Act 1 of *Die Walküre* (The Valkyrie), is one of many appearances of the image in the operas of Richard Wagner. Hunding's tree recalls the World Ash visited by Wotan, a central character in the *Ring* cycle of which this opera forms a part (1848-1874).
- The Emerald City in the land of Oz, depicted in the popular book by L. Frank Baum (1900), a student of Gurdjiff, and the subsequent MGM film (1939), stands at the center of the four compass directions.
- Mount Doom or Orodruin. Its center fire filled lava represents the Center of the earth where the base metal of the One Ring, holding all the negative energy power of the Black Magician, Sauron, is transmuted into pure spiritual gold, is one of many representations of the symbol in *The Lord of the Rings* by J.R.R. Tolkien (1937-1949).
- Two Trees of Valinor, like the Two Masonic Pillars in Tolkien's tellingly named Middle-earth produce the light of the Supreme God (1937-1949).
- The wardrobe and lamppost in *The Chronicles of Narnia* by C. S. Lewis (1949-1954) mark the spots where children travel between this world and the next and the place where the world ends.
- In an episode of *Seinfeld* titled The Maid, Kramer finds himself at the corner of "1st and 1st...the Nexus of the Universe".
- The wooded hilltop and ascending and descending staircases in *The Midsummer Marriage*, an opera by English composer Michael Tippett (1955), explore Jungian aspects of the symbol.

- The pillar of fire rising to heaven from the ark of the covenant is recalled in the climax of Steven Spielberg's 1981 film *Raiders of the Lost Ark* (1981).
- A huge sheltering tree on a hilltop appears near the end of *Stealing Beauty*, a 1996 film by Bernardo Bertolucci, to crown a series of images evoking the primordial Paradise garden.
- In the surreal urban world of Gotham City, the Wayne Building acts as the symbolic center in Christopher Nolan's *Batman Begins* (2005), as does a fantastic cathedral-skyscraper-staircase-ladder combination in an earlier Batman film by Tim Burton (1989).
- The Fountain, Director: Darren Aronofsky with actors Hugh Jackman Rachel Weisz Ellen Burstyn shows evolution as a process through past, future and present lifetimes from Mayan Myth to transcending Gingunagap with the tree Yggdrasil to attain the eternal life of Enlightenment.

Energy Enhancement and the Chakras.

The Functions of the Mind - The Chakras.

After a brief explanation concerning the functions of the mind as chakras and the exponential improvement in intelligence as each function is improved and blockages between them removed, there will be an exposition of the three lower chakras and their functions with the aim of showing what training it would be nice to receive.



The Chakras are spread out along the spine and in the head.

The Chakras are spread out along the spine and in the head. They reside in powerful nervous plexuses within the body. Each chakra is associated with an endocrine gland, which pours its powerful hormones directly into the bloodstream.

The spine protects the spinal chord, which is made of the same nerve cells as the brain itself and is protected by the same spinal fluid as surrounds the brain. Each chakra communicates along the spinal chord. Each chakra can be educated and brought to full function. This communicating spinal chord can be educated to full information flow.

As the fears, jealousy, envy, competition and other negative thoughtforms, which cause the blockages in and between the chakras

are cleared out by the techniques on our Energy Enhancement courses then one after another the functions are improved and the communication between them becomes better.

This exponentially increases the intelligence of the more integrated human being, - the Gestalt.

CHAKRAS OUTSIDE OF THE BODY.

Maslow's Hierarchy of Needs a Plagiarism of the Chakras.

Maslow said that evolution of man was how he gradually fulfilled the "Hierarchy of Needs". His level of evolution was shown by which level of the hierarchy he placed his life attention.

<i>Maslow's Hierarchy of Needs.</i>	<i>Chakra Body Position.</i>
The Psychological Expression of the Chakras.	Associated Endocrine Gland together with illnesses associated with the Chakra.
0. The Kundalini Chakra in the Center of the Earth given in the Alchemical Formula and guided meditation, <u>VITRIOL. – Visita Interiore Terrae Rectificando Invenies Occultum Lapidem.</u>	Blockages along the path to that chakra create energy lacks which create a fearful slave mentality and locks people, lifetime after lifetime, into abusive slave-like situations.
1. Negative energy or blockages in the Base Chakra are the cause of fears about security. The removal of this negative energy gives mastery of	1. The Base Chakra is located in the coccyx. The trigger point in the perineum where resides a muscle which stops us urinating and ejaculating semen in men. The trigger point is in the vulva in

basic security needs like food, money, and housing. The Mastery of the fear of not having them. Last of all the mastery of the fear of death. The Base Chakra is symbolised by the tantrics as a shiva lingam surrounded by three and a half coils of a kundalini snake. As we clear out the base chakra so the Initiations are taken as the snake rises to the fourth coil or the fourth chakra and so on.

women. It is known as Muladhara Chakra in India. It is associated with security. Its sense is smell. It controls the fight or flight reaction through the adrenal gland. The energetic blockages of fear in the base chakra cause stiffness, pain and illnesses in the vulva, prostate, hips and legs. Base Chakra Blockages cause problems with the emotion fear, problems with sex, problems with money or being a miser, and problems with security.

2. Blockages are selfish dependant desire and are the cause of unhappy dependant relationships. There are many fears about abuse, bereavement and divorce in relationships. Removal of negative energy or blockages to the energy flows in this center gives mastery of Sexual Desire and Mastery of strong independent and happy relationships through control of the Psychic Sexual Connection.

2. The Sacral, Second or Swadisthan Chakra is located in the abdomen below the navel. Its sense is taste. Its blockages are associated with selfish uncontrolled, sexual desire and attachment. Its function is the creation of children and the energetic feeding of children through energetic connections. It controls the sex glands -Ovaries and Testes. Physical illness is caused by blockages in this area.

3. Fear in this area causes us to use power selfishly only for our own benefit. As we remove the negative energy causing the blockages, we get mastery of the use of power for the benefit of all and the mastery of selfish desire for objects or things.

3. The Solar Plexus, Third or Manipur Chakra is located in the soft spot just below the center of the lower ribs- the sternum. Its sense is vision. It is the major energetic reservoir of the body. It releases its energy through the pancreas which synthesises insulin which burns sugar. If this chakra is out of whack, after a

	time digestive problems, ulcers, and diabetes is the result.
<p>4. The First major blockage to enlightenment - Alice Baileys First Initiation, The Opening of the Heart - is between the Solar Plexus and the Heart Center. The Solar Plexus should power the Heart. Any blockage in the Solar Plexus the Heart or between them causes problems to The Mastery of Loving Relationships in partnerships, groups and organisations, and anger. Energy Blockages in the heart center cause a lack of empathy with others, an inability to put yourself in another's shoes – external consideration, an inability to feel for another.</p>	<p>4. The Heart Chakra is the Fourth or Anahata Chakra and is located just to the right center of the chest. Its sense is touch and its energy emanates through the hands as in Reiki as well as in the centre of the chest. It controls the immune system through the Thymus gland. Any problems with the giving and receiving of love will cause toxins to reside there and the immune system thus to suffer. Heart disease, AIDS, Cancer are physical expressions of this problem.</p>
<p>5. The second major blockage to enlightenment - Alice Baileys Second initiation - The Mastery of Relationships - is between the second chakra and the throat. The second chakra should power the throat. Any blockages to the second chakra, the throat or between them causes problems to the Mastery of Purification of thoughtforms, travel on the astral plane and The Mastery of Creativity in Art, Science, Philosophy and Business.</p>	<p>5. The Throat Chakra is the Fifth Chakra also called Visshuddhi Chakra and is located in the pit of the throat. Its senses are speech, singing, chanting and hearing both normal and psychic. It controls the metabolism through the Thyroid and Parathyroid glands.</p>

6. Self Actualisation. The Third Blockage to Enlightenment is between the Base Chakra and the Head Chakras. Blockages to these Chakras and between them will cause problems to the Master Control Center of all the Chakras, the intellect, and the creation and use of Thoughtforms, entities, ideals, ideas and Ego Sub-Personalities.

6. The Third Eye, Sixth or Ajna Chakra is located in the center of the forehead. Like a snake the Energy curves from the forehead like the ornamentation seen on the headresses of Ancient Egyptian Pharoes. It controls the Sixth sense of the intellect and is associated with the Pineal Gland.

7. Self Transcendence. The Third Initiation of enlightenment is stopped by blockages between the Base Chakra and the Head Chakras. Blockages between these chakras and within them cause problems to the Mastery of Self Transcendence, Connection with the Higher Self, The Soul, The Spiritual Triad, Ascended Masters, The Central Spiritual Sun and I AM – The Monad.

7. The Crown Chakra is the Seventh or Sahasrara Chakra above the top of the Head. It is also "The Thousand Petalled Lotus" or the "Golden Flower". It controls the Seventh Sense of Connection with higher Energies, and is associated with the Pituitary Gland.

8. The Soul Chakra connecting with one to twenty Soul Personalities and many ego-Sub-Personalities which need to be integrated with the soul.

Blockages and Implants above the crown chakra cause a lack of conscience along with Heart Blockages which cause a **lack of Empathy**. Together these are one of the main causes of **Psychopathy** and **Political Authoritarianism**.

- Thus these blockages are the main cause of misery, pain and

9. The Monad Chakra connecting with a Group of Souls of perhaps 100,000 people.

10. The Logos Chakra - the group of all the Monads or Soul Groups on this planet both in and out of incarnation connecting with 200 Billion Souls animal, mineral and angelic composing the psychic body of the Archangel in charge of this planet whose aim is to evolve into a sacred planet having strong, blockageless connections with the Seven sacred Suns or Constellations.

11. Sirius Chakra. Outside of this planet are Seven possible connections with the seven sacred Suns. Usually we choose one of these connections. Perhaps the most powerful is Sirius, the Chakra where the Christ lives.

lack of integration on this planet.

The solution to all the problems of this planet is not revolution and war. The solution is to remove all energy blockages and implants through techniques like Energy Enhancement which is the most advanced technique in this time period.

The higher the blockage, the more effect it has in controlling the normal mind.

Energy Enhancement teaches how to remove blockages from chakras 1 to 5 and then one million, 10 million on the way to infinity.

The first Initiation of Enlightenment (Alice Bailey's Third Initiation) crowns the removal of all sub-personalities and One Soul Infused Personality.

The Second Initiation of Enlightenment (Alice Bailey's Fourth Initiation) crowns a Master responsible for the removal of all Sub-Personalities in his Monad.

The Third Initiation of Enlightenment (Alice Bailey's Fifth Initiation) crowns an Ascended Master who can maintain his consciousness

12. The Avatar of Synthesis is an Angelic being who controls the Christ and the Buddha and all the Spiritual Enlightened and Ascended Masters. Like his name, his job is to integrate this planet, helping its evolution and raising its possible energy level.

13. An infinity of Chakras ending in God The last Stage of Self Transcendence is just another way of saying Enlightenment. The Seven Stages of the Hierarchy of Needs is just a plagiarism on the Theories of Tantric or Kundalini Yoga known about in India for thousands of years.

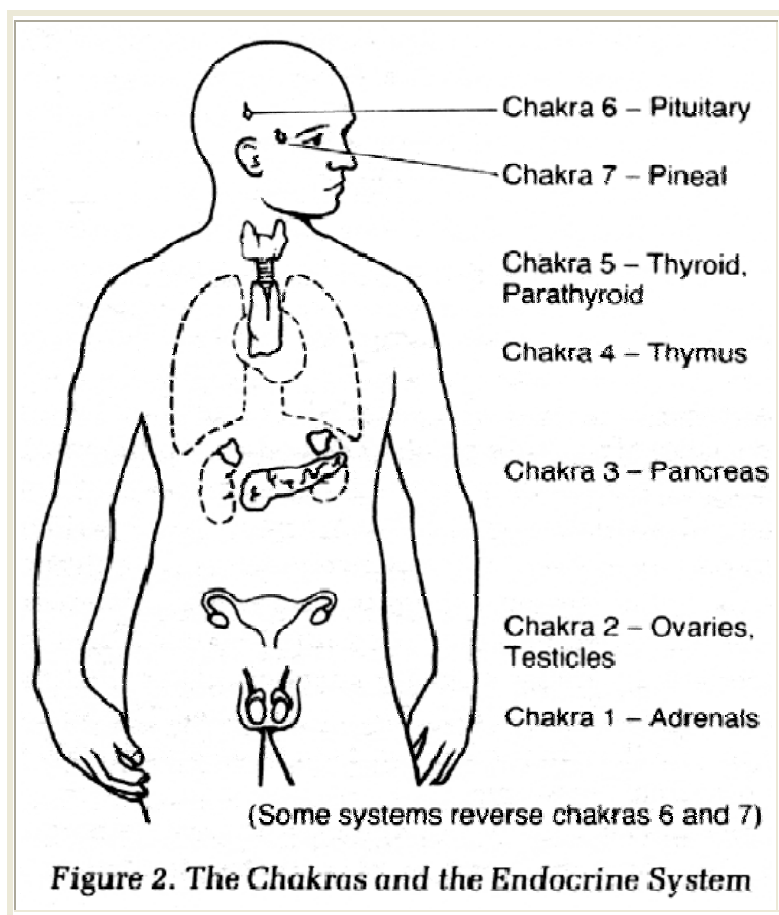
Kundalini Yoga talks about the psychological aspects of the seven major energy centers spread out along the spine called chakras.

The spinal chord is an extension of the brain. It is made up of the same type of cells. It is surrounded by the same cerebral fluid as is the brain. The spine acts as a communication bus, in computer terminology, between all the chakra parallel processors which make up the Human Being

through the death process, a Master responsible for the removal of all Sub-Personalities in his Logos - an integrating World teacher like the Christ.

and is the physical
correspondence of the
Antahkarana in the body.

A Table of Maslow's Hierarchy of Needs and the Chakras.



The last Stage of Self Transcendence is just another way of saying Enlightenment. The Seven Stages of the Hierarchy of Needs is just a

plagiarism on the Theories of Tantric or Kundalini Yoga known about in India for thousands of years.

Kundalini Yoga talks about the psychological aspects of the seven major energy centers spread out along the spine called chakras.



The Seven Major Chakras spread out along the Spine.

The spinal chord is an extension of the brain. It is made up of the same type of cells. It is surrounded by the same cerebral fluid as is the brain. The spine acts as a communication bus, in computer terminology, between all the chakra parallel processors which make up the Human Being.

The basic psychological function of each chakra is given in the Table above.

Energy Enhancement and Enlightenment

Humility - If you are not Enlightened you are Sick

The whole world is filled with people who are trying every way to be happy.

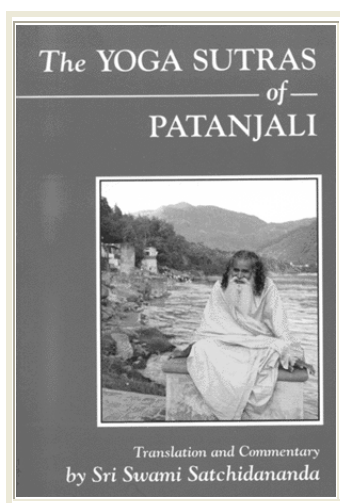
They need to understand that the reason for all their problems is that ***they are not enlightened***. They are not connected fully to the energies of the Higher self.

It is true Humility to know that if you are not enlightened then you are sick.

It is the arrogance of the selfish, separate ego to think that it knows how to be happy. That is why we try every possible way to be happy. And none of them work.

It is this teaching that is the true teaching of life.

Now the exposition of Yoga is being made.



1.1 ATHA YOGANUSASANAM.

"And after all that", says the first sutra, number 1.1, of the Yoga Sutras of Patanjali, "here are complete instructions on how to be happy."

Only after this realisation that we know nothing, can we truly search for knowledge. Only with this humility can we be in the correct state to learn correctly and effectively.

Although Enlightenment seems to present a daunting task, really it is not, as is explained in a further sutra number 2.1.

2.1 TIVRA SAMVEGANAM ASANNAH.

"To the keen and intent practioner this [samadhi, enlightenment] comes very quickly."

This Whole World is a Factory for the Production of Enlightened Beings; The Tests of Enlightenment.

We get taught our spiritual lessons between lives. This planet Earth is only the Examination Hall where every day we get presented with our test. There is no failure, only feedback. If we fail the test one day, we are sure to be presented with the same test the next day until we pass.



The Examination Hall!

It is no failure that we are not Enlightened. But we should know that we are on the path of Enlightenment. We can look at our lives and know where we are at on the Evolutionary path towards Enlightenment, because this is where our main problem and our main test is.

This whole book on Energy Enhancement is an exposition of the General Theory of Evolution so that you can see at which stage you are. And so that you can see at which stage all your friends are.

With this knowledge we can know what is the General test that we are working on. We can know what is the solution. We can know which technique we need to practice to help us through our Test, and on to the next one. With this we can start to progress very fast on the path of Enlightenment.



Know that already you know a lot and have passed many tests!

Know that already you know a lot and have passed many tests way back when. This is why we always know the solution to everyone else's problems and get so exasperated when they do not follow your advice and cannot solve these, to you, easy problems.

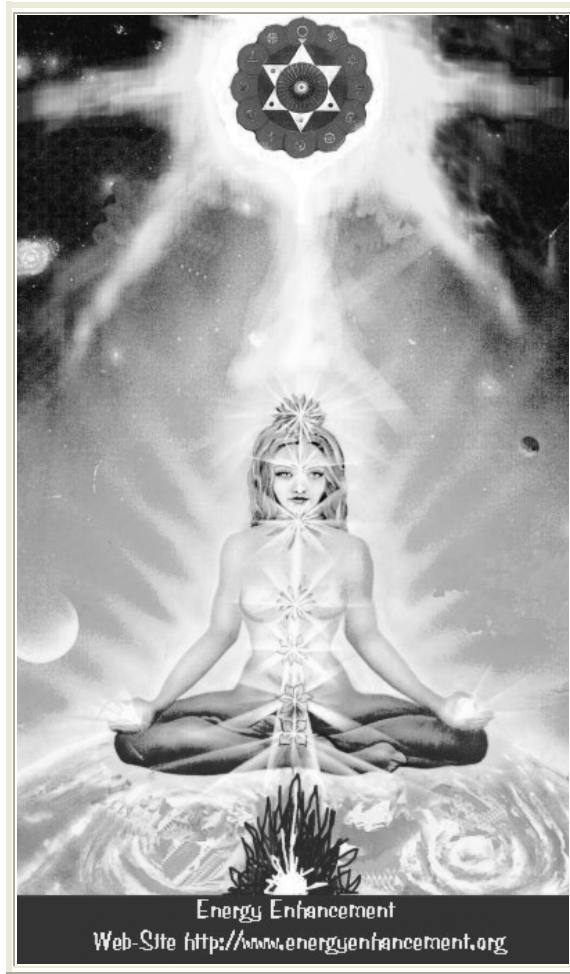
Know that you are exactly the same. Your current problem is to you the most difficult problem in the whole world. You will need much support and a steady willingness to work "For a long time, constantly and with enthusiasm" and with a steady discipline on your particular problem. You will sail with ease through the Energy Enhancement techniques of the problems you have already dealt with. But when you hit your problem.

That is where the steady discipline and strength already built up in advance by the Levels of Energy Enhancement will be needed.

We can then know how to make the most appropriate effort to improve. To get better. Then we can truly enjoy the path.

Energy Enhancement Techniques.

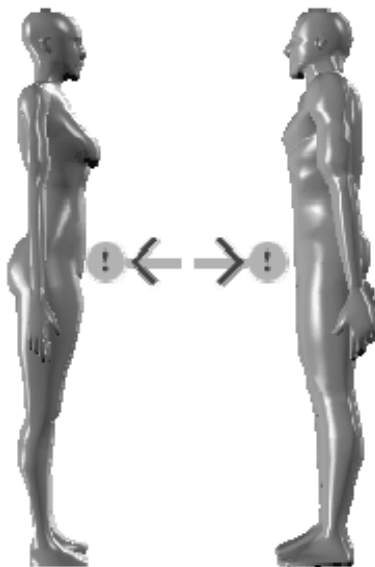
Energy Enhancement Techniques in Four Levels are a new formulation of Advanced Meditational Techniques used for Thousands of years by advanced Adepts and Masters.



The ability to clean the chakras, to dissipate negative energies, send on entities and to dissolve negative thoughtforms.

They come from the direct knowledge of meditation and from many hidden sources which took years to research, to try out and put together.

- Level 1 of Energy Enhancement teaches techniques which lead to Enlightenment - Initiation Three of Alice Bailey.
- Level 2 of Energy Enhancement teaches techniques which lead to Mastery of the Second Chakra - Mastery of Relationships. Mastery of the pain caused by incorrect relationship connections, Bereavement, Divorce, breaking up and bad words with your Parents, Children, Partners and Family. Initiation 2 of Alice Bailey.

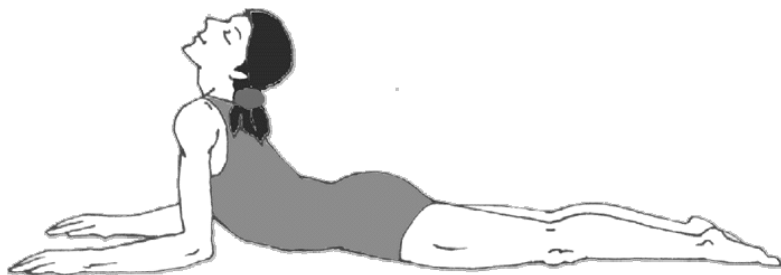


Ouch! Painful Second Chakra Disconnection.

- Level 3 of Energy Enhancement teach Techniques appropriate to a teacher of Energy Enhancement – Initiation 4 of Alice Bailey. The ability to clean the chakras of others to support the Energy Enhancement process. The ability to dissipate negative energies, send on entities and to dissolve negative thoughtforms.

Preliminary Techniques.

We recommend and teach many preliminary techniques to Energy Enhancement which can help and support people through the particular test they are facing.



Hatha Yoga Exercise.

As well as teaching these preliminary techniques of Hatha Yoga, Pranayama Techniques, Tantra, Reiki, Healing, Dance, and Meditation, we also recommend Tai Chi, Aikido, Acupuncture, Homeopathy, Aromatherapy, Osteopathy, Herbalism, Ayurveda, Psychotherapy and many more.

They can all take you a long way, but all are limited.

In the end, though, you must find yourself through meditation and more than meditation, Samadhi and Samyama - Zen.

Meditation, Samadhi and Samyama.

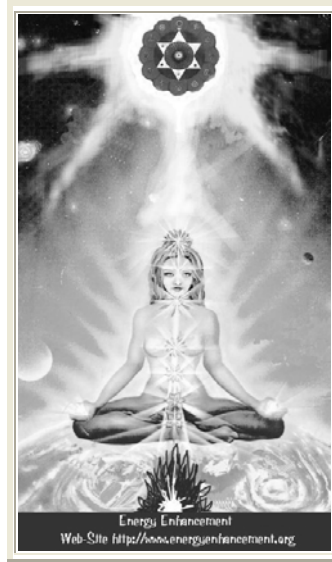
Energy Enhancement uses higher Techniques of Samyama only given in the past by word of mouth from Guru to Disciple. Because these techniques are very powerful indeed, they are effective.



They work in a very safe way to correct your energy system. To make you secure and inwardly and outwardly wealthy. To make all your relationships into happy relationships. To give you the power and strength to do this. To move you towards the total health of Enlightenment.

What is Enlightenment?

Enlightenment is Yoga. This is the Spiritual level.



"Being in contact with the Source of all Life and Light".

The word Yoga comes from the ancient Sanskrit and means "The Yoke" which connects the Horse to the Carriage. It means putting yourself in harness to your Higher Self. To your high Will. It means being in contact with the Higher Mind at all times. It means following the path of your Life at all times. Any lesser desire which comes from the little self, the selfish ego which only wants for itself, leads to pain and misery.

Being in contact with the Source of all Life and Light. Being in contact with the Fire and Light of your Higher Self means being EnLIGHTened. This is the solution to our sickness and our problems. This is the True Life and we have nothing more to seek.

Energy Enhancement Techniques in Four easy Levels provide a means of clearing pain and negativity stored in the bodymind blocking the free flow of energy. It shows how to control the acquisition of new pain, and on the way to raising the energies from the Lower to the Higher Chakras, leads to a daily improvement in the enhancement of our energies.

Energy Enhancement Teaches How to Gain More Energy.

At this time many people are unconsciously learning the workings of the emotions and the intellect. Once the heart opens then the next stage is learning about the second, abdominal, relationship chakra.

So hard are the lessons. So much pain and fear is created that this is having a major effect on humanity. This talk will hopefully explain the causes of this pain and provide an intellectual understanding of its mechanism. There is no alternative however, to working with this energy.



Lord Buddha.

The Lord Buddha said, "Selfish attachment leads to pain". We can be selfishly attached to the energy of any one of the chakras. Attachment splits into desire and aversion. Aversion is the irrational hatred of any of the items we need. All attachment is based on fear.

The American President Roosevelt once said: "In my life I have feared many things, only a few of which came to pass".



President Roosevelt.

The test is whether we can accept these fearful things in a non-violent, non-fearful way. Any blockage in our energy system exhibits itself as fear. "Fear is the mind killer". All fear is irrational. It is based in wrong thinking. It is based upon a thoughtform which has been wrongly created and propagated. These thoughtforms destroy the clarity of the mind. The test is to face our fears. Through clarity, awareness, seeing our fear and understanding its irrational nature, we dissipate it.

Through Energy Enhancement Level One we learn how to dissipate fear. Through doing this we can truly become human.

The Integration of the Chakras: Part Two.

Each chakra has its own function. In total, they comprise the mind. They communicate together along the communication bus, the wiring, of the spine.

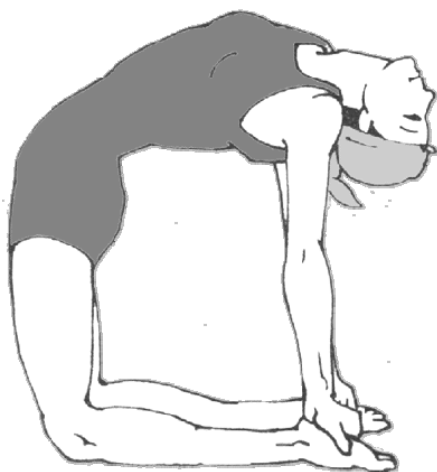


Chakras communicate together along the spine.

The spinal chord is connected to the brain. It is made from the same type of cells as the brain. It is surrounded by the same fluid as the brain. Most people are fragmented. They are composed of many different parts, some of which are not functioning. When even the parts are not functioning, how can they start to communicate together? How can they come to that fuller functioning, when they start to function in groups, as a gestalt?

The purpose of this Chapter is to show how these chakras can begin to group together when they come to full functioning. When this happens, more energy flows through each chakra and along the spine. More energy flowing creates a lot of spiritual light. The natural aim of humanity is to evolve towards this. To become Enlightened!

Previously, I discussed the functions of the lower chakras. I described the major blockages of the chakras. The first Level of Energy Enhancement is to work on each of the lower three chakras to get rid of these blockages to their full functioning. Also to work a little on the communication between them. The Spine.



Hatha Yoga Asana.

Hatha Yoga is a preliminary practise to Energy Enhancement and works on each of the Chakras in turn.

As we start to use the breath as a tool to get rid of the negative energies in the chakras, so we begin to improve their functioning.



Abdominal Breathing.

Blockage shows as stiffness and tension in the body. As we progress this stiffness begins to disappear, giving us feedback as to exactly what

stage we are at.

Usually our bodies are only 80% perfect. We still need to work on that 20% of imperfection. Some people are very flexible but are held back by not yet having worked on the communication aspect of the chakras. Perhaps their higher chakras have not yet come to full functioning. Hatha yoga is a good start. I prefer Yoga to Massage, Rolfing, Feldenkreis, Aromatherapy, Osteopathy, Acupuncture, Herbalism, Iridology, etc, etc, because it is something we can do for ourselves. When things are done to us we cannot maintain the progress given to us and soon slip back to our previous state.

Unless we support these techniques by some other regular practice which we do for ourselves. All the above practices benefit the people learning them and practicing them, mainly.

When things are done to us they give us a boost. They show us what is possible. They can give us the faith and enthusiasm to move onwards on our own path. So all of the above practices are good if supported by your own practice.

Usually the easy path is the path to hell. We actually need to work for a long time, regularly and with enthusiasm to make real and lasting progress. We do this because we need to know, deeply, within ourselves, intuitively. It cannot be a surface, facile knowing. Intellect and knowledge are not enough. Our wiring needs to be in place. Our chakras need to be working correctly. The juice needs to be flowing.

Energy Enhancement techniques begin with Hatha yoga. Not just working on parts of the body, the chakras, but also boosting the positive Energy in them with pranayama techniques, chanting and Mantra Yoga which are far more powerful than physical yoga alone. All of the techniques above are helpful to get over major blockages.

Energy Enhancement also can use techniques taken from Dancing to show us how to use our movement centres and free up movement centre blockages. This teaches us grace and economy in movement. This is something that Hatha yoga does not teach. Also helpful are the gentler Martial Arts working with Energy or Chi like Aikido, Chi Gong or Tai Chi. These help to loosen up the breath and emotions and educate the movement centre.

After all that. To move forward we need to learn and practice some meditation technique. Energy Enhancement uses meditation and gives

that technique in our first Stage of teaching. We usually practice meditation alongside our Hatha Yoga. Again, feedback on our spiritual state is seen by how well we can sit, breath and allow our minds to clear.

Meditation is based on sitting, moves forward into breathing correctly and finishes with a clear and steady mind. Just sitting in a steady and comfortable position can start to ease out tension from the lower chakras. Just sitting provides us with feedback on how we are doing in our spiritual practice. Our breathing shows us our emotional steadiness and the work with the mind progressively makes it more energetic, clear and powerful.

Energy Enhancement also gives techniques symbolised by VITRIOL from Alchemy, the Sword in the Stone from the Arthurian Myth and the Yin Yang sign of Taoism, amongst many others. The aims of these techniques are to further clear tension from the lower chakras by powerful techniques of grounding, and to improve the communications between the chakras through the Circulation of the Energies.

The Hexagram or the Seal of Solomon and the Enhancement of the Energies.



The Hexagram or the Seal of Solomon.

This powerful symbol contains within it the seven chakras. It also shows how they work in pairs to energise each other. It shows the order of the Integration of the Chakras on the path of Enlightenment. The pairing happens in stages at first but eventually the three pairings work in parallel, progressively towards Enlightenment.

There are Three triangles of Energy within a human being.

The Lower Triangle.



The Lower Triangle of the Seal of Solomon.

The Lower Triangle of the Seal of Solomon is grounded in the Earth. It cannot raise its eyes above the horizon. It has all the faults and all the virtues of the three chakras of which it is composed. The animal man.

The lower triangle consists of:

Chakra.	Sanskrit Name.	Represented by.
<i>Base Chakra</i>	<i>Mooladhara</i>	<i>Red circle</i>
<i>Second Chakra</i>	<i>Swadhisthana</i>	<i>Orange circle</i>
<i>Third Chakra</i>	<i>Manipur</i>	<i>Yellow circle</i>

The whole lower triangle represents the beast part of the Sphinx, the Centaur, and also that of Pan.

The Upper Triangle.



The Upper Triangle of the Seal of Solomon.

The Upper Triangle of the Seal of Solomon shows the person who has

their head in the clouds. They do not feel as if they were meant to be on this planet. They think wonderful thoughts but are powerless to ground them. Powerless to make them reality. They float through this world disdaining the stupidity, cupidity and earthiness of the majority.

The Upper Triangle Consists of:

Chakra	Sanskrit Name	Represented by.
Seventh Chakra	<i>Sahasrara</i>	<i>White circle.</i>
Fifth chakra	<i>Vishuddhi</i>	<i>Blue circle</i>
Fourth chakra	<i>Anahata</i>	<i>Pink circlce</i>

This shows the Angelic man. The human head of the Sphinx and the Centaur. The Higher Self. The Soul. The Monad. The Source.

The Integration of the Triangles.

The great task is to bring both of these triangles together. On their own they are much less than when they are united. To put the head on the beast. As in the symbol of Krishna the Master, and Arjuna the charioteer in the Bhagavad Gita. The joining of the triangle means to have a master, the Soul, controlling the charioteer, the intellect, driving the horses, the emotions. It is the great marriage of the earth and the heavens creating an androgyne figure and the birth of the child, Horus. The great union of Yin and Yang.

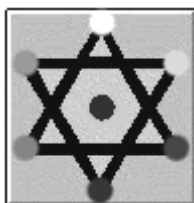


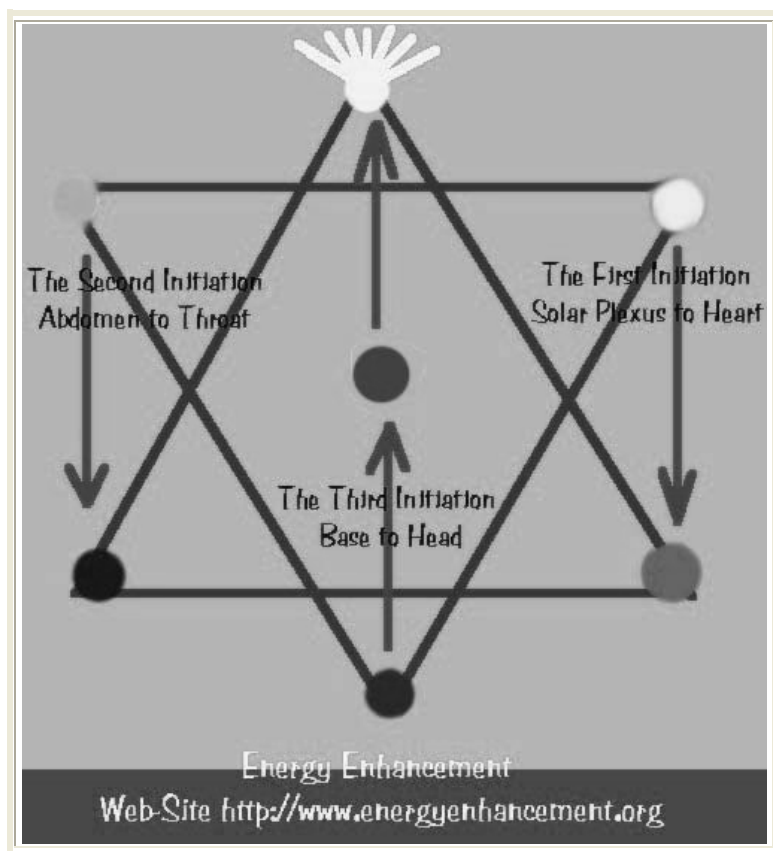
Fig 5.2 (d): The interlinking of the above two triangles and Ajna Chakra compose the Hexagram.

The Master or control chakra for both these triangles, bringing them

both together, is first the Heart centre and then the Heart centre in the Head, Ajna chakra or the Brow chakra - The Third Eye.

The interlinking of the above two triangles and Ajna Chakra compose the Hexagram. It is a symbol of union. Of Enlightenment.

The Chakras, the Seal of Solomon, And their Integration.



The Chakras, the Seal of Solomon, and their Integration.

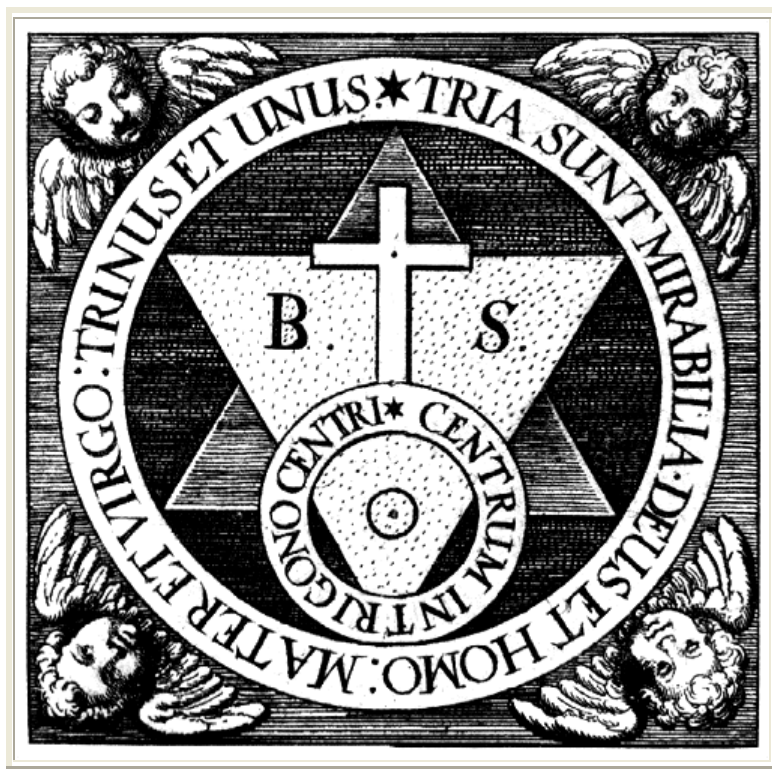
The Higher Triangle consists of Sahasrara chakra, Ajna chakra and another chakra at the back of the head - The Alta Major centre. They

start to work together when the Base chakra starts to function.

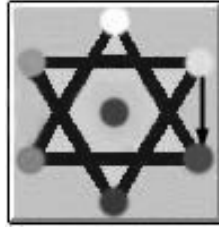
Under the action of first the Heart and then Ajna Chakra, the three pairs of chakras start to communicate

This interlinking within the Hexagram shows the pairing of the chakras as they start to function at a higher level. Each pairing increases the power passing through the Heart centre in the head. The pairings start to occur in the order below. Then the enhancement of their energies progress all at the same time, in parallel. They eventually get confirmed, cemented, crystallised in their function in the order below. From this confirmation or initiation there is no slipping back. When the third pairing is confirmed, this is generally known as enlightenment.

- First Initiation, the Solar plexus powers the Heart.
- Second Initiation, the Second chakra powers the Throat.
- Third Initiation, the Base chakra powers the Head.



The First Initiation.



The Solar Plexus (yellow) to the Heart (pink) and the First and Second Levels of Energy Enhancement.

The Solar Plexus, as it loses the blockages of selfishness, anger, control and jealousy, so its energies start to rise to the Heart.



Solar Plexus and Heart Chakras; Manipura and Anahata.

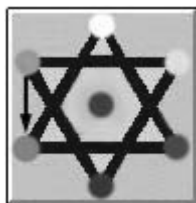
We start to understand that as we help others, so we ourselves are helped. Swami Satchidananda says "Who is the happiest person? That person who tries to make everyone around him happy. He is the happiest person." So the heart centre works with relationships, forgiveness, unselfishness, groups and society. The Second Level of Energy Enhancement works with this pair of chakras.

At the moment, 50% of the people in this society have started this pairing without any work at all, except that of their own evolution. Energy Enhancement starts to work consciously with this pairing. The heart starts to function at a higher and higher level quite naturally. We don't have to force ourselves. The aim is one of opening the heart.

The Second Initiation.



Second Chakra.



Throat Chakra.

The Second Chakra Energy to the Throat Chakra and the Second Level of Energy Enhancement.



The second chakra is the chakra of personal creativity. The great task of bringing children into the world. The child grows in the belly of the mother and is created under the energy of the second chakra.

However it also leads, uncontrolled, to possessiveness, selfish desire, wanting and abuse. Last but not least, it leads to the pain of attachment. Of the pain we store in the second chakra as we do not get what we want. As we suffer the pain of bereavement as our parents, children and friends die. As we suffer the pain of broken relationships as our lover leaves us or of divorce.

The control of the Energy rising to the throat means the release and dissipation, dissolution, of pains from the past. It does not mean celibacy. It means a conscious choice of where we put our energies. Of the ability to be free from pain, selfish desire and wanting. Of being free from our robotic nature. Free to use our energies in any way we wish. Only the movement of the energies from the base to the head shows us these energies should be used in the service of the higher self, totally unselfishly.



The Fifth chakra, the throat, is the chakra of creativity for the benefit of all. Whenever we work hard at something creative, be sure that energy is coming out of the throat.

Picasso's girlfriends used to complain when he was creating pictures. Sometimes weeks would go by whilst he painted and never a thought of making love.

He had a strong sexual drive and many girlfriends, but when he worked, he never gave a thought to them. In the same way, some wives get jealous of their husbands job. Some call themselves golf widows. As we get older, if we are successful, we naturally gravitate towards the control of our sexual energies. We do not need to force it. Repression of natural energies creates disease and anger. No wonder successful armies use sexual repression as a technique of war.

Whenever energy is coming from the second chakra, it can no longer rise to the throat. The Aim of raising these energies higher needs training because of one or all of the following five reasons:-

1. We like the effect of using the second chakra and cannot "see" the problems created by using it inappropriately. We are used to the connection. We are used to the battle for energy in relationships and can see no other way of being.
2. Because of the inappropriate use of the second chakra in relationships and in families, this use then becomes competitive. First of all between people, as we compete for peoples attention in ways both fair and foul. And then of course the competition is between the energies of relationships and of creation for the benefit of all. This is the reason why relationships are banned in sport. Why they are banned in some spiritual organisations, for example some Christian Priests and monks. Some Hindu Sannyasins, the Brahmacharyas. They say that the energies required to do their jobs. To raise their base energies towards enlightenment, requires that they do not stop off on the way in energy competitive relationships. They are correct because the energy needs to be able to rise higher, in a conscious fashion. It can be a good exercise to try this out for a while. However, usually, constant repression causes anger, bigotry, misogyny and war if used before this pathway of energy becomes natural.

Relationships should not be competitions over energy. This is one of the major reasons why so many relationships continue to break up in this modern society. The divorce rate can only rise as more and more people get upset at the competitive dramas of their partners and themselves. Energy Enhancement gives the vision of a new way of being in relationships. It shows how to connect in a way which is not competitive.

3. Because of the way we are brought up, competing for the energy of the second chakra in relationships, we can see no other way of being. Most people think of the energy of the second chakra as love but true love comes from the heart. The energy of the second chakra is energetic food for the use of creating children and feeding them afterwards. Its use creates a very nice feeling. Nature wants us to use it in this way. However its use can become addictive. Those who give cannot create as much and cannot think so clearly. Those who take become stronger, can create more and can think more clearly.

Rich old merchants of mediaeval times took a young wife so they could live longer. So that they could Vampirise their young wife's energy. Some people use dramas or even black magic to take energy. I previously mentioned the dramas and strategies that many people use to get energy. The people who become Aloof or Interrogators. The people who become Poor Me's or who become Intimidators, Threateners or the Violent. People can go even more extreme. They can become Sado-Masochists and sexual murderers as the addiction for the energy of the second chakra expresses itself in sexual relationships.

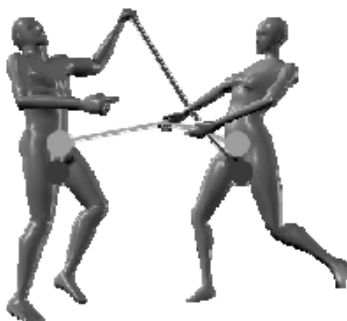
4. If we cannot prevent other people connecting with us and so draining our energies.

Any drama comes from this need to give, take or compete for the energy of the second chakra. Some people can vampirise you. They can take your energy in a glance.

All dramas go too far. All competition for energy is violent. It comes from a perceived shortage of energy, a fear of not having enough, but mostly this giving and taking energy is done on an unconscious and robotic, automatic level. However, some people have the ability to take energy from others consciously. In either case, the methods of protection given in the Levels of Energy Enhancement show you how to prevent people taking your energy. They show you how to give it appropriately also.

5. Our second chakra is usually already damaged. It holds so much pain that it has not got a lot of energy. We do not want to go near that pain. We do not want to use the second chakra in any capacity. We need to heal it by gradually dissolving the pain.

We need to understand that if the energy of the second chakra is used in any other way than its legitimate use - that is for children and healing - then this use can lead to pain for yourself and others. Energy Enhancement gives techniques we can use to change this painful situation.



1. We need to learn how to dissolve the pain from previous relationships.
2. We need to learn how to remove the need for competition for the energy of the second chakra by learning how to access the Universal Energy field. This completely removes any need for the previous methods of competition.
3. We need to heal the internal damage caused by the previous two problems.



Energy Enhancement Techniques teach this and more in its Levels. When we have conscious control of where we place our energies, then we can allow them to go into the second chakra or the fifth. This control is shown in the techniques of Energy Enhancement.

The Third Initiation.



Base Chakra.



Head Chakra.

The Base Chakra Powers the Head.

As we lose the fears of the Base Chakra. The fear of lack of security. The fear of losing food, money, house, and in the end, life itself. Our fear of Death is the last fear to go. As this happens. As we see the negativity of this fear. As we cease to react automatically to these fears. As we do this in practice when all of these disasters happen to us. As we are tested with all this really heavy stuff. So the energies are allowed to rise into the head chakras.

***Buddhas Desire, Pain, Old Age and Death
and its Relationship to the Three
Initiations of Integration.***



This is a phrase originally spoken by the Buddha.

It is the essence of the path of integration as revealed in the explanation of the Seal of Solomon.

***Selfish Desire is the blockage of the
Third, Manipur or Solar Plexus Chakra.***



Position of Manipura Chakra.



Intellectually we can know that selfishness is a function of the selfish lower ego which resides as blockages in the Solar Plexus Chakra.

Generosity and unselfishness for its own sake is a removal of this blockage and an opening of the Heart Chakra.

Simply by Opening the Heart we can remove these blockages and this is what we do in Levels 1 and 2 of Energy Enhancement.

Pain is the blockage of the Second Chakra.

This is because of the pain of disappointment, when we do not get what we selfishly want, which then resides in and becomes a blockage to the Second, Swadhisthana, Abdominal or Relationship Chakra.



The pain of disappointment.

The removal of this blockage is non-attachment. "Attachment leads to Pain" said the Buddha. Non attachment is an energetic process taught in Level 2 of Energy Enhancement.

Death is the major function of the Base Chakra.



Position of the Base Chakra.



All these blockages are energy blockages which stop the flow of Energy in our bodies. Where energy flow becomes less, like silt deposited where the flow of rivers becomes less, so toxins are deposited in the bodies where there are blockages.

There the bodies become stiff and pain us. There is the start of Old Age. When our bodies become stiff, painful and do not allow us to follow our Soul Path, then we desire to die and our Soul allows us to die because we cannot fulfill our life path any more.

We start to die when we cannot ground our blockages. Each blockage in any part of our body is a failure of the Base Chakra and because our Base Chakra, through Kundalini Energy powers the Head Chakras, any blockage to the Base Chakra then becomes a blockage to the Crown Chakra whose major function is the connection to our souls.



This is the meaning of the Buddhist phrase Desire, Pain Old Age and Death. This explanation is also the key to the resolution of the problem.

Integration Bottom up and Top Down.

A. Bottom up.

We can solve this problem by focussing on freeing the blockages to the body and not doing the things which cause them.

B. Top Down.

We can focus on the positive aspects of the Higher chakras for the Integration.

1. The Opening of the Heart for the First Initiation.
2. Non-Attachment for the Second Initiation.
3. The connection to our Souls for the Third initiation.

C. As above, So Below.

Freeing one will free the other. The solution to the problem is to Free all the body of all the blockages by not doing things which will lead to evil and doing those things which will lead to good. This also is seen in The Yoga Sutras of Patanjali As the Yamas (Things to do) and the Niyamas (Things not to do). See also the Ascending and Descending forces symbolised in the Swastika and the Altar Pillars in St Peters in Rome.

The Paradigm Shifts of Human Evolution and The Chakras.

The Paradigm Shifts of Human Evolution as the Chakras Open with age and Wisdom.



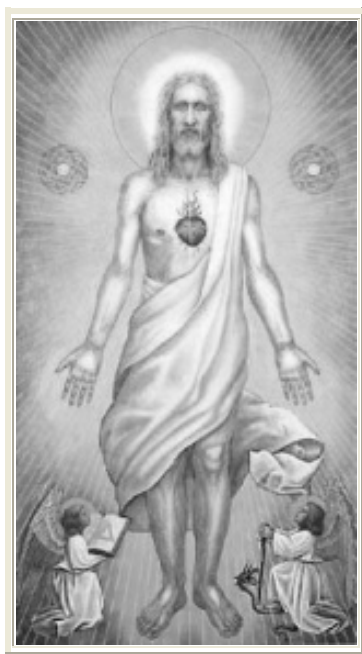
The Seven Major Chakras of the Human Being.

These paradigm Shifts are Human Stages of Development when a Quantum Leap of Inclusion and Development occurs which looks at the previous knowledge as only a part of what was previously known.

An example of this would be Newton's Laws of Motion which, although not invalidated by the paradigm shift of Einstein's Theory of Relativity, became known as only a part of the theory of relativity which included it as part of a greater whole.

Another example that of a child choosing between a long thin glass and a short fat glass as to which has the most liquid. No matter how many

times that you pour the liquid from one glass to another. There are equal amounts in each glass. The child always points to the tall thin one when asked which holds the most liquid. A little older the child cannot understand how anyone could be so stupid as to do that. Even if they see a video of themselves doing that, they will still deny it was them.



As Jesus said, "Forgive them lord, they know not what they do."

This knowledge of paradigm shifts explains totally why this world is in the mess that it is.



Energy Enhancement shows how to evolve through every stage of these paradigm shifts.

Each shift involves:-

1. A fusion with the next stage. The self evolves or steps up to the new level of awareness and identifies with it.
2. A transcendence of the stage as it begins to move beyond it to the next stage.
3. An integration of the stage as the next stage is identified

No person is ever at a stage because only 50% of the responses will come from that stage. 25% will come from the stage before and 25% from the stage after. There are also leaps forward like peak experiences caused by moments of elation, sexual passion, stress, dream-like reverie, meditation or drug induced states.

As the Human being evolves from a child some of the Stages of Development are not completed. Then later stages are sabotaged. Eventually the weight of repression will stop all further development at some low stage.

If the Stage is not completely mastered it is as if part of the personality is left behind as a selfish little personality – one of the Inner Children who start to act out their robotic programs at inappropriate times making us think "Why did I do that?". We know we are acting strangely but not why. This information is why, and it is the first step towards integrating these selfish little selves back into the integrated personality. The second step and the key of their healing is to dissolve the pain, the psychic energy, which is at the core of the selfish little selves. Techniques to dissolve this pain are the essence of Energy Enhancement.

The earlier the stage not integrated, the more obvious the symptoms, the more difficult to integrate later, more evolved stages.

Society is full of people at all the stages of development. The famous statistical Bell Shaped curve will show that few people will be stuck at Stage 1 and few will reach Stage 10. The majority will be stuck and repressed around the middle.

This is why the definition of democracy is "Eat shit; 10 million flies can't be wrong". Democracy amongst people of evolution around the middle of the bell shaped curve, unless managed as it is by the people employing the politicians, the newspaper proprietors, and the television

station owners would provide a very low aim towards which to develop.

As you travel the world we see that all societies are similar in that they all consciously manage their public opinion by focussing on the side shows of the sexual escapades of politicians, like with Bill Clinton's Sexgate, corruption in the police etc. and not on the main event which is who, which group, is really directing the policies globally.

Some people believe that 600 families control the earth and all its politicians.

Well they think that they do but I prefer to believe that Isaac Asimov's Foundation Trilogy provides a better answer in that a higher group, The Planetary Brotherhood, is managing the 600 families.

The Birth of the Physical Self at 4 months: Chakra 1, The Base Chakra Opens.



Position of Base Chakra.



Psychologists refer to this Stage as primary autism, primary narcissism, oceanic, protoplasmic, adualistic, and indissociated.

The baby needs to understand that the outside world exists. There is something which is not it. It begins to do this around 4 months. The earlier a problem begins the deeper the psychosis. Problems with this stage cause really severe pathologies. Psychosis, schizophrenia, and severe affective disorders which usually require intense regressive therapies from psychologists.

The Birth of the Emotional at Self-15-24 months.

Chakra 2, The Relationship Chakra Opens, The Spoilt child emerges.



Position of the Second Chakra.



This state is extremely egocentric or narcissistic and treats the world as its oyster. Around 15-24 months it begins to recognise that it does not always get what it wants.

The world sometimes says no. Difficulties in accepting "no" cause narcissistic personality disorders, or there is some sort of dissociation. The strategies to gain attention exhibit strongly at this stage.

Normally the integration of the Second Chakra occurs between 15 and 24 months. Basically, the child at this time thinks that it owns the world and the world and everyone in it, is here to serve the child. The child has great difficulties in accepting the fact of the Law of Economy, that sometimes, impersonally, the world says NO!

This causes a great deal of disappointment, which causes two results: -

1. The pain caused by this disappointment resides in the second chakra causing functional difficulties such as breathing, disease in the abdomen, Energy lacks such as M.E. and Premature Ejaculation and Frigidity.
2. The disappointment creates the desire never to be disappointed again. Thus the strategies of the Sad Poor me, the Violent Violator, the Jealous Competitive Star and the Don Juan, in order to gain attention.

Both of these results are the major cause of difficulties in the adult becoming a more useful, selfless member of society. This is why all the next evolutionary stages are sabotaged by this problem.

People cannot fit into society due to this major problem which sabotages all the rest of the stages of evolution.

The Integration of the Heart chakra in that person is sabotaged and the person becomes a selfish tyrant always. If they become a leader they will be a tyrant, or a "Bad King" as it says in the book, "1066 and all that".

Indeed, what can stop the integration of the NO can be too many yes's from the parents, without any explanation or teaching. The child gets its own way or is dealt with arbitrarily, with no teaching or logic.

A phrase for this in the UK is that the child becomes "spoilt." A spoilt child is an ideal way to represent a failed integration of selfish desire.

The Birth of the Conceptual, Intellectual Self from 7 Months to 7 Years-Chakra 3, The Lower Intellectual center, The Solar Plexus Center.



Position of the third chakra; The Solar Plexus Center.

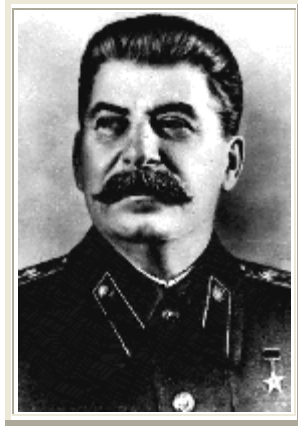


Images, Symbols and Concepts. Images develop around 7 months. Symbols emerge during the second year and dominate the system from 2-4 years.

Concepts dominate awareness from 4-7 years. The system enters the linguistic world and the world of the mind.

A neurotic mind, caused by a lack of integration of the previous stages, represses the feelings from the Body and the Emotions; it dissociates from the previous stages and does not include them.

This is how it is possible to have a brain the size of a planet and still act like Hitler, Mao or Stalin.



Stalin.

***The Birth of the Role Self and the
following of Scripts, from 6-7 until 11-15.
Chakra 4, The Heart Chakra.***



**The Position of the Heart Chakra: Colour code = pink or
sometimes green.**



This is the ability to form mental rules and to take up and understand the role and feeling of others. The ability to stand in another's shoes. External consideration, which is one of the concepts, developed by Gurdjieff.

The first stage of the Heart opening is very conformist as it associates with the family, the city, the country or the world. "My family or country right or wrong", it says. This is the stage of wanting to fit with the tribe, the group, of gangs, the Ku Klux Klan and football clubs. But as it begins to understand that if you partially love one thing, then you must hate everything else for example Hitler's "Loving the Fatherland", allowed Germany to go to war with the rest of the world. This is a major pathology, which prevents the next stages of growth.

It is also the Stage at which most of the people in this world are stuck.

Surveys suggest that 96% of all Americans are stuck at the level of the Football fan.

This is also the stage we use scripts, learnt programs to help us fit with society.

Negative scripts are those learnt at a young age, the second evolutionary stage, then used as an adult. This is the cause of the Poor Me, The Violator and The Selfish, Jealous, Competitive Star. For example, script pathology is when we follow a script which says, "I'm no good." "I can never do anything right" In other words a "Poor Me" Who stuck at the second stage of wanting love from the parents, like a child (Chakra 2), uses one of the Strategies to gain attention and sabotages the ability to fit with the society in general (Chakra 4).

This is the stage of healing through transactional analysis, family therapy, cognitive therapy and narrative therapy which just draws intellectual attention to your internal lies and attacks them head on.



However, only Energy Enhancement also teaches how to dissolve the negative energies causing the problem and thus finish them more quickly.

***The Worldcentric or Mature Personality.
The fulfilment of the Heart Chakra.
The Fifth Chakra Visshuddhi Chakra.***



Position of The Fifth Chakra Visshuddhi Chakra.



This is "Formop", (**F**ormal **o**perational) when you can allow yourself to criticise your group or society, for example. You are no longer identified with your group or society.

You have started to transcend it. This is a major step forward in evolution whose major focus is the United Nations.

As the heart opens further then we understand a world view and want to help all human beings; not just selfishly want to help just one little country, or family. Once you see the World from a global perspective you can never go back.

This is also a very high stage of evolution on this planet at the moment. One survey found that only 4% of Americans had got as far as this

stance.

People at this stage are "Marxists." They follow the creed of Grouch Marx who said, "I wouldn't want to be a member of any group which would have me for a member!"

People at the level are genuinely multicultural. All individuals are to be accorded equal opportunity and benefits, regardless of race, country, sex or creed. This creates problems in a tribal world as worldcentrics find it difficult to talk to those at a lower evolutionary level and usually hide their evolution.

The Bodymind integration of the Centaur, the sixth Chakra, Ajna Chakra.



Position of the Sixth Chakra; Ajna Chakra.



Mind, Emotions and Body are all experiences of an Integrated Self. This is the Stage of "Vision Logic". This is not the self looking at the World.

This is the observing self looking at the mind, the emotions and the world.

A fairly large Quantum leap in evolution usually arrived at by people practising meditation. At this stage "the self can no longer tranquilise itself with the trivial" as Kierkegaard put it.

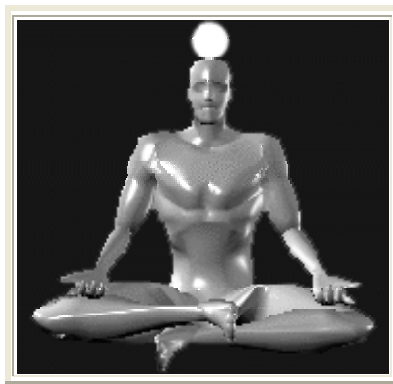
Existentialism is its aim and later its downfall, and there is nothing which will satisfy its search for meaning and existence, which was one of Heidegger's constant points. Problems of this stage are that they deny the next transcendent stage. This concern with meaning in a drab and dying world is the central feature of pathologies at this stage.

Most people do not understand the concept of spiritual depth, which are really the levels of the astral and mental planes. We inhabit a telenovella, Coronation Street, Dallas, in the basement of the Astral plane, in our lives and when we sleep.

However the reports from all the worlds mystics is that this observing self inhabits and extends itself right up to god.

We do not live in a drab existentialist flatland.

The Psychic: Sixth Chakra with the Crown Chakra.



The Position of the Crown Chakra. In this instance, symbolized by a white circle.



The addition of the Crown Chakra to the Ajna Chakra shows the mind the beginnings of the depth of spiritual experience. The Astral plane is not flat.

As we begin to explore the Television screen of the Third Eye on higher levels of the Astral and Mental (Psychic) Planes, we explore preliminary meditative states; shamanistic voyages, arousal of Kundalini Energies, subtle Psychic Channels or Nadis, Seeing the Acupuncture Meridians and even the Chakras themselves.

We begin to see the energetic psychic connections between people, we spontaneously feel the energy currents as we give and receive from other people. We start to deal with higher thoughtforms like people who have died, created thoughtforms and even the sub-personalities, parts of the central stem of the personality, split off by undigested pain in the earlier stages.

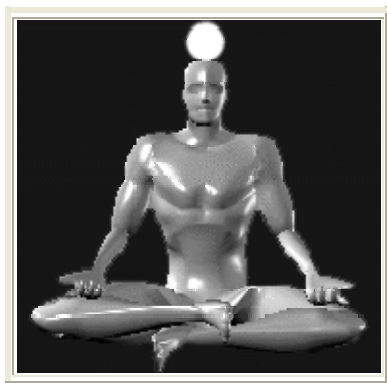
We explore overwhelming feelings of the numinous, spontaneous spiritual awakenings, reliving of deep past traumas, identification with plants and animals, up to identification with cosmic consciousness itself.

The Subtle, Alta Major Chakra with the Crown Chakra.

This is the heart centre in the head. Interior luminosities and sounds, extremely subtle bliss currents and cognitions like shabd and nada, expansive affective states of love and compassion as well as subtler pathological states of depression including Cosmic Evil, Cosmic Horror which always attend being inhabited by entities.

This stage sometimes includes Deity Mysticism. The union with a God or a Goddess, a union with Saguna Brahman, a state of Savikalpa Samadhi.

The Causal: The Crown or Sahasrara Chakra.



The Position of the Crown Chakra. In this instance, symbolized by a white circle.

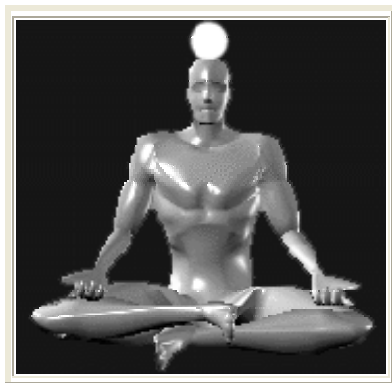


The Crown Chakra opens to higher and higher levels of the Astral, Mental, Buddhic etc planes. This level of evolution is referred to in the Meditative texts throughout the world as the Source, Pure Emptiness.

These States are called Unmanifest Absorption, Nirvikalpa Samadhi, Jnana Samadhi, Ayin, Vergezzen, Nirodh, Classical Nirvana.

The Causal Body is the soul or the Higher self, which is a personality, which includes within itself the experiences, and personalities of all our past lives.

The Non-Dual: Crown Chakra.



The Position of the Crown Chakra. In this instance, symbolized by a white circle.



It this Level of evolution the Causal state becomes the fundamental of all states. In reality there are higher structures above the Crown Chakra which this chakra gives access to.

They are not intellectual but are higher and higher frequencies of energy such as the Causal Body - The Soul, The Spiritual Triad, the Monad and various other high souls such as Ascended Masters and Spiritual Suns such as Sirius. All of these are connected to everything in this world.

We all have our being in these high energies, and this energy connection along the Antakarana becomes the fundamental of our lives. We can inhabit any of these states at will but can never lose our contact with the Source.

Depending on our practise and our evolution we will have the ability to go higher and higher. Access to higher energies gives us more power to affect the Evolution of the world.

The Evolution Gap in Society.

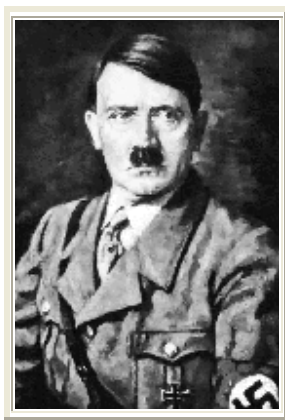
A major problem in society, is said to be the gap between the rich and the poor. Not so. The major problem is that the poor do not have enough to live on. Their base chakra security, life and death, is threatened, and they contemplate violent means to resolve this problem. But, this is not the whole story. The Major problem of society is the Evolution Gap amongst its members.

People at different evolutionary levels find it difficult to communicate and move in the same direction.

Why do some people contemplate thievery and violence to resolve their problems?

The Problem is that they are just not Enlightened!

If the heart is not open, if we are stuck at the level of the spoilt child, the second level of evolution, if to this is added a psychopathic brain the size of a planet, then we end up with a Hitler, a Mao or a Stalin, or some little Petty Tyrant.



Adolf Hitler.

People have karmic propensities from pain absorbed in past lifetimes to remain at a low evolutionary level.

Society does not understand these levels of evolution mentioned above. Not enough effort is put into the education of the evolution of the members of society.

Societies evolutionary centre of gravity tends to pull people back to its central level. People have to really try hard to get beyond this median level.

With the greater depth of evolution necessary in the informational age, there is more to assimilate for all members.

This is the reason that institutions like our own – ***The Synthesis of Light (SOL)***, have been founded by the Planetary Brotherhood. At the moment, we are the cutting edge of planetary evolution. Over the next few centuries, these institutions will become the major force for education on the planet, eventually becoming institutionalised by the State.

The Base Chakra - Muladhara Chakra.



The Base Chakra resides at the base of the spine, diagrammatically represented by a red circle.

Resides at the base of the spine and controls the adrenal gland which controls the fight or flight reaction because its normal functioning is stopped by the fear or lack of security.

Fear of losing house, money or food. In the last resort, the last fear we lose is the fear of loss of life even of Life itself. Its normal positive function is as the foundation of life energy which feeds the whole human mechanism and connects us with the Earth. Keeping our feet on the ground and in tune with our basic needs.

The fear residing there causes us to be out of touch with our life path, restricts our energy and puts us out of touch with what we really need to do in life.

The Negative Programming of Fear.



The Base Chakra resides at the base of the spine.

As well as the worries and cares, what adds to this horror is the negative programming of fear in the base chakra laid down by our parents and society which can eventually lead to Schizophrenia as we 'want' something which is not essential to our basic well-being.

Illness is when we do not follow our Soul Path.

I have heard that there was a man who loved to play his flute. He married a beautiful young lady and on their wedding night he played for her. His wife said she could not stand the flute. It grated on her nerves. She said, "either the flute goes or I go!" The flute went, but years later the man was diagnosed as having cancer. His doctor perceptively suggested that he took up flute playing again. Two months later the doctor diagnosed that the cancer was gone. The man took out his flute and played a joyous bar or two and said, "Cancer gone. Wife gone!"

As our awareness grows we find what we are meant to do in life. Our awareness also gives us the strength to do what we need to against all laid down programs, relationships, family and society. As we try to fulfil the expectations of our parents or try to conquer the things that they failed at, we eventually see things as they are and do the things in life where we have joy. It is only our own awareness which can free us from

this engulfing negative programming, allowing us the choice of which programs to activate and pursue. True happiness can only come when we take responsibility for our own choices, which we know we have chosen for ourselves.

What will you do After you have Conquered the World?



Alexander the Great.

I have also heard that Alexander the Great, just before he took off to conquer the entire known world, heard about and went to meet the wise sage Diogenes. Diogenes was famous throughout Greece. I know our schools teach that he lived in a tub, but that is not the whole. Diogenes was a well built and shining being, an integrated master whose beauty and wisdom was renowned through the world at that time. He wore no clothes and lived on what people gave him. And because of his gifts he lived exceedingly well because everyone wanted to be with him and to consult him.

At the time Alexander met him, Diogenes was lying in the sun, on the beach, by the side of a beautiful river. Alexander rode up with his

bodyguard, because the life of a King is fraught with danger, and pulled up short saying he wanted to go alone and talk. The captain of his guards advised caution because that was his job, but Alexander pointed out Diogenes's nakedness and his own body armour and big sword. So the captain said OK, but he would keep his eyes peeled.

Alexander walked over to Diogenes and introduced himself. "I am Alexander the Great. I intend to conquer the entire known world with my cohorts and legions. What do you say?" Diogenes sighed and turned towards him, naked in the sun, and said, "Oh, and what will you do then?" Alexander looked discomfited because he had never thought about that and said, "Well, I suppose I will retire and rest like you are now." Diogenes said, "Why wait? This beach is enormous and the sun is shining. There is room for two I'm sure.

But one thing. Do you think you could move out of my light? I am in your shadow. And one thing. Remember it. If you leave now, you will never return."

It is said that Alexander found it hard to resist but eventually went on to conquer the entire known world. In India, at the age of 35, Alexander came down with fever. He knew he was going to die the next day. He made one request to his friends, that in the funeral procession they left his hands outside the coffin palms face up and nailed the coffin shut. They asked why? Alexander said that he wanted people to know that although he had looted the whole world and conquered it, still he was going out of it as he came in, with Nothing. And it is said that at that time he remembered the words of Diogenes, because the words on an integrated master reverberate long in ones being, and pondered on them.



The base chakra holds all the programming that says you should spend your life searching for security because of all the fears above. Because all of your life you have acquiesced to the wishes of powerful beings, your parents and your teachers, because they held the power. They could withhold your food, they could send you away and to your room, they could beat you and hurt you! An unintegrated being is powerless and afraid. And what is the method of behaviourism or brainwashing?

Simply that one uses the carrot and the stick! Pleasure and pain, Heaven and hell. Always in the future or the past and never right now!

See how institutionalised religion reinforces its law through promises of pain or reward in heaven or hell.

See the way in which the multibillion-dollar industry of advertising is built upon scientific research into behaviourism and see how successful it is. See how powerfully Goebels of the Third Reich used it and how those lessons are used so powerfully now.

And what are the teachings of Pavlov and the behaviourists like Skinner and Watson? Simply how easy it is to program beings like you were as a child. This mass of unseen fear resides in the base chakra and is directing your work and your life right now. And are you happy because of it? Just see the fear and pain in the lives around you. See the unhappy way of life of those scurrying through the "Rat race." See the hospitals filled with those dying of cancer or some other bodily malfunction before their time or "calmed" with medication and know that although bodies can get ill, a vast amount of illness is caused by mental and emotional pain, eventually affecting the body.

These fears are often caused by blockages in the Base Chakra.

It is only your own awareness which can free you, and allow you to stop this negativity. This freedom can be learnt in our Course of Energy Enhancement Levels One, Two, Three and Four.

The Blockages of the Base Chakra.

Fear is the Basis of Man's Inhumanity to Man.



The Position of The Base Chakra.

Base chakra attaches us to security fears about essential items like food, housing or jobs. The fear about life itself. The fear is that if we don't have them we will die. This is one of the strongest fears in human life and one of the most difficult to face.

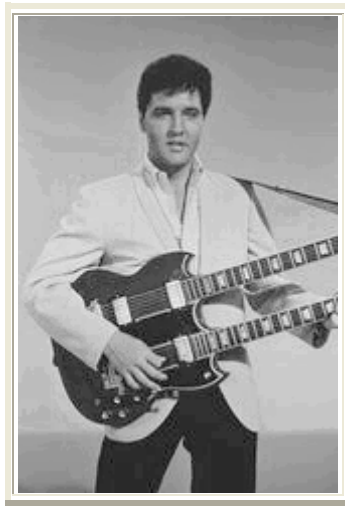
When we are afraid about not having an essential item the inhuman attitude is to act in an inhuman cruel manner to prevent others stealing what you have. Therefore we have Strong politicians and a strong police force. Or to steal it from others ourselves thus the number of wars throughout history. Or to store that item beyond our natural need.



Jesus Christ said that the birds and the animals store little for the morrow. They trust that God will provide for them. They have no fear.

The Base Chakra, Food, Money and Society.

When we are overly attached to food we can store it and eat it beyond our present need. It is getting so that more than 25% of people in western societies are becoming clinically fat, obese. Elvis Presley ate so much that he died at the age of 42. In a way, he dug his grave with his teeth.



Elvis Presley as a young man.

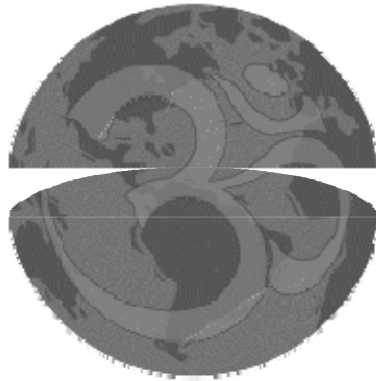
Fat people always have health problems related to their weight. The opposite is Bulimia and Anorexia. Those people who are irrationally averse to eating. They die too.

When we are overly attached to money, we become misers like Scrooge in Christmas Carol by Charles Dickens.

Attila the Hun said, "It is not enough that I am victorious. All others must fail, too." Inhuman attitudes like this, when applied by rich misers, foster the great money divide in society. We should not be jealous of the wealth of the rich, but the rich should make sure there is no one in real need in society. If not, the feedback of pain is the breakdown of society through violence, as the wrong choices by individual members become easier to make.

This Planet is a Factory for the production of Enlightened Beings.

All groups and problems are just there as tests for us to pass. As we evolve and pass the tests we never have to face the same test again. As we evolve. As our energy gets higher in frequency we graduate from a group to a more evolved group. On the upper half of the famous bell-shaped curve, as we evolve the groups get smaller and smaller until eventually there is only a group of one. We Graduate as enlightened and go on to another planet and another inexperienced soul comes in to evolve and take their place.



We Graduate as enlightened!

There are many groups of different evolution working together on the same planet. According to their level of evolution, they will see the problems and their solution in different ways. Groups tend to congregate around a median energy, the centre of the bell-shaped curve, which is Their Level of Evolution. They will not easily accept people of lower evolution and will tend to cast out people of higher evolution. We graduate with honours from groups, which throw us out.

This Base Chakra Sangha is what we seek. We seek our group within society. And like the famous Bell shaped curve we know that most people on this planet will be of median evolution. The large groups will be of median evolution. As we evolve our groups will get smaller and smaller – eventually there will just be a group of One.

The Sangha; Our Soul Group.

We see this kind of societal problem before us every day in our Family, our Job and on TV. If we are a part of this and try to work with it then we must seek our Sangha – our congregation, our group with people of a similar evolution, with whom we can work.

If one Enlightened person is a part of that group, then we too can become Enlightened.

On the way we find out what we can and cannot do. For example we cannot fit within a group of a lower evolution without a lot of acting ability training and evolution. We cannot be real with people of a lower energy level. We must learn how to act with people who are split. Who are acting out robotic strategies to gain attention. With people who are just not Enlightened. We can trust people to act in an unenlightened way.

Many people get sick and go mad trying to fit in like a square peg in a round hole. When they gain enough energy, enough fuel to leave, to get out of the Gravity Well at the Centre of the group. Like a good tooth, being drawn out of the rotten jawbone of society. When they gain enough luck and personal power to do this then they become one of the Twelve Apostles.

Do you think that if they had been any good at catching fish, the Apostles would ever have gone off to follow Jesus Christ?

Insecurity and the Body.

The fear of losing our job, our house, our security creates a great deal of general stress. This fear, held in the base chakra, relates to many health problems in the legs, knees hips, lower spine and head. Any stress of a mental kind eventually exhibits as emotion and then physical problems in the body as eventually stress held over the years becomes greater in an additive way. Eventually the last straw breaks the camel's back. We become physically ill and die.



This fear, held in the base chakra, relates to many health problems in the legs, knees hips, lower spine and head.

We must clearly see the application of this wrong thoughtform in our lives, in our personal history, to date.

Through the techniques of Energy Enhancement we can transmute all the Pain and Fear within. This is the perfect act. The Perfect Act is when no harm or pain is created, and one person at least is benefitted. Then this one person can even be yourself. This is the application of the Law of Harmlessness. Then we can pull out this wrong thoughtform of selfishness by its roots.

With no fear and no pain we can begin to work for the benefit of the world. We can begin to work selflessly, unselfishly.

The benefit is that as we give, so shall we receive. We should know that

as we work so we shall be benefitted also.

The benefit is one of the Laws of Abundance.

The ultimate test of that vanquishing of fear is what the Tibetan Lama Zopa said to me. From the depth of his knowledge of all his previous lives. "After all what can they do? They can only kill you!"

There is also the story of...

"The Buddhist Priest and the General."

During one of the many wars, which always afflict this planet a General was given orders to subdue a town. As always, base chakra fear is the easiest way. He made examples of the populace and shot a few, "to encourage the rest."

Indeed these were the very words used when the Romans used the practice of decimation, they killed one in ten in the mutinous Roman Legions, "To Encourage the Rest." However, on entering the temple, he was made angry when a priest ignored him and continued his meditation.

The General pointed his gun and said,

"Don't you know that I could kill you without turning a hair?"

The priest gently and gracefully turned and said,

"Don't you know that I could let you kill me without turning a hair?"

The test is not to behave in an inhuman manner no matter what the provocation.

It is well documented that Jewish Rabbis in the concentration camps refused to clean out the death ovens because to do so they would be collaborating with murderers. They were immediately shot. One at a time. Then the next Rabbi was asked and shot. The guards then asked someone else, a normal person, to do it.

If you were that person, what would you do?

To lay down ones life for another is a Christian ideal exemplified by

Jesus Christ.

Tests - Don Juan would not be in that situation

When the test has been overcome then the last stage is to be like the Mexican Shaman, Master Don Juan Matus. His students asked him,

"Don Juan, what would you do if there was a man with a powerful rifle with telescopic sights over the brow of a hill, just waiting to blow your head off when you walk over it. What would you do?"

Don Juan said, "I just would not be in that situation!"

If you are, or have been, in any situation, then you are being tested. Any difficult situation. Then it is because you have something to learn - when you do the wrong thing, the feedback is pain. If it is because you have something to prove - when you make the right, most human, choice the feedback is joy. Don Juan described these situations as being provided by a perfect enemy. The perfect enemy provides us with someone, or something to test ourselves against. We need to prove our victory over ourselves, over our fear, again and again. Until we are perfect.

Practice makes perfect.

We can release some stress, pain and fear through yoga, dance and meditation, the preliminary techniques to Energy Enhancement techniques. The cure of stress is to release the blockages of fear in the chakras, to learn the techniques of Enlightenment, through all the techniques of Energy Enhancement, itself.

It says in the Yoga Sutras of Patanjali, "Enlightenment comes through practise and non-attachment." We have had the practice, now lets get to the non-attachment needed in relationships, and the relationships are governed by the second chakra.

The Second Chakra - Swadhisthana Chakra.



The Second chakra: Conventionally represented by an orange circle.

This chakra resides about one inch below the navel and controls sexual organs, the endocrine glands of the gonads in men and the ovaries in women.

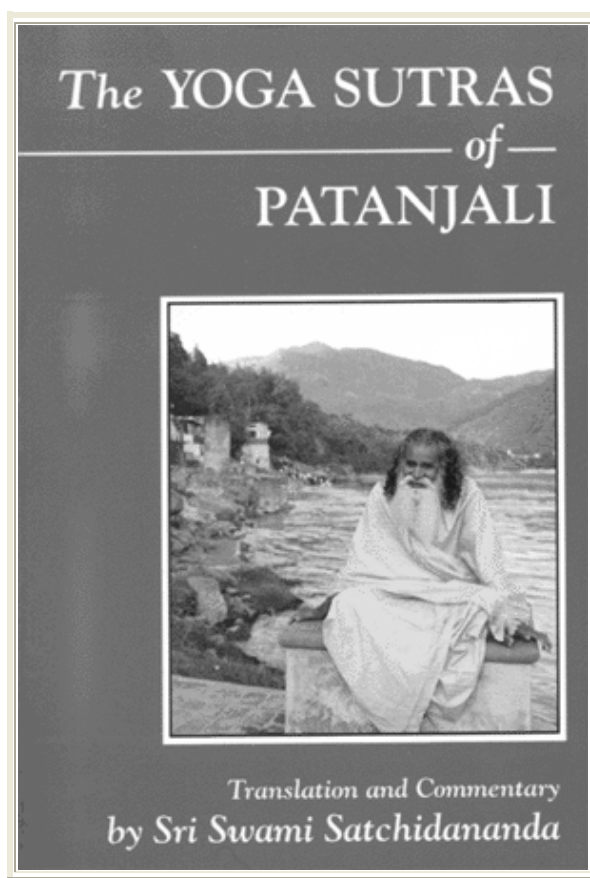
Its normal function is blocked by the fear of being hurt by relationships. By people or things which we are strongly attached to - like parents, children or spouse being taken away from us by death or disagreement. The result of this pain, which is stored in the second chakra, is the inability to breathe into the abdomen.

In 30% of all people, as found in many surveys, this is the case. 30% of all people cannot breathe naturally, automatically, without constantly turning their attention towards breathing properly. In extreme cases this lack of proper breathing function contributes or even causes panic attacks, multiple sclerosis, and M.E. or "yuppie flu". Always it causes a lack of energy. So, the retraining of the breathing function can help release this stored pain and give much more energy to the system. The chakra is also called "the lower emotional centre" which is involved in the marital connection and the nurturing of children.

It is Negative Energy held in the Second Chakra, which causes all of

the above problems

The lack of education of the Second Chakra is called a lack of Emotional Intelligence Quotient (IQ) which causes the fleeting desire filled relationships we see in modern society and the emotional pain which is always involved. This emotional pain is negative Energy, which causes all the above problems.



**The Yoga Sutras of Patanjali; Translation and
Commentary by Swami Satchidananda.**

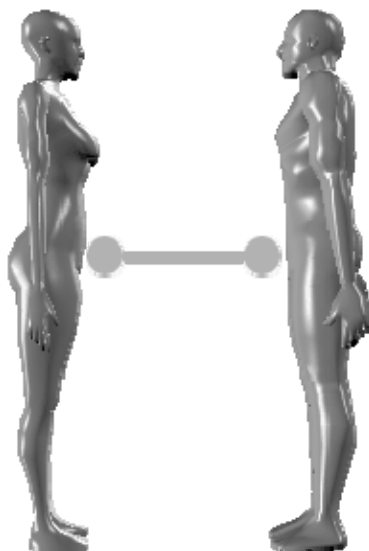
The education of the emotions is encompassed in the statement from the "Yoga Sutras of Patanjali" - the father of Raja Yoga from the second century AD - "The conscious self mastery of non-attachment towards

those things heard about or seen." The ability to stop and start attachment, at will.

The Mastery of Lower Chakra Connections.

The Sanskrit name for Mastery is Acharya. God can be Brahma. The mastery of the connection with God is Brahmacharya. In Sanskrit Brahmacharya is sometimes translated as "Celibacy" but it is not celibacy.

The ability to be celibate is only a side effect of the mastery of the Crown Chakra connection. When your connection with God is the Highest. Then you have Mastery over any lower connection. And that lower connection can be the connections between the Second Chakras.



A Second Chakra Connection.

The Lower Emotional connection. The connection which can create dependency when addicted to. The connection which is needed in order to create babies.

The Story of Attachment.

If you become attached to any Energy lower than the very highest, then you will find the problem of the next story...

Once upon a time there were two boatmen. They knew how to row, but they did not own a boat. They had been drinking and decided to 'borrow' a boat and go to a neighbouring town on the River Ganges. At about midnight they came to the shore and saw a new boat there. The moment they saw the boat they were happy.



"We have a boat. Come on, get in."

They found the oars and started rowing. All night they were just singing a song as they rowed. Slowly, dawn came.

As you may know, people normally come to take a bath in the Ganges in the early morning. The boatmen saw a couple of people coming whose faces were familiar.

"That's strange," they thought. "How did they get here so easily? We've

been rowing half the night."

Soon there was a little more light, and they saw familiar buildings.

"Hey," they called to the bathers; "we are still in the same place. What happened?"

The bathers replied, "What did you expect? Whose boat is this?"

"We just wanted to go to the neighbouring town and come back soon. We have been rowing the whole night. Why are we still here?"

"You fools," they said. "You forgot to undo the knot of the rope attached to the shore. All the while you were tied to the shore."

...End.

To Go Beyond.



In the Zen tradition we chant the Heart Sutra to increase our energies. The last sentence of the chant says "Gyate, gyate, paragyate, parasamgyate, bodhi svaha!"

The translation of this is "Gone, gone. Gone to the other shore. Landed on the other shore. Let's go!"...

...or even "Gone, gone beyond. Gone beyond the beyond. Let's go!"

Without losing the ropes of attachment, no matter how much practice we do we cannot attain complete freedom to ride the holographic wave of awareness, of integration.

There is a good method.

- Get some paper and write down everything that you call "mine." My house, my money, my country, my race, my children, my wife, my parents, my body, my intellect, my this and that.
- Know that every "mine", when it is threatened or taken away from you, will explode into the pain and negativity held in the second chakra.

If the above list was very long then know that you are very far from your goal. As you reduce the list you know you are coming closer to the "other shore."

Disappointment, The Pain of Bereavement, Divorce and Leaving, are at the top of this list.

Methods of reducing this list, of having the choice of connection and how to connect correctly are the subject of the Techniques of Energy Enhancement.

The Blockages of the Second Chakra.

Energetic Food for the Child.

When we are in the womb of our mother we are fed physically through the umbilical chord into the abdomen, the seat of the Second Chakra. When we are born the chord is cut. Into the very same spot, the second chakra, are already going the energies of the father and mother along psychic, energetic, connections.

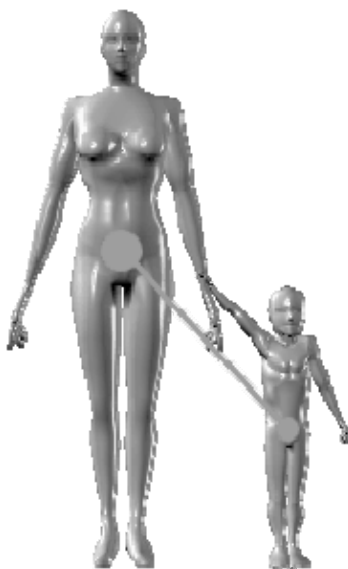
You can see an example of this occurring when we take a Kirlian photograph of a cut leaf. The energetic structure of the leaf, its energetic pattern, is still entirely visible. The energetic connection, still continues.



Kirlain Photograph of a leaf.

The child and then the adult thinks that the energy, transferred to the

child along this lower emotional connection is love.



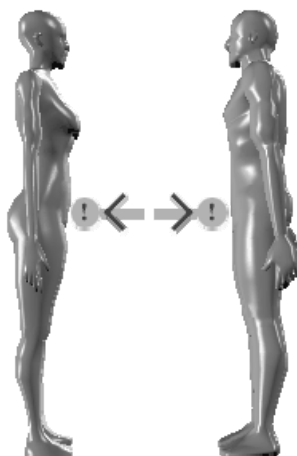
We need to learn to become independent.

It is not. It is energetic food for the child and is entirely necessary until it is weaned of these energies. Until the child can become an independent individual. Until the child can learn about these second chakra connections and how to stop them and start them at will.

We all need to learn to become independent and free. Energy Enhancement level 2 teaches these techniques.

The Need to become Weaned.

Children ideally need to become weaned of this energy so that they can become individuals, strongly independent of others with enough vital energy for more than their own needs. Because most people do not know how to do this, the opposite is usually the case. Children remain dependent upon, and connected to, their parents usually until their parents die and bereavement kicks in.



Painful second chakra disconnection: "Parents die and bereavement kicks in."

This addiction to the energies of the second chakra is one of the Major causes of the failure of the Integration of the Emotional body. The emotional body tries to become integrated between the ages of 15 and 24 months. The child tries hard to understand that its parents have other interests other than him. That this child is not the sole focus of the world.

The problem is that of disappointment. That is – when we make an appointment which then gets dissed.

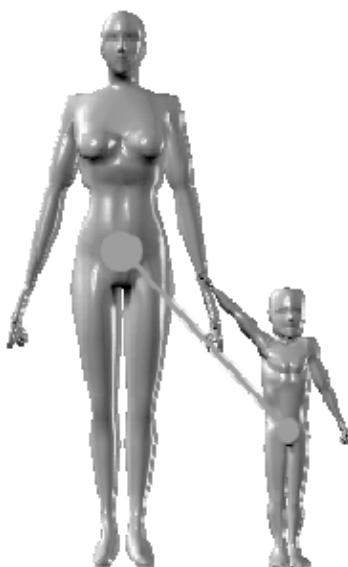


Disappointment!

Therefore, at this early age disappointment and pain become locked into the second chakra causing disease, shallow breathing and sexual dysfunction.

It also causes the child to search for methods to overcome this "no". The Strategies of the Tyrant we go into later, but these strategies cause the child and later the adult many real difficulties in functioning within society.

The Gathering of Pain in the Second Chakra.

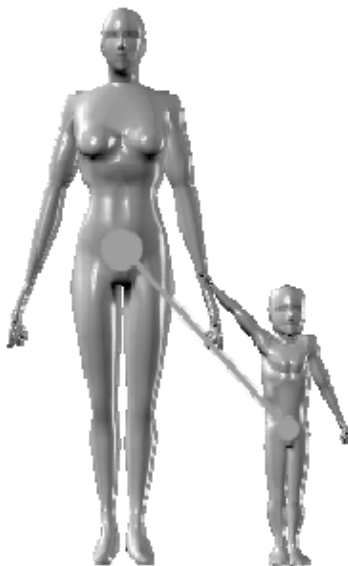


Along these energetic connections into the Second Chakra, the child feels the emotions of the parents, love, rejection, anger, hate, and also any bad feelings between the parents.

As the sensitive child feels these energies they can become too strong for it. Then they start to gather pain in the second chakra. Then the second chakra becomes a dangerous place. The sensitive child cuts off from the energetic connection and the painful memories held in the second chakra.

Now we are getting into the aversion to the energy of the second chakra. If a child gets a strong shock through the second chakra then the result is pain held in the second chakra.

Parents Feed Children with their Energy.



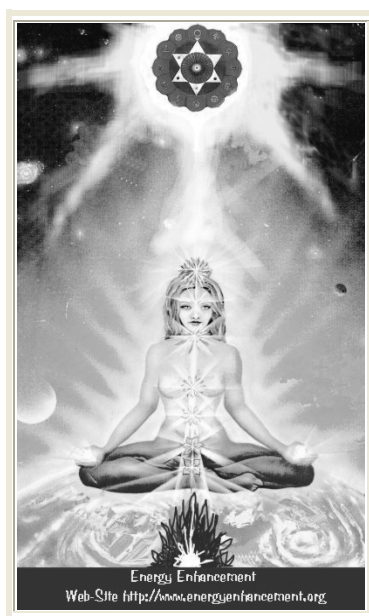
The parent taking care of the child normally gives the child a tremendous amount of this food energy from their own store of energy. Some adults, with more energy control can give more than others. Some parents give everything to their children on the path of learning about energy. Their hair turns white. Their teeth disappear. They become wizened and old before their time. In this way, we learn the need of being strong.

Energy Enhancement techniques are taught to enable people to have more energy for any task. Some parents can thrive with more children through having more energy and more control of energy. Some children can take second chakra energy competitively, in a bad way, or absorb it naturally in a good way, and thus become stronger and perhaps more intelligent, depending upon their evolution.

Usually, in this society, wives look after the children more than the men although more and more men now look after children. The other parent, not looking after the children will then have more energy for outside interests like work.

The other parent, like a child, can absorb energy from their partner. This will make them stronger and more potent whilst the other, vampirised, partner gives energy as they would to a child. These partners often look for other illegitimate partners to vampirise. They look for other girlfriends or boyfriends.

Sometimes this other parent competes with the children for this "love" - the energy of their partner. True love comes from the heart. Food energy comes from the second Chakra. The children need this input of energy from the second chakra and cannot thrive, grow strong and intelligent without it. It is a legitimate use of the second chakra to give energy to children. Only when children leave home can life return to normal, usually, and the personal life continue for the parent. Then, the energy can start to rise higher.



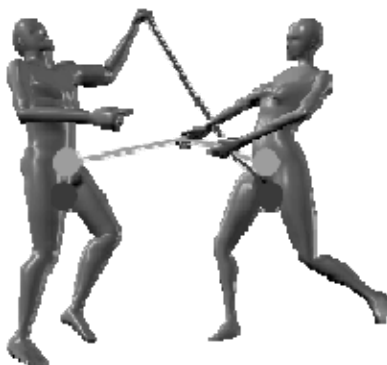
Energy Enhancement teaches us how to gain their energy from a higher source.

The partner who vampirises needs to learn how to be independent and how to gain their energy from a higher source. Some partners feel they need to give, get addicted to giving, this energy, to their children and partners, to feel wanted. As though they have a job.

When their children leave they feel old and useless. When their partner leaves they feel old and useless. It is a natural and good thing to learn to give energy well through bringing up children. It is a choice with no bad or good connotations as to when you want to give up this job and learn other ways of using energy.

Addiction to being fed Energy.

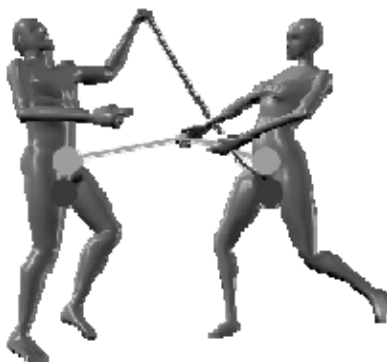
The problem is attachment or addiction to this particular way. People need to learn to become independent of their partners energy. Behind every successful man there is a good woman is the popular conception.



A raging battle for lower chakra energy.

Although it is normal to have vampire-like parasitic relationships, it does cut down the option and strength of the vampirised partner. Many relationships come to an end in divorce because this form of rape is becoming known about and abhorred although it does no real harm to consenting adults.

Energy Enhancement Techniques teach how to Connect to Infinite External Energies.



**Unnecessary energetic struggles, often ending in
divorce and regret.**

Energy Enhancement Techniques teach how to Connect to Infinite External Energies.

- So that these types of relationships become completely unnecessary.
- So that we can all become free to rise to higher things.

Energy Enhancement teaches how to use the second chakra energies appropriately.

How to give or receive at will appropriately.

Some Healers use the Same Second Chakra Energy Level.

They are stuck at that level.



Like giving energy to a sick child they give of their own energy. They have a lot of energy and can make people well with its use. The higher healers use energy through the chakra which is most needed. They do not give their own energy, they channel energy from a higher source. In this way, parents, children and healers start to evolve, to learn about energy, its Enhancement, its Chakra frequency levels, and connection to higher sources of energy.

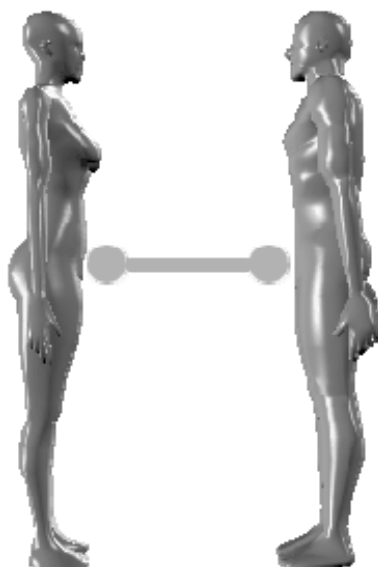
Later they become aware of the need to work with their energy consciously. To evolve consciously instead of automatically, like a robot. To use techniques like those of Energy Enhancement.

The Second Level of Energy Enhancement teaches how to notice these destructive, attention seeking, strategies or Thoughtforms. However, only Energy Enhancement teaches how to drain these thoughtforms of energy and how to totally remove them from your life.

Bereavement.

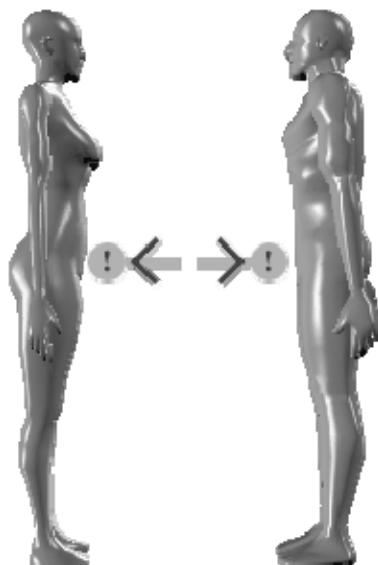
Just as important. When a partner, parent or child is taken away by death. When our lover unexpectedly leaves us, or leaves us when we desire they do not. Then we have the pain of bereavement and loss in the second chakra.

The energetic connection between second chakras is like a taut elastic band.



Second chakra connection, like a taut elastic band.

When this connection is violently broken as in bereavement or the violent breaking up of a relationship, it snaps back into the belly in an explosion of hurt and pain.



Snap back! Painful second chakra disconnection.

Again, the second chakra connection is there for the creation of children, the feeding of children and the healing of the old or sick. It is truly sad that people have to feel this pain. Again, Energy Enhancement Techniques can help to dissolve this pain. Energy Enhancement also helps to teach about appropriate connection and disconnection.

Sometimes these painful separations occur when the second chakra connection has not been necessary or appropriate. If we can help more people to be independent of this food connection. If we can help to connect more people to the universal energy field so that they no longer need a parasitic relationship.

Then we can show that a more appropriate connection in relationships is between Hearts or higher chakras.

Strategies to Steal Energy From Others.

Patterns that Prevent Freedom.

Most relationships tend to become battlefields for this energy. The children and the parents compete for energy because they fear not having any. No energy means you could die. It is like the survival of the fittest.

The children learn their strategy for a limited amount of energy which their parents possess. We then use this strategy to gain attention and therefore energy, without knowing we do, automatically and robotically for the rest of our lives.

If we are lucky we can learn to limit the bad effects of this strategy by seeing how we ourselves fit into the pattern.

Each pattern limits us and prevents our freedom. All the theories of introvert and extrovert; oral, rigid, masochistic, psychopathic, schizoid. The Space Jockeys, the Intellectuals the Pleasers the Blamers. All different types of Tyrants. All the character patterns of the signs of the Zodiac.

Learn how to HEAL all your childish selfish Thoughtforms. Note that all these strategies can be used unselfishly for a good purpose if we wish. However, if we use them selfishly, these Strategies which we All use unconsciously to steal energies from others can lead us into painful situations which can depress us and which can lead to destructive patterns in our lives.

The Aloof Strategy.

When we remain quiet then our mothers often ask if there is a problem. The strategy has worked! We have caught the attention, the energy, the love of our mothers. Because of this people remain quiet and show no love at inappropriate times, simply because this strategy worked once.

The Poor me Strategy.

Further than the aloof strategy the Poor Me gains energy by being sad or sick, sometimes an Alcoholic or a Drug Addict. They are so sad that one feels guilty to be happy in their presence. Needless to say, this childish personality will do anything, hurt or even kill themselves to gain your attention and your Energy!

The Interrogator or Star Strategy.

By asking questions or telling jokes only to gain approval, attention and therefore energy. The Fame Game destroys your fame diminishes. There are many ways to be a star. But ask yourself why they/you are doing it? If all they/you want is attention. If they/you have no selfless inner purpose. Then this is just another selfish strategy to gain your/their attention.

Further, The Star is tremendously competitive. The Star lives by the law of Gengis Khan – "It is not enough that I succeed, all others must fail"

The Star will work actively, competitively and jealously to destroy all other competitors.

The Violator Strategy.

Further than the interrogator and the star, this person uses powerful hurtful means to get your energy. Verbal abuse, Physical abuse. Rape.

Everyone will use all of these strategies at some time in their lives. Usually people cycle between them. As one fails they try another, stronger one. And then will be sorry and swear that they will never use them again.

We are all Dependent Vampires, stealers of energy. The only way out is to connect to a higher level of energy which can never fail. To become Independent. Then we can comfortably destroy these negative thoughtforms in our lives. Energy Enhancement Level Two shows the way to do it.

We need to clearly see the action of any of these patterns in our lives. Patterns which are based upon fear. Patterns which are based upon selfishly getting attention. Before we can be free of them. We need to

see the action of any of these patterns in our personal history.

The energy which is given through the second chakra is not then available to be transferred through to the Throat chakra. It can prevent personal creativity for a while. It can prevent energy going to the head. It can reduce our Intelligence Quotient for a while. However, people with strong sexual drives are learning how to control them. Their productivity depends on how well they do this.

The Workings of the Four strategies.

The Aloof and the Interrogator feed off each other.

The Aloof stay quiet and avert their eyes to gain attention and thus more energy. The Interrogator gets irritated at the aloofness and starts to ask questions in order to gain the attention and energy of the Aloof. They can really take their parts seriously and get angry and upset during the playing of these games. Their strategies to gain energy.

The wife beater will swear that they didn't know what came over them and swear never to do it again. The wives believe them and stay with these violent people sometimes for 20 years until they get seriously hurt.

BDSM

In BDSM a Sadist, Dom or Mistress is a violator. A Masochist, Slave or Sub is a poor me. These two polarities can generate a lot of energy and orgasms between them. The pain releases endorphins into the system like heroin, cocaine or running, but always the poor sub gives more and eventually runs out of energy. Together they try for more orgasms, trying to break the barriers. But sometimes the sub dies because of this.

The Poor Me and the Intimidator or Violator feed off each other.

They are more dangerous but extensions of the other pair. The Poor Me will create something to make you sorry for them and thus get your energy. They will make you feel sorry for being better off than them. The Alcoholic. The ill. The person crippled by previous hurts, emotional or physical can all be examples of this type. They all want your energy. The Intimidator creates the Poor me and one easily slips to the other.

They threaten violence to get your attention. They violate and abuse to control, to get your energy.

Moreover, many people use the Star to impress their partners to start with, then in the family they become poor me's or violators to get their energy.

The Star thinks that they are always right. Even when they are totally wrong, they are right. They are competitive and cannot stand to have another star in their presence and so fight with them, and if they cannot win fairly, they try to ruin the reputations or kill the opposition.

Stars always have Poor Me's around them so they can be confirmed in their places of splendour. So they will be generous to the poor me's to keep themselves surrounded by the coterie of Poor Me hangers on, yes men and flatterers hanging on around them.

Some men are always complaining about their wives and the meaninglessness of their lives. Even they do not know that they are using the Poor Me to attract attention.

A poor me will hurt themselves to gain attention. Become a drug addict, alcoholic or infirm. To get your love and attention. Playing their game only confirms them more in their strategy.

What I'm trying to get over is that almost everyone is shuttling from one strategy to another without noticing it.

Energy Enhancement Level 2 can totally heal these Strategies.

The Sins of the Father will be passed on to the Children unto the Ninth Generation.

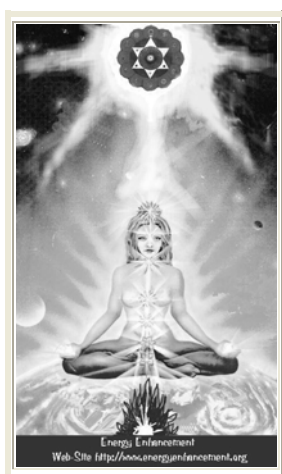
These games are taught in early life. Most people cannot see their own dramas and will carry on doing them without any conscious knowledge of them doing it. In the process they will teach their children the same tricks.

Unless we can see our dramas for what they are. Just seeing how we play these games ourselves allows us to just stop them.

Many people are trying to show us our patterns and how we are limited by them. Each family is the training ground for how to get, to steal more energy.

The only release, in the end, is learn how to control our energy.

Learn how to connect with the Universal Energy Field in Energy Enhancement Level 1.



- Energy Enhancement Techniques show how to do this.
 - Then there is no competition only fulfilment.

Learn how to Totally destroy these strategies in EE Level 2.



- The effects of these strategies on society is vast.
- Most people shuttle from Star to attract a partner, to Poor Me, or if that does not work, to Violator to gain the attention (love) of their partners.
- Most therapists bring intellectual attention to these strategies that you are using.
- Although this can ameliorate their effects, it cannot stop the violator who swears that he will never beat up his wife again. Who says that he did not know what came over him.
- And not only these gross effects. A person lost in these second chakra strategies will be totally controlled by them in little ways.

Energy Enhancement Level 2 teaches us how ***to totally drain the negative energy out of these thoughtforms*** so that they can never bother us again.

The Use of Strategies outside the Family.

Outside the family we learn to use these strategies of control. We create fear to obtain control. When we control a person we gain their energy.

We use these strategies to gain power.

When we get power over a person we gain their energy. This is the rule in low organisations and low societies. This is the rule, the competition for energy, in any item over which there is a shortage.

Because of the fear of lack.

Because if we do not have enough we will die. This is the fear. It causes the rich to get richer and the poor to get poorer. The miserly rich, who pile up more than they need, do it out of this childish competition and fear of lack.

By connection with higher energies in Energy Enhancement and the use of Techniques to heal Strategies, we can totally get rid of these Games we play, in anyone.

***A High Organisation or High Society is
one in which there is Less or No Fear in
its Actual Mechanisms.***

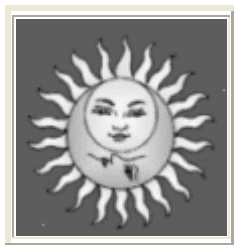
Where there is no lack of the essentials for the poor.

Where people are not forced into work which is against their essential nature through fear of not having sufficient to live on.

There should be a true freedom of choice and not one coerced through fear of not having enough.

The Discovery of Sex.

When we reach the age of puberty, we soon discover the opposite sex and these second chakra connections soon occur, just through being in the presence of the opposite sex.



A beautiful floating energetic state is reached as the "Love Vibrations" pour out of the second chakra leaving no energy to power the head.

However, early in life we have even less discrimination than when we become more adult. The beautiful, strong energy feeling is usually felt as true love, whereas in reality, when we see the other we are connected through the rose covered glasses of our faulty, brainless perceptions, because all the energy is in the second chakra.

It is a wonderful feeling and one of the joys of life to feel this way. It is our first contact with the energies of the source and is a magical meeting.

Addicted to Sex.

Some people, though, become addicted to this second chakra feeling and spend the whole of their lives trying to recapture it.



The Position of the Second Chakra.

However, a true human being, as well as being able to be in the second chakra at will, also has the capacity not to be in the second chakra, at will. This control, bringing the energies back to the head or the heart, allows us to see "The feet of clay" of our partners. We can then choose whether to accept any faults or not.

Forgiveness is based upon this and we will not be surprised at a point when it is too late.

Control of the Energies of Sex.

Control of these energies are our strongest test on the path of energy control. Gurdjieff said "If there had been two things like sex, I would not have become enlightened!".

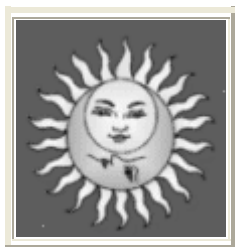


G.I. Gurdjieff.

Two of our students fell in love and were very happy together. They started to practice Energy Enhancement techniques and worked with the Second Chakra connections. When they met that night they immediately saw the feet of clay of the other. They saw more deeply into each others reality.

When they worked on the connections again they immediately got back into the same state of complete acceptance of the other, but with one difference. They knew each other much better at a deep level. They could work with the second chakra. They could be closer to reality. They could not be surprised.

The Tantric Energy needed to Create a Child.



This energy connection between the second chakras is the energy needed to create a child. A child needs this very strong energy in order to be conceived. To bring its soul down to the earth. It is necessary to the continuance of the human race.

The Stimulation of the Base Chakra from its trigger points in the penis, vulva, clitoris, G-Spot at the back of the pubic bone, anus and perineum causes a connection through the energies of the Third Initiation, with the Crown Chakra and thus the soul.

Sex is generally the closest a normal person gets to the source, to God. These energies come from the source, and used correctly can teach us much about the Source. There is no lack of enjoyment or love in control. Energy Enhancement teaches how to gain that control. Control indeed brings us more love. More enjoyment. More energy.

This is Sexual Tantra which can heal energy blockages, energise strategy blockages and strengthen the energy connections.

Energy Enhancement and the Function of the Orgasm.



Orgasm is connection with God.

- Inappropriate desire comes from wanting to selfishly grab someone's energy.
- Inappropriate aversion comes from any pain already held in the second chakra as a blockage.
- Orgasm is a connection with God. It takes a lot of energy to take a child down from heaven.

The energy of the orgasm flushes the second chakra with healing energy from a connection through the crown chakra. People who have too much pain held in the second chakra are afraid of looking into it, so although in the conscious mind they desire this second chakra connection, unconsciously they are afraid of the fast, violent release of this pain, for example in orgasm.

Frigidity and Penile Flaccidity.

This pain and negative energy, held in the abdomen, results in the frigid people who cannot have an orgasm.

Consciously they really desire the release of an orgasm. The Orgasm normally clears out the Second chakra of small amounts of negative energy.

- Consciously they say "yes!"

- Unconsciously they say "no!"

Because of Negative energy, Pain held in the second Chakra. They cannot face up to it, go near it.



Position of the second chakra represented by an orange circle.

This can result in problems at some rape trials. Many people report the confusing signals received and given. When too much pain is held in the second chakra then the opposite polarity of connection can create pain.

There are male and female connections to the second chakra. Sometimes this pain in opposite polarity connections can lead to one aspect of lesbianism and homosexuality as pleasure can only be felt in same polarity connections.

When this pain is gently and slowly released through Energy Enhancement techniques the normal function of the orgasm is returned and a free choice is available again.

The Tantric Answer to Energy and Semen Loss.

Some adults are addicted to this Second Chakra, sexual, connection because it is a source of great energy and therefore pleasure.

The excess of this connection is a pleasurable addiction without any major harm except the energies do not have the opportunity to rise higher.

One drop of Semen has been compared in energy to one pint of blood. Therefore too much loss of semen will really deplete the energy system in the same way that abuse of drugs does. Therefore the use of celibacy and restriction in order to save energy.

The Tantric answer is to learn how to stop the ejaculation of semen at the point of orgasm. There is a muscle in the perineum which when contracted will stop the passage of urine or semen through the penis. Strengthening this muscle through many contractions will lead to the control of ejaculation of semen and also, as it is the trigger point for The Base Chakra, will strengthen, give more energy to the Base Chakra.

Electra and Oedipus Complexes.

The Electra and Oedipus Complexes in the Making.

The Seduction Strategy. Sexual Abuse.

With the male and female polarities, naturally, mothers connect more with sons, fathers more with daughters.

Daughters feel the connection from their fathers and try to seduce their fathers and, like Anais Nin, an Author, they unconsciously use this **Seduction Strategy, like the Star Strategy**, on every man they meet thereafter.

They try to seduce all the men they meet. Because it worked once, with the father, then surely it must work with other men for the rest of my life? Wrong! Many destructive situations arise from this strategy.

Sons feel the connection from their mothers. If they cannot disconnect, then their Second Chakras are sometimes not free to connect with any other woman. Their Second chakra connections are free only to connect with other men. See this action in people like Kenneth Williams – a driven Star and Homosexual.

When we hurt people, we usually have to apologise for the pain we have caused. The forgiveness by the victim usually heals the victim a lot.

Sexual Abuse and Rape.

The inappropriate connection with children in a hedonistic, selfish adult can lead to the sexual abuse of children.

An inappropriate connection with a non consenting adult can lead to rape. Most violators justify themselves by saying that the abused wanted to make love with them. But because children and young adults are used to this second chakra connections with their parents, they

sometimes inappropriately try to connect with others in this way. Then they get a shock when they are raped.

Energy Enhancement and the Dissolution of Pain.

It is wise to know that any inappropriate connection will lead to more pain being held in the second chakra of the violated.

The law being broken is the law of Harmlessness.

Once pain is held in the second chakra then any connection can lead to more pain being added to that already held. "To those that have, more will be given. To those that have not, it will all be taken away."

It is wise not to give any more pain to those already afflicted. This is the reason why many Saints will not form a relationship. To those afflicted with this pain, it is wise to learn how to dissolve it. Only in this way can we learn to be free.

Again, these techniques are available in the Levels of Energy Enhancement.

The Sexual Abuse Strategy.

Through lack of control, these connections can lead to an adults inappropriate relationships with children. Because these second chakra food connections can be of a sexual nature in adults, learning how to use these connections responsibly and legitimately, so as not to hurt anyone, is the test.

When not used correctly, selfishly, then sometimes inappropriate feelings are created in the adult towards the unprotected child. When the connection meant to feed the child arouses sexual feelings in the adult.

The NSPCC, The National Society for the Prevention of Cruelty to Children knows about the physical and sexual abuse given to many children. The Violator uses abuse to gain energy from the children.

These feelings are a distortion of true love, because they are selfish and can lead to abuse of a child before it is able to handle these energies appropriately. They are not full grown and are before the age of consent.

Whenever connection with anyone is not appropriate the connection, causes pain or distress in either a child or an adult. Harmlessness is the key.

Part of our training as an adult is in overcoming these selfish desires which will lead to the pain of the other partner. Energy Enhancement Techniques show how to do this, how to gain this control, in easy stages.

A Story of Sexual Abuse.

One of our students was abused by her grandfather, as a young child, over a period of years. She came to hate him and the repressed pain was causing many difficulties in her personal life. With her partners. One thing she remembered was that when he died, she received a telephone call from him which she had slammed down in disgust.

We gave her healing on a few occasions and there was always this strong energy there which we could not get rid of. One of her friends was present at one of the healings, and when the healing began, she said, in a very strange voice. "Can I talk?" we said, "Yes" and immediately she started to say, in a very old restricted voice "Forgive me. Forgive me!". When she said this, our student became as if electrified and said later that this was the same voice she had heard over the telephone many years ago. But this time she understood. She forgave her Grandfather and this time the energy was allowed to move on using Energy Enhancement Level Two.

If we cannot forgive, then sometimes the one we need to forgive will stick with us parasitically, draining our energies and upsetting our emotions until allowed to pass on. Disease is caused in this way. As well as a lot of misery as the held in pain affects our relationships.

The friend was very surprised and happy at being so much use. It had never happened to her before and she felt very strange at being inside what felt at the time like a dying mans body.

Energy Enhancement Protection and Energy Control.

As well as being a connection to give food to children, this second chakra connection is used by adults in the creation of children. It is the source of the sexual connection.

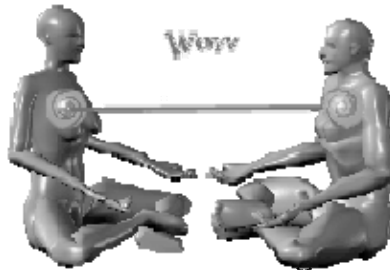
Whereas it is a completely legitimate use of the connection, between consenting adults, to create children. The feeling of the connection in an adult, can give completely inappropriate feelings of desire towards any child or adult person with whom that adult has a connection or wants to form a connection.

Unconsciously we get very good at forming connections with the people and things which we desire.

Energy Enhancement techniques teaches protection techniques where we can choose whether to allow these connections from other people or not.

To have a free choice of connection we need to beware of inappropriate desire and aversion to these connections, before we can make a completely free choice.

Energy Enhancement, the Heart, and the Second Chakra.



A Heart Connection.

The Heart connection is a higher connection and always appropriate, but sometimes partners...

- who are used to the second chakra connection.
- who still think of the second chakra connection as love and not a food connection.
- who have been used to this connection all their lives.

...hate being cut off from that which they are used to.

We can be addicted to the second chakra. The aim is not to totally cut off from the second chakra as in celibacy, but to be free to connect or not to connect whenever appropriate. To be free to use our energies in whatever way we choose, subject to the law of Harmlessness to ourselves and others.

Remember the Buddha said;



Buddha; "Selfish or inappropriate attachment leads to pain."

Energy Enhancement Techniques teach how to connect appropriately. It is nice for couples to learn how to do this together to prevent misunderstandings. We can even use these techniques to enhance our sexual relationships. The aim, however, is to teach how to raise our energies. Control of the energies of the Second Chakra is the Stage reached after the opening of the Heart.

The Opening of the Heart.

The Opening of the Heart starts with just a little feeling, noticing another's pain. Of wanting to help others just a little.



Opening...

As it opens more then this feeling can grow into full blown compassion.

The Removal of Pain in the Second Chakra through Breath Training or Meditation.

Any pain held in the abdomen or second chakra, for whatever reason causes a fear of movement of the second chakra. Scientific surveys have shown that as many as 35% of all people have this pain. They find difficulty in breathing into the abdomen, because any movement of the second chakra can release this pain so that the person feels it. People who cannot automatically breathe into the abdomen are known as chest

breathers. Breathing into the abdomen is the normal way of breathing. Look at any baby. In a normal full breath, 40% of the breath goes into the abdomen, 40% of the breath goes into the chest and the top 20% goes into the top of the chest under the collar bones.



Pain held in the abdomen or second chakra...clearing this pain is a prerequisite, before we can start to act like real human beings.

When sitting, we only need to breathe into the abdomen to get the amount of oxygen the body needs. Only when we work at hard exercise do we need to use the full extent of our lungs. Therefore, when we cannot breathe into the abdomen, we usually only breathe into either the chest or the collar bones.

The chest without the use of the abdomen can supply the resting oxygen rate and only gets into trouble during heavy exercise, for example they may get overly tired during and after something like aerobics.

However, when we can only breathe into the upper chest, then the breath can supply us with only half the amount of oxygen needed at rest. We breathe faster. Still we run out of oxygen and the unconscious part of the mind which monitors the carbon dioxide levels in the blood from a sensor in the carotid artery where the blood enters the brain. The unconscious mind says "Breathe faster you fool. I'm dying!".

There is a sense of constant weakness, almost cosmic fear, and anxiety which at moments of stress pushes the body into a panic attack of fast breathing; in the past, usually associated with hypertension. In these

cases there is an almost constant oxygen lack which can, over the years, end up in M.E. (Myolitic Encephalitis or yuppie flu) or M.S. (Multiple Sclerosis). The bodies weakest link is attacked physically.

I once taught a class of people with MS. All of them had problems breathing automatically into the abdomen. Their disease stabilised and slightly improved when they learnt to breathe automatically over the period of a year.

As well as physical disease, the psychic physiology is under stress. It is weakened. Higher energies cannot possibly even start to flow towards the higher energy centres. So clearing this pain is a prerequisite, before we can start to act like real human beings.

Any pain, any fear, held in the body will make us act automatically in fight or flight mode, in fear of anything which looks as though it might harm us. It will make us afraid of anything out of the normal.

So the black crows will peck the white crows to death. So the Jews are burnt in the gas ovens.

Pain and fear are at the base of anger. We only become angry or aggressive when our energies are low. The aim of Energy Enhancement is to teach how to get rid of this stored pain. And then to teach how never to get this pain ever again.

The Major Initiation of Stage 3 of Level One of Energy Enhancement. Or The Discharge of Negative Energies into the Earth is the way of transmuting all pain and negative energy in the system into pure positive spiritual energy.

When our energies are high we have no fear, hatred, anger or jealousy. We do not get bored. We enjoy working creatively towards our aim in life. We start to reach towards our fulfilment.

The Third Chakra.

Manipur Chakra.

Situated in the Solar Plexus just below the ribs, this major nerve plexus controls the endocrine gland of the pancreas and therefore the quality of the blood. It has a relationship to the Sun.



The Third Chakra; Manipura.

It provides the Sea of Energy, like a capacitor, for the strength and daily use of the body. Emotionally, it provides the impetus towards power, dealing with the use of power and obtaining it.

When blocked, it gives personal ambition, anger and jealousy. When used too much or thwarted by personal power, it leads to a lack of energy in this area - anaemia, etc.

Competition in the Family.

This is the start of "**The Star Personality**" who wants the approbation and attention of the father and mother and who will live out the dictum of Gengis Khan;

"It is not enough that I am successful. All others must fail as well."

They will jealously denigrate all competitors and try to destroy them. If you do not try to compete they may try to "Help" you as long as they can be seen to be generous. As in Schindlers list, a film by Steven Spielberg, they will give you their "Gratitude", for example, the corrupt money given as baksheesh by Schindler to the people and politicians who gave him contracts.

I have heard there was a famous politician.

He went to see an Integrated Master and asked for some meditation to help him remain calm in his work.

He said that he just needed one last push to help him to the top of his particular greasy pole, the Ministry of the Treasury.

"But," he explained, "there are so many problems along the way and I have to be wary of ambitious 'friends' and young men around me, all waiting to pounce upon my every mistake.

I have to work so hard and I cannot relax for one moment. I cannot rest; I cannot sleep at night for the worries that beset me.

Please give me a meditation so that I can become peaceful."



The Master immediately said,

"You do not need a meditation. Simply by renouncing your 'vaulting ambition' you will have peace. You are wasting your life being dependent on the carrion around you for your happiness.

Come back when the aim of your life is not just for yourself but for the betterment of your Office - a non-personal ambition."

When you follow your true path in life, with the right motivation, then there is no friction. Then life is your meditation and peace is your path.

Jealous people are called Monkeys.

It is good to stay away from monkeys even if you notice just a little of that in their attitude.

Time for a story...

...One day, I have heard, a little bird poked its head out of its nest and looked out with joy on the world. Its nest was truly a work of art. Much hard work had gone into its construction. There were three stories. The bottom for the stores. The middle for the wife and the children and eggs. The top story had a small hole in the roof to look out upon the world.



"Its nest was truly a work of art."

As he looked out, he noticed it was raining and at the bottom of the tree he noticed a monkey flapping its arms against its body to keep warm in the howling wind. His heart went out to the poor monkey and he wanted to help. He said "Monkey, why don't you build a beautiful house like mine? Then you wouldn't be so cold in the rain."



"I suppose you think you're clever don't you?"

The monkey raised his eyes to the little bird and said, "I suppose you think you're clever don't you?"

With that he climbed to the top of the tree and took the nest in his hands. With a "What do you think of that then?"

He cast the nest to the ground where it burst into little pieces!

...End

Then there is Anger.

Anger is there to show when you are hitting the blockage between the Solar Plexus chakra and the heart centre. It is only harmful when used with non-awareness. One can choose to be angry, then any harm comes from your intention.



A buddha, meditating.

It is said that one day, the Buddha brushed a fly from his face and then apologised to his guest because he had performed the action with unawareness. He insisted on then performing the action again, slowly.

Time for a story...

Then there is the Samurai warrior, a Captain of the Kings guard, a leader of men, who one day visited a famous Zen master. Now, the Samurai code is very hard. They renounce any fear of death so that they can best serve their master. They call that code the code of Bushido. They can be very fierce. They learn the art of weaponry, of swords for many years. And their art of the sword is so subtle and so strong, from hundreds of years of study of strategy, that it is said that they can cut a man in half with one blow.

So one thing. It is not wise to mess with a Samurai.

The Master asked what the Samurai wanted of him. The Samurai said that he was not frightened of death but he was curious.

"Show me the jaws of Heaven and Hell," he asked with his strong deep voice. "I have heard you are very powerful."

The Master replied that although it was in his power to do this, he could not do it for a mere Samurai because their senses were not subtle enough and their ancestry....

As I said previously, one must be very careful with a Samurai. At the mention of these things, the fierce Samurai cried "Enough!" and with one swift motion drew and raised his sword. He was just about to strike in this position, with his sword raised above his head when the Master with all his power cried "STOP!...."

The Master said,

"Now, see the Jaws of Hell! Just because of a few words you have lost your awareness. Because of this you would strike me as if swatting a fly."

"Also, because you have stopped," and such was the power of the Masters voice, that he had stopped, with the sword raised above him. Stopped in mid swipe, "Now see the Gates of Heaven!"

The above example, is the way of anger for male, yang, energy. This energy can be used appropriately to break through resistance in a good cause. But even this is limited when considered that it should power the Heart.

Then the animals gather around to gain sustenance and the very birds are charmed from the trees. And so, metaphorically, for men. Around such a person, the power of compassion or universal, not personal, love holds sway. With awareness. Like Saint Francis of Assisi.



Saint Francis of Assisi.

The way of female energy is to hold it, unaware, inside. I am not talking about men and women because some women get externally angry, and some men hold it inside. I am talking about the pain and disease which can occur when this poison is held unaware, inside, and it is not allowed to be expressed when appropriate. Any anger unused remains in the Pancreas and the Gall Bladder. This poison; this bile; causes all disease in this area.



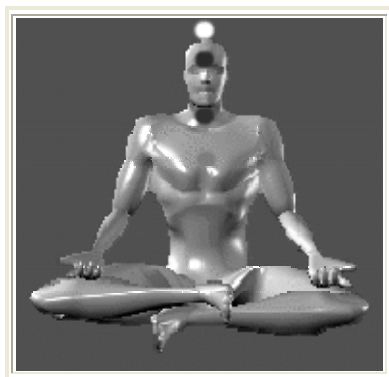
Position of the third chakra, represented by a yellow circle.

In prison many men fight, but in female prisons many women damage themselves. They cut many parts of their body with razors. They are called "Cutters."

This is Hell. This is the external action of repressed female anger. All disease is Hell. We do not know how to handle this third chakra energy. We get no training in our schools.

This training is the subject of the Second Level of Energy Enhancement
- "The Opening of the Heart"

Introducing The Four Higher Chakras.



The Position of the Four Higher Chakras.

The Four Higher Chakras above the first lower three are as follows:

Chakra	Sanskrit Name	Colour Circle
Heart Centre	Anahata	<i>Pink</i>
Throat	Visshuddhi	<i>Blue</i>
Brow, "Third Eye"	Ajna	<i>Purple</i>
Crown, "Thousand Petalled Lotus"	Sahasrara	<i>White</i>

The qualities of the four higher chakras are called "trans-ego functions", because the lower functions, when not working correctly, are stopped by the ego.

The ego is defined as being a mass of personal selfish desires and attachment.

As the lower chakras start to work correctly, positively, with more

awareness, the higher chakras start to draw energy from the lower chakras and the whole, the gestalt, starts to improve exponentially.

There are many ways to work on the improvement of these functions. They all work. Some ways work better than others. One can do this training the easy way or the hard way but if we have no awareness to the necessity of training, then the universe will be a hard hammer.

Swami Satchidananda, one of my teachers, says:

"What happens when you want to purify gold ore? First you heat it up really hot don't you? Then you take it out and beat the crap out of it with a big hammer."

This is the way of the Universe.

The purpose of our Energy Enhancement courses is to make this training as easy, quick and effective as possible. We want to create the "Philosophers Stone" which transmutes dross into gold by the formula "Solve et coagule."

In the next Chapter, I will develop the exposition of the working of these higher chakras whose functions get more powerful the higher they go, and the correct sequence of their awakening.

The Ajna Chakra.

The Chakra of the Intellect.



Position of Ajna Chakra represented by a lilac circle.

Ajna chakra is the chakra of the mind. The chakra which is stuffed and trained in school. The chakra of science. The chakra of visualisation.

The chakra of the intellect.

The chakra which modern man is so in love with. This powerful chakra has helped to make and fashion this modern world. It is not bad or good, but neutral like a knife, it can be used by a murderer or a surgeon.

Ajna Chakra is also Completely Amoral.



Position of Ajna Chakra symbolised by the purple circle.

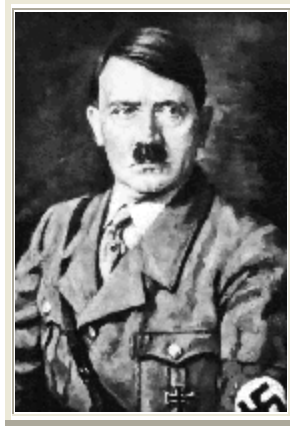
It will do whatever it is told.

It is a good servant but a very poor master.

When it is used as the highest level of humanity, separated from all the other chakras, when it does not listen to the Crown chakra or the Heart chakra, then it acts like an idiot child or computer. It will provide arguments for this idea or that idea with no direction, no aim, no instinct, no morality, heart or Wisdom.

The Open Society and its Enemies.

Carl Popper in his book, "The Open Society and its Enemies" wanted to find out what helped to make totalitarian Societies. He was one of the most famous Jewish Philosophers of this generation who wanted to make sure that people like Hitler were understood.



Adolf Hitler, "... so that it could never happen again."

He wanted you and me to understand how these monsters get to the top and stay there, so that it could never happen again. In short, he found that the power possessing people of ancient times had killed Socrates for disturbing the minds of the young and these same powers supported the writings of Plato, who had supported the totalitarian instincts of the rulers by providing a Philosophy which supported the "Divine Right of Kings". Plato showed in his book "The Republic", that for a society to function "correctly", everyone must follow orders.

The Crown Princes of Germany.

Further, He showed how the Crown Princes of Germany had been very disturbed by the French Revolution. They understood that if these ideas were followed then it sounded the death knell for them.

So, they found Heidegger.

Out of all the philosophers of that generation, they made him rich. They made him famous. They made him the chief Professor of Philosophy at their top university. They gave him the money to publish all his works. They made him the arbiter of who would get the research grants.

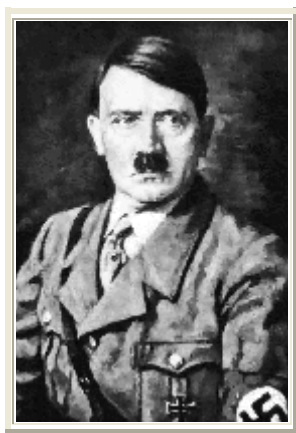
They gave him the power to make other people who supported him into Professors at other Universities.

The other Philosophers never got jobs. They starved. All because the Philosophy of Heidegger supported the Crown Princes position in very clever terms and ways.

All the top people in society sent their sons to University to learn the German philosophy. To learn the German ways. So successful was it that over many generations Germany started to run like clockwork.

They learned to follow orders.

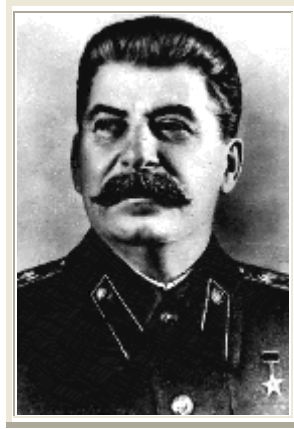
Hitler.



Adolf Hitler...amoral power structure.

So the amoral power structure, using the amoral Ajna chakra provided a philosophy of convenience which helped to fashion the "Final Solution" of Hitler which killed six million Jews.

Stalin and Mao.



Joseph Stalin...killed tens of millions.

Ajna chakra supported the excesses of Stalin who killed tens of millions. The excesses of the "Cultural Revolution" of Mao Tse Tung which set brother against brother, killing yet more millions of people in the name of making sure that Stalin and Mao could get rid of their rivals for power, using and distorting the philosophy of Karl Marx to support their position.

Pol Pot.

Ajna chakra helped fashion the killing fields of Cambodia. When the Bourgeois middle classes, "The enemies of the masses" as was understood incorrectly from the writings of Karl Marx, four million middle and upper class human beings were exterminated by Pol Pot.

Again, a philosophy of convenience which distorted the original writing of Marx to support their case.

Because they wanted to rule.

Spin - The Battleground of the Mind.



Position of Ajna Chakra represented by a lilac circle.

Ajna chakra now provides the main battleground of the human spirit today. These methods are the ways in which the power possessing people on this planet still control everyone.

If you are still only using Ajna Chakra then you can easily be fooled and tricked. They call it "Spin" and the spindoctors control everything. In Neuro-Linguistic programming it is called "Reframing" and again this technique is neutral and can be used for good or evil. Everything is believable. You have no rudder.

Thus in debate, one can have two opposing arguments made, both of which are entirely believable.

If you had 100 experts then some of them would support your case, whatever it was. Some of them would take money from you to research your case. Some of them would take money to vilify those who were against your case.

For example, Socrates, Jesus Christ and Buddha were killed by those who were paid to be against them. This same process is happening all the time. Even now!

Now, power possessing people know not to create Martyrs. It is far better to say bad things about the opposition, ruin their reputations,

ridicule them or to even ignore them.

For example if someone in power wants to support their case. For example Macdonalds Burgers or Burger King want to persuade you to buy their burgers. They will support research in Universities, by doctors, to support the idea that burgers are good for you. They will conveniently forget the research which says anything different. They will ignore it. They will put money into, support research and publish research which upholds their case. They know the researchers who will say what they want to hear. Those who are "one of us".

These people have a lot of money. They will help to make these Doctors who support them rich. The rich and powerful support those who help make them rich and powerful.

For example I heard on the radio last week that research had found that cheeseburgers had a substance inside them that prevented cancer!

It costs money to do this research. It costs money to make sure it gets published. It costs money to get it onto radio and television. It is the Ajna chakra which makes it all possible.

Margaret Thatcher, Milton Freidman and JK Galbraith.

Margaret Thatcher when she was Prime Minister of Great Britain, out of all the Economists in the world, supported the philosophy of Milton Friedman because it supported what she wanted to do. Never mind that J.K. Galbraith's ideas pointed in the completely opposite direction. Were more humane and correct.

Now she is out of power she is a well paid director of a big tobacco company - British American Tobacco - BAT, who pay her because she will support their case in the Houses of Parliament.

"By their fruits shall ye know them."

The Psychopathology of Leaders: Hasnamus.

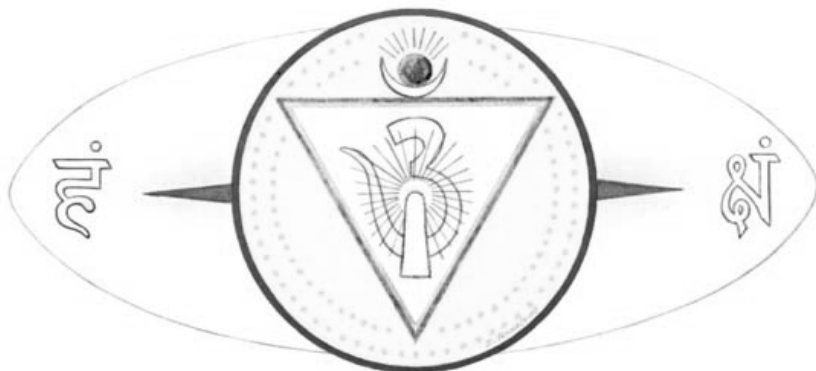
The power possessing people give money to those who support their case. Gurdjieff called these power possessing people "Hasnamus".

- People who were very clever but who were not able to talk to their higher selves.
- People who were so afraid that they would do anything to maintain their position.
- People who "Have Nothing", they have no connection with their higher selves.

They are totally Selfish which is the prime definition of a Psychopath. Thus they have no morals. These people are in power today. They are psychopaths who will do anything, use anyone, support any Philosophy. As long as it supports them.

And many people fall for this because they do not understand how things work. Psychopaths are supported by people who just want the money

Advertising and the advertising experts in many cases are whores who will support the case of whoever gives them money. People who lobby parliament because the power possessing people want their case supported. Barristers will support the case of whoever gives them money.



Remember, Ajna chakra is neither bad nor good.

What have you done, Mr Sufi?

There are a lot of good and moral people in society who know how impossible it is to fight the powerful, yet many of them try.

Story...

There is a Sufi story of a man who came to a Sufi Master and said pretty much what I have said here. "With all the cheating and lying, unfairness, anger and war, this world is a mess. What are you doing to help it?"

The Sufi Master replied "If we had not been helping, this world would have been a radioactive cinder, thousands of years ago!"

...End

Some of them choose to " Turn on, tune in, and drop out". They just know how it works. But whatever their field of work " As within, So without" the fruits of their inner work are reflected outside.

Ajna chakra is tremendously powerful and as yet, it has not been used to its full potential.



Position of the Base Chakra.

Only when base chakra fear is dissolved can the head chakras start to communicate.

Love, the Heart Centre and Society.

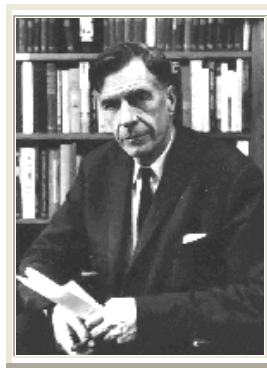
The Heart Chakra in Society.

We should care about, the expression of love, every member of society. John Donne said - "No man is an Island, complete unto himself. Every man is a part of the Maine" - the continent, society itself. When you hear the bell Toll at a mans death, remember, it Tolls for thee!".

This is the ultimate expression of love, the heart chakra in society.

- In order for society to evolve, people need to evolve.
- We evolve as our lower needs are taken care of.

Maslow's "Hierarchy of Needs" shows that the lower needs must be taken care of first before the higher, more evolved needs can be activated. An evolving society looks after these lower needs. The more of these needs which are taken care of by society; which are given free by society, then the more highly evolved is that society.



John Kenneth Galbraith, author of "Anatomy of Power".

The more a society uses these lower needs as a stick or as a form of "condigne punishment", as JK Galbraith termed them in his book "Anatomy of Power", the more fear will be created which will stop the evolution of people, and so society. This type of society is lower. The more low as more fear is used.

The Problems of Evolution in the UK Society.

At the moment, in the UK there is a split, stopping the evolution of society. Some of the lower needs are given freely but are removed, you are made to pay for them, if you gain money through work. This basic split in the Thoughtform above is stopping people from working and stopping a lot of creativity through the fear of being sent to jail if found working whilst on basic income.

A Basic Income, money, is given but taken away if you work. If you work, you get no basic income.

I once heard the story of a woman writing a book. Because she was honest, she admitted this fact to the Benefits Office. The Office then took away her basic income, because she was working. You may say that she was stupid to admit this fact to the government, but this moral dilemma is what is happening to the vast majority of people on benefits who wish a better life for their family and want another job. This moral dilemma is squashing the creativity, of which most people are capable. The rules are not allowing them to be creative, To follow the path of their souls. Instead, they are allowed to watch television, or work at one of the countless, soul destroying, Slave Jobs provided by the Government.

The solution proposed by many thinkers, fully in accord with the evolution of advanced societies, is to give every member of society a "Basic Income" which is not taken away when you work. With this income, people will only work if they like the job or if they are greedy. Thus, the lower level basic jobs of society will attract the more lowly evolved. The rich will still be rich. The poor will still be poor. Fear will be eliminated.

Housing is given through Housing Benefit, money, being given but taken away if you work. If you work, you get no Housing Benefit.

The solution is a basic housing benefit payable to everyone which is never taken away.

Medical Benefits are free, but you have to pay more if you work. There is not enough money to pay for some operations so you could die if you have no money. You can get a much higher

standard of care if you pay for it.

Medical care should be free but unfortunately is in the hands of a strong guild jealous of their incomes. The Guild fears the loss of jobs and incomes. Thus homeopathy, acupuncture, Bach flower remedies etc etc and Preventative Measures designed to prevent illness are vilified by them as useless. Guilds insist that people are properly qualified as doctors before being allowed to practise in order to maintain the incomes of practitioners. The State will only pay Doctors for health care whereas it should pay any qualified alternative practitioner up to a certain level. Guilds and Pharmaceutical Companies resist preventative measures because they would restrict the incomes of their members through reducing the number of clients and the number of pills ingested.

Preventative measures like Pure Food free of Xeno-estrogenic chemicals, Pure Air free from incinerators and unfiltered factory outputs and Stress Education like yoga and meditation at school will halve the number of operations needed. Then we could more afford the best of health care for the rest.

Education for the young is free. If you live in a poor area, the standard of education is likely to be bad. If you live in a rich area and have good social contacts then you can ensure that your child goes to a good school. If you are rich then you can pay for the best schools.

Education at university used to be grant aided for the poor. If you worked you had to pay more. Now society has devolved, making the above the case for only half of the money. Loans are granted which must be paid back if you are poor. Rich parents pay for their children laying no such restriction, burden, on their future life. – Education is Basic. It is the means whereby society evolves and becomes better.

Any restriction to education will restrict society.

Education should be free.

Please note that the benefits given by UK society are, as yet, the best in the world. For all its problems, this is the highest expression of love given to its members by any country. Is it any wonder that this world is in the mess that it is?

The reason why money and the fear of having no money is being used

as a stick is similar to the situation in the following story.

Story...

There was once a miner, who only came to work four days a week.

The Boss asked the miner why he did not come in to work for the full five days.

"Because I cannot live on the wages of only three days!", was the reply.

...End

Money is being used as a stick to make people work. In effect, they must work for money, for life itself. They are being treated as slaves. However, it is a well-known fact that advanced production techniques and computerisation now make it unnecessary for most people to work in production.

Most work can now be done by machines.

Thus the growth of unemployment. There is a vast growth of the service industries, which really contribute nothing to society except to the quality of life of those using these workers as slaves.

We do not need all these unnecessary workers working. It is expensive to keep them working. Far cheaper to give them a basic income and the desire to earn more, in more educational and creative ways.



This fear blockage of the Base Chakra is causing many societal problems as well as stopping the evolution of that society.

I could go on about the vast growth of this misery causing Drug abuse, Violence in society and the numbers of people in prison caused, statistically, by base chakra fear.

I could go on about the fashionable reply to this misery, of screwing down the lid. Zero Tolerance and Three Strikes and you are Out, rather than reducing the causes of this misery as detailed above.

There are many poor me's, but the expression of caring, of love in society, is that everyone should have access to sufficient food, money, decent housing, and education. There should be no-one dying of starvation. There should be no-one living in a box in the street.

There should be many places in well run, excellent, libraries, schools, colleges, Universities and Open Universities on Television.

Anything else fosters the ease of people making harsh, violent decisions because the fear of death and the death of our aspirations. It leads to violence and the break down of society.

The Wisdom Connection.



"Knowledge is Knowing. Wisdom is Doing".

The house is burning down, yet you are still lying in bed.

These words are those of the Buddha, spoken thousands of Years ago. And Buddha had exactly the same problem then that we do now. The problem is not that the information is not available. The problem is not that we do not know. It is simply that we do not have the energy to act.

Jesus Christ talked of it when he said;

"Those of you, who have ears to hear, let them hear."

If you really heard the information printed here, you would not hesitate to act. You would not hesitate to hasten your evolution by starting a Meditation course now.

The Man and his Wife.

Once upon a time, there was a husband and wife, and as normal they were verbally sparring. The husband was used to it, and as his wife verbally took him apart. I think they call it mental cruelty these days. He calmly ate his meal and read the daily news. Then the talk changed.

She said, "Do you know? My brother is going to join the Buddha. He is going to become a monk."

"Oh!", said the husband, "And when is he going to do that?"

"Next week." said the wife.

The husband replied;

"Your brother is all talk. He will never do that. If you really know something. If you really know that your daily life has no meaning and that the only way to evolve is to meditate, you could not hesitate like this. Your brother would lay down his clothes now, and walk off to the Sacred Grove, where the Buddha is giving initiation. This very moment."

"Oh!", said the wife, "and I suppose you are different, you idiot!"

The man said, "You're right!".

And taking off his clothes, he walked naked into the street and down the road.

The wife ran after him. "Stop!", she cried, "Where do you think you're going, cretin!"

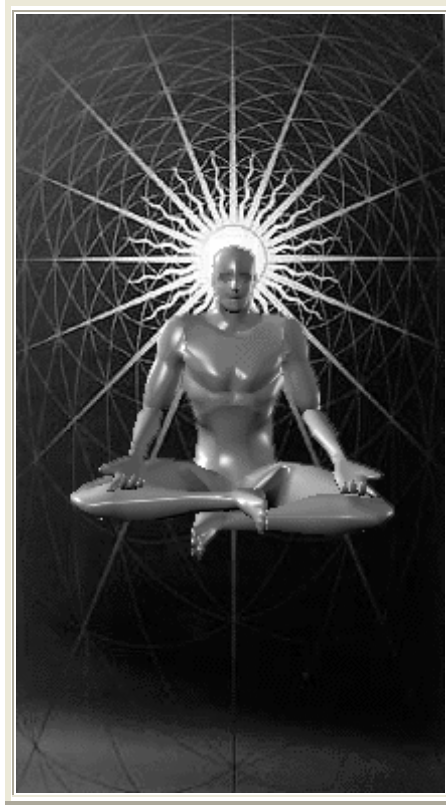
And the man replied, "I'm off to take Initiation from the Buddha, right now. I'm going to leave this life. I'm going to become a monk."



...End.

The Crown Chakra.

The Mastery of Crown Chakra Connections.



**Become attached to the highest frequency of Energy -
God!**

The only way to do this, to Master Crown Chakra connections, is to become attached to the highest frequency of Energy. To God. To the One God with 10,000 names.

Once referred to as Brahma in the Hindhu Pantheon. And there,

Brahma was once the Highest God. Now, there are thousands of Temples to Shiva and Thousands of Temples to Vishnu. Shiva is the Destroyer and Vishnu is the Maintainer. Shaivites and Vaishnavites, such is the stupidity, prejudice and warlike nature of man, that sometimes these devotees battle in the streets. They try to prove, through war, that their God is the Highest! This is the way of a lot of Religious institutions.

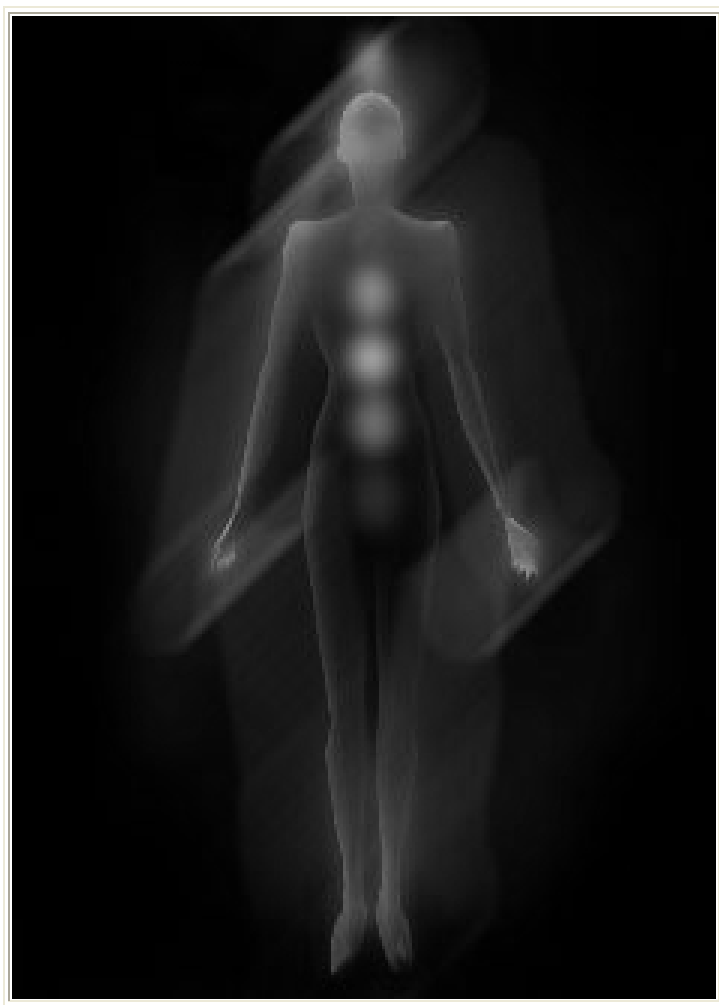
But now, they say there is only One Temple in the whole of India devoted to Brahma. How are the mighty Fallen! And I use this example so that I will not upset those attached to the name of any one God.

No God is the Highest. Only you can become high by **your** connection to God. The level of **your** Evolution, of **your** Enlightenment, is the level of **your** connection with the highest that you are capable of reaching. God is unchangeable. All that can change is the level of **Your** Connection and when you have reached the highest, then **you** are enlightened by your connection with Truth or Sat. Anything which changes can not be True, by definition. This highest can have any name because that name does not matter.

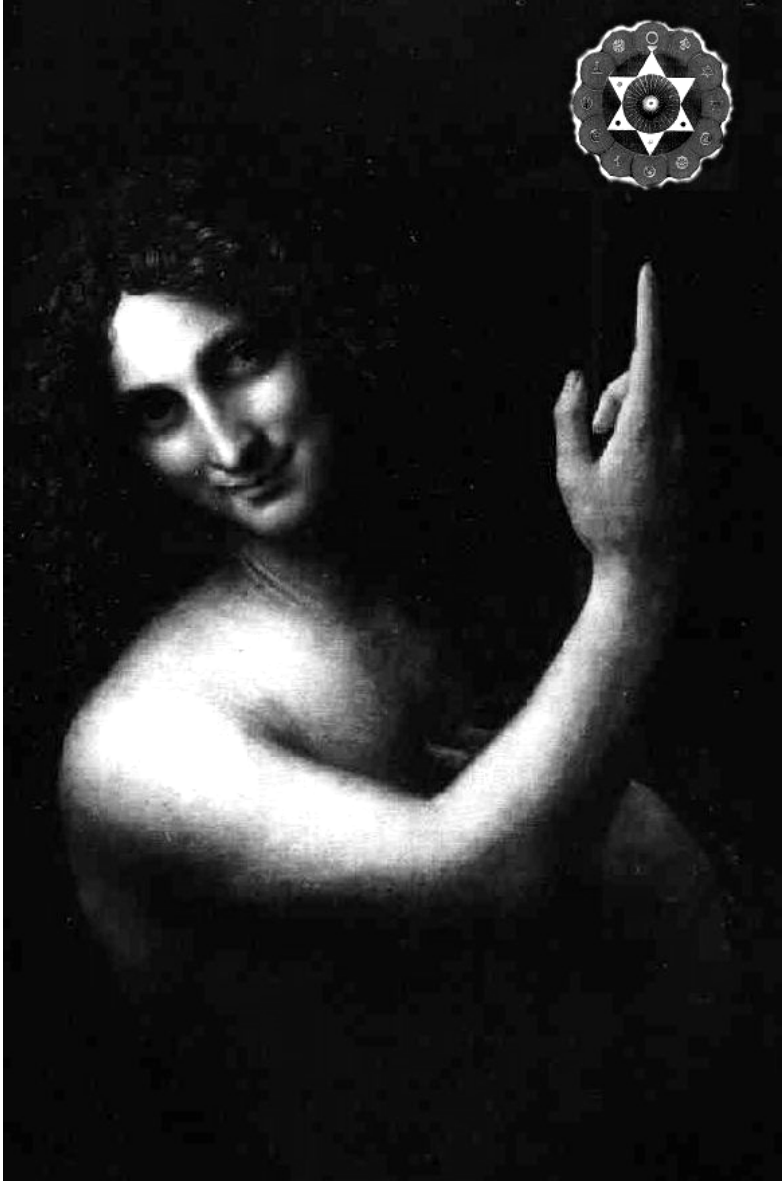


What matters is the Height of your Connection.

When you have reached the highest then you have Mastery of the connection with God.



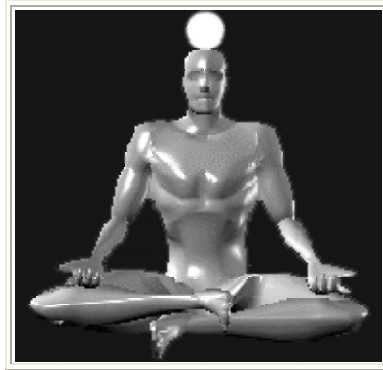
You become unchangeable by your connection with that unchangeable Truth.



Leonardo Da Vinci.

Abbot of the Monastery of Sion.

Sahasrara Chakra.



Sahasrara - The Crown Chakra (the white circle).

Sahasrara chakra, the Crown Chakra, is the Soul connection. Its function is to connect to the Higher Self.



Position of Ajna Chakra (the purple circle).

The Wisdom connection is the rudder which Ajna Chakra needs.



The Hundred Foot Pole again.

Again, there is that Zen story about the student climbing up a 100-foot pole. After many arduous efforts he eventually gets to the top and looks down at the Master sitting in Meditation below.

He asks; "What next Master?"

The Master replies, "Take one step higher!"

...End!

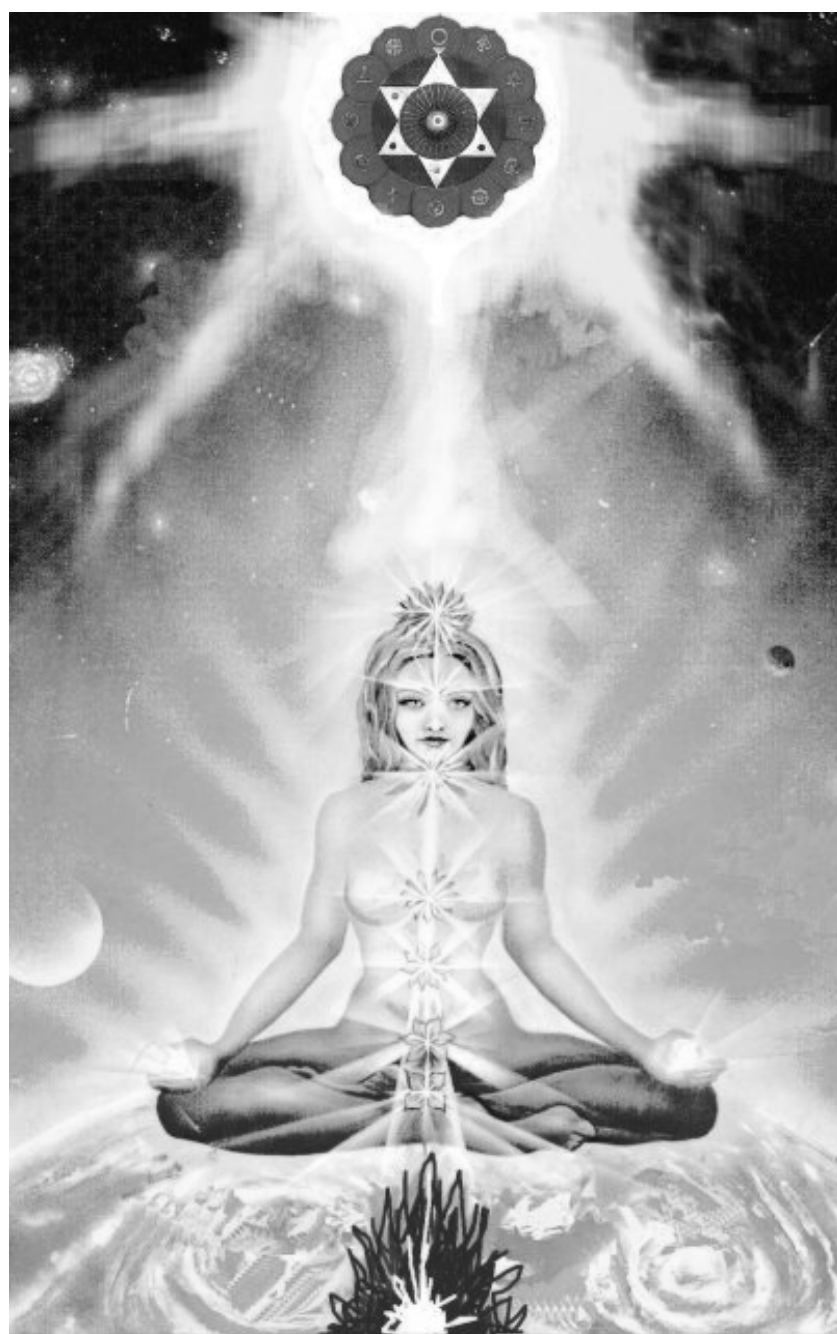
You are now at the top of your 100ft pole. This is the height of your evolution. This is how high you have built your Antakarana over your many lifetimes.

Whether you inhabit your Soul or have just had little glimpses of it. Or higher, whether you have got in touch with you spiritual guide or Master, or Ascended Master. Whether you have seen all your past lives in that storage space above the Soul. Or whether you are in touch with your guiding stars- The Spiritual Triad, connecting with the three higher chakras. Or whether you inhabit the Monad, our all father endlessness, I Am, or have just had a little glimpse.



**Energy Enhancement teaches how
to contact the Soul.**

How to build the Antakarana higher.



Energy Enhancement
Web-Site <http://www.energyenhancement.org>

Ickarus and Daedalus.

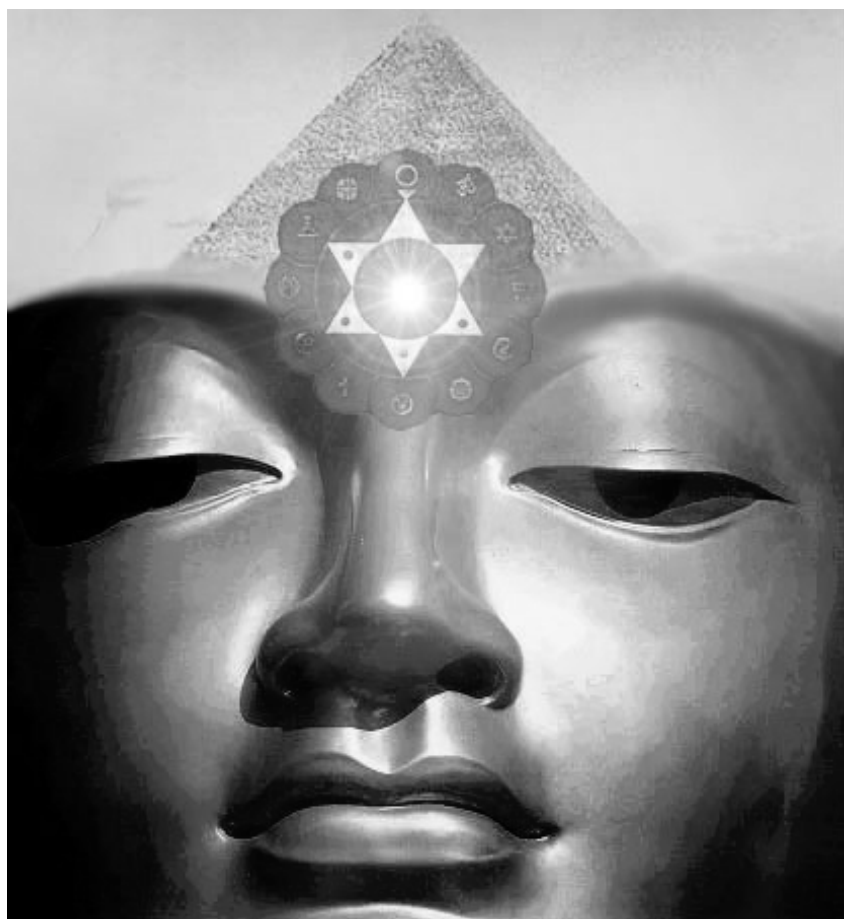
The Ancient Greek Myths again display a prescience about human evolution. This story talks of Daedalus who was an inventor, the designer of the Labyrinth wherein was kept the half man/half bull, Minotaur.

Daedalus had invented wings or bird's feathers held onto the body with wax. With them, he flew over his city. Ickarus, his son, saw this and was eager to join him in his flight so Daedalus made him some wings. Just before the flight, Daedalus warned him not to go too high, otherwise the wax on the wings could melt. And what do you think happened? Of course he went too high then fell to his death as the wax melted.

This story purports to be a story warning not to evolve, not to go too high up the Antakarana otherwise the sun will burn you, the wax could melt, the ego feathers could come apart. You could die. Well, the Sufis have a phrase, "Die before you Die!" By this, they mean that the selfish personality should be destroyed so that the Soul, the Causal Body can take over. You can become a soul infused personality. You can become Enlightened. The real meaning of this story is that the Sun, Sol, The Soul can burn away and melt the selfish self. This story is the methodology of Enlightenment taught in the techniques of Energy Enhancement Level 1.

This good news, should be tempered by this true story. Once we had a student who was eager to contact her soul. So on the full moon night- a night of high power and potential when the Buddha and the Christ send high energies down to the meditators of the Earth, she followed the techniques of Energy Enhancement to find her soul. She reported the light burning brighter than 10,000 suns. She reported that she felt frightened because as she went into this Sun, she felt that her personality was melting away. She did not continue and never dared to go back again.

Energy Enhancement Techniques are Ancient techniques, which work. We should know how they work and gently work at loosening the wax. "Make haste slowly" as Napoleon is reported to have said. It is not enough that we meditate, we also need to gently loosen the bonds of attachment. It is this, which we do in Energy Enhancement Level 2.



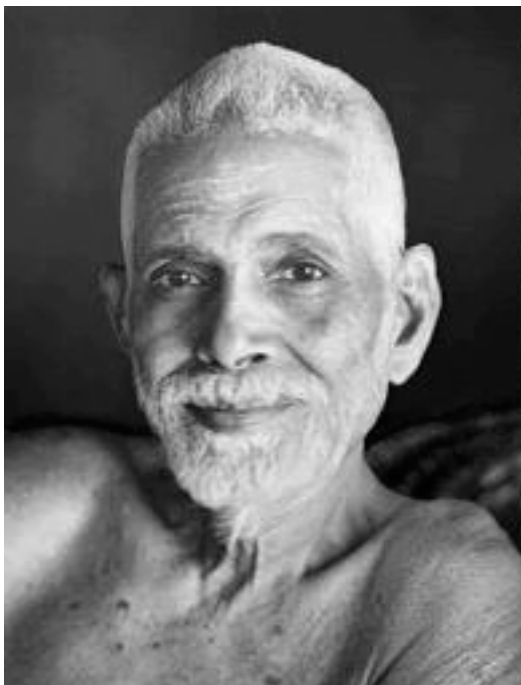
One Last Question.

I am reminded of a story which shows the difference between the intellectual mind and its apprehension of reality. We can be told of Enlightenment 1000's of times yet still not understand its reality, its presence, its perfume, its savor.



Ramana Maharshi.

Please don't die Ramana, "Where can I go?"



Once, there was a ninety year old Saint in Ceylon who was talking to a vast congregation of all his students and friends.

He said,

"Now I have good news for you! My work here is finished and today is the day I will travel on into endlessness, into emptiness, into Nirvana.

Today is the day I will attain my Mahasamadhi. Today is the day I will travel on into Enlightenment and I will never come back. You know, I have been talking to you for 60 years about Enlightenment. The good news is that today I can take one of you with me."

As he looked around the hall no one moved.

No one said anything until at last, one person put up his hand and said,

"Well I really can not go with you today. There is the mother-in-law to look after, and I need to send my daughters to University. What I really want to do is ask you one last question!"

...End

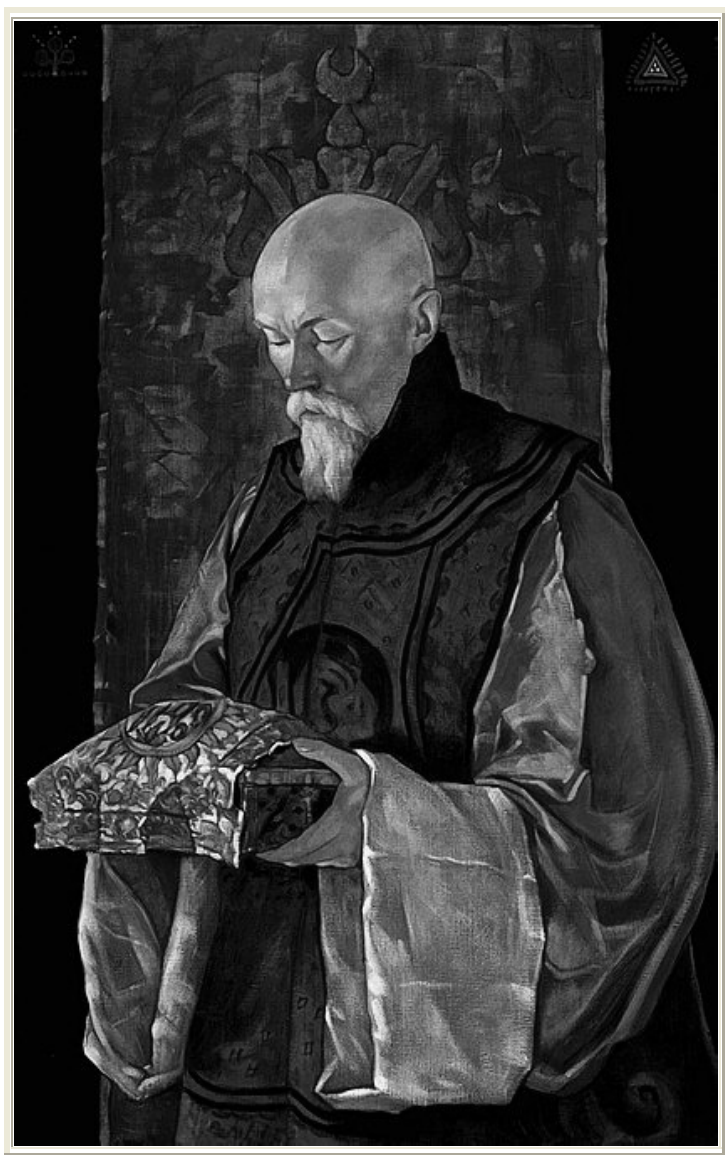
This book is for those who want Intellectual satisfaction. It is like reading a book about water but never slaking the thirst by taking a drink.

We are searching for those who really do want to move on the path of Enlightenment. Only real water will satisfy your thirst.



Energy Enhancement techniques are not intellectual but instead are ancient and proven practical means whereby we can drink real water.

Take what is in my hand.



Drink!!!