

BLINDFOLDED SIGHT THE YEAR LONG COURSE:

FOR PSYCHIC AND ENERGETIC DEVELOPMENT

DIVINE INITIATE

Welcome. You are one of a very very small percent of the population with this information. Secrets about man's potential are jealously guarded by major governments, religious institutions, secret societies, and mystery schools alike. This is not a book of spells and contains no rituals. This is a book about the laws and structure of your divine being and the universe as a whole. You are the most sophisticated machine on the planet, but without an instruction manual, the chances of a person discovering their true self is highly unlikely. In this age of information, there are more lies and misunderstandings than ever. The truth is always surrounded by superstition and lies. To learn and understand the reality of things, you must go beyond knowledge and gain experience. You must attain understanding through personal action. You must know rather than believe. In order to gain wisdom, you must do the work.

Every religion is a scientific attempt to quantify and understand the divine. Thousands and thousands of branches stem from one root. Every one inspired by truth but diluted with dogma as time passes. Like a game of telephone stretching further and further from those teachers who attained and saw the entirety of truth. First, you must know that it is not religion vs science, but a unified field.

The teachings in this book come from not only extensive research into many cultures and methods of self-mastery but from living masters who still teach today. The strongest two influences come from Merpatih Putih, from Indonesia, and a Siddha Yoga master himself.

PSYCHIC NATURE

Some would claim, out of ignorance, that these skills and abilities are demonic. There are thought forms and energies that have been molded with time, which can, and do affect many people. However, with proper understanding and action, these are of no true concern. The reality is that your mind is far more powerful than you may think. Every thought seeks to be manifest. So when we focus on evil and negative thoughts from the ego, those are the things we create in our own lives.

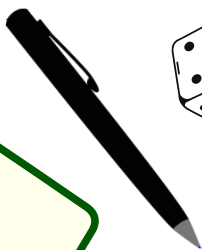
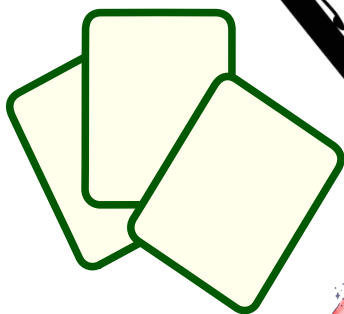
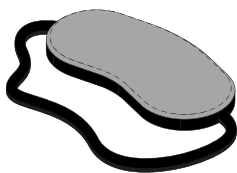
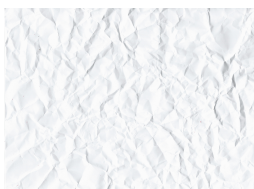
All of existence is part of you and working with you. There truly is nothing to fear but fear itself. Your thoughts will create your reality. In order to understand this, we must look at the fundamental nature of reality. Thoughts are things, in fact, thoughts are the only things. The solid matter that you see and touch is a condensed thought form. Everything is electromagnetic. Everything is energy, and energy holds information and awareness. The spontaneous generation of life from non-organic material is found not only at the beginning of creation but all throughout it. Life comes from nothing because awareness is fundamental to existence. Everything is energy, information, and awareness as one. Thoughts are energy that holds information and consciousness. We understand that tv, radio, wifi, and Bluetooth are a reality. We swim in an ocean of thought forces in motion. We are also incredibly complex bio-machines that send out and pick up energy through our electromagnetic fields. All wavelengths on the electromagnetic spectrum are light waves, even your brainwaves, which hold the information about you in your auric field. Anyone who develops their mind and energetic system can see, work with, and read these fields. Nothing can truly be hidden. We are perfectly designed.

BEFORE YOU BEGIN

This is a path of purity. This is a path of self-mastery. This is a path that allows you to connect directly with the highest and most divine source of all creation. This is the path of evolution and our destiny. We have moved up from the first to the second, and now you are in the third dimension as an independent creature. We have all been born into a situation that reflects the karma we brought from a previous life. We all have our lessons to learn in order to grow to our highest potential. Many abilities lay dormant waiting for us to realize and discover our true nature.

We must learn to master our minds and thoughts. This is the first step and will determine if we can walk the path successfully. We must master our thoughts as they come before any form of manifestation. As above so below. As it is in the spiritual, so must it be in the physical. Next, we must master our emotions. This is connected with our health and energy levels. Many of our genes and functions are regulated by emotions. This will determine if we can maintain peace, love, and stable strength. Emotions are far more connected with energy than people think. We must learn to use and work with this energy. Having the right thoughts and emotions will manifest and store this energy in a tangible form. Third, we will grow the energy in our bodies and create harmonious health. Love creates youth and charges you up, while hate self-destructs and leaks energy. When the first three steps are taken and maintained the body will change, genes will activate, and we will begin to grow into the creation that is intended. This is the path to self-mastery. These are the steps every prophet, saint, mystic, and yogi must follow. Master your thoughts. Master your emotions. Master the body.

WHAT YOU WILL NEED



TIME AND ENERGY

Every day you do things depending on whether you value them or not. If you do not value something as much it will shift down your list of values. If you can move spiritual development to the top of your list then you will absolutely reach your goals and go far beyond. If you cannot move spiritual development to the top of the list, it simply shows you do not want it enough.

CURRENT LIST OF VALUES

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

IDEAL LIST OF VALUES

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

To the right we have two lists. These you will fill out first with your values in descending order. This could be your wife, bills, smoking, child, hobbies, friends. These would be things that if you had time in the day you would choose to do. Your objective will be to grow from your current list to your ideal list.

QUOTES

"You will not fall in death,
No shadow of you,
Nor shadow against lamps light,
Nor shadow mirrored on the still waters,
If these quantum qualities emerge in ones form,
The body's externalized coverings peel off one by one -
You radiate like the golden sun himself."
-Siddha Sundaranandar

"Refusing the disease of the body,
Refusing the disease of the mind,
Refusing further as a prevention,
Refusing death itself ensures real medicine."
-Siddha Thirumoolar

"O people of the world,
Come! Come you can live the life
Of deathlessness,
Speaking the truth,
Nor exaggerate nor lie!
But speaking the solemn truth
Come, follow me,
Enter the hall of Gnosis."
-Siddha Ramalingam

Weekly TO DO LIST

Mark completed tasks

MONTH 1

WEEK 1

m T W T F SA Su



EAT LEAFY GREENS



RUN A SHORT SPRINT



10-15 MINUTES MIND DRAWING



10 MINUTES MIND VACUUM



10 MINUTES TRIANGLE BREATHING

WEEK 2

m T W T F SA Su



50 JUMPING JACKS AND 20 PUSH UPS



M. P. MOVE 1 + FEEL CHI



10 MINUTES TRIANGLE BREATHING



10 MINUTES MIND VACUUM



10-15 MINUTES MIND DRAWING

Shilajit and omrus are very beneficial

Weekly TO DO LIST

Mark completed tasks

MONTH 1

WEEK 3

m T W T F SA Su

- 20 MINUTES RUN / JOG AND STRECH
- M. P. MOVE 1 + FEEL CHI
- 10 MINUTES TRIANGLE BREATHING
- 10-15 MINUTES MIND VACUUM
- 10 MINUTES MIND DRAWING

WEEK 4

m T W T F SA Su

- 50 BURPEES AND 30 SQUATS
- 2x M. P. MOVE 1
- 10 MINUTES TRIANGLE BREATHING
- 10-15 MIN. FEEL ELECTROMAGNETISM
- 10-15 MINUTES MIND DRAWING

Be childlike and curious as this creates harmony in the system.

MEDITATION

EMPTYING THE MIND



Maintain an empty mind

Beginning - 5-15 minutes

Ending - 1-2 hours

Find peace within. This is the true nature of your being only shrouded in a veil and unknown to you. You are connected with a grand and divine light that is shining down on you every second, but you cannot see it. In order to learn to be a conduit and channel energy from the aether, or the primordial source of all, you must learn to empty your mind. We are constantly projecting everything that's on our minds out into our auric and etheric bodies. This is directly interacting with the more spiritual and energetic basis for life. This will create a cloud of many memories and feelings and thoughts that are all demanding energy trying to effect change. We must first begin our training of self-mastery by mastering the mind. Developing prolonged concentration is exceedingly important in strengthening the mind and willpower but also for preparing for higher levels of meditation practice. Mastering your thoughts is the first step to mastering your mind.

TRIANGLE BREATHING

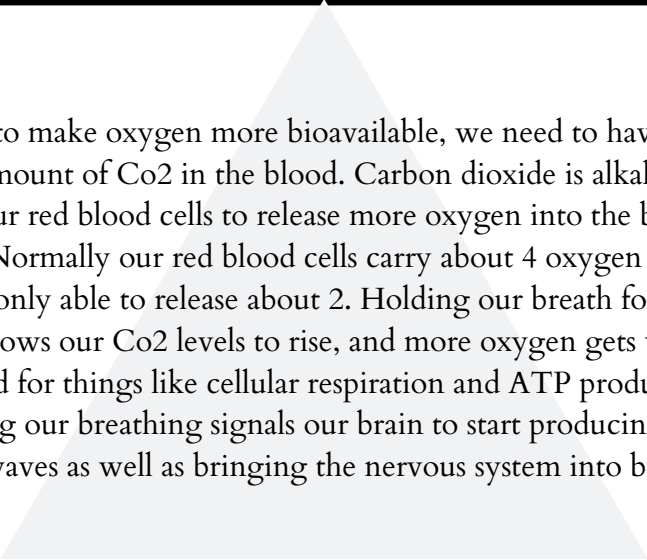
TRIANGLE BREATH 10-30 MINUTES



5 IN
5 HOLD
5 OUT

PURPOSE:

This is your first energy cultivation exercise. You are learning how to breathe properly to get more energy from the air.



In order to make oxygen more bioavailable, we need to have just the right amount of CO_2 in the blood. Carbon dioxide is alkaline and allows our red blood cells to release more oxygen into the brain and muscles. Normally our red blood cells carry about 4 oxygen molecules but are only able to release about 2. Holding our breath for a short period allows our CO_2 levels to rise, and more oxygen gets where it's needed for things like cellular respiration and ATP production. Slowing our breathing signals our brain to start producing alpha brainwaves as well as bringing the nervous system into balance.

DIET

PH

PH is the measure of voltage in a liquid. So, when we drink alcohol and consume acidic foods they act as an energy vacuum and take more energy to break down than they give.
Avoid sugar as well.



You want to eat plenty of vegetables and alkaline foods. Try not to eat right before energy practice as digestion requires energy to perform its needed functions. This can make pulling energy out for use more difficult as its in use elsewhere.



Make sure you eat salt that is full of minerals over non-iodized salt. Preferably pink or black salt. Make sure that you are getting enough B Vitamins especially B12. Try and make sure you get enough iron preferably from leafy green vegetables.

EXERCISE



Stretching is very important as it prepares us for higher loads of work. We have muscular fascia that runs through the body and transfers energy at the speed of light. It's best to make sure we don't damage any wiring.



Working out is very important. It is not the end all be all but it helps vastly. Yogis have still attained while nearly starving themselves first however our bodies are our vessel and it's best to train to handle higher and higher levels of energy.



Cardio is one of the best ways to improve your Vo2max and anaerobic threshold.

Training Vo2max - 1:1 Work to Rest
Anaerobic Threshold - 2:1 Work to Rest
This trains you to get many times more energy per breath.

MERPATI PUTIH

1. PERNAFASAN GARUDA

First, sit with your right leg over your left, and bring your hands together in a prayer posture in front of the middle of your chest, or your solar plexus. With your thumbs touching your chest, you will exhale, while leaning forward and pointing the tips of your fingers down to the ground. With pursed lips, the exhaling sound will be “shhh.” When you reach the bottom of your bow you will pop back up at twice the speed you bent forward with, returning to the original starting position, and inhaling swiftly through the nose. Now with your hand back in prayer posture, you will press them firmly together keeping the tension in your arms and shoulders. You will move your hands slowly forward away from your chest until they are pointed directly away from you with your thumbs touching and fingers together and pointed up. Next, while keeping tension in your arms you will extend them horizontally out into a human cross or an eagle spreading its wings. Then, keeping your arms level and not lopsided, you will bring them forward back pressing out in front of you as if you have pushed something away. Your fingertips remain facing the sky the whole time with tension pulling back to your shoulders. Bring your palms together back to your chest. Firmly put pressure on your opposing hands pressing together. Then bow forward and exhale. finally, pop back up for a small breather. Your hands can rest on your knees palms facing up. This whole movement and the following movements will follow a similar breathing pattern. Exhale, breathe in, and hold your breath as long as you can while you slowly and smoothly execute your movements with maximum tension in your arms. Then finally when you have to breathe finish the movements and rest.

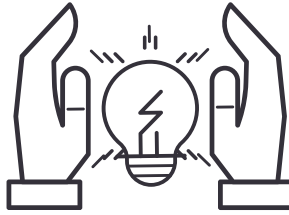
BIOELECTRICITY



Bioelectricity is defined as the electric field produced by the human body. These electric fields are produced by moving currents of electricity created by the blood, electrical impulses in the brain and nervous system, as well as the piezoelectric properties of the muscles and meridians. The more movement you have the greater the electric field will be. Everything is magnetic, as everything contains charged particles with moving electric fields. The normal human bioelectric field is generally pretty weak, but with training and proper energy cultivation, we can increase the strength of our field to interact with and affect the world around us.

When we think of magnetism we generally only think of ferromagnetism (iron) but there is also paramagnetism and diamagnetism. Paramagnetism is when the object or molecule has at least one unpaired electron, like aluminum, causing it to be attracted to both ends of a magnetic field. Then you have diamagnetism which repels away from magnetic fields. This consists of substances with mostly paired electrons. Some examples are graphite and superconductors. We can also bring a superconductor to sub-zero temperatures and quantum position lock the object in a particular orientation while it levitates above the magnetic field. They have even levitated a frog over a very powerful magnet. Once we learn to manipulate these fields, many doors open.

CHI WORK

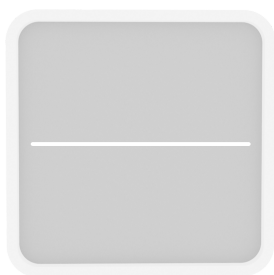


FEELING CHI

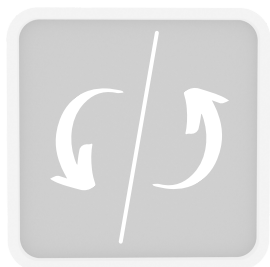
Chi energy moves through our body along many different channels in many different forms. When we want to call our energy to a specific location we will move that spot creating the demand for energy. When we flex our muscles we are telling our body to send energy to our muscles. I will give you 3 methods to feel chi and when you should use them.

1. You can start by rubbing your fingernails together for about 30 seconds and then place your hands six inches apart with your palms facing inward. Feel the electromagnetic buzz you've just created. Do this if you've never felt bioenergy before.
2. You can inhale fully and flex your arms while squeezing your hands for as long as you can then breathe and feel the accumulated energy you called upon. Feel the magnetism and heat.
3. When we want to work with energy for longer periods of time it is best to be in an alpha brainwave state. Sit calmly and breathe deeply and slowly. sit with your hands facing each other for at least 10 minutes and ask yourself, " What is this?" Train your senses and do this after meditations.

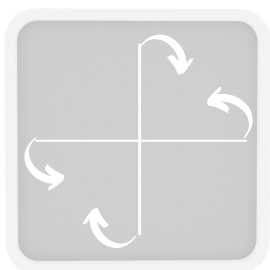
MIND DRAWING



First, you want to close your eyes and look into the darkness. You want to then create a line stretching all the way from the right to the left. You can also look at a single point and drag your attention to the right or left in a line.



Second, you want to begin to manipulate this line of light you have drawn with your mind. Rotate this line in a full circle from the right to the left. Then do the same the other direction.



Then when you have your light line, create another one. Either place this line directly on the first or in another location. Now begin to spin these lines independently. This greatly helps with visualization.

Weekly TO DO LIST

Mark completed tasks

MONTH 2

WEEK 5

m T W T F SA Su

- 20 MINUTES EXERCISE AND STRECH
- 3X MERPATI PUTIH MOVE 1 + FEEL CHI
- 5 SETS OF WIM HOF BREATHING
- 10 MINUTES 3 BOXES EXERCISE
- 10 MINUTES OBJECT VISUALIZATION

WEEK 6

m T W T F SA Su

- WORK ON REMOVING NEGATIVE HABITS
- 4X MERPATI PUTIH MOVE 1 + FEEL CHI
- 5-10 SETS OF WIM HOF BREATHING
- 10 MINUTES 3 BOXES EXERCISE
- 10-15 MINUTES OBJECT VISUALIZATION

Mobility training is very helpful. Stay flexible and free of pain.

Weekly TO DO LIST

Mark completed tasks

MONTH 2

WEEK 7

m T W T F SA Su

- 20 MINUTES RUN / JOG AND STRECH
- 3X MERPATI PUTIH MOVE 1 + FEEL CHI
- 5 SETS OF WIM HOF BREATHING
- 15-20 MINUTES FOCUSED MEDITATION
- 10 MINUTES OBJECT VISUALIZATION

WEEK 8

m T W T F SA Su

- WORK ON REMOVING NEGATIVE HABITS
- 4X MERPATI PUTIH MOVE 1 + FEEL CHI
- 5-10 SETS OF WIM HOF BREATHING
- 15-30 MINUTES FOCUSED MEDITATION
- 10-15 MINUTES OBJECT VISUALIZATION

Find 3 things to be grateful for everyday. Rewire your brain.

MEDITATION

ONE POINTED FOCUS



Keep your focus for
30 min - 1 hour.
More time = More energy

The second important skill needed for meditation is focus. You must be able to maintain focus on a single point for a prolonged period of time. First, we will begin by maintaining our focus on our breath. We will try and keep our chest still while we breathe in and out through our lower belly. I want you to bring your focus to a point inside your lower dantien about 4 fingers below your navel button. This would be the point that you would balance on if you tried to lay down balancing on the point of a pole. This is a point in the body that is preferred for storing energy due to its large capacity. For energy cultivation, you always want to store energy in your lower dantien. You will sit in a full or half lotus and place your hands over your belly button. You will then breathe through this point inside your stomach that your hands are over pressing out your belly and letting it come back in. Do not do this meditation if you have spilled your seed within 48 hours. Our hands are magnetic and so is our attention. We are charging and magnetizing our lower centers bringing them closer to their intended state.

THE WIM HOFF METHOD

THE WIM HOFF METHOD 5- 10 SETS

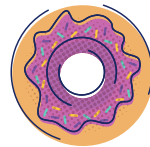
30-50 BIG BREATHS
EXHALE AND HOLD FOR
1-2 MINUTES
INHALE AND HOLD
15 SECONDS - 1 MINUTE

PURPOSE:

This energizes the body and mind removing acid from the muscles and relieving stress. This facilitates many beneficial physiological changes in the body.

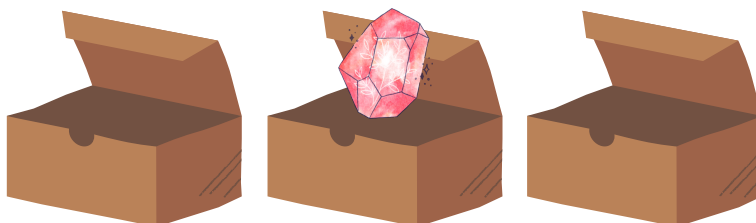
The Wim Hoff Method is a powerful technique. This will alkalize the body making it more electric and conductive. As you continue using this technique you will increase the size of your red blood cells and thereby increase the number of oxygen molecules each red blood cell can carry. You are loading up the oxygen in your blood, and by hyperventilating the oxygen sticks to the red blood cells. Then, when you exhale and hold your breath, your Co2 levels rise, and the oxygen begins to become more bioavailable. Then with the inhale you will feel a rush of energy as nutrients flood the system in a large energetic dose.

ENERGY LOSS



There are many ways that a person can lose energy over time. We can fall prey to physical temptations which only use and do not accumulate energy. And we can also leak energy from our lack of control over our emotions. You could meditate for a while accumulating energy only to lose it to anger or sadness later that day. Every thought we have is sending electrical signals throughout the brain and demanding a certain amount of energy. By learning to control your thoughts actions and emotions you are able to truly start accumulating energy by eliminating the ways that you lose energy. You must plug the bathtub if you want to fill it with water. Remember to eat alkaline food, control your emotions and let go of your egos need to retaliate. Quitting smoking is a big one for some. And also don't drink alcohol as this is very acidic and draining.

THE 3 BOXES



FEELING THE FIELD

You will begin by getting three boxes either cardboard or wooden. Try and make sure they don't have any markings or colors on them.

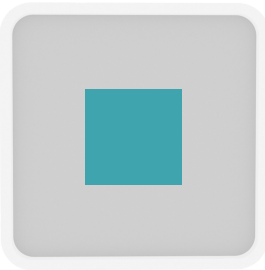
then you will place an object into the box, the more familiar the better, You can use a crystal or a lucky coin, or anything really. You will place the object into the box and mix them around. Once they are sufficiently mixed then bring your hand over the boxes and feel the electromagnetic energy on your palm. Feeling in the electromagnetic spectrum is best done in the alpha brainwave state.

This feeling in your hand will begin as potentially heat, or a fuzzy buzz. It develops in definition and clarity becoming a smooth magnetic flux. The box with the object will contain more energy because of the crystal. Everything in this world is electromagnetic and we can learn to feel and manipulate these energies with our mind and pick it up with our nervous system. This is why we can feel ghosts when we get the chill down our spine. We are picking up subtle energies.

OBJECTS



When visualizing objects in the mind it is best to hold onto those images for as long as possible to develop the neurons in the brain for higher sustained activity. The more you practice the better you will get.



Each shape and object has a resonance and frequency associated with it. Not only that but mastering mind images is the key to calibrating the brain so that you may decipher energy correctly in the future.



Make sure when you see your object you are making the lines as defined as you can. Zoom in and inspect the object's finer details. Make sure you master the manipulation and stabilization of the object in your mind. Learn to move it around while maintaining its structure and definition.

»»» Weekly TO DO LIST

Mark completed tasks

MONTH 3

WEEK 9

m T W T F SA Su

- 10 MINUTES 3 BOXES EXERCISE
- MERPATI PUTIH MOVE 1 AND 2 + FEEL CHI
- 10 MINUTES KUNDALINI BREATHING
- 15-20 MINUTES SCENE MEDITATION
- 10 MINUTES OBJECT VISUALIZATION

WEEK 10

m T W T F SA Su

- WORK ON REMOVING NEGATIVE HABITS
- MERPATI PUTIH MOVE 1 AND 2 + FEEL CHI
- 10 MINUTES KUNDALINI BREATHING
- 15-30 MINUTES SCENE MEDITATION
- 10-15 MINUTES OBJECT VISUALIZATION

Don't forget, love is a very powerful shield that protects you.

Weekly TO DO LIST

Mark completed tasks

MONTH 3

WEEK 11

m T W T F SA Su

- 20 MINUTES RUN / JOG AND STRECH
- M.P. MOVE 1 AND 2 + FEEL CHI
- 10 MINUTES KUNDALINI BREATHING
- 15-20 MINUTES SCENE MEDITATION
- 10 MINUTES OBJECT VISUALIZATION

WEEK 12

m T W T F SA Su

- WORK ON REMOVING NEGATIVE HABITS
- 2X M.P. MOVE 1 AND 2 + FEEL CHI
- 10 MINUTES KUNDALINI BREATHING
- 15-30 MINUTES SCENE MEDITATION
- 10-15 MINUTES OBJECT VISUALIZATION

It can take 21 days to form a new habit.

MEDITATION

VISUALIZATION SCENES

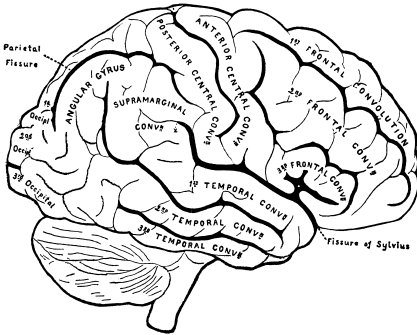


Imerse yourself into a scene.
Smell, hear, feel, taste and touch
Do this for 30 min – 1 hour

In this meditation, we will be focusing on developing the faculties of the mind. You will be visualizing different scenes and placing yourself in them as vividly as possible. You can start by imagining that you stand up in your meditation and you begin exploring the room around you. You want to use all of your senses. Each time you practice hearing, seeing, smelling, feeling, and tasting things that aren't there you are improving your spiritual senses. The brain must be trained and it must be taken to the gym. Your brain is a muscle and requires exercise. Walk around your room in your mind and be sure to use every one of your senses during visualization. You will then want to change locations. Feel the wind, smell the air. Feel the dirt beneath your feet. Is it hot? is it cold? How do you feel while you are there? Have you been there before? Even when not in meditation practice using your spiritual senses. Taste all the food in your head when you look through the fridge. Listen to someone speaking in their voice in your head. Try and recall nostalgic smells. Training our brain this way allows us to more easily and more quickly enter and stay in gamma brainwaves.

MEDITATION

ENERGY TO THE BRAIN



There are many ways to do microcosmic breathing. Some methods are very physical while others are entirely mental. All are valid and effective. For this specific variation, we will be utilizing the science and discoveries made by Dr. Joe Dispenza. We will be channeling and squeezing cerebrospinal fluid from the base of our coccyx all the way up into our brain.

First, you will want to begin sitting with your legs crossed. We will be flexing our muscles, beginning at our perineum and like a wave moving that compression up through the stomach muscles forcing the cerebrospinal fluid up our spine. These muscle contractions will follow our breath as we channel energy up into our heads for a burst of nutrients. This is a fantastic way to mechanically activate these centers in the brain. These specific breathing techniques have been shown to improve healing and even lengthen the telomeres on the ends of our DNA lengthening our lifespan. Upon inhaling we will clench our bottoms then our lower abdomen followed by our upper abdomen. You will then press your breath past your chest and neck into your head creating pressure. You will hold this pressure for 10-15 seconds then repeat for at least 15 minutes at a time. Allow yourself to feel and experience any and all sensations. Pay attention to your mind.

THE MIND



THE HIGHER AND LOWER MIND

There are multiple areas of the brain that we can lead our lives from. We can base all of our decisions on survival and repetition or we can boldly step into the unknown and forge new neural pathways and development. We are after all in the process of evolving from our animalistic tendencies to our divine nature. The base of our brain is the same as the structure of a reptile and connects us with our base survival instincts. The lower portions of the brain are also responsible for the automatic and unconscious functions of the body. As we move up the brain to the higher structures we find that we are now working with more information from our external environment rather than our internal one. This is associated with the higher-functioning and more malleable parts of the brain. This is where we interpret our physical senses like touch, taste, sight, hearing, and smell. This is also where things like visions are created. Working from the higher mind is where many skills can be developed and mastered. We have immense neuroplasticity and vast capabilities that we don't develop or take advantage of. When we are doing intuition practices we are working with these higher portions of the brain. Masters will tell you that in order to begin doing the high-level skills that they have accomplished, one must learn to operate from the higher mind rather than the lower mind. We must learn to rewire and access more and more of our brains. By visualizing daily we are creating new neural connections for clearer internal sight.

MERPATI PUTIH

2. DORONG TARIK

Our second energy movement begins sitting in the same position but with our arms up above our heads palms facing forward. We then lean forward in our bow, exhaling at the same time with pursed lips, making the “shh” sound. Our arms stay straight and move down to the ground

in front of us splitting away and moving to our sides as if pushing through the water in a breaststroke. once our head is at its lowest point, without touching the ground, and our arms are behind us, palms up, we reverse the motion and inhale bringing our spine and arms back straight up with our hands above our head. Now we will hold our breath and

slowly clench our fists while we bring our hands down in straight lines to our waist with our elbows pointing behind us. We will have tension in our arms and fists throughout this breath-hold. with your fists closed tight at your waist sides, palms facing up, you will punch both arms out in front of you, fists rotating 180-degrees to palms down, straight out as

far as you can. Then, pull your fists back to your sides at your hips, hands closed, palms up. You will do this punching movement again going forward to extension and returning to bent arms at the hips. Then on a third and final punch forward with your arms straight out in front of you, thumbs close together, you will open your fists to flat hands,

facing forward, fingers up. Then with your exhale you will bow down again and move your arms out to the sides ending behind you, where you can breathe in lean back up to a straight sitting position. You may

breathe normally for a moment, bringing your hands back to their resting position on your knees with your palms open and facing up.

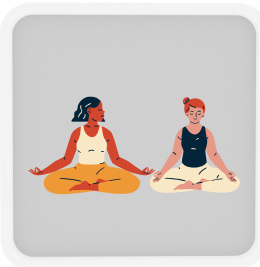
THE MIND



One of the greatest secrets in history is this: "All is mind." Everything you see, smell, hear, taste, and feel, is created from the mind. Everything is more of a dream comprised of one essence with a triune nature. All physical and non-physical things are comprised of energy that holds information and is conscious.



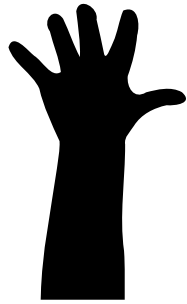
Once we understand the nature of reality and we truly see that we are one with the whole. Inseparable from the fabric of existence itself. We then realize that we are capable of limitless potential. The placebo effect is a simple and overlooked example of our divine capabilities. The saying, "mind over matter" is a great secret hidden in plain sight.



The third eye is how we tap into and work with the creative forces of all existence. Everything physical is designed with cycles as limits. Everything spiritual is limitless. We are a physical body with a mind that stretches into the spiritual side of life. Everything material is born from the spiritual. Focus on developing the mind over material accumulation.

SEEING YOUR

ARMS



The first thing people often see is their arms. Close your eyes and move your arms around in front of your face. Wave them from left to right and be a passive observer. See if you notice the movement. This is also a great thing to do when you are going to bed. When you have been laying for a while see if you can notice your arms where they are. See if you can notice the corners in the room or the window. With your eyes closed try and see your arms. This works because when you are going to bed and tired your brainwaves will be lower and your subtle perception will be increased.

Once you can see your arms try putting one arm behind you and wiggling your hand. Close your eyes and see if you can bring your hand into your attention. Make a thumbs up. Now bring your other hand in front of you and see if you can bring that hand into your perception. See if you can see both hands at once even though they are separated.

This can be challenging but is very possible. Try also to move your consciousness around your hand and see it from all angles. Zoom in and zoom out. Play with this perception and see what you can do.

CANDLE MEDITATION

BE THE LIGHT



This form of meditation has roots back to the beginning of mankind. It is a powerful tool used in many schools of Buddhism. You will begin with a candle sitting on a table in front of you. You will learn to focus on a point without wavering. You will Bring in energy from the candle through your eyes. When you need to blink close your eyes and look at the image that is left. Hold onto this image for as long as you can. If you can manipulate the residual light. This can be done with other light sources as well as sun gazing. When you are sun gazing be careful if you attempt it during the day. It is recommended that you only sun gaze about 15minutes before the sun sets and 15 minutes after it raises. These times may vary depending on the weather.

This can also be a great way to charge up our root chakra. You will want to begin with your hands on either side of the candle and inhale. You will visualize red energy from the fire traveling up your arms and into your root chakra. With a larger fire, you can also inhale and bring the energy in, spiraling clockwise following the golden mean ratio into your root.

Weekly TO DO LIST

Mark completed tasks

MONTH 4

WEEK 13

m T W T F SA Su



20 MINUTES MEDITATION



M.P. MOVE 1 AND 2 + FEEL CHI



10 MINUTES MICRO COSMIC BREATHING



FLASHLIGHT AND BLINDFOLD PRACTICE



10 MINUTES OBJECT VISUALIZATION

WEEK 14

m T W T F SA Su



WORK ON REMOVING NEGATIVE HABBITS



2X M.P. MOVE 1 AND 2 + FEEL CHI



10 MINUTES MICROCOSMIC BREATHING



10 MINUTES FEEL THE ENERGY OF OBJECTS



10-15 MINUTES CARDS PRACTICE

Brain scans show us how healthy or damaged our brain is.

Weekly TO DO LIST

Mark completed tasks

MONTH 4

WEEK 15

m T W T F SA Su

20 MINUTES RUN / JOG AND STRECH

M.P. MOVE 1 AND 2 + FEEL CHI

10 MINUTES MICROCOSMIC BREATHING

15-20 MINUTES MEDITATION

10-15 MINUTES CARDS PRACTICE

WEEK 16

m T W T F SA Su

10 MINUTES FEEL THE ENERGY OF OBJECTS

2X M.P. MOVE 1 AND 2 + FEEL CHI

10 MINUTES MICROCOSMIC BREATHING

15-30 MINUTES MEDITATION

10-15 MINUTES CARDS PRACTICE

You pay attention to whats in front of you.

THETA MEDITATION



When we are just waking up and just falling asleep we pass through the theta brainwave state. Here, visions can come more easily but with less control.

Learning to stay conscious while your body wants to fall asleep is important for other astral and etheric practices.

We can take advantage of these brainwave states to reprogram our emotional reactions and personal beliefs. We want to face and overcome those parts within ourselves that no longer serve us. Every person is projecting their thoughts out around their body for all to read.

Traumatic memories and other negative thought forms will collect and remain in our fields causing obstructions and blockages in flow. Not only is it affecting the field around you but you are wasting energy maintaining these negative emotions and prewritten scripts. When we get down into this lower state of meditation it is best to work on finding balance and peace. Emotions may arise and that's ok. We must confront these emotions and decide what we want the future to be then live it.

Find peace in the turbulence. Your greatest strength is your greatest weakness, your mind. What you integrate into your subconscious mind will become your life. You must master your emotions and forgive and forget. So many people wonder why they can't get past something and most of the time it's because they simply can't let go of it. With all things practice makes perfect. Find a mantra or a phrase affirming your power and strength. This meditation will be left open for variation as each person has their own lessons that they must learn. Overcome your fears. Change negative energies into positive ones.

MICRO COSMIC ORBIT BREATHING

EXERCISE

breathe in and follow your attention to your dantien.

Breathe out and follow your attention up your spine over your brain and into the pineal gland.

repeated in a connected cycle of focused attention

PURPOSE:

Develop and magnetize the system for greater energy capacity and manipulation.

This is a breathwork technique found in qigong as well as yoga.

This is one of the methods that has been attributed to one the magnetization of the spine and blood. This practice will create a more stable and stronger channel and connection between your lowest centers and your highest ones. Where your attention goes energy flows. Your attention is energy itself as we are electromagnetic beings. We can learn to better move energy through the body and feel that energy as it flows. This is an important practice and a goal for development would be 10 minutes daily for 60 days. Do not underestimate your attention. When we focus on the outside world that is where our energy goes. So we must learn to shut our eyes and focus on the inner worlds to begin to accumulate energy and develop our system.

VISUALIZATION



When we are just beginning our journey many people do not have the necessary energy or neural development for visualization in focus. But with practice, this does develop and become clearer.



Our first stage of visualization is where we create light lines and form the outline of objects. The second stage is where we can see objects filled in with light and retain their shape and structure.



Our third stage is where color is introduced and we are able to maintain a specific shade and distinction for longer and longer periods of time without drifting down too low in meditation.

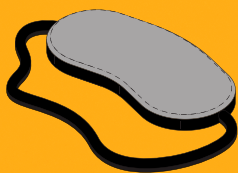


Our fourth stage is where we are able to see any given object with clarity and definition. We are able to see what we desire and begin accessing all things spiritual. This is where visualization truly moves from fantasy to reality imprinting on the very world around us.

BLINDFOLD AND A FLASHLIGHT

THE MINDFOLD MASK

Block out all light



PURPOSE:

Learn to find light from within.



This is a great practice to do with a partner. Either you or your partner will pick up the flashlight while you are blindfolded with your eyes closed, and you will try and identify where the light is. It's best if you use an LED light like your phone. You don't want a light that puts off much heat. Try and see when the light is on and when the light is off. Try and see where the light is coming from. When we imagine seeing light we actually generate biophotons in the brain that we can perceive. Keep practicing until fantasy becomes reality. Your imagination in focus must be developed. These are foundational skills that you must master to move on in your progression.

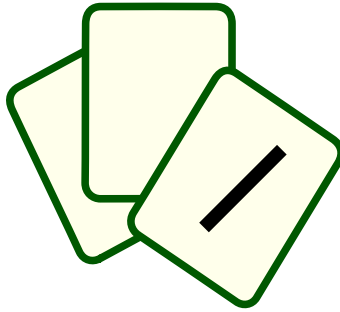
FEELING VIBRATIONS



FINDING AN OBJECT

Every object and person is constantly emitting electromagnetic energy. We can learn to pick up and feel this energy with focused concentration. When we are in an alpha brainwave state these sensations become much more apparent. It's better to be relaxed than excited or angry. When we are feeling the energy of the space around us with our hands it is often best to use a dominant hand if you have one. Often for men, the left hand will be the negative polarity and thereby the receiving hand. And the right hand will be the positive polarity giving hand. For women, this is often the opposite. The left will be giving and the right will be receiving. This practice works best if you are using your receiving hand to scan the environment when looking for the desired object. For the most part, follow the polarity guidelines I have just presented.

CARDS



READING THE FIELD

This is a very important foundational skill. Start with blank note cards and mark one of them with a straight line. You want to start with a simple image that you can reproduce vividly in your imagination. You will want to use your receiving hand, left for men and right for women. You will mix the cards up and then place your hand on the cards one at a time. You will inhale once you make contact and you will see if an image arises or if not. You will want to start with only 3 cards so you don't make it too difficult on yourself. You can increase the number of blank cards the better you get. This practice is for training your ability to connect with the field of an object and receive its information. For this exercise, you want to place your hands on top of the cards and make physical contact. We are not trying to feel the field but rather we are trying to read the field. The physical sensation will be of your hand pulling into the card as it contains more information than the others.

Please focus on the visualization of the line. Making a successful connection is important.

MAGNETISM

Everything in our world is electromagnetic. Everything is made up of electrons protons and neutrons. The combinations of these three energies create everything that you see. Everything is also always in motion. Charges in motion create electromagnetic fields. Even water and air are magnetic. Even gravity can be affected. We have electromagnetic charges being produced as neurons are fired in the brain and as blood pumps through our veins. Even the iron in our blood can be magnetized to produce voltages in the body. Our heart is the most powerful magnetic force in the body and love thereby is the most powerful energy. Love is magnetism. There is an etheric layer as well as several other deeper layers to our world that we do not perceive. Spiritual energy is moved through the body by the meridians. This partially spiritual organ system brings energy to every cell. We operate with electrical impulses sending messages at the speed of light. We are capable of developing to sense and move electromagnetic fields by developing our nervous system. We have piezoelectric crystals all throughout the muscles in our body which interact with electromagnetic fields as well. We need to strengthen our anatomy through practice and effort. These things are just as much biological as they are spiritual as in truth both are one.

Weekly TO DO LIST

Mark completed tasks

MONTH 5

WEEK 17

m T W T F SA Su

- 20 MINUTES RUN / JOG AND STRECH
- M.P. MOVE 1-3 + FEEL CHI
- 10 MINUTES COLORS VISUALIZATION
- 15-20 MINUTES MEDITATION ON IMAGES
- 10-15 MINUTES COLOR CARDS PRACTICE

WEEK 18

m T W T F SA Su

- 30 MINUTE WORKOUT
- 2X M.P. MOVE 1-3 + FEEL CHI
- 10 MINUTES MICROCOSMIC BREATHING
- 15-30 MINUTES MEDITATION EMPTY MIND
- 10-15 MINUTES COLOR CARDS PRACTICE

Slowing breathing signals the brain to produce alpha brainwaves.

»»» Weekly TO DO LIST

Mark completed tasks

MONTH 5

WEEK 19

m T W T F SA Su

- FIX BAD HABITS, WATCH EMOTIONS
- M.P. MOVE 1-3 + FEEL CHI
- 10 MINUTES MICROCOSMIC BREATHING
- 30 MINUTES MEDITATION
- 10-15 MINUTES CARDS PRACTICE

WEEK 20

m T W T F SA Su

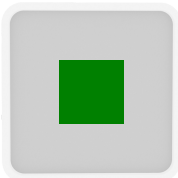
- 10 MINUTES COLOR VISUALIZATION
- 2X M.P. MOVE 1-3 + FEEL CHI
- 10 MINUTES MICROCOSMIC BREATHING
- 30 MINUTES MEDITATION
- 10-15 MINUTES COLOR CARDS PRACTICE

Wipe your booty well. We don't want distractions!

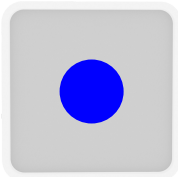
COLORS



When training with colors it's first best to work on visualizing those colors and mapping those conscious images in the mind.



Once you have established the ability to visualize each color individually, then you will be able to more successfully identify which color you are presented with.



One important note to mention is that when you are making your decision, base it on the first color that you are presented with. Within 3-5 seconds will be your most intuitive impulse. After that, you will begin guessing.



Do not get frustrated. Being in a calm state allows your brain to easily synchronize. When we get angry, parts of our mind shut off and we experience narrow-mindedness dropping IQ temporarily.

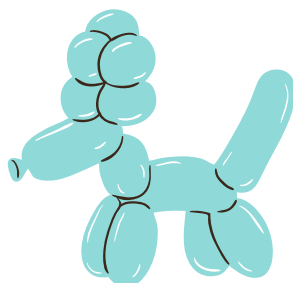
MERPATI PUTIH

3.DORONG TARIK KOMBINASI

Our third energy movement is like a mixture of the two previous movements. You begin with your arms up above your head, with your palms facing forward. You then exhale with pursed lips making the “shh” sound as you bow forward. Your arms stay parallel and straight in this movement and they come all the way down to the floor making contact palms down in a bow. You can also touch your head to the ground if you are flexible enough. You then come back up inhaling through the nose, bringing your arms all the way straight above your head to their starting position. You will then slowly bring your hands straight down, grabbing the life energy above you and clenching your fists pulling it into your body. Your hands will pull down moving in a straight line ending at your waist with your elbows behind you and your hands facing up in fists. You will then do a punching motion forward, like the previous movement, except once your arms are straight out in front of you, you open your fists with your fingers to the sky, flexing, pulling toward your shoulders. You will then move them to your sides in a horizontal motion keeping them level ending in the cross position. Once they are fully extended out like an eagle you will bring your hands down and around to your hips, hands flat and finger-pointing forward to a pushing motion, where your arms return straight out in front of you with your hands open and your fingers to the sky. You then clench your fist grabbing more energy and pulling it into your center. You do one more punch from the hips, and on your final extension your hands open up and you exhale bowing and pushing the energy to the sides and back ending with your arms behind you and your palms facing up. Then you can inhale, straighten back up, and place your hands on your knees for another small breather.

MEDITATION

ALPHA OBJECTS



Find your pets blindfolded

In this meditation, we will be using the light lines and object visualization we learned before. You want to create more complex objects than simple geometric shapes. For example, try creating a balloon animal in your mind. Watch and see every fold and twist that is needed to create the balloon animal. Try visualizing objects you have near you as well. Hold the object and look at its every detail. Then close your eyes and try and see that object in as much detail as you can. Now move the object around and track it with your eyes closed. When visualizing objects it can be very helpful to physically touch that object and make the connection, then when your field merges it should be visible with your eyes closed. Look at each object closely and with wrapped concentration. Try seeing your dog or cat as well. With your eyes closed search for them and try and see their head and their body. Reach out and pet them to see how accurate you were. Our bodies are always picking up information from the field around us, we just need the right practice and concentration to open up our spiritual senses.

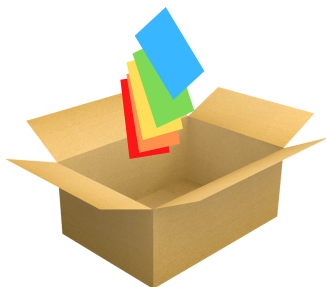
CARDS



This is a great practice to do with a friend. You want to have 4 cards with the colors red, blue, green, and yellow (later increase the number of colors). You want to place your receiving hand on the card or paper and inhale bringing the energy up your hand to your head. This is a great practice as it helps with many aspects and areas we need to practice. We need to learn to draw and hold images in our focus and learn to connect with, feel, and read the field.

With this practice, it is best to start with presenting the blindfolded individual with each color and telling them which color they are holding. The blindfolded person will try and see the paper as clearly as they can holding that color in their mind for as long as they can. Try and see the edges of the pages. Try and make it as vivid as you can. If this is difficult you can start with black and white pieces of paper and work on improving your accuracy and recognition of objects moving in your perception.

FINDING COLORS

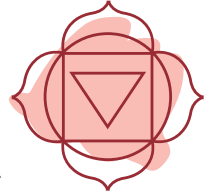
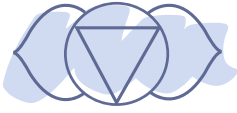


COLOR DETECTION

When you are practicing alone with colors you can get any kind of identical objects of different colors to use. This can be anything you find at a dollar tree store like erasers, papers, Post-its, pens, easter eggs, LEGOS anything you can mix around. You don't need a blindfold for this practice. It can be done simply by shutting your eyes and potentially covering them with one hand. Work on feeling the object, try to make a connection with that object's energy through focus and concentration.

Inhale and bring that energy from your hand to your head letting a color arise with the flow of energy. Then when the first color does appear try and manifest it forward as vividly as you can. More than just working with our intuition and connecting with energetic fields, but we are also building new neural pathways in the brain. This takes some mental strain and forcing as we attempt to create and operate from a space not yet formed. This does take time, but like building muscles at a gym, work pays off.

CHAKRAS



FUNDAMENTALS

Chakras are all about emotions. Our emotions are literal tangible energy. When we have negative painful or sad emotions it will drain us while happy joyful and blissful emotions charge us up. Emotions are more than chemical but they are also electromagnetic in nature. When we have emotions like guilt and worry we create a pit in our stomach and our negative emotion begins acting as a magnet over a wire preventing electrical flow through that area. These negative emotions create holes in our aura where energy leaks and dissipates. We see this when people break up after being in a relationship. They find that they were not generating their energy entirely from within but relying on someone else to provide energy. Once the relationship has ended both people will find that they have less energy than before and they will need to learn to start to generate energy and emotional stability internally. Emotions are not only tied to energy but also to health. Negative and hostile emotions will physically degrade the body while loving emotions actually create youth. If you ever meet an enlightened master you will see that they have complete control over their emotions.

They can generate the highest levels of bliss and energy without any external source of inspiration. This is where true power comes from, and love is the most powerful force there is. Love literally is magnetism, it holds and binds things together making them stronger and more resilient. No mountain, army, ocean, or barrier of any kind can stop love. It is vital to be able to master your emotions as each chakra center is opened through these practices. If something angers you, that is an area you need to master and find peace in no matter the turbulence.

Weekly TO DO LIST

Mark completed tasks

MONTH 6

WEEK 21

m T W T F SA Su



30 MINUTE WORKOUT + STRECHING



M.P. MOVE 1-3 + FEEL CHI



15 MINUTES PORE BREATHING



30 MINUTES MANIFESTATION MEDITATION



15 MINUTES NUMBERED CARDS PRACTICE

WEEK 22

m T W T F SA Su



10 MINUTES COLOR VISUALIZATION



2X M.P. MOVE 1-3 + FEEL CHI



15 MINUTES PORE BREATHING



30 MINUTES MANIFESTATION MEDITATION



10-15 MINUTES NUMBERED CARDS PRACTICE

Emotions add energetic charge which then polarize.

Weekly TO DO LIST

Mark completed tasks

MONTH 6

WEEK 23

m T W T F SA Su

- ☐ FIX BAD HABITS, WATCH EMOTIONS
- ☐ M.P. MOVE 1-3 + FEEL CHI
- ☐ 15 MINUTES PORE BREATHING
- ☐ 30 MIN. MANIFEST EVENTS MEDITATION
- ☐ 15 MINUTES NUMBERED CARDS PRACTICE

WEEK 24

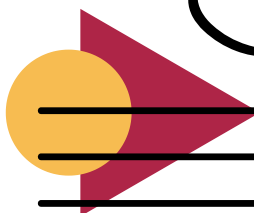
m T W T F SA Su

- ☐ 20 MINUTE RUN
- ☐ 2X M.P. MOVE 1-3 + FEEL CHI
- ☐ 15 MINUTES PORE BREATHING
- ☐ 30 MINUTES MEDITATION
- ☐ 15 MINUTES NUMBERED CARDS PRACTICE

Use your non-dominant hand for hemisphere synchronization.

Month 6

Journal

A yellow circle and a red triangle are positioned on a set of horizontal lines. The yellow circle is on the left, and the red triangle is on the right, pointing towards the circle. The lines are black and evenly spaced.[illegible]

MEDITATION

MANIFESTATION



Emotions and images are the
keys to this practice

First to understand how manifestation occurs we must understand our reality. All is information, energy and consciousness merged together as one. Our body is physical, our mind is the bridge, and above and pervading all is the spiritual. In order for us to create changes in the physical we must first create changes in the mental and spiritual spaces, then it will reflect down into our 3d reality. There are physics to the unseen forces just as much as there are physics to the seen ones. Egyptian hieroglyphs were originally called the language of the gods, and for good reason. Ancient people understood the power of images and how to use the mind. When we speak in words energy is released and sent out from us in a sinwave traveling in a straight line to the desired destination. However due to our multidimensional reality it doesn't always find its intended target. When we think in images however, the thought forms created are spherical in nature and extend out in all directions reaching to the end of existence and back. Images are how we form and focus intention, while our emotions are how we charge those thought forms with the energy required to complete the task. If you are trying to manifest something that requires more energy than you have you will only waste your energy without the results. Start small and work up.

MANIFESTATION

Most people in the west don't realize the importance and magnitude of chakra work. You will want to find out which chakra is your leading chakra. You will figure this out intuitively depending on what your personality traits are. Our subtle bodies are always interacting with the world around us bringing energy in clockwise and sending it out counterclockwise. Our chakras are not only whirlpools but also reflectors. With proper visualization and focus, we are able to reflect negative emotions back at people, refusing to take ownership of their emotions, stopping them from being integrated into our field. We may also launch thoughts from these reflectors. You want to form an image of everything you want and then compress it into your leading center spinning clockwise in to compress, and counterclockwise out to launch.

You want to see the energy you condensed and released watching it expand infinitely out. Once we have launched a thought we may feel a slight loss of energy, this is a good sign indicating a successful launch.

I would also like to mention another method from Nevill Goddard for manifestation. When you are going to bed for three nights in a row, lay in a position that isn't completely normal. Then, in your mind perform a task or see yourself in action with whatever it is you want to manifest.

Each night continue this task visualizing your desired reality until you fall asleep. For Nevill's example, he said imagine climbing a ladder while you lay in bed. Feel your imaginary arms and legs working as you

climb. Do this until you fall asleep. When you are awake write everywhere that you will not climb a ladder. Continue this for three nights in a row. If you did this correctly within a week you likely will have climbed a ladder despite telling yourself non-stop that you will not climb a ladder. (Images are more powerful than words.)

BODY BREATHING

**PORE BREATHING
10 MINUTES OR MORE**



**BREATHE IN
THROUGH THE SKIN
FEELING THE
ENERGY.**

PURPOSE:

This is to allow you to begin accumulating more etheric energy and develop your awareness and sensations in the rest of the body.

Body pore breathing is done by sitting or standing in a comfortable position and inhaling while imagining and thereby feeling energy come into your body through the pores in your skin. You want to imagine you are drawing this vital life force energy from the air and aether all around you. You want to feel it enter as this energetic light that condenses into your body. Our mind stretches into other dimensions and allows us to interact with the primordial essence of all things. We are able to manipulate electromagnetic and aetheric phenomena with our minds. Everything is spirit in truth. We have energy that holds information and is directed by consciousness. From these three things, we get physical matter. The placebo effect is very real and powerful and is a small glimpse of a greater truth. As above so below means: As it is in spirit, so must it be in the physical. Now our minds are how we connect with spirit so our minds are how we affect the physical world.

CARDS



Working with cards is very valuable and beneficial in our development.

Once you are able to complete the previous card exercise with high levels of success then you may begin adding different symbols or numbers to the cards. Once you have done this you will flip the cards over on a table face down and spread them out. You will then take your receiving hand and place it on top of each card making contact and inhaling bringing that energy of the card into your pineal gland. You will then scan each card and identify the card you are looking for. Once again we are focusing on connecting with the field and developing our visualization skills. You must be able to visualize objects fairly well to continue on and master the following exercises. Visualization is extremely important and the foundation for skills to come.

HIGH FIVE



This next exercise is done with a partner. You will learn to sense someone else's energy for the first time. Both people will sit crossed-legged and facing each other a few feet apart. Both people will then call on energy for a few moments and gather an electromagnetic field between your hands. With this ball of energy, you will move one hand over the other and drop the energy ball into the hand you feel the energy strongest with. Then raise your hand with energy to your shoulder with your palm facing out at the other person's palm.

Depending on your energy level the distance between your hands can either be increased or reduced. Have one person move their hand closer and farther away. Feel the magnetic fluctuations. Make sure that your hands are accurately aimed. This energy is very directional and must be aimed. Your palm is like a flashlight while your fingers project energy like a laser. Now, with one person blindfolded and the other not, raise your hands to face each other. The sighted person will then move their hand to a new location. The blindfolded person will then have to scan left, right, up, and down until they feel the energy of their partner's hand. The blindfolded person must move their hand forward when they feel confident and see if they make contact and successfully high five.

CHAKRAS

ROOT

This is our survival center which is blocked by fear. In order for us to start accumulating, processing, and moving energy up from our physical centers to our spiritual centers we must find safety and security. We must seek to live as stress-free as we can. Stress is good for growth however there is a point when we must make the switch and choose to preserve our body through peace and stability. Our emotional responses to the environment will determine which hormones and chemicals are pumped through the body. When we have happy and joyful thoughts we produce chemicals that promote youth. When we have angry and fearful thoughts, we produce chemicals that cause stress and anxiety. In order for the body to work at its highest and most optimal state, we need to find coherence throughout the body's electrical systems and thereby our emotional states. This center is very much connected with fear, and being fearful will block the energy flow through and out of this center.

In order to conquer fear, we must understand that everything in existence is a part of us. We are inseparable from the whole. All things are working together for the greater good and all things are working with you. If you learn to follow your intuition and a deeper sense of oneness you will be working in alignment with the whole and can shine forth divine actions from within.

I am not afraid. I am one with the whole. I am safe and protected.

Weekly TO DO LIST

Mark completed tasks

MONTH 7

WEEK 25

m T W T F SA Su

- 10 MIN. NUMBERS VISUALIZATION
- M.P. MOVE 1-4 + FEEL CHI
- 15 MINUTE CHI MASSAGE
- 20 MIN. COMPASSION MEDITATION
- 10-15 MIN. COUNTING RICE

WEEK 26

m T W T F SA Su

- 20 MINUTE RUN
- 2X M.P. MOVE 1-4 + FEEL CHI
- 15 MINUTE CHI MASSAGE
- 20 MIN. COMPASSION MEDITATION
- 15 MINUTES NUMBERED CARDS PRACTICE

Celebrate after practice to create dopamine and reinforce will.

Weekly TO DO LIST

Mark completed tasks

MONTH 7

WEEK 27

m T W T F SA Su

- 10 MIN. NUMBERS VISUALIZATION
- M.P. MOVE 1-4 + FEEL CHI
- 20 MINUTE CHI MASSAGE
- 20 MIN. COMPASSION MEDITATION
- PLAY PIN THE TAIL ON THE DONKEY

WEEK 28

m T W T F SA Su

- 20 MINUTE RUN
- 2X M.P. MOVE 1-4 + FEEL CHI
- 20 MINUTE CHI MASSAGE
- 30 MIN. COMPASSION MEDITATION
- 15 MINUTES GUESSING CHANGE

Drink alkaline or electrolyzed reduced water.

MEDITATION

COMPASSION



Finding Heart Coherence

Mastering our emotions must be done along the path of self-mastery. We have to learn to create emotions from within without any external stimulus. For this meditation, we will be focusing on compassion. Love is the most powerful force in existence and we are in this school to learn how to transmute negative emotions into positive ones. Much of our karma has been placed in our path. Whenever we respond with hate or anger we are only ensuring we will have to encounter these emotions again as they energetically come back to the source. Karma will also follow us through lives and you may have to work off karma you accumulated in a past life. The best way to do this is to find and feel love. Imagine you are hugging your mom or your wife or your dog. Feel the buzzing happiness that radiates out. When we are happy our electromagnetic field will extend out and influence the area around us for 20 feet or more. However, when we are sad we lose and leak energy extremely easy making our subtle bodies weak. We can spend hours meditating with great focus accumulating energy, only to lose it later to negative emotions and poor habits. Compassion makes the brain synchronize and can also push us into gamma brainwave states. Memories can be very beneficial to beginners in this meditation before you learn to self-regulate and generate your own emotions without stimulation.

COUNTING RICE



INTUITION PRACTICE

For this practice, you are going to want to get a small cup or bowl of rice. You will then take a small pinch of the rice and drop it on the table and within 3-5 seconds say how many rice pieces are on the table.

Doing this practice will greatly increase your intuition with enough practice. It's always best to do a meditation before any intuition practices to clear your mind and lower your brainwave level allowing yourself to be more of a conduit of information. This can also be done as a game with a partner. You can keep score and make it a friendly competition. This practice can also be done with coins. If you don't have a bunch of change or rise you must at least have a quarter. You can practice predicting the flip of the coin. This is a great beginner exercise as it is easier and lighter on the ego.

MERPATI PUTIH

4. NAFAS LISTRIK

The fourth energy movement begins with your arms above your head once again, with your palms facing forward. You do a pursed-lip exhale while bowing forward. Your arms remain straight all the way to the floor. With your inhale you raise them once again to the starting position and you hold your breath. Your palms remain facing forward as you close your first and bend them at a 90-degree angle at the wrist.

Your elbows bend as your hands drop in a straight line down to the level of your forehead (imagine a praying mantis). Your arms then cross with your right arm over your left arm and you squeeze with maximum tension. You bow and bring your crossed arms above your head shaking with tension. When you need to breathe you then straighten your back, bring your fists into our familiar position at the waist, and we do one punch forward, opening our hands, fingers to the sky, then exhaling on a bow forward pushing our arms to our sides and behind us. We may then breathe normally straightening up, and resting our hands on our knees, with our palms facing up.

NUMBERS



1

Another exercise is to visualize numbers as clearly and as in focus as you can. Make these numbers bright with light. Start with one and erase it. Then move on to two, and erase it. Do this at least counting up to 10.



2

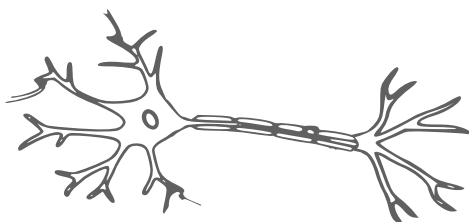
Try making the numbers as well defined as you can. Another level to this practice is to do it with your eyes open. You can accomplish this by slightly letting your eyes go out of focus and using your imagination. This can be very cool, give it a try.



222

Now try making a stream of numbers from the right to the left. See how well you can keep each of the numbers in form as you add more. This can be good for developing your peripheral vision as well.

DEVELOPING NERVE FIBERS



MERIDIANS

Every time we turn on our electromagnetic senses we are working with our nerve fibers throughout the nervous system. It's vital in development to sense energy not only on the hands but on the entire body to develop the nervous system to better pick up and manipulate electromagnetic energy. We are electric beings with wires throughout our bodies in many forms. We want to learn to influence and train our body with our attention. Our attention itself creates an electromagnetic field in that given area and will magnetize the body with enough focus. This combined with the magnetic effects of the hands can enhance the energetic effects. Energy can be directed and moved with the hands and attention to drag energy throughout the body. This can be done to charge, move, and manipulate the qualities of energies in the body. These effects are a product of psychosomatics. This is mind over matter. Where attention goes energy flows.

CHI MASSAGE



FEELING CHI

When working with chi or electromagnetic energy, we want to be sure to develop our nervous system in more places than just the palms of our hands. The entire body is capable of interacting with these subtler energies but must be developed to do so. This can be equated to building up our own electromagnetic antennas so that we can pick up and decode messages and information that is energetic rather than physical in nature. Most of our existence is invisible energy. It's up to us to raise our own perception to be able to interact with and understand these fields.

When you create an energy ball be sure to take this energy like a sponge and scrub your whole body with it. Every time we call forth this electromagnetic energy we make it stronger and improve our body's nerve fibers. You are forging a new higher functioning machine capable of sending and receiving energy and information in the non-physical realms of life. We live in a multidimensional reality that hides so much beyond the 3D. Life is thought-based energy, so these are the things we must master.

PIN THE TAIL ON THE DONKEY

GAMES

Have fun, bring laughter and excitement into these games. Here I want you to play pin the tail on the donkey. This game is easier and more enjoyable when you have a friend as well. Some people will be better than others. Do not be discouraged, we are all on the path and we will all achieve our goals with time. You can even consider having a pinata.

Play games of cards with friends and keep a light heart. I want you to enjoy the company of friends to neighbors and feel the exchange of energy. Understand in every situation there is an exchange of energy. I want you to notice this and be grateful and giving. Forster a happy and homey environment. You are not responsible for what happens with others however you can shine brighter than any negativity and wash it away. Love is a powerful healing charging and resilient force. Develop your resilience and maintain a higher set of operating chakras. Every situation is a lesson and an opportunity to better ourselves. With every step, the path becomes more defined. Chose love and there can be no limits to your reach. We do also want to be truthful with our word, but games are games and there is no harm in developing your intuition in play. You may have also heard of the game Liars Dice, Mia, or Dudo (using the words I believe and I doubt are suggested when playing these games). There are also games where one person chooses an item on the table and the other person must guess which item was picked without any indication. This can be with food people want to or do not want to eat. I wish you the best in your festivities. Blessings.

CHAKRAS

SACRAL

This is our sexual center and where we must overcome attachments addictions. We cannot move forward if we hold onto those things that are not beneficial to our growth. We cannot be reliant upon another to provide us with emotional stability. We notice that when relationships end one or both people feel a great depression as a large energy source was removed. We must then learn to find joy and stability within ourselves and learn that love does not mean addiction. This center comes with cleansing so that we can enact our will without distraction. We must love and respect all life. Understand that every interaction has been a learning experience and be thankful for the better place you are in because of it. All are family. We have no friends or enemies only teachers. No matter what age you are it is never too late to take on the teachings and embark down the path of purity. Do not watch porn. You must be able to look at the opposite sex as family and not a potential mate. This center may be opened without abstinence however you must be faithful and respectful. For those who are seeking the greatest benefit, you would abstain from sexual intercourse and avoid sexual thoughts. At the highest levels of this training, you seek unity with source and non-duality. The masters inform us that for men your vital life fluids are essential for perfect development. They allow for the cells in the brain to change just as readily when the person is 5 and when they are 500 years old. These materials when not formed into these fluids will be used for the development of a subtler etheric system that disperses life energy to every cell in the body.

Weekly TO DO LIST

Mark completed tasks

MONTH 8

WEEK 29

m T W T F SA Su



10 MIN. HORSE STANCE/TREE POSE



M.P. MOVE 1-4 + FEEL CHI



20 MINUTE CHI MASSAGE



20 MIN. ROOT MEDITATION



WATCH THE SUNSET

WEEK 30

m T W T F SA Su



20 MINUTE RUN



2X M.P. MOVE 1-4 + FEEL CHI



20 MINUTE CHI MASSAGE



30 MIN. ROOT MEDITATION



WATCH THE SUNSET

Make sure you are eating your leafy greens.

Weekly TO DO LIST

Mark completed tasks

MONTH 8

WEEK 31

m T W T F SA Su



15 MIN. HORSE STANCE/TREE POSE



M.P. MOVE 1-4 + FEEL CHI



20 MINUTE CHI MASSAGE



20 MIN. ROOT MEDITATION



20 MIN. AN INTUITION PRACTICE

WEEK 32

m T W T F SA Su



20 MINUTE RUN



2X M.P. MOVE 1-4 + FEEL CHI



20 MINUTE CHI MASSAGE



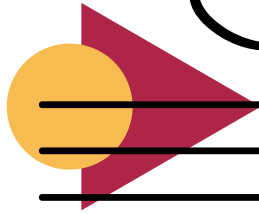
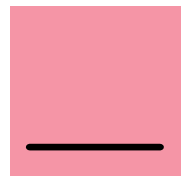
30 MIN. ROOT MEDITATION



20 MIN. AN INTUITION PRACTICE

Avoid carbonated drinks, these are acidic.

Month 8 Journal



HOW DO YOU FEEL?



DESCRIBE YOUR VISUALIZATION.



HOW IS YOUR ENERGY LEVEL?



HOW WAS YOUR PRACTICE?

Journaling lines:

- 5 lines for "HOW DO YOU FEEL?"
- 5 lines for "DESCRIBE YOUR VISUALIZATION."
- 5 lines for "HOW IS YOUR ENERGY LEVEL?"
- 5 lines for "HOW WAS YOUR PRACTICE?"
- 15 additional blank lines for free journaling.

ROOT MEDITATION

ENERGY THROUGH THE EARTH



Grounding is an important aspect of our training. Grounding allows the body to find balance and stability correcting imbalances.

Every machine that is built with a high enough electric capacity requires a grounding line to operate properly. This can be done by being connected to the earth directly or with any conductive material like metal. Grounding shoes and bedsheets are very helpful in maintaining the body's homeostasis. Plants and running water also increase the amount of ambient energy in the area.

As we know our existence is thought energy and awareness. So, for this meditation, we want our energy connected directly with the earth. We want our thoughts to be visualizing roots growing into the ground and pulling energy in a clockwise spiral up from the earth channeling through our spine to our head. We want our awareness of the feeling of this energy as it passes up through each one of our chakras. Focus intently on visualization and feeling. Feel the buzzing all over your skin. Feel the energy fill your body. Energy is directed and manifested from the mind so the clearer your visualization and focus the more intense the energy will become.

NOSTRIL BREATHING

NOSE BREATHING 10 MINUTES OR MORE

- 
- 1. COVER THE LEFT NOSTRIL
+ BREATHE THROUGH RIGHT**
 - 2. COVER THE RIGHT NOSTRIL
+ BREATHE THROUGH LEFT**

PURPOSE:

This is to stimulate each hemisphere of the brain independently so that you may find balance and greater coherence between the two.

We know that many mystical and psychic experiences originate in the right hemisphere of the brain. The right is the spiritual side and the left is the logical side. When we plug a single nostril and breath through the other we stimulate one side of the brain more than the other. Breathing through the left nostril stimulates the right side of the brain, which lowers heart rate and blood pressure. Breathing through the right nostril stimulates the left side of the brain, which increases heart rate and blood pressure. This technique can be a good way to get the hemispheres in balance by stimulating them independently. This has several studies behind it confirming these findings. Much of this originates from India as a yogic breathing technique. In our noses, we have erectile tissue that flares up or down depending on things like the time or the environment. This is interesting because as it naturally fluctuates, different parts of the brain are stimulated in intervals of about 30 minutes to 3 to 4 hours. One other thing the yogis noticed is at a full or new moon everyone's nostrils would sync up.

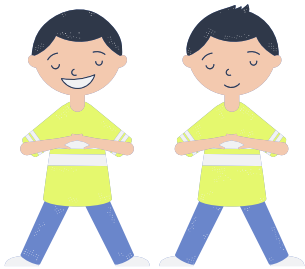
STANDING MEDITATION

QIGONG TREE POSE

Stand with arms out
and knees slightly bent
10 min - 1 hour

PURPOSE:

This is to cultivate energy and build energy stores. There are even monetary initiations that require the prospective student to do the horse stance for 24 hours straight



Much of our energy is stored in the lower half of the body. By standing with slightly bent knees for an extended time we create electricity from the piezoelectric properties of our muscles and circulate energy through the body

SUN GAZING

LIGHT

Sungazing is a practice that dates back thousands of years and is found in many cultures. The idea is that our eyes are photoreceptors and are capable of accumulating energy directly from the sun. Plants after all get their energy from the sun and animals get their energy from plants. It's similar to the fact that animals don't produce protein but all protein comes originally from plants and is bioaccumulated up the food chain. When sun gazing you want to begin with only staring at the sun right as the sun is rising or right as the sun is setting. This places more atmosphere between the sun and your eyes making the sun's rays much less intense. There are ways to sun gaze when the sun is high in the sky midday. One method referenced in Buddhism is to reflect the sun off of a parabolic mirror and to view the sun through a ruby. Another practice is to not look directly at the sun but rather look around the sun to generate the afterglow of the sun. This can also be done with a light in the house or candle flame. Then you will close your eyes and look at the light manipulating and changing it as much as you can. This will also give you an idea of how bright and clear your visualization can become with practice and determination. You can create a light that is brighter than the sun in your mind. I recommend sungazing to be added to your practice especially when the sun is rising or setting. Each time you sun gaze not only are you working with your visualization but you are also taking in the sun's cosmic energy. Sungazing has always been a part of spiritual practices dating back to many cultures including the Aztecs, Egyptians, Indians, Hindus, and Chinese.

CHAKRAS

SOLAR PLEXUS

This is the center of power. This is where your energy is stored and transforms. This is where you get your gut feeling from. Each of these energy centers has a mind of its own. They have their own intentions and functions. This is where you take control of your life with the power of your will and make the decision to seek something higher and greater for you. This is where your calling comes from, and you start to find deeper senses of intuition. You know there is a greater existence and meaning and purpose to life. You feel it. And here, and now, you have the opportunity to strive forward and achieve it. Every step counts.

You are one with infinity, you simply need to look and feel and strive forward. This center is blocked by laziness and lack of will. To help with this working with the third eye and the crown chakra is very helpful. Each ascending center has mastery over the centers below. If you want to master yourself and thereby your life, you must have the strength to overcome each of these challenges. Everything is electromagnetic and in order for our whole system to function at its most efficient and powerful state we need to harmonize and find balance. We need to bring feelings of confidence into our bodies. Energy holds information and thereby direction. If only people understood the power of thoughts, they would be much more careful. Remember, I am strong and I am capable. I can complete any task that I set my mind to. I am brave and I am faithful to love and respectful of all life.

Weekly TO DO LIST

Mark completed tasks

MONTH 9

WEEK 33

m T W T F SA Su

☐	☐	☐	☐	☐	☐	☐	☐	15 MIN. DICE MEDITATION
☐	☐	☐	☐	☐	☐	☐	☐	M.P. MOVE 1-4 + FEEL CHI
☐	☐	☐	☐	☐	☐	☐	☐	20 MINUTE CHI MASSAGE
☐	☐	☐	☐	☐	☐	☐	☐	20 MIN. HEART MEDITATION
☐	☐	☐	☐	☐	☐	☐	☐	15 MIN. DICE EXERCISE

WEEK 34

m T W T F SA Su

☐	☐	☐	☐	☐	☐	☐	☐	20 MINUTE RUN
☐	☐	☐	☐	☐	☐	☐	☐	2x M.P. MOVE 1-4 + FEEL CHI
☐	☐	☐	☐	☐	☐	☐	☐	20 MINUTE CHI MASSAGE
☐	☐	☐	☐	☐	☐	☐	☐	30 MIN. HEART MEDITATION
☐	☐	☐	☐	☐	☐	☐	☐	15 MIN. DICE PRACTICE

Learn to let go of the past and find peace in now.

Weekly TO DO LIST

Mark completed tasks

MONTH 9

WEEK 35

m T W T F SA Su



15 MIN. AUM BREATHING



M.P. MOVE 1-4 + FEEL CHI



20 MINUTE CHI MASSAGE



20 MIN. HEART MEDITATION



15 MIN. FOLLOW SOMEONE BLINDFOLDED

WEEK 36

m T W T F SA Su



20 MINUTE RUN



2X M.P. MOVE 1-4 + FEEL CHI



20 MINUTE CHI MASSAGE



30 MIN. HEART MEDITATION



15 MIN. FOLLOW SOMEONE BLINDFOLDED

Anger shows us what we need to work on in ourselves.

DICE MEDITATION



VISUALIZATION

With this visualization meditation, you will be taking the cube you had visualized before and placing the points of dice on it. You will rotate this cube around and maintain its structure and form. See each side in succession. Begin with one and rotate the cube counting up to six, then back down. You will want to hold this image of the dice as long as you can. These things do start as electrical impulses in the brain so don't be discouraged if your image changes or fades. Simply erase the image or open and close your eyes to regenerate the image. This is a meditation that doesn't necessarily have to go for extended periods of time but it should be done daily until you master this calibration well as your ability to connect and read the field of objects.

AUM BREATHING

AUM HUMMING 10 MINUTES OR MORE



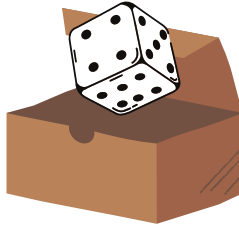
**5-SECONDS IN
3-SECONDS HOLD
15-SECONDS OUT**

PURPOSE:

This practice will help with health and brain stimulation through vibrations as well as increasing saliva for nerve growth factor.

This next breathing technique I want to mention has to do with humming. You may be surprised to learn that chanting Aum with a long hum has scientifically proven benefits to our health. Nitric oxide is one of the key players in this mix. When we breathe through our noses, 6 times more nitric oxide is produced and we get 20% more oxygen uptake in our system. Breathing through your nose not only slows your breath allowing for more capture and retention of Co2, but it also acts as a filter stopping pathogens viruses, and bacteria. Nitric oxide itself destroys viruses and pathogens. This is one of the treatments that has been used on patients with Covid-19s. When we hum the vibrations cause a 15 fold increase in nitric oxide released into the system. Humming produces more saliva in the mouth which is full of nerve growth factors, proteins, hormones, and many other beneficial compounds. The vibrations from the Aum mantra also stimulate the brain and pineal gland in a similar fashion.

DICE



CONNECTING WITH THE FIELD

When we are trying to see which side of the dice is face-up in the box, we need to have begun developing our mind drawing and visualization abilities. You will want to place your receiving hand over the box or individual dice and inhale. Feeling and connecting with the energy of the box will help this practice. You want to visualize and bring that energy up your arm to your head and see which side of the dice shows up. You want to have practiced with the object visualization prior to this. Holding the image of a cube and placing the points of a die on it helps greatly. You would want to rotate the cube in your mind and try and see it in as much detail as you can.

CHAKRAS

HEART

Your heart center is the meeting point of the physical world and the gateway to the deeper spiritual side of life. In order to more fully open the heart to its full potential, we must learn to forgive all those who have wronged us. The hate we hold onto for others only eats away at us. Remember, energy holds information, and love is the answer to every question. Love does not mean overloving and taking on all of the other person's karma. Loving means treating every person as if they are yourself and loving yourself deeply. You must treat your neighbor as yourself. You must also know that you yourself are loved. You are loved very deeply by many that you are unaware of. Angels are about you and work in silence.

Your heart, like the other centers, has a mind of its own. Our heart has a neural network that sends up to 9 times more information to the brain than the brain sends to the heart. Our heart also produces hormones of its own. Genetic expression is often directed by emotions as our emotions tell our body what the external environment is like. We want to have loving and stress-free emotions to promote youth, healing, and joy, and longevity of life. The secret to youth is love. Stress and anger age us while loving emotions make us young. If we only let our heart lead the way in life we would be able to accomplish great things.

HEART-BRAIN COHERENCE



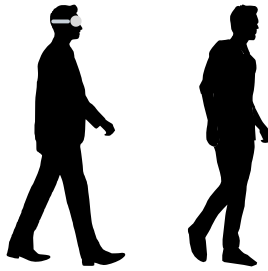
Your heart is the largest electromagnetic force in the body. The rhythm of this force will set the pace for the rest of the body. Emotions affect our heart's electromagnetic field. Depending on the emotion we hold we will either have a strong and far-reaching field or we will have a weak and small field. Everything is electromagnetic and in order to have a stronger effect on the world around us we must hold opulent, happy, and loving emotions. Our heart is also a key to unlocking intuition. There have been studies that have found the heart can sense the future.

They looked at subjects hooked up to an EKG while they viewed a random string of images either scary or calm. They were able to see that people's hearts were responding to the images 2-5 seconds before the image was even chosen and displayed. Many other studies have found these very same things and have realized the key to utilize them. We

must find heart-brain coherence. There is a level of mind which combines our heart and our mind to operate as one rather than two independent entities. This opens the doors for higher levels of learning memory as well as intuition. There are a few important methods we will be using. One is to place our hands over our heart creating a physical connection and focused attention on your heart. You will then evoke loving emotions into your heart and sustain this for 10-15 minutes. You may also ask your intuitive heart if it has any information for you and listen to what answers may arrive.

FOLLOWING

ENERGY



For this exercise, you will need a partner. You will want to be able to feel the energy field of the person in front of you and follow it around as they walk. You can begin this standing and just recognizing the sensation, but then you will want to start following them walking slowly. As your ability to generate light and shapes gets better you can hold objects in place in your peripheral vision where you feel their fields and begin to add depth to the darkness of your closed eyes. Feel that you are in the environment trying to form and hold images. The more you do this the better you will get. Remember we are telling the brain to operate in a way it has not built strong connections with yet. This is how you work out the brain. This is how you expand your neuroplasticity and form new connections. Start with feeling the field. With these exercises, we are trying to connect with and read the field as well. There is a lot of information that can become available once we develop these abilities and stretch our minds to their higher functions.

Weekly TO DO LIST

Mark completed tasks

MONTH 10

WEEK 37

m T W T F SA Su



15 MIN. DICE MEDITATION



M.P. MOVE 1-4 + FEEL CHI



15 MINUTES SQUARE BREATHING



20 MIN. CROWN MEDITATION



15 MIN. WALK AROUND BLINDFOLDED

WEEK 38

m T W T F SA Su



30 MIN. WORKOUT AND STRETCH



2X M.P. MOVE 1-4 + FEEL CHI



20 MINUTE CHI MASSAGE



30 MIN. CROWN MEDITATION



15 MIN. WALK AROUND BLINDFOLDED

Download intuition apps and practice in your free time.

Weekly TO DO LIST

Mark completed tasks

MONTH 10

WEEK 39

m T W T F SA Su

- ☐ 30 MIN. WORK OUT AND STRETCH
- ☐ M.P. MOVE 1-4 + FEEL CHI
- ☐ 15 MINUTES AUM BREATHING
- ☐ 20 MIN. CROWN MEDITATION
- ☐ 15 MIN. WALK AROUND BLINDFOLDED

WEEK 40

m T W T F SA Su

- ☐ FIX BAD HABITS
- ☐ 2X M.P. MOVE 1-4 + FEEL CHI
- ☐ 20 MINUTE CHI MASSAGE
- ☐ 30 MIN. CROWN MEDITATION
- ☐ 15 MIN. WALK AROUND BLINDFOLDED

You emit photons when you fill your heart with love.

BRAIN STATES



Gamma →

36Hz - 200Hz+

This is seen in flow states with sports and split-second catches as well as high-level meditators with vivid visualization. This comes about when we bite into an apple as well as imagining biting into an apple. This is the higher functioning mind we strive for.

Beta →

14Hz - 35Hz

This is when we are in a normal waking state performing regular working tasks

Alpha →

9Hz - 13Hz

This is where we begin to step into the wonders of the mind and we can perform internal work. This state comes about when we close our eyes and calm down as well as when we are listening to music or watching tv.

Theta →

4Hz - 8Hz

This is when we are beginning to nod off and we begin to get visions of oncoming dream states. Here we also have access to the subconscious mind where we can change our core beliefs.

Delta →

Below 4Hz

This is when we have fallen asleep. This is also where several profound experiences have been recorded in lab settings.

CROWN MEDITATION

COSMIC ENERGY



The sun is constantly raining down cosmic energy onto us. This energy can be accumulated similar to the electrons we get from grounding. We get yin energy from the earth and yang energy from the sun.

We need both of these pre-celestial energies to accumulate and combine into the body. With enough of these two forces, electric chi is born. Much further down the line of training, this electric chi must be used again to create an even higher form of light-based energy.

For this meditation, it is preferable to be grounded outside sitting under the sun. You will start with eyes closed envisioning light directly shining down from the sun flowing into your crown chakra in a clockwise spiraling motion. When we are bringing energy into our chakras we spin the energy clockwise following the golden mean ratio.

When we want to send energy out of our reflectors we spin the energy counterclockwise. It's very important to understand how energy flows and to direct it correctly. The main chakras we want to channel energy into with this are the crown, the third eye, and the heart. Feel see and know that you are gathering and charging these energy centers and it will be done.

CHAKRAS

THROAT

You must speak the truth. When you lie you are harming yourself most of all. You must learn to be stable kind and strong in your words. Be gentle but stern. Do not be swayed by negative words or hurtful messages. You must learn to cultivate Truthful speech. The words you say have power and ripple out across the fabric of space imitating thoughts in a subtler realm. This center is right on the cusp of physical and spiritual. Our words and speech are on the subtlest levels of this physical existence. Our words ripple out and shape the world around us.

Singing and humming are very good for this center. The vibrations help with the stimulation of several of the upper chakras. This vibration is great for the production of beneficial chemicals as well as stimulating the pineal gland. This helps with developing confidence and the strength to speak your truth. We must be able to say no in life no matter how kind we are.

SQUARE BREATHING

SQUARE BREATHING 6-10 SECOND INTERVALS



6-10 SECONDS IN
6-10 SECONDS HOLD
6-10 SECONDS OUT
6-10 SECONDS HOLD

PURPOSE:

This is increasing your anaerobic threshold so your body learns to increase its efficiency with cellular respiration and energy generation.

With square breathing, we are increasing your anaerobic threshold for more efficient energy generation. You are developing your body so that you can gain 2x-10x more electricity and energy from every breath. This will increase your overall stamina and lessen the strain on your heart from working out. We run on electricity, and one of the main ways we accumulate energy is through breathing and ATP production. ATP is the energy currency of most life on the planet. This stored energy can manifest and be utilized in a variety of ways.

WALKING AROUND



ENVIRONMENT DETECTION

When developing your practices you must take the next steps literally.

You must learn to scan further and further away from you as your energy and nerves develop. Practice makes perfect. The more you call on this energy, the more will become available. Try and set up an obstacle course for yourself or a partner. Move furniture around or place lawn chairs in random places. Place cones out and try and find them.

Scan with your receiving hand and feel the energy. You can also use your sending hand as a radar to bounce energy off of things. When you develop your whole body your heart will act as a lantern and illuminate your surroundings energetically, until then you will use your hand as a flashlight. Remember your energy is stronger when you are happy and have love. So make this a game and have fun!

Weekly TO DO LIST

Mark completed tasks

MONTH 11

WEEK 41

m T W T F SA Su



30 MIN. WORK OUT AND STRETCH



M.P. MOVE 1-4 + FEEL CHI



ASTRAL PROJECTION PRACTICE



20 MIN. ANIMAL MEDITATION



15 MIN. STEPPING STONES

WEEK 42

m T W T F SA Su



FIX BAD HABITS



2X M.P. MOVE 1-4 + FEEL CHI



20 MINUTE CHI MASSAGE



ASTRAL PROJECTION PRACTICE



15 MIN. STEPPING STONES

The more vivid your dreams, the better your imagination.

Weekly TO DO LIST

Mark completed tasks

MONTH 11

WEEK 43

m T W T F SA Su



30 MIN. WORK OUT AND STRETCH



M.P. MOVE 1-4 + FEEL CHI



ASTRAL PROJECTION PRACTICE



20 MIN. ANIMAL MEDITATION



15 MIN. STEPPING STONES

WEEK 44

m T W T F SA Su



WORK ON EMOTIONAL BALANCE



2X M.P. MOVE 1-4 + FEEL CHI



20 MINUTE CHI MASSAGE



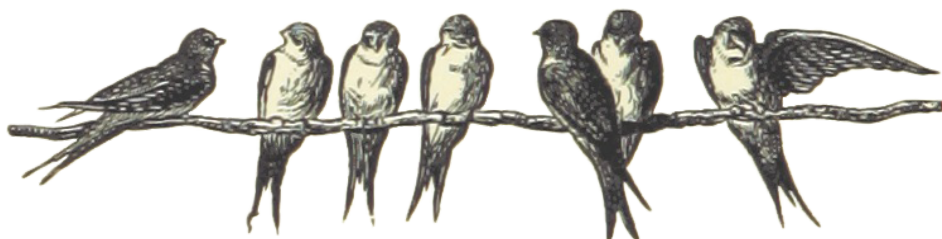
15 MINUTES DICE PRACTICE



15 MIN. STEPPING STONES

Find abundance without being a slave to it.

MEDITATION



LIGHT ANIMALS

For this meditation I want you to start with forming the light line that we did before and having that line bend in the center. Watch with intent focus and turn this line into the flapping wings of a bird. Watch the full dynamic motion of a living bird as it flies and changes directions in the air. This is your first light animal. Make sure you are focusing on images created on the back of your eyelids. You want to be able to focus your eyes on these visualizations as if you were looking at them with your eyes open. Remember we are wiring new neural pathways in the brain that weren't there before. Once you watch a bird fly, then try watching a horse run. The larger and more complex the animal the more brainpower you will need to maintain its coherent image. As the animals get bigger we begin to notice that we must work on developing our peripheral vision as well. We must learn to widen our scope of focus to include more and more images in one frame. If you can see the horse, then try an elephant. See this large creature eating or knocking over a tree. Watch how it walks and moves its trunk. The longer we are imagining the clearer the images will be and the faster we will be able to call them forward in the future.

ENERGY TRANSFER

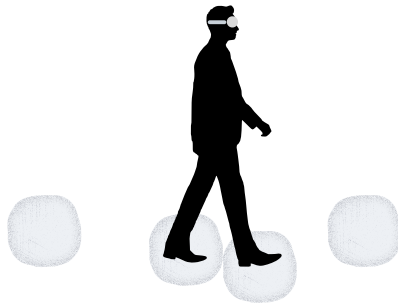


REIKI



All energy is mind substance. All material things are also spiritual as their fundamental nature. When transferring energy, positive emotions, and mental imagery can greatly enhance your intentions. When dealing with subtle forces in our world having physical energy from the body will only get you so far. You must also develop the mind. Imagine light when laying hands on an individual. Use positive loving emotions mixed with a clear image of health. When working with subtle forces words do not always find their destination and intention. Source uses feeling and images, manifestations of source use words. We are connecting with the aether. Start by gathering energy into your hands and condensing it as much as you can. See light emanating from this energy ball. Call upon positive memories or self-generated love to imbue this light with. And now maintain the feeling of the energy and move it along the person's body while pushing the light and love energy through their skin into their body. Visualize the injured place as if it is completely healed. Using your own energy, you can only perform as much work equal to the energy you have stored. Using energy from Source requires vivid and in-focus visualization. This is how we tap into and manipulate matter at its base level. Higher levels of healing will come with the mastery of telekinesis. If you are trying to heal something and do not have the energy to complete the task you will only deplete your stores. The clearer the image and strength of love, the better the results.

STEPPING STONES



ENVIRONMENT DETECTION

This is another important practice for development. You must prove your detection abilities and accuracy. You may notice the more you feel and interact with the energies of objects around you, you will begin to be able to differentiate between materials as well as colors. When practitioners are training in Indonesia, they are given obstacle courses to move through. They may only step on the wood square planks and must avoid the planks with spikes in them. Make sure you are scanning the area and forming mental images of the objects in their place. You must be able to feel the objects and form images of the things you feel. Use mats or pieces of paper as stepping stones when starting out. Have pages of different colors and do this barefoot for a better connection. When you get better you can call out the colors as you step on them. You can also hide an item of a specific color for the blindfolded person to go out and seek. In Indonesia, the Kopassus use practices like this to find where people have been buried when there are landslides or other natural disasters.

ASTRAL PROJECTION

MORNING PRACTICE

For astral projection, it is best to practice in the early morning. A very effective practice is to set your alarm for about 4 hours before you wake up. After you turn off the alarm calmly lay on your back and allow yourself to drift off but make sure you keep the back of your mind conscious. Do not move and be very relaxed. You can visualize your room or where you are and see yourself interacting with all the things in your room. Picking them up and feeling them. Jumping up and down and smelling the air. Make sure you retain your conscious awareness as your body falls asleep and you lose control over your physical body. Eventually, you will find that you are experiencing these things more and more real even to the point that you can read papers on a desk. There can also come a point where everything becomes a bright white turbulent tunnel that you move through. Do not be alarmed just allow these sensations to pass and maintain your calm awareness. At this point, your body is very likely in sleep paralysis. This is not a demon attacking you but a natural stage of the body's functions. If you remain calm and wait a while not attempting to move you will eventually feel that it is time. You will tell yourself, "I am about to roll out of my body. You will know this with confidence. Then you may also begin counting down until you reach one and rolling out of your body with what feels like physical intent. Because you will be in sleep paralysis your physical body should not move but rather your astral body will roll out and be able to stand up and walk around. The better your astral projection is, the better your internal sight will be also.

LIGHT



The visualization of light is very important in informing the neural development of the brain. Light contains information and cosmic energy. Our brains and our body emit light. Our system operates at light speed sending electrical impulses continuously. Bringing light into the body and visualizing emitting light out is a very powerful practice in our development. When all of our chakras are open and aligned and working at their optimal state we can actually glow. This is something witnessed worldwide with many saints monks and holy people alike.

Our body is meant to be perfected even to the degree that we do not age. Enlightenment is commonly misunderstood by the public. The true meaning is to transform the body into a finer light-based material so that it may move freely and intact into higher dimensions. Your body is your spiritual vessel or soul, in constant manifestation. If you lose your body, or it is destroyed, you will drop to a lower dimension. You will then need to take up another body and try and perfect it once again so that you may escape the cycle of life and death. This is samsara, and the only way out is to grow and evolve to Nirvana. This has many names but is best documented recently by Tibetan Buddhists under the name the Rainbow Body. There is development in the body first starting electrically and magnetically, then moving into the generation of light-based phenomena. This is the ultimate goal and should be known to the earnest seeker. Your actions matter. Your intentions matter. There is a purpose to life.

CHAKRAS

THE THIRD EYE

Opening your third eye is not instantaneous but rather a gradual development. We must make a conscious focused effort to develop our clear visualization abilities. Everything in existence is mind-stuff. It is awareness holding information and energy. Once we learn to work with the deeper aspects of reality, the possibilities become endless. You are one with this infinite mind and you are capable of manifesting any

desired reality. Your third eye is your first predominantly spiritual center. This chakra is responsible for knowing both the spiritual side of life and the physical. With this center fully developed, visualization will

be clear and in focus. With proper techniques, your intentions can become instantly manifest. The third eye is a channel directly to Source

and you can now communicate with, work with, and see all things spiritual. This is lifting the veil and the most crucial part of development when one is seeking higher attainments. This center is strengthened by seeking knowledge and learning. You must learn to trust your intuition

over your logic. This center is brought to limitless potential with dedicated meditation and intuition practices. This is where thoughts become things. Meditate on the phrase, "I am."

Weekly TO DO LIST

Mark completed tasks

MONTH 12

WEEK 45

m T W T F SA Su

- 30 MIN. WORK OUT AND STRETCH
- 3X M.P. MOVE 1-4 + FEEL CHI
- 15 MIN. CHAKRA MAGNETIZATION
- 20 MIN. TRACING AND READING
- 15 MIN. WALKING AROUND BLINDFOLDED

WEEK 46

m T W T F SA Su

- SAY AFFIRMATIONS
- 3X M.P. MOVE 1-4 + FEEL CHI
- 20 MINUTE CHAKRA MAGNETIZATION
- 20 MINUTES TRACING AND READING
- 16 HOUR FASTING

The one who meditates on light becomes illuminated.

Weekly TO DO LIST

Mark completed tasks

MONTH 12

WEEK 47

m T W T F SA Su



30 MIN. WORK OUT AND STRETCH



3X M.P. MOVE 1-4 + FEEL CHI



15 MIN. CHAKRA MAGNETIZATION



20 MIN. TRACING AND READING



16 HOUR FASTING

WEEK 48

m T W T F SA Su



SAY AFFIRMATIONS



3X M.P. MOVE 1-4 + FEEL CHI



20 MINUTE CHAKRA MAGNETIZATION



20 MINUTES TRACING AND READING



15 MIN. COMPASS TEST

The body wants to be free of the limitations of the mind.

MEDITATION

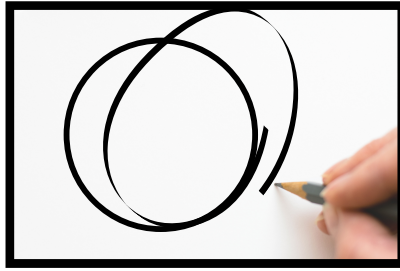
CHAKRA MAGNETIZATION



A powerful practice is to breathe love and hold your hands and focus on each one of your chakras. You would start at the base and work your way up giving each one a charging breath. Visualize also each color of each chakra filling up that center in a spiral motion entering into your front clockwise.

For this practice we are creating a magnetized zone between our hands, gathering energy into a ball. We can then also use our hands to guide this energy up along the surface of the skin from the base of your spine to the top of your head and out and around following the toroidal energy flow. Be sure that as you move the energy you feel heat or magnetism move as a ball of energy through each center. Repeat this pulling energy from the earth into your forehead then extending your arms out following the toroidal shape of your heart's electromagnetic field. This practice is important in developing your body's energetic system as well as your visualization abilities. We want to build stronger physical and etheric connections throughout the body so that we can handle and work with larger and larger amounts of energy.

TRACING



ENVIRONMENT DETECTION

When we are tracing something for the first time it can help to place our finger on the paper and feel for the difference in color. Making a physical connection will allow for better energy transfer. When you are better at visualization and you are able to utilize both energy and mind together then you will scan the area in front of you with your hands or see it in your heart field. This is good for testing your accuracy and ability to focus on a small area in general space. This practice plays in with reading as well. You want to be able to scan and read the field of energy in front of you. Making these coherent connections is very important for further development down the line. Practice makes perfect. Make sure you have the right mindset and emotions and don't forget about your energy. Everything you do requires energy. Switching from energy-wasting lifestyles and emotions can be a slow but very rewarding process. Stick with it.

CHAKRAS



CROWN

This is where your direct connection to infinite cosmic energies resides. If you lead your life from this center there are no limitations for you. You will seek and understand the perfection in all things as non-duality is the truth. With the understanding that all those that you see are a part of you, you shall also see how and why love is the key. Every piece is in its perfect place in infinite balance and opulence. To the one who operates purely from the spiritual existence of life, all things are possible. Thoughts can and will manifest perfectly as intended. If you operate and focus on this center you are one step closer to being one with the creator so that you may shine forth and do great work. This is the source of eternal bliss and higher levels of attainments you cannot even fathom.

Bringing energy down from above into the body is very powerful. Directing this energy from the cosmos into your third eye can help with the focused development of your visualization and intuition. You must open and develop your third eye before you are able to fully access and work with the highest energies.

FASTING



All spiritual practices that seek to attain greater connections with Source involve some form of fasting. In order for your brain to be further stimulated and activated for development, we need to have a specific amount of time between meals so that our body and switch from digestion to processing waste and healing and brain development. We do not need to eat as much as we do these days. There are studies that show if you eat 30% less you should live 30% longer. There are chemical markers that are triggered when we allow our insulin levels to drop below a certain point. This triggers the body to begin processing and using fat stores and getting rid of toxins and waste build-up. At first, it may be difficult as your stomach grumbles but you build resilience and strengthen the body as a whole when you are able to follow through. When you are fasting a good metric to follow is the 8 hours of eating and 16 hours of fasting for the day. This also gives us great opportunities to do energy work and energy development as our digestion takes up a lot of energy making sensing and development slower after big meals. This is a good time to practice tasting flavors on your tongue, pushing your brainwaves into gamma, and developing the mind.

AFFIRMATIONS

- **I AM ONE WITH THE DIVINE**
- **I TRUST MY INTUITION**
- **I SPEAK TRUTH AND KINDNESS**
- **I LOVE ALL AND FORGIVE ALL**
- **I AM STRONG AND BRAVE**
- **I AM LOVED AND FREE**
- **I AM SAFE AND PROTECTED**

The more we hear affirmations like these the more our centers will align themselves naturally. Our emotions are energy and stretch out into the world around us creating change. We must learn to guard and generate the right emotions and feelings for health and strength.

Remember when you are using affirmations to ask to manifest health rather than healing. Feel as if that thing is already done. Align with the reality you wish to have. Do not align with wanting the reality but being in that reality.

THE COMPASS TEST



This is a goal to aim for. As you develop your abilities to sense, read, and manipulate electromagnetic fields you will be able to move the direction of the compass needle. This works with a physical compass as well as a cellphone compass app. Further development to this level and higher will come later. Understand your limitless nature and master yourself.

Everything is electromagnetic. With continued dedication and development abilities like pyrokinesis, levitation, and teleportation become a very real possibility for you. These skills are known by many around the world. In this development as well, the ego must be conquered. I wish you the best on your journey. Keep practicing and never give up. Every step you take adds up.

Remember we can manipulate the electromagnetic spectrum. The whole spectrum is of light waves, but we can normally only perceive less than 1% of that spectrum. Energy holds information. When we increase our brainwave strength and coherence especially in gamma, it affects the fields around us in stronger ways and works to manifest our imagination. You are a light being in a field of condensed light energy.

You can manipulate and work with the forces that you are made of.

Blessings.

THIS IS JUST THE BEGINNING

The more you are able to feel and generate love within, the more measurable light will shine forth from your body. The highest attainments are through love. Your heart is the strongest energy-producing organ in the body. The heart is the gateway to the divine and the mind is how you learn to communicate directly. Prayer is how we communicate to God with images and emotions, and intuition is how God speaks back to us. The person who focuses on intuition over logic will live a happier and more fulfilled life. The person who can connect directly and find the answer to every question cannot be fooled and cannot be swayed from the highest path. There is a purpose to life.

There are steps to take and attainments to gain.

Keep striving forward and you will make it. If not in this life, then in the next one. Karma doesn't just bring our negative actions back to us but our positive ones as well. Put love and joy into the world and it will follow you into the next life. Even skills follow you. If you do not make it to ultimate liberation and eternal life in this body, then in your next body you will be given the same opportunities as now and you will have an easier time than others picking them up. There are angels that guide you. There is infinite power and presence in the air around you. You simply have to develop yourself and evolve to enrich your life and realize the highest truth. Blessings. Level 2 will come in due time. Many more skills wait for you to develop. The rabbit hole goes deeper.