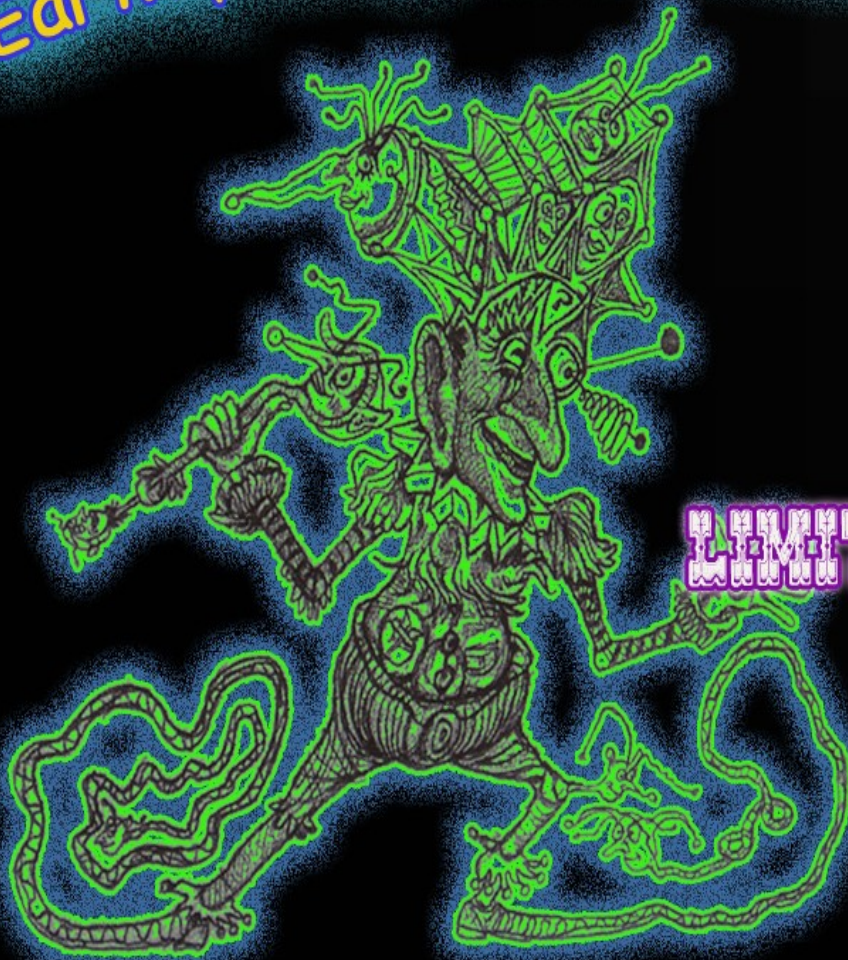


# Earthly Delights of Mind Boggle



LIMITLESSMILE

## mODULe fOUr

The Australian aborigine has been disturbed from their dreaming for 200 years

American Red Indian have been disturbed from their dreaming for 500 years

Then there is us white fella's  
Descended from the many races of Europe and the British isles

We have been disturbed from our dreaming for 2000 years

And as a result have spread the madness  
to disturb others from theirs

We all combine today  
To make this amazing, maddening, hi speed, hi-energy

Civilization of western mankind.

By all  
The power vested in We  
The ones who choose  
Let us  
Begin in our own life the  
Actions necessary

To rediscover our dreaming  
Recreate our mindscape  
To repossess our power

Civilization is poison to Human being  
Sovereignty is our natural state  
It is in our divine animality and true human nature where may be found  
The beauty and mystery of our being human

You are responsible for your existence and the style of adventure  
You may have while enjoying a life

Know all you can about who and what you are

Go to life as you would go to war

To pursue and capture your wildest dreams and fantasy's it takes

Imagination

Motivation

Planning

Romance

Determination

Persistence

Cheerfulness

And the Right Mood

The Warriors Mood

Centred and at Peace

Aware

Content

Ever Expectant

Accepting of the evolution of all others

## **The Warriors' Mood**

Is

To sniff and look and hear and taste and feel for suitable attitudes, ideals, values, and virtues;

To become a athlete in paradigm wrestling

To manage stress and tension,

To explore relaxation, bliss, and orgasm.

To comprehend the mechanical structure of the energies of, focus, balance, clarity, rhythm, detachment, discipline, patience, order, sexuality and life scripting.

To find power and freedom through simplicity, minimalism, spontaneity and limitlessness in attitudes and relationships.

To not be stopped by socially created boundaries, confronting the conventional, while at the same time acknowledging boundaries, containment, restraint, restriction, and fear, and to be clever enough to go beyond when appropriate, and know when appropriate is.

To explore the tensions between sensuality and morality, love and duty.

To be a totally ruthless pursuer and expresser of truth, applying the principles of business to all of life, as fully integrated honesty, responsibility, planning, effort, thought and control.

To write a life script of limitless proportions and to live it effortlessly, and joyously,

To honour our humanness as a means of honouring all humans, with the hidden and potent powers of self-forgetfulness and harmlessness in all relations.

To wear your Limitlessmile, as a contagious infection of inspiration, leaping limitlessly into all duties and responsibilities, which we find, are the landscape of our destiny and our puzzle of wholeness.

To apprehend the concept of we being a tiny part of the universe, and it being one mind, perpetually swimming upon a sea of change, a never resting dance of the opposites, letting go and flowing to the compensatory power of the rhythm of cause and effect, and expressing joyously a gender.

To discover that equal and opposite use of contrary forces is the secret formula for perpetual motion.

As we think we are.

## OUR MAGIC JOURNAL

Your Limitlessmile is both a science and an art; our work through the modules has been an endeavour to clean our mindscape back to some sort of ground zero, a clean slate, an empty page, like a fresh new landscape, wild, vital and of nature. Then we search, find and install fresh new empowering desires, thoughts, ideals and values. Knowing that ideals are balanced desires in our conscience seeking to be acknowledged and aspired to, to create values. The tool of journal allows capture and survey of the mind-food you choose to inspire and infect your developing mindscape. To sort and thort your dreams into action.

Let us take this opportunity to analyse the mechanics of our journal, and see clearly the differences of context between the Magic Journal, the Personal Diary and the Life Script. Our magic journal is where we release and record our limitless imagination, and without inhibition explore the wildest, craziest thoughts and ideas we are able to find within. To encourage feelings from the deepest recess's of our heart, so we may fuel and stretch our imagination to its limits, and come to know what it really is that we passionately seek to be alive for.

The personal Diary is our tool where we record the events, experiences and feelings our actor harvests from our unfolding life, where we may acknowledge what is, and what is unfolding, an inventory of our actuality and survey of the signs that we are manifesting our dreams. To recognize the synchronicities or coincidences that illustrate that we are exactly where we are supposed to be, are in the right place at the right time.

The actual life script is written as an affirmation and declaration, of the results of the magician's observation of the resource of the diary. Then combined with the rich imagining's of the magic journal, create the vision of the dreams we are to pursue. The combination of cleverness and dreaming give birth to the adventure we feel and know is ours and is truly winnable. The apprehension of the wildest dreams then, is in the hands

of our producer whose Sovereign attitude to the adventure, commands into form and order the rules and strategy's we will employ. Affirmations are what we use to acknowledge who we are and what we want the universe to provide in our lives,

Declarations are where we state to the cosmos what it is, that we are going to do or achieve. Declarations are also a powerful legal tool to state exactly where you stand in relation to a matter, presenting a particular definition of yourself in challenge for right. In writing our life script we use the tense of actuality, we are stating what it is that is sitting in the assumption of our wish fulfilled, it is like writing out an order to the cosmos. Then when knowing and feeling all the homework is done, and the vision is seeable, our warrior may leap passionately into action, wearing an open and limitless mood, knowing that following the call of the heart will lead to the unfolding of the dreams. . with clutter gone experience I-ness and simply be.

Air	Fire	Water	Earth
Magic Journal	Warriors Mood	Personal Diary	Life Script
Objective imagination	Injective action	Subjective recording	Projective strategy

Are you the scriptwriter, the Director, the Actor and Producer in you own movie?

You have at your disposal the use of the four Magical Tools  
Air, Fire, Water and Earth



As you use these tools on your journey through space and time you will collect gravity and experience in your fourfold body, being alive consumes energy, either the conscious purposeful use of power or the automatic action of force. You grow and change in relation to your journey, you reflect and see yourself in the faces of the people of your world, and they reflect the cause and effect of your use of the four magical tools. This module of Limitlessmile has the mechanical components for your strategies for change. Following the guidance of the fourfold structure of the elements we seek to install on our human hard drive new programs for success, to transform attitudes that do not serve our quest for empowerment, and to create a mood within that has every day an arena where our Magician finds the time to dream, our warrior develops the power of efficient rhythm and routine, our lover performs in poise, balance and harmony. And our Sovereign is able to imaginatively design with rhythm, in harmony with your reflections a performance that expands your structure abundantly.

Your adventure with Limitlessmile has now been unfolding for three modules. During which time you have been thinking and imagining into your life adventure. In module one you indulged in exploring your wildest dreams and fantasy's, exercising and stretching your imagination muscles, exploring ideas and information. Consuming a diet of inspiration, developing a motivation and enthusiasm to fuel your quest with change.

As you worked with module two you have acknowledged where you are at in your present life and become clearer as to where exactly you are starting your quest. You have made inventory of various parts of your life and taken stock of all the resources available to you, to fuel your adventure. Also module two had you determine what are the working boundaries in the form of your present duties and responsibilities.

Next we explored descriptions of who we are in this life, and named who is taking on this challenge, of bravely coming to module four.

You want to manifest your wildest dreams and fantasy's? so what are you going to do about it? how much effort are you willing to invest? We have come to the part where we need to stand up and count our self in! Because now we are going to start the real work of self empowerment, ----- change!

So what are we going to change, so that we may apprehend our wildest dreams and fantasy's?

Everything-----eventually----- as we will in due course be living those dreams, and enjoying the feelings of many accomplishments, but in the interim we will proceed one step at a time and continue to be guided by the four fold structure of the elements, and honour and enjoy the adventure of the process.

Air

Simplify  
Melody  
Philosophy  
Self analysis

Phire

Minimalize  
Rhythm  
Will  
Self motivation

Water

Visualize  
Harmony  
Passion  
Self expression

Earth

Materialize  
Performance  
Transformation  
Self creation

**Our Attitudes are Designs for our Limitlessmile Success.**

The work of module four will centre on a further exploration of our attitudes. To discover and be rid of those attitudes which no longer serve us, and design and create new more suitable attitudes that will. Guided still by the elements, we seek to become aware of the components we need to install or strengthen in our life. Air--- feed imagination with a diet of inspiration, strengthening our muscles of focus, concentration, logic, reason, deduction and shrewdness identify clearly and lucidly all negative and positive value-conditions of state. Fire--- become aware of how to apply efficient correct effort and develop a store of motivation and enthusiasm, vitality and passion.



Water ---find chemistry and bliss of union for wholeness and happiness. Earth---find health, strength, stamina, structure and abundance.

## DREAM

**Simplify**, minimalize, visualize and materialize. The magician part of us seeks to use cleverness to survey the fundamental structures of our life and simplify them. The first commodity or resource the magician requires is Time. When we realize that we have forever on both sides of us, stretching off equally into the past and the future, a new understanding of patience, and a sense of peace are available for our survey. Quality personal free time to meditate, to ponder, and apply imagination to the strategies for simplifying the duties and responsibilities we have accepted, and those we wish to take on. Well thought out plans are time creators, don't end up in the situation where you are so busy cutting your lawn with scissors, that you do not have time to use the mower.

What is your attitude to spending time on your self, to relax and dream, do you give your time away to others and have little left to your self, do you have guilt programs run on your hard drive, each time you take time out for yourself. Or does it swing the other way, where you have an abundance of time freedom and have no discipline to harness this great resource, time slips through your hands for lack of time management. Are you successfully programmed with the Christian work ethic and entrenched in the rhythm of being employed permanently, feeling grateful for that three or four weeks holiday had a year. Have you ever sat by a river or beach for a few months with out thought of being any where else or needing to do any thing, but swim, sun, dream and enjoy, and feel what it is to be timeless?

In module two you took stock of many determining factors of your life journey, the duties and responsibilities that mark boundaries of freedom, as well as expenditure of life force and time. The air task is to employ our cleverness for strategy and plan. Look into the duty and responsibility list from module two and see the duty and responsibilities which consumes your time, which of them may be applied in a new way to become more time efficient. The ultimate efficiency is to use thought and imagination to have duties and sponsibilities applied in such way that they align with your wildest dreams. They then fall under the power of passion and become timeless. What areas of life consume your life force for little return; may be a bad job, a bad relationship or some indulgence. What

might you tag for the warrior to remove?

## ACTION

Simplify, **Minimalize**, visualize and materialize. This is the warrior taking the backpack full of bricks off your back so you may become lighter and move more freely. Our environment and living spaces reflect our mindscape. Rubbish and clutter and piles of outdated and no longer relevant things reflect a mind carrying equally unwanted thoughts and feelings. The act of ruthlessly cleaning out everything, methodically with awareness, swinging powerfully the sword of truth, slicing and cutting with the precision of a surgeon, removing stuff, going through the cupboards, boxes and draws and relieving yourself of physical gravity, creates its own freedom. Give it away, sell it, and throw it out, allows your self to enlighten, be not burdened or weighed down by the resist tensions of change our universe is in a condition of state of constant change. Trim down to the equipment you require to manifest your dreams, keep the quality meaningful items that are a symbol of the dreams you pursue and where you are journeying to, let the cosmos have all the rest back.

All of us born into a life come with our own personal limitations and challenges, whether it is being born without legs or hearing or innate tendencies to low self esteem or personality distortions. Our attitude we wear toward these limitations and our challenges is all important to the quality of our life's unfoldment.

The warrior energy is our access to our sword of truth, which we may use to slice away and remove all beliefs that limit us; so then we may be open to all possibilities; so we may wear the powerful believe nothing accept all attitude.

Fire is the element for symbolizing the movement of energy in our life. Observe the actions you take in life, what are their motivations, do you see the difference in energy expenditure of allowing things to happen, or actively making things happen. There is a time to passively allow, there is a time to actively pursue, and then being clear as to when to allow or act will save much energy. Our motivations are luminosity shining into possibility from all that holds meaning for us.

The warrior surveys the energy plays of life and identifies the play as either a duality or

a unity, noting where to align with power when working with unity or work with force when dealing with duality. Unity is simply where there is a coming together of goodness and duality is where there is separation and conflict.

The art of stalking belongs to the warrior and is, the maintaining an awareness of the present, the being ever vigilant to observe what we are reacting to or acting toward, knowing that every word is like a magic spell that has the power to create, things we may not require, equally alongside all that we wish for. The warrior explores and experiments with our paradigm challenging and changing.

In module three we endeavoured to catch a peek of our Ego. The Ego is a blatant user and misuser of the life force that we have to empower our dreams, and if it feels it has something to prove, to guard or improve its self-importance, it will use all available life force to do so irrespective of health or good sense. What Quests or causes do you allow your energy to be consumed by? where might the art of detachment grant you a freedom that brings with it a refund of personal time and life force? Where may you reapply your power to winning your Limitlessmile, and become free of the great expenses of maintaining ego self-importance?

### **A story about reapplying energy**

Long ago white fella came to a beautiful rough and tough land, and with him came his dragons, huge entities that ate the land and breathed out its consumption as its fiery dragons breath. A stream of energy that the white fella could employ quite cleverly to amplify and simplify many of life's tasks; to allow great advantage, acquire much leisure and time for enjoyment.

The dragons quickly bred and took over the land and to this very day live and breathe, providing us with all we require enjoying our modern life in exchange for their free and open grazing of the land.

This is all of course an analogy of the dragons being the cities we live in. Imagine your city is a living-breathing dragon; it consumes the resources of the landscape and transforms it into energy, which it breathes out of its chimneystacks, and exhaust pipes. The roads are the dividing lines of the scales that are its skin that grows and covers the land. We of course are the living cells that combined, are the mind of the dragon; our collective attitudes are its attitude to how and what it consumes, and what is sacred and what is not. Its ego personality can be seen and heard in its newspapers, television and

radio stations.

As we exist in our cities and go about our daily lives we are a part of the dragon, maintaining the status quo accepting things for how they are. There may be many things in our experience that we do not actually like about our collective living in our modern communities and the relationship our cities and towns have with the living surface of our mother the earth.

As a single cell of the mind of the dragon we are responsible for a minute part of how the dragon thinks. There may be some of the ways that the dragon thinks that you do not like and you feel moved to confront and challenge, to provoke a call to conscience.

In our rebellion we could go and hold up our sword of truth and fight city hall, the very hot spot of the dragon's ego, and run risk of having it arrogantly squash us effortlessly with one swoop of its mighty paw, that being its police or the piles of wealth it has to shape and argue laws, and rid itself of annoying cells that do not align with the status quo. Or we may infect others to join in on our rebellion and eventually over throw the dragon, to change it or exterminate it.

Is there an other synergistic way for a single cell to use its energy to cause and enact change? That is less expensive to its self, and the possible loss of all it has through the huge expense of life force it requires to fight David and Goliath battles.

The dragon wears an attitude reflective of all the minds that combine to create it, and it is this aspect of the dragon that any warrior cell seeking to enjoy and contribute to having a more enlightened world may dedicate energy toward. To work toward having enlightened dragons upon the land, has us embrace, love and enjoy all the good that our dragons are, and then employ means to change some of the dragon's more questionable attitudes, habits, and indulgences.

Any of us seeking to be a synergistic cell of change may consider quests of employing action and attitude of infecting the other cells around us, the other cells of the mind of the dragon, so that it may with its collective mind, seek to love respect and exchange with its host, our Mother the earth . This is the most energy efficient quest any synergist may embark upon, to honour and love its host while leading by example, a way to enjoy sustainable, healthful exchange with the host, this would reflectively have the dragons eventually display an enlightened relationship with our patient Planet. At present our collective dragons are parasites that draw the oil blood from its host, with no fair exchange, but an atmosphere, and landscape full of its cast off wastes. This is a true and sobering testimony of the collective attitudes of we, its living cells, all of us. Are the dragon's cancerous growths upon our local landscapes, and are they merely reflections of the attitudes, that are causing disease and cancers within our very own human bodies?

A warrior cell requires to wear the attitude that they actually own the whole universe, to be responsible for every thing that is and may then enjoy completely all life has to offer, study carefully the world and ponder correcting what is not working well.

Let us explore where our energy is in our adventure, how far are you willing to go to provoke our world to chew upon the notion of utter goodness? . You as a cell in your community and in your nation may either put up with the status quo or seek to change it with enlightened powerful conscience amplifying tools. There are some ordinary people doing extraordinary things with well-crafted dialogue, exploring our rights and the power of the word. In the ridiculous notions at the end of this book are examples of legal notice, playing with dialogue and rights, provoking the ridiculous notion that we may use due legal process to enlighten our dragons. Let us give our selves permission to play the game of life toward the most ridiculous notion of goodness, despite where the world may appear to be heading

Lets be ridiculous enough to begin throwing caution to the wind and initiating utter goodness at all levels, to challenge the integrity of our systems and those who make system decisions on our behalf, just cos we can..

## SEE

Simplify, Minimalize, **Visualize** and materialize. Now you have worked to create quality time available for your magician, and the warrior now uncluttered is feeling light and free. You will notice that we are following the design of the elements here and this is the water. The lover of the magician set, the actor of the movie set and also we have used the analogy of the musician to assist our daydreaming to give form to this element. The feelings and emotions are water and should they be calm placid waters, their surface will be as a mirror to reflect clearly the dreams of the magician.

Water equates to the vibe we feel in our adventure. Many beings at present time are feeling depression, many are directed by our spiritless systems to have anti-depressants to cope with modern life. But no pharmaceutical can cure spiritually based depression. It is not an imbalance of chemical or some disorder, but a direct response to western



civilizations' desecration of life and mother earth; the pointless, sad, theiving nature of the present managment strategy upon the blood of our social body; the adulteration of our biology with flouride, wi fi, msg, dirty electro radiations, and a plethora of other chemicals delivered to us all through food and chemtrails.

Do you feel sadness within that has no conscious cause?

The friday and saturday nights of our cities are fueled by alcohol, people fill the nightclubs and bars spending their hard earned cash on alcohol, drugs and sex. Are they celebrating life, or are they escaping what we have created collectively ?

Being aware of the mechanics of acceptance in all areas of our life allows space for the cultivation of contentment. Emotional poise, peace and harmony are essential so to have our uncluttered mind now focus with the passion of the lover upon our wildest dreams. To enjoy poise, peace, and harmony in your adventure it is best to cultivate a habit of creating these qualities as best as you are able into the lives of the others in your life adventure.

Honour and integrity are essential values to have close in the negotiating of any adventure with all fellow members of our human family and others. The universal spiritual law that identifies that when you use your free will to enter the dimension of another you come under the jurisdiction of that dimension. Which means your behaviour in that dimension demands the universal equilibrium of your needing to experience all that you have created else where. Any hurt or harm, fraud or deception you affect upon another will be your experience via that other some where some how. Especially if you have caused the death of another, their life force has a right to enter and act through your dimension of beingness. There is an interesting body of work called 'Holographic Kinetics' where it is identified that there may be other spirits working through your beingness and are having a direct affect upon what is happening for you in your life. Lives are totally destroyed by the influences of other spirits which have accessed a right to perform through you due to poor choices you have made with your free will else where in your adventures. Other cultures call this Karma and it is so, but the originees of australia reveal a greater depth to the full knowing of this phenomena which affects each and every life in existence.

Have you ever had the experience where you have said something and thought to your self "where did that come from, I didn't say that but it came out of me" or "I don't know what made me do that" !

Serious ponder of these important points of our need to operate from a grounding of authentic integrity takes us a step closer to nurturing the mindscape suitable for visualizing clearly. The lover needs the Sovereign for the integrity boundaries of structure, needs the warrior for discipline, decisiveness, detachment, and immobilizing



sensuality. The magician reflects the present and imagines the coming wondrous scenes. If desire is the motor that pushes life along, feeling is the brakes and the accelerator. If we are comfortable and can see clearly, we may put our foot to the floor safely.

When objective attention has been paid to all facets of our being-ness we may subjectively indulge completely in the rich emotion and feeling that life has to offer. When we have used our cleverness to empower our dreams we may expect feeling and emotions to be delicious extravaganzas.

To vision clearly, and feel your dream exists already, is the recipe stated by many, to have life simple and free from unnecessary distractions of clutter.

## DO

Simplify, Minimalize, Visualize and **Materialize**. Now comes the work, the Sovereign rules and expects their commands to be acted upon with out delay. They expect suitable effort to be employed and loyalty to the overall structure they represent, and command. This part of us is the producer of the movie set.

The scriptwriter or magician sets the tale, or the story the actor is to be the hero of. The warrior or director knows the script and is clear as to the shape of the plot and is in a position of objectivity to direct how the actor needs to apply self to the drama, relative to the bigger picture. The actor likes to be totally subjective and consumed by the emotion of the unfolding adventure, allowing the fullest experience and feedback of the feelings and sensations.

Now the producer of a movie has the task of having the necessary wealth and resources in place for the successful creation of the romantic adventure of mystical proportions. The producer has to make the hard decisions and dish out orders that ensure the work is done and the abundance is harvested, so the show may go on. The Producer likes to use the tool of business, it has structure and plan and is used to produce values in life, and in the lives of others. Business works simply by applying total honesty, responsibility, thought and effort to the magical tools so they may return abundance. The producer is

intent upon producing the resources necessary for the show to go on, and requires dealing with the limitless ideas, actions and passion of the colleagues on the set. Some one needs to reconcile the dreams being pursued with an honest appraisal of present resources, in anticipation of the next step in the sequence of scenes that will combine to create the whole adventure. This is a tough job made easier by sticking to the challenging principles of the business attitude. Competitive, development, production and marketing of the values that need to be come a part of the life structure so the dream may be won. The producer knows what is real, being earth, the element of solidity and structure, and is the energy, which seeks to install long range planning, discipline, control and demand that effort be applied to the structures that are being promoted. Practice is a great example, the producer markets the vision of the scriptwriter, say being a great musician to the actor to feel passion enough to trudge through the dull and boring of repetition to achieve skill enough to reach the dream of a great performance.

There may be now an inner debate coming to attention, who is the most important in the making of our movie, certainly the actor seeks the big pay, and glamour has it that the actor is all we movie watches notice. As actors in our own movie, we care less about the script, direction and production, as we do for getting sensation, feeling rich emotion and enjoying being the show. It may be obvious that the actor with out the company of a team of equally empowered movie colleagues, will have a movie of less than fulfilling outcomes, as poverty may result from a poor producer who receives little energy or attention from the actor who hogs all the life force. Unsuitable direction occurs if the task of life direction is handed over to others. Who are the directors in your life, Parents, spouse, Boss, or is it the Media and Religion the masters of mind control or is it some substance which commands you ? Then there is that " lost the plot " feeling to life when there is no script to guide, no feel for the bigger picture, our script writer has no time or peace to imagine and create the life script.

Well the magician or scriptwriter requires, quality personal time to reflect and ponder, time to meditate when necessary and time to explore the extents of imagination, time to simply just be in the still, silent, invisible, magnetic mind of creation. We saw that the warrior or the director requires to have all that is not necessary to the unfolding of the plot, removed, to have the distractions of mess and clutter of unneeded attitudes and opinions gone. Our actor or lover wants the mind free to enjoy the unfolding of the story, to feel the adventure, the excitement and the mystery of an ever revealing unknown. To sing to the world and peer into the eyes of lovers.

What does the producer require? The producer is the Earth element; in exercises gone by we observed that the earth relates to physical structure and our very own physical body. So ground zero for the producer is the discipline to seek a working body, that is healthy, strong, toned and flexible, to be energetic and ready for action. So that any scene required of the actor may be done with full compliment of all faculties and senses.

What is an easy theme to follow in this world of overwhelming possibilities, which may be a simple guide, in order to apprehend a content and tonic structure? What are the basic fundamentals that we might look back to, so that we may gauge all our why's, where's and what ifs.

In the work of the " Natural Hygienist's" or the College of Life Science we may browse ideas of the fundamental basic laws of nature. What is it to be human and what are the humans requirements to live and enjoy a healthful life in a body of tonic condition. These guy's suggest a simple list of " Touchstones " that if contact is made with as many as you are able, then the prize of tonic health and happiness is within reach. If you have contact with all, then content, tonic condition is yours and plain sailing lies ahead.

## THE TOUCHSTONES

### ✓PURE FRESH CLEAN AIR

How many of us enjoy a supply of fresh air, far removed from the emissions of automobiles and factories. Fresh air is a major source of nutrition.

### ✓PURE FRESH CLEAN WATER

We have been drinking chlorine for so long we accept it as fresh water

### ✓PURE WHOLESOME FOOD

Fresh and Raw Organic fruit , vegetables nuts and seeds all food as Organic, Bio-Dynamic produce prepared with love,

### ✓CLEANLINESS

Enjoyment of bathing

### ✓SLEEP

The hours of sleep had before midnight is the most revitalizing, in nature up with the birds and to bed with them as well

### ✓TEMPERATURE MAINTAINENCE

Some say human was best suited for optimum life in temperate climate; one suggested gauge being that humans live best where bananas will grow

### ✓SUNSHINE

Controlled morning sunshine upon the whole of the body

### ✓EXERCISE AND ACTIVITY

Feel the heart beating, feel the muscles work

### ✓REST AND RELAXATION

The more tonic the condition the greater the ability to relax

### ✓PLAY AND RECREATION

Spend time with children, watch, listen and learn

### ✓EMOTIONAL POISE

Is not non-involvement

### ✓SECURITY OF LIFE AND ITS MEANS

Home is your castle, know your sovereign human rights; be prepared to stand in your truth, feel peace in your heart and know home is where the heart is where ever it is.

### ✓PLEASANT ENVIRONMENT

Sacred space, be as close to the true essence of Mother Nature as you are able, living with and in the vibe of pure nature will reflect into your own being the expression of your own true human nature. The schuman resonance is the natural vibe of our planet and our biology, This resonance operates in entrainment, if you are in nature its your vibe will entrain to its.

### ✓BELONGING

We are all a part of a collective of fellow humans, and as such exist in clusters within clusters best described as neighbourhoods. The first neighbourhood is our human body and its neighbourhood of a trillion cells that combine to form us. Then there is our partner, our family and tribe, then our actual neighbourhood we physically live in, our community, our city, our state, our country and our world and behind all that and supporting all Mother Earth!

### ✓GREGARIOUSNESS

To be gregarious is to participate in belonging while being yourself totally

### ✓CREATIVE USEFUL WORK

To feel the satisfaction of accomplishment'

### ✓INSPIRING MENTAL STIMULATION

Indulge in hobby, reading, and puzzles

### ✓PURPOSE OR CAUSE TO SERVE

The joy of giving, deliberate promotion, provocation initiation and invocation of utter goodness.

### ✓EXPRESSION OF NATURAL INSTINCTS

Proud to be human, embrace animality, embrace divinity, discover your true human nature.

### ✓HARMONY OF SEXUAL ENERGY THRU SATISFYING AND INSPIRING RELATIONSHIPS

Into which reflections do I explore, and how deeply do I look

✓INDULGENCE OF AESTHETIC SENSES

All existence is pure joy

✓MOTIVATION AND ENTHUSIASM

Let fly perpetual orgasm,

✓LISTENING-----Do you

✓OPENNESS TO AND EMBRACING OF CHANGE

The only thing you can count on in the universe is change,

✓WILLINGNESS TO LET GO , TO ELIMINATE

Make friends with Death; align with the greatest constant in the universe---  
perpetual change

✓SOME MEANS OF APPREHENDING THE ABSOLUTE

Immortality takes forever to achieve, god is good, good is god

✓SELF MASTERY

Master one thing in life and the pattern is set to master anything

✓IMPECCABILITY

Pure Mothers Love-----The Wizards Secret

✓DREAMING

Enjoy with all your spirit the Dreaming

These guys like the yogi's promote a life that is as close to the laws of nature as we are able to engineer in our modern world. They have simple and impactful truisms that are worthy of consideration. The earth is our Mother and simple observation of Nature, and being in nature will ensure a more healthful and harmonious life.

✓The human animal is designed to live optimally on fruit. Theory being that if we were to sit a human, any human down to enjoy a meal straight from the hand of nature, without altering the food in any way with our intellect, to accept it and enjoy it as a meal, meal after meal, chosen from any of the five food groups, fruit, vegetables, nuts, seeds and animals. What would you the human choose?

✓Our cast off organic food scraps and waste collected and put in the compost bin



transforms into rich and delicious food for nature's vegetable kingdom and the micro realms, likewise our negative feelings, if worn out into nature with an attitude of letting go will be consumed eagerly by nature as food, hugging a tree has more practical benefits than usually considered

- ✓The milk of cows was designed by nature for consumption by calves.
- ✓Bare feet were designed to have a direct contact with the earth
- ✓It is not what we eat; it is what we do not eat that counts.
- ✓Drink lots of water
- ✓Our living mind requires exercise and inspiration. The stronger our thinking muscles the greater our daydreaming. Enjoy puzzles of every kind
- ✓Enjoy PURE Sea Salt
- ✓Fasting is the body's friend.
- ✓We are our most weakest when we are feeling our strongest
- ✓One-month holiday a year is it enough? It takes at least 3 months or more to unwind from the madness of modern life, and then begin to truly relax, unless you are living your dreams of course, then every day is a holiday. Every task is an adventure, every problem merely something to do.
- ✓The best things in life are free

## Ridiculous Notion 28

### HUMAN RIGHT----- HUMAN DUTY

In this life as a human body you are a community of a trillion cells, you as the conscious I ness and self ness are the master and commander of your cosmos of cells. Nature has prepared these cells under your command, with programming to support you and pursue homeostasis and healing for you always. Despite any abuse and misuse you may bring upon it, it will fight for life, it will fight for the good right up to their very end.

Like wise you as an individual human are a living cell of the entity of our nation. Our nation is the expression of all the humans who in community together live out the collective

destiny. You in your nation are a part of its expression and also a part of its very attitude to the world, either in what you support or equally in what you do not make effort to challenge. In our most spiritual expression we like our own cells will fight for life and fight for the good right to the very end, despite how we are deluded.

A good means to develop self-confidence is to explore the feelings of righteousness. This recognised tool used by the many people of religion wins for the user of the tool a great amount of drive and enthusiasm. So ponder the fundamental rights you may anticipate by being born a sovereign and intelligent being. You have inalienable rights no human has a right to deny you; you know they are yours and can be argued simply! Write a list you may feel righteous about. Explore notions of your Human Sovereignty and realization we are all equally god co-creating our individual and collective destiny.

I am a human being born to enjoy the hazards of a life I have inalienable rights to----

To breath the air

To feel the sun

To experience the impact of reality thru my senses

To own my perception and understanding of the information received thru my senses

To be lord and master of what I think and dream about

To stand upon and wander over the flesh of my mother the earth

To enjoy freedom of passage across the commons of the lands

To enjoy access to the waters of the earth, her streams rivers lakes and oceans and skies.

To access fresh water for the service of my human vehicle

To access suitable nutrition for the welfare of my human vehicle

To access shelter for the protection of my human vehicle and life

To enjoy freedom of passage without nuisance across the commons, the hi-ways and byways...

To choose any belief structure that suits my unique passage thru life

To inquire, investigate, reason, try experiments, judge, and ascertain for self, what is virtue, and what is vice

To access any thing from nature that may promote my health and homeostasis

To access healing

To participate in family or tribe, mob, clan or any group

To find and enjoy companionship

To access simple common law justice

To enjoy the ability to represent another in the courts

To enjoy freedom of association

To enjoy freedom of speech

To promote the memory of our common duty to preserve and protect our mother the earth

To provoke and inspire memory of the fact access to the commonwealth of the universe

belongs to all living souls

To encourage humans to seek the common good of all

To defend the good

To consent or not consent to contract with any energy

To experience our organic expression of talent and ability

To experience our organic roles as leaders, servers, light-workers or healers

To Create

To be Sovereign

Being a cell in the collective being of your country brings with it fundamental human duties.

And like your human rights you may enjoy exploring the feelings of righteousness as you ponder these notions of duty. We as a human born to this earth sharing life with 7 billion other humans and a trillion other life forms could expect

Duty to respect life, your own and all others, Your right to life is equal to that of any other life form

Duty to preserve and protect the environment, have reverence for the planet we are a part of.

Duty to accepting the life of all other humans; live and let live

Duty to contribute to the collective good of all; do-un to others

Duty to criticise anything that does not support the common good, challenge the greedy and self interested.

Duty to actively pursue actions that enlighten the attitude of the national personality, participate in collective endeavours that promote the enlightening of our society

Duty to learn all you can about how your community works and observe if it is working fairly

Duty to contribute to the education of common sense and good conscience

Duty to educate and empower our children to the greatest available understandings.

In Australia we can view our nation as an extension of who we are individually. It is not perfect especially in some of its attitudes it inherited from its parent Mother England, when she first colonised this land she attempted genocide of the indigenous people and that same attitude prevails today in attitudes to the environment.

Australia has inherited and evolved a governing system and judiciary that is still wrought with the same limitations of greed and corruption it has had for a thousand years. Mother England and her army of super rich families, have dominated the flow and trade of wealth for a thousand years. They together have yielded power disrespectfully over their fellow humans for more than a thousand years. They have dominated the structure of our collective lives and been the prominent face of our collective attitudes and the notions we ponder, they control the government and the justice system. and control our collective wealth and who is able to hold it.

How do you define your relationship with the nation you are a part of?. Have you accepted the shape of the views fed to us through the popular media?, do you see areas of injustice and imbalance in your community?, have we come to the amazing human point of spiritual development where we realize that money and possessions really don't mean much, that life has a rich flow of energy, and that we all find ways of swimming along, living our unfolding, following the magic notions of great imagination, and ever expectant anticipation of utter goodness. That all these don't necessarily follow normal fiscal paths, enlightenment can be had on a shoestring budget, can be felt in any body in any adventure, it is simply a remembering, it may be had by any homeless person in any nation. It's sort of like lotto, each day you pursue the notion of enlightened immortality, and anticipate stumbling upon its solution. But many modern humans are frustrated and disillusioned, falling into alcoholism and depression, not getting it!

Ridiculous notion no. 78

### **MODERN TRIBALISM**

When searching for a meaning to this life adventure it is powerful to share the experience with others of like mind. Friends, family and tribe provide intimate reflections from which we are able to access clarity in defining our spirit in a broader more cosmic sense. Our spirit expresses a need while in this brief stay in the human drama, for a place to call home and a large spiritual whole to feel a part of.

Family, tribe, community, nation and world are all extensions of our divinity and it is from the basic units of family and tribe we are able to invest our notions of goodness to create and nurture for our living spirit something to hold sacred. See module 5 for structure of tribe.

Modern Tribalism is the powerful next octave our spirit may enjoy to solve where it is our fragmented communities have found themselves in this modern age in western civilization.

Consider the notion of arranging for your self a group of friends with like mind and deliberately conspire to become a living tribe. With imagination and a sacred structure you may create venue for a wealth of values which may cultivate meaning to life.

The core of your meaning to life is to have a structure of values that represent solidity from which spirit may feel beat, rhythm, harmony and melody into the whole of the life

adventure. A core of powerful values has for our spirit a solid beginning point from which to explore the limitless realms we have before us to solve our life puzzle for great reward.

The value of **belonging** instils a relaxed inner peace into the heart of spirit

**Recognition**—reflecting and relating with your tribe allows spirit to recognise, to remember who it is; to connect more with I- ness.

**Rites and rituals**---gives spirit advantage with will, and more impact upon the ego mind.

**Education**—with like minded others find leverage and passion to continually know and understand more.

**Service**---sooths the spirit

**Trust** ---empowers endurance

**Mentoring**—both mentoring and being mentored motivates and elevates spirit to reach into a higher octave of harmony, and melody.

**Sharing**---magnifies limitlessly

**Festival and celebration**---exclamation marks on the spiritual path

Ridiculous notion no. 9  
**BOLD AND INTREPID LOVE**

Polyamory is the notion of enjoying intimate loving relationship with more than one person. That is living in intimate non-monogamous love relationships outside the expectations of social consciousness, outside the limiting boundaries of religious thought. To heal our communities and our stifled lives some may consider the notion of existing in new uncharted ways.

Apply imagination to your circumstances and ponder the notion of existing in more than one love relationship, sharing the adventure of existence in stable, responsible, consensual, long term and nurturing ways, exploring the deepest facets of your heart and the inner equanimity of your attitudes and opinions. Challenge your deepest hidden feelings of possession and jealousy. Is this notion one you could live with ?

Ridiculous notion number 8

**RELATIONSHIP CLARITY MAP**  
Define the territory of your relationships

Sovereignty  
Self-responsibility  
Rights and duty  
Spirit  
Sexuality  
Love  
Mood

Civilization is poison to man, its patriarchal attitude and naive understandings of god,



death and sexuality has us individually and in our communities operating far from our true potential.

If you feel in your heart there is much more to experience and enjoy in our amazing phenomena of existing, then you like many of your fellow beings are seeking to consume fresh and empowering notions that inspire choices, that may allow us to experience our phenomena of existing more in align with our true human nature, our true divine animality and a greater joy.

Prepare yourself to experience being human in new ways yet to be imagined. You are equipped with all you need; you have imagination and free will. Then mix it all up with some insight and clarity you are ready to create new ways of being.

The adventure of living relationship is why we living souls go to all the bother of having a life in the slow and heavy density of three-dimensional human reality. It is not enough to be just smitten with each other and hypnotised by the glamour of our human chemistry, we require setting a solid, clear and defined foundation of shared understanding. We require having a map of the lifescape two or more are questing to share. We require to make the paradigm shift of relating in a conscious commerce of ruthless honesty. We require to be deliberate in developing our ever evolving understanding and clarity of commercing as creators of our ultimate life adventure.

Assisted by many notions new or existing relationships may establish greater clarity and expectations for unfolding life as a romantic adventure of mystical proportions. To unfold life in ways that has you feel you are experiencing everything possible to fulfil your wildest dreams and continually has you closer to enlightened. A map can help to align perceptions of the extent and aspirations of a potential shared path.

The following set of notions offer a journey thru pragmatic clarity, and salubrious spirituality, so to define motivation and intention of our desires, wants and needs. Armed with clarity of the terrain of the lifescape two or more are questing to enter assists all concerned to dissolve any hidden implications and tacit agreements that might appear in the unfolding relationship after the glamour has worn thin. Undisclosed expectations can effectively damage the integrity of the wondrous dream that is, when relationship is new, fresh and inspiring.

Limitlessmile is an Almanac of life love and law. By going thru it and revising the following sections you may assemble in you own style a relationship clarity map. Contracts and agreements are serious binding things that are useful to us in essence though in manifest form are limited and stifling. Living enlightened relationships are beyond boundaries and limits and require knowing the mindscapes of values that are to be negotiated in the shared journey along the path home. Living enlightened relationships exist in a new

paradigm of being ruthless with truth and clearly defining the motivations and intentions that colour the adventure; being flexible with expectation and anticipating limitlessness.

So for a ridiculous notion we may assemble a relationship clarity map as a description of the terrain of values that give shape to our individual mindscapes and the type of life adventure our hearts burn for. To define to each other where we stand in relation to the big questions in life. What values are held as your wealth of character? How do you define love, life and law? What is it you are seeking to enjoy in this life? What is it you require to experience to feel you are navigating a path that is ever leading to your own enlightened destiny?

The following headings are example of what you may create for your own individual relationship clarity map. Page numbers are given so you may zoom to the ridiculous notions throughout Limitlessmile where your map may be drawn from.

### **Self-responsibility**

Ultimately we are all responsible for our own self and what it is we will have experienced whilst enjoying our short stay in physical reality.

Our own self wants and desires to have and experience a great life of fun, passion, love, and abundance. We as a self are responsible for the decisions made that create our living adventure.

To fulfil our need to be self-responsible we wear a business mindset where we exercise the power of ruthless honesty, where we pursue the integrity of living our wholeness, where we participate in our life adventure with planning, effort, thought and control.

This structure and plan is used to produce values in life, and in the lives of others. Values are our true wealth; the more values we have the richer we are.

Are you needing to map a terrain of values that ensures security, stability, predictability and control, or are you wanting to travel through limitlessness and the unknown? For a list of values see module 1

### **Rights and duty**

In relationship we live in each other's reflection, are the thoughts, attitudes and opinions shining out from each of our hearts similar? Are the rights and duties we have inherited or evolved for our self clear and are they some thing we see the same. See notion on human right human duty.

### **The illusion of relationship**

With objective observation of the nature of relationship we may enter more powerfully the adventure of relating and harvest more of what is potentially available. We may acknowledge that the truth presented in this reality has it that anything is possible, our relating with another or others may be an experience of total awe and delicious inspiration, lasting as long as it lasts, from mere moments to eternity.

### **Sexuality**

The greatest attractant, the greatest high point, the greatest distraction, be clear as to what this part of your being ness requires to find relaxed peace and balance.  
Module three

## Spirit

Define to each other how you understand spirit

## Love clarity map

Fundamental to the whole experience of existing is the capture of the energy of Love, to experience love of an other, love of others and love of every unfolding moment of our eternity. Notion called *My Jolly Goodness* is example of how you may write up a declaration describing love and life in the first person.

## Ridiculous Notion 17

### " I HAVE BECOME COMFORTABLY NUMB"

The mystical words of Pink Floyd; Is this a thought that you have pondered, do parts of life seem out of touch, numb, from lack of attention, lack of effort? What is a guide to appropriate effort? Following are insights from a number of yogi's,

To capture the essence of yoga as a power in our life doesn't require the need of performing amazing feats of control and contortion, all though the infection and fun of that aspect may grab you and inspire you, it is to have and know organically, poise, balance and insight into your actuality.

The art of yoga allows you to survey your body as an analogy of the world, the universe and the structure of your life; To observe and understand your naturalness, your organic functions and seek to earth the wanderings of your sky tail, and become more intimate with your earth tail. To explore the analogy of pushing to find your edge and to feel your limits; Learning how far to push and why. Understand the challenge to remain enthusiastic when the going gets tough, to work in the discomfort zone while earning the fruit of the experience; To discover the virtues of plodding through the dull and the boring. These are all factors to consider as we develop the focus and effort required to develop the Warriors Mood and win the Limitlessmile.

The art of yoga lies in learning how to focus and generate energy into all the different parts of our body. Listening for our body's messages, exploring the feedback, understanding where are the resistances, and respecting them. The edge speaks back as pain, the yogi's say fear and ambition cloud the difference between pain and intensity, and what we seek in yoga practice is the workable edge, which is the intense sensation felt before pain. The difference between pain and intensity is defined by our mindscape. If we are focused and are able to maintain a relaxed breath while involved in the work it is discomfort. If distracted and we avoid or run from the feeling then it is pain. We seek the middle road somewhere between the opposites; remember from module one—

Our body has two fundamental sensations, Pleasure and pain. The sign of our body's welfare or injury; a barometer of the basic alternative, life or death.

Consciousness has two fundamental emotions, Joy or Suffering, in answer to the same alternative.

In yoga intensity that is not pain may generate an energy, that is a sensual quality that is enjoyable and something you look forward to in your practice. This of course equates to the intensifying of the experience of being alive by investing effort into an activity that generates a momentum of enthusiasm and motivation that allows the natural energies of enervation and entropy to be pushed to a higher threshold. A point where the discomfort and pain of effort and repetition are transcended and new benchmarks define what is your comfort and discomfort. When we are settled into our comfort zones it is pain to move and work to push our boundaries, though once pushed and we are in receipt of the new strength, tone, flexibility, and life force, we realize how it is that comfort is a relative of Death. By channelling energy to your limits, you may play the edge between control and surrender with attention. The slower and more careful you approach your early edge, the deeper will be your final edge. Building endurance involves staying longer at your early edges and moving slowly toward intensity.

So do I sound like a salesman trying to have you buy a yoga class? Well I am !!, I define Yoga as ----

### **The User's Guide For The Human Body.**

If you are all ready a fan and are enjoying the adventure of having yoga in your life, you will agree that it is one of those things you can pick up and study and remain involved with for the rest of your life, each practice a step up the hill toward lightness and each tit-bit found, discovered or shared, fits magically into your invisible back pack of tricks to be pulled out and used at any time, so your producer may be constantly on the job of maintaining and improving the basic living structure of your life, your body.

If you are unfamiliar with Yoga let us indulge in a simple demonstration to make more apparent the points of discovering and working with your edge. Let us pretend this is a yoga class,

Become aware of your hamstring muscles, those rather large muscles found on the back of your legs, between your bottom and the back of your knee. It is this muscle we will focus attention upon and explore to highlight intensity and pain, working slowly the early edge and working in the discomfort zone. The beauty of these simple insights is that they



hold true for understanding the mechanical structure of working to any edge, be it physical, emotional, or mental. And it is all within you right now, and absolutely free.

So stand up, look down to your feet, have them parallel, and have them hip width apart, or measure two fists between your feet to be definite. Feel your weight evenly upon the pads of your heels and the pads behind your toes, and the pads of your toes. Next activate the muscles of your legs, this means lifting upwards your kneecaps, and feel the activation of your quadriceps, those big muscles on the front of your thigh, between your groin and your kneecap.

Next be aware of your pubis, that bone above your genitals, and using it as a guide for placement of your hips, rotate it upwards while feeling activation of your buttocks..

O.K. are you still with me, or are you just skim reading past this bit? It is a worthy demonstration to continue with, the simple insights will be very revealing for an understanding of the mechanics of life's edges and all yoga postures.

Right you are standing, with activated legs, pubis activated upward, weight felt evenly over the pads of the feet. Now take a large inhalation, and with hands on hips bend forward at the hips. That is, to be aware of folding over at the ball joint of your femur's, those big bones joining knee's to hips, the ball joint is where femur meets hips, and we bend at the meeting point where the socket encloses and hugs the end of your leg. Maintain a flat lower back as you bend forward for as far as possible, and then allow the back to round as it meets its resistance.

Now bent forward maintain activation of the leg muscles, feel strong in your quads. The upper body is to just hang, feel the whole upper torso deactivated, head and shoulders relaxed and arms hanging to the floor.

Now the work may begin, already you may be feeling sensation in the hamstrings, if it is to intense allow the hands to assist your control of the situation by simply holding lightly the front of the leg. Your muscles work together in pairs, so the deliberate activation of the quads has a deliberate deactivation of the hamstrings, and so the weight of the free hanging torso may stretch deeply into the relaxed hamstring. Now stay there and let your body relax into comfortable breath, all the time aware of the hamstrings, and playing with the sensation, exploring it, probing deeply the attention.

Hey Presto, we are there and are now able to play with the focus of intensifying or easing sensation by activation and deactivation of the muscles that are focused upon. To intensify activate strongly the quads, and should you need more intensity then simply focus upon the pelvic floor muscles and activate the muscles that you would use to halt urination mid stream. This group work in sync with the muscles of the lower back,

therefore deliberate activation of pelvic floor and lower belly equals deliberate relaxation of lower back and so torso weight may pull a little more into the body of the hamstrings.

These sensations in the hamstrings and the whole back of the legs are your messages of resistance; you are feeling the intensity and pain of change and transformation. Changing the tension or tightness held in the body of the hamstring, the discomfort or intensity felt is the work of the physical removal of the tension by elongating and pulling apart the fibres of your muscle. Your reward for this work in relation to the hamstring, is to contribute to repair or prevention of injury or back pain, or if a sports person you will increase the length and strength of your hamstring, improving performance, giving you a greater edge.

The yogi's say all human bodies are capable of bending and twisting as elegantly and as flexibly as any yogi. We are bones and muscles covered in skin, and the only difference between any of us and a totally flexible yogi is the tension we wear in our musculature, and that tension is our feelings and emotions, our attitudes and opinions, our habits of body use and simply being right or left handed. The muscles hold tension and the process of stretching and pushing into discomfort zones of change is where to adjust our tension. Imagine your muscles are the ropes and your joints are the pulleys of your human walking machine, the ropes need to be tensioned evenly and correctly, for optimum performance and many trouble and pain free miles. This correct tensioning reflectively balances the mind and demeanour. Yoga asana is your means to gauge and to adjust any bit, any time.

Now we have come this far let us look more closely at the tool of yoga and what it has to offer us humans. The word yoga means union, to bring together our body and mind, and all the other opposites we have explored thus far. The physical yoga of working on posture and breath is called Hatha yoga, Hatha means force or forceful, and its deeper meaning is ha- sun tha- moon. Even in its name it suggests the union of the expansive, radiating purposeful power of the sun with the moon as an absorbing, receiver of light, passively reflecting the light of the sun and an automatic action of force. A living dance of opposites.

The focus of yoga is about coming into the moment, our demonstration may have highlighted the side effect of needing to be present in the moment, as the play of control and surrender, activates intensity or pain and captures our attention. These moments in practice bring us back to the present, to view our actuality, just as we have done in module two. As a tool we may program the habit of doing the actuality stock take, each time we come to our yoga mat to practice.

The theory of Hatha yoga is that we do have a four fold body, mental, energy, emotion and physical, and it is the physical body that is available to our direct touch and

manipulation. Anything we may achieve with the physical will be automatically available to all our bodies, as we develop strength, flexibility, balance, poise and endurance in our practice it will be evident in our thinking, our emotions and our enthusiasm for life. The yogis suggest that our four bodies are in fact; first and foremost from the perspective of Hatha Yoga is our physical human body,; then our mind or our mental body, which is evident each time we think; then our emotional body which is the storehouse of all the experiences we have accumulated in our life adventure and the vibe we emit into life; and our fire or energy body or spirit the essence of our being, that which animates the character we are in this adventure.

The focus and insight of yoga require the determination and persistence of coming back and doing it over and over again, to build up the muscles through repetition and the clarity afforded by familiarity. What disciplines are you embracing for developing and increasing your endurance and stamina, what excellent program of active maintenance do you employ and enjoy so you may realign or redesign your incredible biological walking, climbing, working, loving and creating machine?

Presented here is an Aussie perspective of the ancient art of yoga. This means we seek to demystify yoga with the power of Australian objective irreverence, the Aussies natural means to simply explore the nuts and bolts of a thing and to then find the simple application of any useful information which may be of assistance within ones life adventure. To find out what of it may serve us

These words are for all those who know little of yoga and are interested to have it as a usable tool in their life adventure, and to feel inspired to take on the challenge. Take note that regardless of your age or physical condition, invite yoga into your life and you can expect to see improvement. It is some task to explain in writing exactly how to go about these yoga postures, so it would be wise for the aspiring yogi to seek actual classes as well as these many words, so to find some efficient and safe access to the magic on offer by yoga. There are many out there who will show you postures, to have them demonstrated well you would be wise to seek those from Iyengar style of teaching, he is truly the foremost guide on form and safety, especially in regard to repair and restoration of your body.

We can expand on this unifying theme by saying it is also a means to unify many aspects of our being, focus and effort, sensitivity and awareness, persistence and determination, cleverness and dreaming, our feeling and emotions, our desires and imaginations, our plans and strategies, our excitement and enthusiasm.

At a mundane level, within the mechanical structure of our body's systems, we unite with our efforts of movement in the yoga posture practice, all our internal systems.

Our skeletal system works with the musculature system, which as it is stretched and activated with the efforts of our focus and control, has the muscles and bones working and challenging the tensions and edges we have programmed in our unique and individual vehicles.

Our work with posture and breath generates an internal heat that assists with the palpating movements of the muscles to stimulate and bring more strongly into play the lymphatic system. This system works to drain all the unwanted from our bodies and eliminate the toxins and residues of our consumption through our biggest elimination organ our skin, through also our sweat glands and our breath.

The efforts of yoga's challenge stimulate and empower the digestive system and have that part of our structure work more powerfully, breaking down and distributing the nutrition of our consumption to every corner and cell of our body.

As the body is empowered to assimilate its nutrition and the lymphatic system strongly eliminates all that is no longer necessary, energy becomes available for the endocrine system, whose job is to supply the body with the chemical brews of hormones, which are the very foundation of our moods and attitude to our life adventure.

Breathing is an essential ingredient of the yoga practice, [the respiratory system], and is closely linked with the blood pumping through our veins [circulatory system], as these systems are challenged they grow stronger and flow more efficiently.

It is our conscious awareness operating through the nervous system, exploring and stimulating every corner of our vehicle that is the key of yoga's uniting power.

Yoga means union and to explore and experience it in your life, will reveal an other notion of great interest, the opposite of unify is polarise and to polarise is to need to deal with the balancing and bringing under control two forces; whereas to unify is to behold one power.

There is one more system to mention here, and that is what the anatomists call our reproductive system, it is our sexual system and is the closest contact we have in our daily life of our elusive spirit, our sexuality is our spirit and as it operates through the vehicle of our body, it may be gauged by its virility and expression and the enthusiasm and passion we have for life in our each and every day. The glow of our luminosity

### **Spirit**

Lets just pause for a moment to define what spirit is to the objective irreverent Aussie. Spirit is simply put our luminosity, the expression of the light we hold, and our light

becomes evident in our application and attitude to life, how enthusiastically we participate in life and the lives of others. How we apply fun and humour to our days, and the way we share who we are with all the other humans we share life on this planet with. The posture we wear in body and attitude. Spirit is our authentic self, who we are behind the persona's we wear in this game of life... out there in the world each and every day beings are acting out whatever role they have chosen to play in the game. Doctors, policemen, shop assistants, truck drivers, teachers and personalities, all take on and express the various personas' peculiar to that role and for many, they become lost in that role and come to think they are that role, while slowly separating from their original authentic self. Spirit separated from life. Also within ourselves as we observe our own sexuality, its expressions, desires, its attractions and repulsions will reveal to us snippets of our elusive spirit, and the degree of lightness or darkness it wears proportionally to its own enlightenment.

Sun  
Hard  
Solid  
Strong  
Focused  
Effective  
Unyielding

Moon  
Soft  
Fluid  
Gentle  
Expansive  
Spacious  
Yielding

### Yoga Assessment of Self

As you begin to create your very own practice, you need to take into consideration that Yoga is in fact an art, and needs to be treated as such, and yoga may be designed to fit into your life adventure any way that your clever imagination can dream up. Certainly yoga

has its basic mechanical foundation and these components are the same in application for all human bodies that come to enjoy and employ the art.

The first thought to chew on here is that you are in a body and it will last proportionately to the care and service you supply it, think about how long you seek to be in this life and how well you think you might like to be while zooming through it. There are certainly the hazards of our life ending due to accident and misadventure; I believe those hazards are proportionately reduced in relation to the amount of awareness and focus we have available to us at any given moment. A big taker of our human lives is our participation on our roads. Many avoidable driver deaths are obvious when we observe the amount of us who depart simply because we fell asleep or were under the influence of some thing that impaired our good judgment, or we were off with the fairies and lost focus because our mind and attention was not where it needed not to be. The other shorteners of life in our modern world are the cancers, which are basically bits of our rig that is either very toxic or simply worn out, these illness and disease, may be avoided to a large degree with good vehicle management plans and the amount of joy present in the adventure.

First basic notion you will need to begin creating your own practice is an assessment of what it actually is your body requires from the practice, so are you all ready in a strong body that has tone and strength from genetic inheritance, or the fruit of involvement in physical labour or a passion for sport, in this strong body you may be looking to earn with your practice flexibility and control and balance.

You may be inhabiting a vehicle that is soft and has not a great deal of physical strength, but does have reasonable flexibility, in this type of body you may be looking to earn some strength and muscle tone.

Your body may have some reasonable strength and flex, but you find that it is a little uncoordinated, and difficult to have do what you expect from it at times, this body may seek to earn balance, focus and control from a practice.

You may have a body that is in a state of disrepair, either from accumulated injuries or a life that has had focus distracted from the needs of having a strong adventure rig, and this type of body will seek out the necessary postures required to repair and revitalize.

Whatever sort of body you have the same basic laws of human nature apply to you. Imagine you have a broken arm, and it is locked away in a cast for three months, it is unable to move and participate in challenge, so it withers away. This is a very real and obvious truth, we all know the reality of the withered limb, that has been prevented from use, the same is true of our whole body, if it is not used or challenged by participation in life it is lost, it is a basic fact of this physical reality. If you don't use it you lose it. Yoga provides a means to use and empower in a very whole and magical way our entire being.



Also a quiet relaxed and private way

We also are able to see the very obvious truth of the response of the human body when we look at the sweat factories of the body builders gym, these bodies work hard and invest huge and frequent challenge, with the obvious results of a rippling body of toned and shapely muscles that are strong, they are example that any human body will respond the same way given the appropriate circumstances and effort.

Is your vehicle [your human body] an old beaten up Holden station wagon or is it a Land-cruiser Ute, maybe it is analogous to a late model two door sports, the art of yoga allows us to view our personal rigs in this way, and with this simple sort of analogy, explore and picture what sort of rig is appropriate to our individual adventure.

So assess your rig, define what it is that it requires to empower your life adventure with the features you would look for in a car if you were buying one, the land-cruiser utes carry heavy loads, handle tough conditions and rough use, bmw sedans require careful use to maintain their integrity but will offer many enjoyable miles if used appropriately, beaten up old rust buckets will take some rough use and can be patched up cheaply to keep them going, but are always on the edge of breaking down inconveniently , some times seriously, sometimes permanently, also, they run the risk of failing and causing accident.

The art of your practice is now to look at the array of postures available and having a basic overall set of postures that are essential regardless of what vehicle you are in and add to it the specific postures that are needed to repair or empower your particular body or quest.

An other interesting ponder is the notion that yoga is about having our body identified as a battery of life force, and yoga techniques are about having this battery able to hold a good storage of power. Then we may consider from the martial arts the Tai-Chi which is a technique to capture energies and bring them into your battery and then we have the martial arts of karate or kung-fu etcetera which utilize the stored battery's power and directs powerfully a focused use.

## On the Mat

Now we have pondered good reason to be upon our mat let us acknowledge it as a venue for our self torture, oops I mean, a venue for our discovery, a venue for embarking into



places we may have never been before, a venue to apply an ancient art of reflection, rejuvenation, restoration and repair.

Now we are here we will explore some basic tools for or work upon our mat.

## MOMENTUM

The most difficult part of practice is doing it, coming to your mat and getting on it time after time. Our natural human aversion to effort has us find many distractions and good reasons to skip or avoid our practice. Momentum is our first friend, and how momentum works is best described in analogy, if you were to get a 44 gallon drum full of water and push it along the road, the beginning would be the most difficult, getting it rolling, once it is rolling and gains some momentum it can be kept going with a few pushes with your hand as you run along behind, you require to be present and running at the same speed, though it requires only a little assistance to allow it to maintain its momentum. And so it is for yoga practice. The real fruit of practicing yoga comes from regular practice over many years, and for some the thought of lining up for some practice for years is some what oppressive.

The secret of momentum is to come to your mat every 2 or 3 days and when there arrive with intent to at the very least visit, too put your foot upon the mat and acknowledge your growing relationship with your practice and affirm the good things you expect from your adventure with yoga. Some days you come to the mat you will do a full and strong practice that may last a couple of hours, some days you come to the mat it may be a five minute sit to acknowledge yoga as a continuing part of your adventure, and to reaffirm the prizes you seek and expect to harvest in the time to come. At the very least put your foot upon the mat. Just say your strong aversion allows you only to come to the mat and put your foot on it for a year, you actually do no practice, the psychological effect of doing this simple affirmation will eventually set the rhythm for you to break through the barriers and have your practice magically arrive into your adventure.

Make affirmation to develop your momentum, then when you visit your mat you will be pleasantly surprised to see that some days what began as a brief visit turns in to a full practice.

## PATIENCE

Patience and persistence and determination are essential ingredients, as the journey of yoga is a life long tool that comes out to be used as required, and its beneficial effects are best felt as a result of long-term application. The fruit of the yoga work is most evident after years or decades of participation. We have the capability to be and feel younger for longer.

Good example is to think about some injury or physical limitation, such as a tight and damaged lower back, it may be something that has been a part of your life for many years, so these inharmonious patterns are set in the body at a muscular and cellular level, and some cases it may take just as long to rectify the imbalance you are seeking to remedy.

A good approach to creating a practice in your life adventure is to feel you have been sentenced to life in yoga. Then mentally we begin to accept the more oppressive feelings of practice as part of the journey and we simply grin and bear the feelings of not wanting to expend effort, or magically as the body reprograms to a different way of being we will develop an attitude of looking forward to practice as an enjoyable part of our regular life that we wouldn't be without.

Discipline is built millimetre by millimetre, our journey to tonic health is begun with the first step and small steps are what we begin with, the strides growing as time goes by.

Do not under estimate the power of determined repetition, however small the increments. Just like when we look at our babies growing they seem to be the same for a long time then suddenly we notice that they have in fact grown. Our changes may seem to be not happening for a long while, but it will happen, especially if some recording is taken and checks are made a year or so down the track.

## IMAGINATION

Yoga is an art and your practice will be a creation of your own imagination, using the component parts of the ancient yoga arsenal at your disposal, Yoga is thousands of years old and it is presented in many forms by many people., As you create your practice you have at your disposal the thoughts and insights and wisdom of thousands of years of

practice and philosophy, also you have many living beings teaching and sharing yoga all over our planet,. Today there is much crossbreeding of other areas of martial arts or body work, such as pilates and tai chi, Alexander technique, just to mention a few. Your practice has no bounds other than your applied efforts and your imagination. You might like to imagine your practice as Smile practice, gauge each time you come to the mat how far from smile you are. You may imagine also to incorporate in your practice session other things you are endeavouring to learn, like music or craft of some sort. Enjoy the velocity of ridiculousness. As the Quantum Physics people say the quantum field is where all the atoms the sub atomic realm exist, and the quantum field is the venue where we think, imagine, meditate, fantasise and consequently may affect the quantum field with our mind. With disciplined mind find sovereign access to the quantum field.

## SACRED SPACE

Where you choose to perform your regular practice will add to the power of your focus and enjoyment, a space where you return to that is quiet and away from distraction is ideal, in the early stages of development it is essential to have a sacred space, when your practice has become a part of you, you will be able to do it pretty well any where.

## BREATH

Breath is the tool we use to tie together our awareness and our focus, with the movement and placement of our body as we explore the magic of the postures. The breathing technique we will employ is a simple basic rhythm of relaxed and even lengthed full in and out breaths, not holding our breath in retention between breaths, simply allowing smooth transition from one to another, as the gentle movements of the waves on the beach as they roll in and out.

The human has a natural disposition to hold the breath and accumulate tension in the body while involved in effort, or while we are doing things that are new to us. The natural subconscious fears of entering new and unknown territory initiate a response of breath holding. Working in the unfamiliar shapes our bodies enter while exploring yoga postures

is the new and unknown territory.

It is these very tensions that work against what we are trying to achieve with the postures we will work with in our practice.

So one of the first things to explore and become familiar with in your practice on your mat is exercises that bring awareness to, and set the rhythm of, the breathing we seek to have as an integral part of our practice from beginning to end.

When learning the techniques of the regenerative breath (module 2) a relaxed full in breath with equal length full exhalation; exhaling with the assistance of activated pelvic floor muscles, inhaling with awareness upon the expansion of your rib cage. Do it standing and really dramatize the actions you are seeking to employ, exaggerate ridiculously the body moves so as to imprint the simple memory into the system, the more often you do it the more it visits you in your every day. Situations come up all the time when your awareness comes to your breath and you develop habit of quick rectification back to a relaxed full rhythm assisting your life immeasurably.

## FOUNDATION

Come to know your contact with the floor in all the postures and develop your awareness to acknowledge from your foundation the necessary points of contact and evenness of pressure, of each of those points. Like a building, strong foundation will insure the structures integrity of balance.

Explore those meditation exercises where you walk as slowly as possible, feeling every minute sensation, every point of contact, each transfer of weight, dramatic exaggeration assistance useful here as well

## EXTENSION

With foundation set extension into the appropriate shape may take place, assisted with activation of the muscles necessary to hold in place that extension. This may seem a banal and basic thing to say here, but when you are working mindfully into postures, these very basic acknowledgments are the fuel for our awareness when journeying into the magic territory of posture.

## AWARENESS

Awareness takes our attention and concentration for a journey within our body and empowers our mind with knowledge of what the body's edges are and where our limitations and restrictions lay. This is the very knowledge you are searching for, knowing what it is that needs to be lengthened or strengthened is half of the task. Where to spend your valuable efforts.

## GAZE

Where we look and how we apply our eyesight will assist our concentration and our balance. In many of the postures particularly the standing postures we will need all the assistance we can mayer to have us maintain our balance. So simply in standing postures learn to find a spot upon the wall or the floor or the ceiling and fix strongly you sight upon a spot or mark and it will begin to act as efficiently as an another limb in holding your balance, when in the twisting postures use your eyes to take you into the twist, our body following our gaze. Also when extending into back bends looking up over our eyebrows will be of great assistance in pulling into the shape of the posture. Look and see

where you want to be

## HEAT

When we need to bend metal easily we apply heat, so also to our body, so as we structure our practice we have a section of the early practice that generates some heat in our body, so the repair or restorative work that follows will be more efficient.

## OBSTACLES

There are many obstacles to your continued practice becoming a reality, but they all boil down to one thing, and that is your mind and its ability to provide good reason to obey the energies of aversion, indulgence, distraction, inertia, lethargy, indolence, sloth, and countless other energies we battle with daily. This is the mind part of yoga our constant need to encourage, nurture, convince, persuade, lure, bribe and demand our body to take on the regular challenge of yoga's challenging but worth while magic.

## THE PRIZES FOR YOUR INVESTED EFFORT

### **Focus**

Focus is a muscle of our mind, our ability to concentrate upon one thing with all our energy and attention, in this way we harvest and download efficiently the object of our interest, yoga is a venue to exercise our muscle of focus, like all muscles the more it is worked the stronger and more usable it will become..

### **Clarity**

To see and understand clearly where we are what we are doing and why, fosters a great peace with in, clarity comes from repetition, doing some thing many times, entering the realm of familiarity.

### **Balance**

In Hatha Yoga, what we are able to achieve and establish in our body will reflectively be available for our thinking our emotions and our spirit for life, balance in posture comes with a strong focus muscle, the repetition of applying self over and over again to the shape we wish to hold and certainly a desire to have balance. Balance also is how we deal with the polarity of the opposites.

### **Rhythm**

This quality is most evident within the realm of music, if you are a muso or simply enjoy music you will be aware of the power rhythm has to sew something together, in pieces of music many different sounds can be connected together in the most enjoyable and inspiring way when the power of rhythm is present. Rhythm in our life takes plan and focus, though once established will have its own momentum



### **Detachment**

Detachment lends a great feeling of freedom to life, allowing death, or ending to have what is no longer necessary in life, and to become aware of what attachments are in your life, both are necessary, attachment to anchor us to our chosen part of this dream in reality we call life, detachment to allow us the freedom to find and enjoy our abundant destiny, while not being stuck to the bits of reality that no longer serve our unfolding.

### **Discipline**

Discipline is a power that is also a muscle in our adventure; it grows and strengthens slowly but surely, though can be destroyed or damaged easily with distraction or indulgence in inertia or negativity.

### **Objectivity**

To see and understand where why and how our life is going requires us to be free of emotion while we take stock and assess, plan strategies or moves toward the dreams we seek to have manifest in our life. To see ourselves and our lives as an object separate and free of the sway and interference of subjective feelings

### **Emotional Poise**

Regardless of what surprises our destiny may throw us, regardless of what karma we may

answer, emotional poise is the quality where we refrain from subjective reaction , and wear attitudes of taking on life's problems as something to do, not falling into the expensive energy applications of aversion and self pity. In yoga the pain of our bodies as we stretch and work them has us become familiar with the mechanics of working and dealing with energy that we in the beginning would prefer to avoid, but as our muscles of determination grow, we grow to enjoy the challenge of changing pain into intensity simply by attitude.

### **Commitment**

To see clearly the prize certainly helps in making commitment, to vision clearly, to focus strongly sets a rhythm that commitment may grow upon.

### **Self-empowerment**

Doing it, exploring it, learning it yourself, has confidence in your self grow, doubts recede, and joy glows from deep within

### **Passion**

Lust for life, nothing stands in the way of lust, it grows quickly and powerfully for things that require little effort, the negative aspects of life's choices, like indulgence in intoxication and sensuality, lust also maybe applied to the things that empower life and limb, though it requires some effort to nurture and develop a lust for the endeavours that empower us and our life adventure.

### **Abundance**

Abundance in life is enjoying every day for what it is, and as every day unfolds we grow into our abundance in direct proportion to our clarity of knowing our dreams, our strength of focus upon those visions we seek to manifest and the amount of cleverness we have developed to harvest what exists around us at all times.

### **Peace**

Peace comes from not investing any energy at all into anything that is adverse to peace, in conflict I walk away, and simply by being somewhere else and among those who appreciate one who is working to install peace as a quality in their life. It is a task for some of us to rip out the resentments and hates that live within and prevent us from accessing the power of peace.

### **Love**

Love doesn't just happen, it is a real and powerful energy, that life delivers magically so we may know and behold love, once it has been felt and lived it may then be held and applied deliberately, wilfully into the whole of your life adventure.

### **Compassion**

In our yoga practice compassion is a quality of acceptance, where we realize that our body is far from being as open and strong as we would like, and we come to the mat conscientiously applying yoga, while allowing the natural response to complain, to cry and

to rebel, while quietly encouraging and refusing to give up on the vision of your success in yoga-ing your rig.

### **Intuition**

Deep down you know all this yoga stuff is the most practical pursuit for any human body, it makes total sense at a fundamental level of existence, intuition also is like a muscle and will become stronger proportionately to its use.

### **Effortlessness**

In the true essence of paradox it requires effort to develop the quality of effortlessness in our life, the more effort you invest in your health the more effortlessly you will enjoy your each and every day, the more effort you invest in emotional poise the more effortlessly you will handle the challenges life and relationships present.

### **Simplicity**

Is

### **Understanding**

Comes

## Self Mastery

Master any one thing in this life and you may master anything

### RIDICULOUS NOTION no 74

#### MONEY

Money is the solidified form of energy, it is a direct relationship of fire and earth, actions and energy captured, and become transferable. It is also the place where we may stalk our attitudes of, allowing taking and taking, or to give and receive. We have a life long history to reflect, so to see how we perform this dance of opposites. Are we wise and business like, able to value add and increase our monies, or do they pour through our hands, and are always an issue that detracts from our daily enjoyments. Are you able to employ cleverness to find and harvest the monies you require or are there programs running on your human hard drive that prevents you access to what you require. Once you have captured monies do you hide and hoard, or do you use, share and enjoy. Can you invest and exercise patience and enjoy watching the process, or do you find a need to gamble seeking immediate returns.

Mind is the creator of all solidified energy captured and manifested as money, money is then the tool mind uses to gauge value of efforts, and the cleverness of trade, and its possession, an honest reflection of the intelligent juggling of production and consumption. If we consume more than we produce it is apparent in the bank account. Consumption is the end aim of production, and beautiful life is the end aim of consumption.

As a tool money may assist the increasing of happiness, an amplifier intensifying being alive in space and time, it can not buy happiness if you do not know what you want. Money is unable to purchase values in your life, it may only represent them, it will not provide a wholeness of purpose, if you have neglected to choose the dreams you seek, and as the old sayings go, it will not provide or buy intelligence for the fool, nor admiration for the coward, or respect for the incompetent. Are we as a culture knowing the price of every thing and the value of nothing.

If enjoyment and appreciation of the free good things in life allow the capture of

contentment, all money beyond is a bonus.

Remember also as has been mentioned more than once - money is the blood of our social body and with this insight as to what it represents as an expression of our species - how is your relationship with money in regard the vitalizing and enlightening of our species?

"THERE IS NO WEALTH BUT LIFE. Life, including all its powers of love, of joy, and of admiration. That country is the richest which nourishes the greatest number of noble and happy human beings; that man is richest who, having perfected the functions of his own life to the utmost, has also the widest helpful influence, both personal, and by means of his possessions, over the lives of others." -- from *Unto this last : four essays on the first principles of political economy* John Ruskin, 1819-1900

Module - 1

Why  
Dream

- 2

Where  
Actuality

- 3

Who  
Flavour

- 4

How  
Work



THE ONLY WAY BEYOND IS THROUGH

